

CARE Connections

December 2022
Volume 19, Issue 4

Letter from the Director

by *Connie Cardinal*

It has been my pleasure to serve this community another year. When I look back at the accomplishments of our program, I sit back and smile. I have witnessed so many acts of kindness that I myself feel truly honored. Watching folks in need receive unexpected gifts is one of my favorite holiday blessings. You can read all about our CARE Christmas packages and the gifts from the new Integracare clinic on page 5!

CARE also received several holiday dinner boxes from New Life Church in Foley to disperse to families in need. Recipients were elated to receive a complete unexpected holiday dinner. The boxes had everything for a delicious Christmas meal including yummy treats. Thank you New Life Church!

Community members also brought in gift cards and items to pass on to senior clients in need. Some seniors do not have family living close by them, and the gifts they received through the CARE office were the only gifts they received this season. What fun it was to watch their eyes open brightly, so happy that someone thought of them this holiday season.

I am so thankful these organizations, businesses and community members support the work of the CARE Program. These acts of kindness are blessings that come to us as a testimony to the strength and love our community has for one another. I am so grateful to have the opportunity to witness them.

I would like to ask you to step out of your comfort



Editor's Notes

by *Gini Kalton*

What an amazing year was 2022! At CARE we had so much to feel grateful for, from volunteers and the kindnesses expressed by the sharing of their time and talents, to the donors who gave so much in support of the seniors we served.

Love, laughter, struggles, and coming together to solve new problems with new creative ideas that stretched our wings and sent us soaring!

Today, as I write this article, I remember the kindness and love of a senior, a stranger who needed a ride. We became good friends. She shared her love of her family and memories of her time with her husband who had passed, and we talked about the world, and laughed together. When she retired, she said, she chose Foley because of the warm greeting she received when she came here as a late-in-life bride for the second time, and because CARE was here. She had researched and found this was the only program of its kind, and she felt safe and cared for because of it. This Christmas she is sharing with Jesus, from her great faith as a Catholic. I will miss her smile, her laughter, and her kindness. I thank her with all my heart for the love she gave freely, the support she offered, and the gift of her memories.

Happy New Year Everyone! May you each be gifted with love, laughter, and great friendships throughout 2023.

Gini



CARE

Community Action Respecting Elders

OFFICE HOURS:
MON - THURS
8:00 am - 3:00 pm

LOCATION:
321 6th Avenue
Foley, MN

MAILING ADDRESS:
PO Box 65
Foley, MN 56329

Email:
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Board meetings are open to the public on the fourth Thursday of each month at 5:30pm in the CARE conference room.

From the Director
... continued from page one

zone and become a CARE volunteer. We have something to fit everyone's passion. You can change your life by enriching the lives of others. Why not make new friends and do something to give you joy that fits your schedule? Start the New Year off being a blessing to others. I wish all of you a very happy and prosperous new year.

Happy Trails!

Connie

THANK YOU RENT & UTILITIES SPONSORS!

OCTOBER
Tom & Paige Henry
Sable Inn

NOVEMBER
Paul Neubauer
Tom Latterell

DECEMBER
Tom & Lou DeMarais
Tim & Deb Helmin

YOUR SKILLS ARE NEEDED

BECOME A CARE BOARD MEMBER!

As a member of the CARE Board of Directors, you will be instrumental in choosing the direction and scope of our program.

You will be working with other members, and partnering with our Executive Director, to assure the continued success of our mission: "We support area neighbors 60 years and older to continue living independently in the home of their choice through community volunteerism."

The CARE Board of Directors meets on the fourth Thursday of the month, at 5:30 pm in the CARE office.

Come sit in, get to know the members, and find out if CARE is a good fit for you. Or call 320-968-7848 for more information.



WHY DO I VOLUNTEER? CARE Tribute to a Client and Friend

CARE clients can become very special to staff and volunteers, especially when services are provided for numerous years for the same client; and they can easily become our friend. Four years ago, CARE began providing rides for Darrell, who required six rides each week to and from dialysis to maintain his life. Three volunteer drivers gave him rides from his home to the hospital for treatment, and three volunteers picked him up at the hospital and gave him a ride home after treatment. Darrell was very appreciative of the assistance he received from CARE and the CARE volunteers who served him, and he chose to make regular donations to CARE for the services he received.

