



Eastside Pioneers Neighborhood Association

(507) 244-1898 Like the ESPNA on Facebook
email: eastsidepioneers@gmail.com

Website: www.espna.us Motto: neighbors helping neighbors, vecinos ayudando a vecinos



Meet Family Service Rochester Neighbors Helping Neighbors partner VIPS: Volunteers In Public Safety are retired Fire/Police/



Sheriff Department staff who focus on health and safety of older adults and persons with disabilities in Rochester. FSR partners with VIPS to conduct the home safety visits and install your new carbon monoxide detector. They also check smoke alarms to insure they too are in working order. They replace dead batteries and worn out alarms plus offer additional suggestions for safe living.

Volume IV, Issue I
Spring, 2016

Important Dates

Join your neighbors for our 2nd Annual Neighbors Helping Neighbors (NHN) Neighborhood Party at the Residence of Old Town Hall (ROTH), 607 East Center at 6 PM on **Thursday, April 28.**

The Eastside Pioneers Neighborhood Association (ESPNA) will have a booth at the Public Library at the Library's National Library week community fair. This event will be held on **April 16** from 11AM - 3PM.

Join your neighbors during Litter Bit Better Week, **April 23-30** to help us pick up litter in our neighborhood and parks.

Upcoming Neighborhood Meetings at 7 PM at the St. Francis Parish Activity Center, 1114 3 St SE:

Thursday April 14

Thursday May 12

FREE Carbon Monoxide Detection + installation

- With home safety visit
- Individuals 55+ years
- Live in ESPNA or have a SE Rochester address
- Call 287-2010 to **reserve your free** CO detector

Supported by a Live Well at Home grant from MN Department of Human Services

MEET NHN ADVISORY COUNCIL

- Kris Brewer
- Kelly Corbin
- Rachel Bertsinger
- Anne Dashow
- Marisa Hynes
- Laurie Marreel
- Gerry McBride

Wanted: Volunteers to help older ESP neighbors

- 6 Lawn Mowers
- 6 Vacuum/Laundry
- 5 Handy Workers
- 3 Grocery Shoppers
- 1 Friendly Visitor

To volunteer call 507-287-2010 or

<https://www.familyserverochester.org>

Ongoing and on-call position available

Mark Your Calendars for the
2nd Annual NHN

Celebration

April 28th 6pm

Location:

Residence of Old Town Hall (ROTH), 607 East Center Street

Hamburgers and brats provided by NHN! Bring a dish to pass

⇒ Kids' Activities

⇒ Door Prizes for Adults

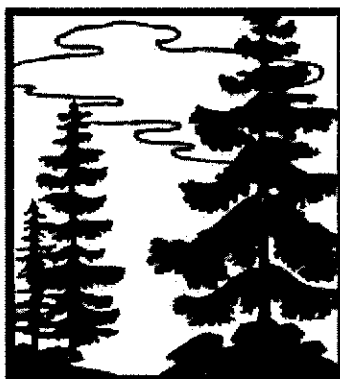
★ Rain or Shine!



Join us for "A Matter of Balance". 4 week class focused on building core muscles and flexibility to improve balance and mobility. Free to people over 55. Healthy treats—New Friends! 9-11am Tuesdays and Thursdays for 4 weeks. Call 287-2010 to register.



Neighborhood PODS would be small areas of assistance coverage for neighbors, sort of along the lines of neighborhood watch areas.



Join the Eastside Pioneers Neighborhood Association (ESPNA) once again this year for "A Litter Bit Better." For more information contact Mike at 507 244 1898 or at mlaplante@aol.com or go to www.espna.us

Don't forget to register your bikes with the Rochester Police Department. It is free and can be done on line at <http://www.coptalklive.com/> This will help prevent theft or aid in the recovery of bicycle theft

Also to assist in making this a safer community remember to register exterior security cameras online at www.rochmn.securonetservices.com

m

Neighborhood PODS

Jenny Johnston, from Family Services Rochester (FSR) was one of our speakers at our March 10 neighborhood association meeting.

During her Neighbors Helping Neighbors (NHN) presentation she brought up the subject of Neighborhood PODS.

This is an idea that originated at one of our neighborhood board meetings a few months ago.

Essentially our board was envisioning small areas of assistance coverage for neighbors, sort of along the lines of neighborhood watch areas. This type of effort would greatly enhance our

NHN efforts.

If you would like to know more about this initiative or have a few suggestions in this regard or would like to volunteer for this effort contact Mike LaPlante at 244-1898 or at mlaplante@aol.com or go to our website at www.espna.us for more information.

Litter Bit Better

Join the Eastside Pioneers Neighborhood Association (ESPNA) once again this year for "A Litter Bit Better." Litter Bit Better 2016 is scheduled to run from Saturday April 23 to Saturday April 30. During this week, volunteers will join together to pick up litter in Rochester.

The ESPNA will be participating in the Litter Bit Better campaign by picking up litter at East Park on Satur-

day, April 23 We will meet by the park shelter at 9:00 AM. It shouldn't take long, especially if we have lots of volunteers. We should be done by 10:30 AM. The ESPNA will provide bags and gloves.

On Saturday, April 30 we will be picking up litter at Mayo Park, east of the Zumbro river, at Mayo Park Pavilion at 9:00 AM. We will also pick up litter along our adopted section of the

Zumbro River/Bear Creek. The more volunteers, the sooner we will get done. We should be done by 11:30 AM. We will provide the gloves and the trash bags. Remember to dress for the weather. It is suggested that you wear jeans and hiking boots for picking up trash on the rip-rap along the Zumbro river shoreline. For more information contact Mike at 244-1898 or mlaplante@aol.com or go to www.espna.us

Neighborhood News at a Glance

The **Med City Marathon** is scheduled for May 29, 2016. This is an annual event that the Eastside Pioneers Neighborhood Association (ESPNA) participates in by providing a water table for the runners. We usually set up in East Park near the bike trail, just east of 15th Avenue NE. Neighborhood volunteers distribute water and Gatorade to the runners.

The **ESPNA and The Place** are discussing projects that we can work on together to

better our neighborhood and community. Current thoughts are that we could work together on park clean ups, the Med-City Marathon and National Night Out.

We are thinking of doing a **Neighborhood Survey** to determine neighborhood needs so that we may be able to serve you better. Watch for more on this in the near future.

Upcoming meetings **April 14 and May 12 at 7 PM** at

the St. Francis Parish Activity Center, 1114 3 St. SE. Joel Dunnette will make a brief presentation at our **April 14** meeting on Nature in the Neighborhood.

Neighbors in the **ESPNA snow removal pilot project** area west of 11 Ave. SE and south of East Center will discuss alternate side parking winter snow removal outcomes at the May 12, 2016 meeting. Questions call Mike at 244-1898 or email mlaplante@aol.com