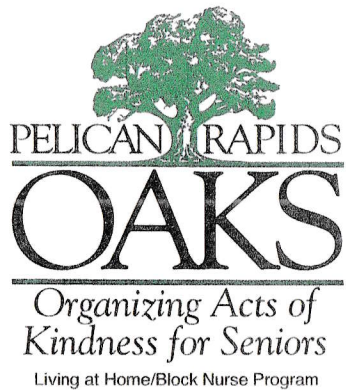


## What is OAKS?

OAKS (Organizing Acts of Kindness for Seniors) is a non profit Living at Home/Block Nurse Program. The program reaches out to our elders, 65 years and over, who live within an eight-mile radius of Pelican Rapids.

Pelican Rapids citizens started the program in 2003/2004 and is governed by a local Board of Directors. OAKS joined a network of over 40 community organizations to assist elders to remain independently and safe in their homes.



218-863-1515

PELICAN RAPIDS  
**OAKS**  
*Organizing Acts of  
Kindness for Seniors*  
Living at Home/Block Nurse Program  
Pelican Rapids OAKS LAHBNP  
P.O. Box 225  
Pelican Rapids, MN 56572





OAKS—  
it's like having  
your support team  
right behind you.

### **What are some features of the program?**

OAKS Volunteers provide assistance to elders in Pelican Rapids. We recognize elders as vital members of the community and we affirm the positive strengths of every elder as a giver as well as a receiver.

Health promotion and educational opportunities are offered. OAKS collaborates with services that are already available in the Pelican Rapids area and we provide community-based advocacy, support and referrals to local resources.

### **What is the cost?**

Many of the services that OAKS offers are of little or no charge. There may be a service at times that require a fee.

### **What type of assistance do we coordinate?**

- Transportation
- Friendly visits or phone calls
- Household chores or repairs
- Simple yard work or snow removal
- Shopping and errands
- Meal preparation
- Letter writing
- Assistance with forms and paperwork

*Foot Care*

### **Are nursing services available?**

OAKS began as a volunteer program and will add the Block Nurse portion. Most programs develop a contract with a home health agency within 2–3 years of operation.

### **What about privacy?**

We believe that a person's dignity and privacy are important. Volunteers are trained and committed to maintain confidentiality at all times.

### **How is the program funded?**

The program is funded through grants, state, community, memorials and personal donations.

Tax-deductible donations may be mailed to:

Pelican Rapids OAKS LAH/BNP

P. O. Box 225

Pelican Rapids, MN 56572

### **Become a volunteer!**

It is wonderful to help people live their lives to the fullest each day. It is good to be needed, so share your gift. Become a volunteer!

### **We are here to help you!**

Please come visit us today or give us a call at:

**218-863-1515**

If no one is available, please leave a message and a staff member will return your call. The OAKS office is located at the Pelican Valley Health Center.

*This brochure was funded by grants received from Minnesota Department of Human Services CS/CSD, Otto Bremer Foundation with participation from Elderberry Institute, and United Way of Ottertail County.*

Are you interested in becoming a Volunteer for OAKS ?

Our program needs volunteers like you who are concerned and willing to provide care to neighborhood seniors to enhance their lives and help them to remain in their own homes.

As a volunteer, you will be sharing some of your time and talents with members of your community who need assistance. Your efforts can help your neighbors live their lives as fully and independently as possible.

Whether you choose to volunteer to provide transportation, become a friendly visitor, do household chores or repairs or volunteer in another way, your life will be enriched by the care and support you share with others.

Again, thank you for recognizing the need to help the participants here in Pelican Rapids. Your time and efforts are very needed and appreciated.

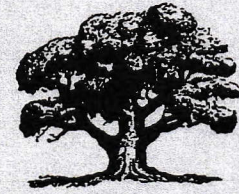
Please call us - 218 863 1515.

We would love to have you join our program.

# Volunteer Information

# OAKS

PO Box 225  
 Pelican Rapids, MN  
 218-863-1515



Organizing Acts of Kindness for Seniors  
 Living At Home/ Block Nurse Program

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Home Phone Number \_\_\_\_\_

Work Phone Number \_\_\_\_\_

Availability	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings							
Afternoons							
Evenings							

Please mark the following activities you are willing to participate in:

- Provide a ride to a medical appointment
    - In Pelican Rapids
    - In Fergus Falls
    - In Barnesville
    - In Detroit Lakes
    - In Fargo
  - Friendly visits
  - Make a phone call to an elder
  - Light housekeeping
  - Meal Preparation
  - Simple yard work
    - Rake
    - Mow
  - Simple household repairs
  - Snow removal
  - Grocery shopping or delivery
  - Rides to church or errands
  - Special occasions or celebrations
  - Mail birthday cards
  - Letter writing
  - Help with forms
  - Visit an elder
- Provider office support to OAKS staff
  - Help with publicity
  - Pick up mail for elders
  - Respite care
  - Lead exercises
  - Serve refreshments at events
  - Share garden produce
  - Bake cookies or bars

List other activities you are able to help with \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_