In November 2022 Darrell, our client and friend, made the hard choice to stop his treatment, thereby losing his battle with the disease. He will be truly missed by both staff and volunteers. Six of the volunteers who provided services have offered their memories here:

Bill Bronder said, "I was fortunate to be one of Darrel's drivers over the last several years. It was a happy coincidence that I had worked out of an office in Becker where Darrel used to haul fuel for the local gas station. We knew several people in common and would often talk about them. Darrel would tell me about his adventures driving a large fuel tanker from the Twin Cities every day and in all kinds of weather. Darrel was a good person and I am going to miss him!"

Shelly Abfalter shared, "My fondest memory with Darrel is the love he had for wild life. I would take the back roads when I provided rides so we could catch the glimpse of a pheasant or deer running through the fields."

Cliff Weitgenant told us, "As a CARE volunteer driver, I want to comment on being available to provide transportation on a recurring weekly basis to Darrell. Despite being tired from his dialysis treatment, he was always eager to share his past and present experiences of hunting, fishing and his appreciation for farming and nature as we chatted and drove back to his Foley home. Our weekly contact developed into a great friendship. Sincere sympathy, of course, to his entire family."

Tennelle Novak remembered, "Darrell had the most endearing personality and I enjoyed and looked forward to our weekly conversations about everything; from sports, gas prices, crops and weather to deer hunting. I enjoyed his fishing stories and adventures, especially the time he and a friend got caught in the cold rough waters on Lake Mille Lacs. He made an impact on my life and in my heart, and I will greatly miss him!"

And **Sandy Studenski** said, "**Russell** [Sandy's husband and CARE volunteer driver] and I have known Darrell for many years through cleaning his home and providing rides to his medical appointments. We would visit with him as he shared his hunting and fishing stories. Even though he had many health problems, he always had a smile and was in good spirits. We will miss you, Darrell!"

The staff at CARE joins our volunteers in offering our sincere condolences to the family and friends of Darrell Jants, along with the expression of our gratitude for being allowed to share in a part of his life. Goodbye, Darrell, and happy trails!





CARE WELCOMES OUR NEW VOLUNTEER COORDINATOR

Hi. My name is Sarah Kellen. I am delighted to be the new Volunteer Coordinator for CARE. I have enjoyed being a volunteer with the CARE program since 2008, and I look forward to serving clients and the community in my new role. I am the mother of four children, who all have benefited from serving as volunteers with CARE.

For the past 20+ years I have had the joy and pleasure of being home with my children, raising and educating them. I am a member of Refuge Church in St. Cloud, MN. I enjoy most anything outdoors and am an avid reader.

I place a great value on the clients of CARE, and it will be my pleasure to dedicate myself to my responsibilities as I serve the community. I also look forward to getting to know and serving alongside the staff, the Board of Directors, and all of the wonderful volunteers who are committed to the CARE program.



VOLUNTEER SNOW SHOVELERS URGENTLY NEEDED!

CARE senior clients in both Sauk Rapids and Foley are urgently in need of help with snow removal at their homes. Would your group or organization help a senior this winter? Maybe your family loves working together to serve your community and would agree to help a senior with snow removal this winter? Those seniors will be so very grateful for your kind gift of time and labor.

Please call the CARE office at 320-968-7848 and we will match your group, organization or family with a senior who is waiting for your help.



'TIS THE SEASON FOR



As the joy of the holidays filled our hearts with love and laughter, so too your re-gifting of items you cannot use as donations to CARE will fill the hearts of others and support our fundraising efforts in 2023. Your donation will honor the person from whom you originally received the gift, as it keeps on giving! Please drop off your donations at 321 6th Avenue, Foley, or call the CARE office to arrange for pickup by one of our volunteers. Thank you, and Happy New Year from all of us at CARE!



GIFTS FOR SENIORS AT CHRISTMAS

For a third holiday season CARE was able to put together **Christmas CARE packages**. This year CARE received donations from Michael and Deborah Lechner, local churches, St. Cloud Sertoma club, and the Becker Lions; and discounted items from Coborn's, and items at cost from The Good Earth Food Coop. From this generosity, we were able to disperse over 100 Christmas CARE packages to low income seniors throughout our community. Seniors received gift bags, with personal care items, socks, mittens, puzzle books, food items, snacks, and gift cards, to let them know they are not alone this holiday season. Clients were able to pick up their gift bag during our monthly free food distribution, or to have their food and their gift bag delivered by volunteers. Seniors sent cards and made phone calls thanking CARE for the gifts they received.



Left (pictured left to right): volunteers Judy Rudnitski, Rosie Emslander, & Joan Mazacek, assembled the gift bags with the assistance of CARE office staff member, Deb Helmin.



Above right: St Cloud Sertoma club President, Lori Eich (left) presented a check to CARE Board Member, Gini Kalton, for \$1,000 during a presentation at their club's monthly meeting.



