

HEART Program, Enderlin, ND



Mission: "Caring people providing volunteer and community services so elders can live in the comfort of their home and community."

Est. 2003

History of HEART

2002 Discussion started with
Elderberry Institute, Minneapolis, MN.

- Elderberry was a non-profit resource center that helped local communities develop and maintain their own programs.
- January 27, 2003 "The Founders Agreement" was signed
- Seed funding was provided by Dakota Medical Foundation and Bush Foundation

History of HEART, cont.

-Due to the State of MN financial stress all funding was cut for the Elderberry Institute and it has since closed.

-HEART became part of the ND Faith In Action Collaborative. Due to a number of programs closing and inactivity of the group it is in the process of disbanding.

-HEART is currently enjoying in its 11th year of successful operation!

HEART General Information

- Non-Profit 501(c)(3)
- Our Service area is a 12 mile radius of Enderlin
- We currently have over 120 volunteers that range in age from 5-90+
- We currently serve over 90 elders
- In 2013 over 2,300 hours of time gifted
- In 2013 over 10,000 miles driven

HEART Board of Directors

- 7-12 Members
- Meet Bi-Monthly
- Annual Meeting held in January
- Director terms are 3 years and each Director may serve two consecutive terms and then must take one term break.

Free and Confidential

- Services provided to all elders ages 65* and older living in the Enderlin/Sheldon area regardless of ability to pay.
 - *Services may be provided to individuals under age 65 pending board approval.
- HEART also arranges for fee-for-service providers
 - Lawn care, snow removal and housekeeping

Examples of Free Services

- Newsletter
- Transportation
- Phone Friends
- Friendly Visits
- Light Household Chores
- Some Simple Household Repairs
- Health Education
- Disease Prevention
- Intergenerational Activities

Regularly Scheduled Activities

- Bone Builders
 - Helping to fight Osteoporosis, improve Balance, Increase Energy, Bone Density and Mobility & Lower Blood Pressure
 - FREE – Everyone is Welcome!
 - Tuesday & Thursday 10:30 at Enderlin Senior Center

Regularly Scheduled Activities

- Birthday/Bingo Party
 - Second Thursday of the Month
 - FREE! Everyone is Welcome!
 - During the school year the Kindergarten class comes to help us celebrate that month's birthday's from their class and the elders, do a craft and enjoy a treat.

SHIC (Senior Health Insurance Counseling Program)

- HEART schedules appointments that are held in the Enderlin Senior Center
- Enrollment for Medicare Part D
 - Generally runs Mid-October through the Beginning of December
- Counselor assists seniors in our area with various questions and concerns regarding
 - Medical Bills
 - Insurance
 - Filing a variety of paperwork

Network of Organizations and Referrals

- Ransom/Sargent Senior Services & Social Services, Ransom Public Health
- IPAT – Interagency Program for Assistive Technology
- HERO – Healthcare Equipment Recycling Organization
- Skilled Health Care
- Hospice of the Red River Valley

Funding : Grants

- Dakota Medical Foundation, Bush Foundation, Operation Round-up (Cass County Electric), Beverly Star Award, Archer Daniels Midland Co., North Dakota Community Foundation, OtterTail, Wal-Mart, Ransom County Development, Enderlin Community Development, CornerStone Bank, Bremer Foundation, Enderlin Alumni Association

Funding : Fundraisers

- Dakota Medical Foundation " Giving Hearts Day" – February
- " Annual 4-Person Golf Scramble" – July
- "Free Will Weekend" at the Encore Thrift Store – September
- Dakota Medical Foundation "Achievement Awards" – Completed in August

Funding: Other

- Donations
- Memorials
- In Honor of...
- Contributions from
Enderlin Wellness Center
- Contributions from Encore Thrift Store



Enderlin Wellness Center

- Opened March of 2009, Debt Free
- Remolded the basement of Enderlin City Auditorium
- New Cardio and Weight Equipment
- 24/7 access with keycard
- 100+ membership maintained
- Part-time Manager
- Programs: Tae Kwon Do, Zumba and Muscle Pump



Encore Thrift Store

- Opened March of 2013
- Hours 9:30am-5:30pm, Tuesday-Friday, First Saturday of the Month 9:00am-1:00pm
- Recently extended hours of operation and hired a Full-Time Manager.
- Recycling Partners: USAgain, Local Recyclers
- Community Volunteers assist with day-to-day operation

Testimonial

- "The volunteers for this wonderful organization deserve a GREAT BIG THANKS! They give of their time away from their family and of themselves through their caring and understanding. Keep up the GOOD WORK HEART and please know how much you are admired and appreciated."

Testimonial

- "I have been a volunteer for HEART but until you are the one who needs the help you really don't understand how important HEART is to our community."

HEART's Next Step

When the Enderlin Area Residents and HEART Board of Directors were asked "If money was not an issue what would you like to see in our community?"

An Assisted Living Facility!