Left: Becker Lions donated \$1,000 to CARE for the Christmas gift bags.



Integracare Clinic of Foley also helped CARE clients during this holiday season. They purchased needed items for some low-income seniors to spread a little joy. When CARE staff called to ask what they needed, many seniors requested new pajamas. "That something so simple could bring so much happiness was shocking to me," said Connie, "The recipients were delighted to receive these special gifts." Thank you Integracare Clinic of Foley for brightening the holidays for many seniors. **Pictured left:** Tara Baeck of Integracare delivered the gifts to Connie at the CARE office.



11TH ANNUAL CARE TOUCHING TABLES FOR SENIORS

The Benton County community came out to lunch with CARE in October; from government and business, organizations and individuals, all facets of life in our county and its surrounding areas were represented.

The catered lunch was served by CARE volunteers, and a presentation was given, updating the community on the current issues facing seniors, and the work done by CARE to support their ability to continue living independently. And once again, this community gave generously in support of the CARE mission. Our deepest gratitude to every donor, and to the volunteers that made this event possible.



ALZHEIMER'S RIDE FOR THE MIND DONATION

The Annual Alzheimer's Ride for the Mind returned this year, with over 187 people riding motorcycles and side by sides joining in the fun. Money raised goes towards the care, support, and education of Alzheimer's disease in Central Minnesota. "We were honored and humbled to donate \$3,000 of our funds we raised to CARE-Community Action Respecting Elders! They are always so excited and do the most amazing things for the community."

On November 23rd Ride for the Mind presented a check to Connie Cardinal, Executive Director of CARE, who stated, "We are so blessed they see the value our program brings to those in our area struggling with numerous forms of dementia."

Pictured right: Darlene and Marilyn, members of Ride for the Mind, presented a check to Connie at the CARE office.





2023 QUILT RAFFLE SEEKS VOLUNTEERS

Quilt raffle tickets will be sold at a variety of locations and events throughout the 2023 calendar year. If you are willing to sit at a table in a local venue and encourage the public to buy tickets in support of the seniors served by CARE, please call Connie at 320-968-7848, Monday through Thursday from 8:00 am. to 3:00 pm.

This year's donated quilts are handmade by talented quilters! The gift of your time will be greatly appreciated, as volunteer time helps to fulfill CARE's mission to support seniors, and also shows our donors how much CARE and our volunteers value and appreciate their gifts.

Raffle tickets may also be purchased at the CARE office, Monday - Thursday, from 8am to 3pm . Tickets sell for \$1 each, 6 for \$5, 22 for \$10, and 25 for \$20



FALL YARDWORK WAS A VOLUNTEER FAMILY AFFAIR

The family of Mary and Shane Keating assisted with raking of fall leaves for a client in Foley. This family was very thankful for the opportunity to help a senior client, but also to have an activity that their entire family could participate in together.

Pictured: Shane and Mary Keating with their children Rory, Finnegan and Nora, and friend Mabel Pederson.



EDUCATIONAL SERIES WITH INTEGRACARE A BLESSING

In a partnership with CARE, Integracare Clinic Foley offered a series of three educational presentations held in the community room at Dewey Place in Foley. These presentations were free to the public and focused on seniors and their families. The final event in the series was titled "Dealing with Grief Around the Holidays", presented on November 11th with guest speaker, Krisie Barron, who quoted Anne Lamott when she said, "Expectations are resentments waiting to happen." Barron provided guidance and advice to both seniors and their caregivers during this final presentation.



CARE ART CLASS - NEW VENUE FOR 2023

“Art Lite”, our 2 hour art class is moving to the Gardens at Foley dining room , located at 120 Norman Avenue in Foley, beginning on January 23, 2023, and will be taught by local Artist and Instructor, Paige LaDue Henry. Classes are held from 1 to 3 pm, and all seniors ages 55 and older are welcome. Call CARE **to reserve a seat**, and to **schedule a ride** with a volunteer if needed. Class dates will be posted on our web-site, on our Facebook page, and on the “Mark Your Calendar” page of this newsletter.



During each class you will create a project from start to finish. These classes focus on building art skills and learning art concepts, with no previous art experience required. Some past activities have included card making, painting flower pots, creating funky bird sculptures, and designing floral paintings. All art supplies are provided by CARE, all you need to bring is a paint shirt!



CARE SENIOR SOCIAL - NEW VENUE FOR 2023



With its growing popularity, the CARE Senior Social has expanded to include a light lunch and bingo, and is moving to a larger venue at the First Presbyterian Church in Foley beginning on Wednesday, January 18th. This event is held from 11 am to 2 pm on the third Wednesday of every month. **Need a ride?** Call the CARE office to schedule a volunteer at 320-968-7848. **Pictured left** - In September, Bob Juetten, musician and singer, performed the songs of Johnny Cash, Johnny Horton, Conway Twitty, and more.





LEFT - In October, Charlie Roth, musician and song writer, entertained our enthusiastic audience with performances of folk songs, including some songs he wrote.

BELOW - In November, attendees were treated to the music style of Kevin Wegman who performed a number of great songs, including songs by Johnny Cash and Elvis Presley.



BELOW - In December, Christmas carols were performed by the choir of the First Presbyterian Church of Foley, and Santa Claus visited and handed out candy treats.





SAFETY FOR SENIORS by Troy Heck, Benton County Sheriff



Are you ready? This question is asked every day in many different contexts. Most times, the reason for this question is pretty mundane. Today, I'll ask this question in a more important context. I will ask if you are ready for a local emergency.

Local emergencies are truly rare but do happen. Are you ready if either winter or summer storms take out the power to your home for an extended time? Are you ready to shelter in place in the event of a nuclear accident at the Monticello power plant? Are you ready to ride out a crippling blizzard that shuts down roads for several days? These are just a few of the hazards our local emergency management professionals consider and plan for.

When local emergencies happen, local governments mobilize and make their best efforts to save lives and protect property. In most cases, local resources are adequate to quickly respond and mitigate the problem. However, we see on a regular basis around this country local emergencies that exhaust local resources. It is because of these extraordinary emergencies that public safety professionals urge individuals to be prepared, as individual preparedness becomes critical during these extraordinary times. Thankfully, our country has a deep bench of agencies that will respond to extraordinary emergencies, but it can take time to get all these players into the game. During these extraordinary emergencies, individuals may be called upon to be self-sufficient for several days as local, state, and national resources mobilize, arrive, and work to rescue people and mitigate property damage.

Being ready to be self-sufficient in an emergency requires thoughtful planning. The first step is talking to your family about your plan. Knowing how you will get emergency alerts and warnings, what you need to shelter in place, your best evacuation route, and how you will communicate with family members, will serve as an excellent starting place for your plan. Assembling an emergency preparedness kit is important to your readiness. When assembling your kit, keep in mind the particular needs of those in your household. Does a member have critical medication or medical needs? Does someone have special dietary considerations? Does your household have pets that will need supplies? Building and maintaining a kit that will supply basic needs of food, water, medication, and communication requirements of your family may take some time, but it could make a huge difference when an emergency strikes. **Ready.gov** is a great place to start when making a plan and building a personal emergency kit. At the website you will find the latest advice and resources from the U.S. Department of Homeland Security to help you be ready.

Getting ready and being ready for a local emergency isn't terribly exciting. It is my sincere hope that none of us find ourselves in a situation where we'd need to put our emergency plan into place. However, the time you spend preparing for a local emergency is time well spent.





Some people, especially those who had severe COVID-19, experience multiorgan effects or autoimmune conditions with symptoms lasting weeks or months after COVID-19 illness. Multi-organ effects can involve many body systems, including the heart, lung, kidney, skin, and brain. As a result of these effects, people who have had COVID-19 may be more likely to develop new health conditions such as diabetes, heart conditions, or neurological conditions compared with people who have not had COVID-19.

If you think you or a loved one may have a post-COVID condition (new or persistent conditions occurring 4 or more weeks after initial infection with SARS-CoV-2, the virus that causes COVID-19), taking a few steps to prepare for your meeting with a healthcare provider can make all the difference in getting the proper medical evaluation, diagnosis, and treatment. You play a vital role in helping healthcare providers understand your or your family member's symptoms and how they affect your daily life.

Before the Appointment:

- ◇ Ask the new provider's office if they need **paperwork** signed so your medical records can be sent to them directly
- ◇ Keep a **journal or a list** for a week or two to document your activities, symptoms, their severity, and anything that made you feel better or worse
- ◇ Prepare a brief **report** that summarizes your experience and symptoms and describes your best and worst days.
- ◇ Make a list of your **current medications/supplements**.
- ◇ Make a list of **questions to ask your healthcare provider**. Identify which ones are a priority for you (in case time is limited).
- ◇ Make a **plan for remembering** your conversation with your healthcare provider, e.g., taking notes or bringing a friend.
- ◇ If needed, arrange **transportation** to your appointment.

During the Appointment:

- ◇ Tell your provider the most important **symptoms or issues** you'd like to discuss
- ◇ Answer the **provider's questions**.
- ◇ Share your **medication/supplement list**.
- ◇ Discuss your **level of activity**.
- ◇ **Ask your own questions**, starting with your priorities and issues.
- ◇ Make sure you understand the **next steps**, such as tests, follow-up, referrals, and future appointments.
- ◇ Ask for an **appointment summary**. If needed, ask the provider to write down or print out any instructions, medication names, or diagnoses.

The best way to prevent post-COVID conditions is to protect yourself and others from becoming infected. For people who are eligible, getting vaccinated and staying up to date with vaccines against COVID-19 can help prevent COVID-19 infection and protect against severe illness. Research suggests that people who are vaccinated but experience a breakthrough infection are less likely to report post-COVID conditions, compared to people who are unvaccinated.

For more information please visit <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>



CONTRIBUTORS - Donations received 9/16/2022 - 12/15/2022

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Ron & Marie Herbst
Ron & Carol Miller
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Debbie Blank
Gilman Creamery
Joan & Ray Otto
Karen Cross
Linda Goodman
Oak Park Creamery
Pat Abfalter
Patti Anderson
Sam's Club

Bequests

Al & Jeri Jergenson	in memory of Tessa Jergenson
Anonymous	in memory of Tessa Jergenson
Ann Walker	in memory of Tom Latterell
Arthur Essery & Erin Fitzgibbon	in memory of Tom Latterell
Audry Timmers	in memory of Tom Latterell
Bill Kotsmith	in memory of Tom Latterell
Carol & Gerald Brunn	in memory of Norm Brunn
Charles & Debra Peterson	in memory of Norm Brunn
Community Giving Foundation	in memory of Tom Latterell
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Elaine Kowski	in memory of Dolores Phillipp
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Sabine and Greg Lefebvre	in memory of Tom Latterell
Scott & Betsy Kaercher	in memory of Tom Latterell
Sharon & Butch Kipka	in memory of Tom Latterell
Steve & Jeanette Struffert	in memory of Tom Latterell
Sue Fleege	in memory of Ron Zeppelin

Special thanks for grant funding from the





CARE RIDDLE JUMBLE

Unscramble each set of letters to form a word that describes services for seniors. Then transfer the circled letters to the circles at the bottom of the page and unscramble them to find the answer to the riddle (hint: a play on words).

1. S I L E I D R E E V

2. D R I E S

3. T A R S A C S E S L

4. S M C U I & N O I G B
 &

A

What do we call elder supporters?

A _____

Answer: Golden CARErs

1. DELIVERIES 2. RIDES 3. ART CLASSES 4. MUSIC & BINGO

CARE Riddle Jumble (solution):



WE ARE GRATEFUL TO OUR ADVERTISERS FOR THEIR CONTINUING SUPPORT!

Need a Notary Public?
CARE offers free notary service to seniors.
Call the office to ask about this service, or stop by during office hours.




THE GARDENS
AT FOLEY
The Gardens at Foley offers Long Term Care, Memory Care, Short Stay Rehab, Assisted Living, and Assisted Living Memory Care on our campus. We offer a full range of supportive healthcare services customized to meet your unique needs.
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MARK YOUR CALENDAR!

JANUARY

3, 5, 10, 12, 17, 19, 24, 26, 31

Fun & Fitness for Seniors 1:30-2:30 pm

9 All Food Distribution Programs 11:00 am

23 Art Class 1:00-3:00 pm

18 Senior Social 11:00 am - 2:00 pm

MARCH

2, 7, 9, 14, 16, 21, 23, 28, 30

Fun & Fitness for Seniors 1:30-2:30 pm:

13 All Food Distribution Programs 11:00 am

6 Art Class 1:00-3:00 pm

15 Senior Social 11:00 am - 2:00 pm

FEBRUARY

2, 7, 9, 14, 16, 21, 23, 28

Fun & Fitness for Seniors 1:30-2:30 pm

13 All Food Distribution Programs 11:00 am

20 Art Class 1:00-3:00 pm

15 Senior Social 11:00 am - 2:00 pm

APRIL

4, 6, 11, 13, 18, 20, 25, 27

Fun & Fitness for Seniors 1:30-2:30 pm:

10 All Food Distribution Programs 11:00 am

17 Art Class 1:00-3:00 pm

19 Senior Social 11:00 am - 2:00 pm

**FOR MORE INFORMATION, OR TO SCHEDULE A RIDE OR FOOD DELIVERY
CALL CARE 320.968.7848**