

## Departmental Spotlight: A.C.E. of Lyon County

A new program has come to Lyon County called A.C.E. (Advocate, Connect and Educate) of Southwest Minnesota. In reality the program is part of the long standing national programs Senior Corps and Retired Senior Volunteer (RSVP) programs. A.C.E. of SW MN has been growing steadily with programs already existing in Lincoln, Cottonwood, Murray, Nobles, Redwood and Rock counties. In January 2014 Michelle Baumhoefner became Executive Director with the main office located in Slayton. Jaen Weilage recently became the Lyon County Coordinator.

Previously the organization had focused on community betterment through volunteers-especially those of retirement age. The new program goals reflect a broader perspective of bringing more resources and opportunities to local residents, seniors and their families, caregivers and service providers. While the aspect of volunteer recruitment will certainly continue (plus those under 65 will be welcomed to volunteer as well) the program will promote aging gracefully-along with some gusto and gumption- to provide ways to "Advocate, Connect and Educate". The timing for these changes is in response to demographics from the 2010 census which indicate people are living longer and that segment of the population will continue to grow. Finding local assistance and information to age successfully will be of utmost importance.

Funding from a variety of sources including the National Senior Services Corps, State of Minnesota, MN Board on Aging and SW Regional Development Commission (and others such as grants) work together to make the program possible. Key to the establishment of a Lyon County site was support from the Commissioners to include A.C.E. in the budget cycle. This new entity will provide a crucial local link to start finding solutions for many different types of questions like those listed below.

- I will retire next year-what choices do I have in the community to volunteer?
- My organization needs volunteers-where can I find them?
- How can my parent continue to live well at home-what are the risks and where can I learn more?
- I work with a local youth group looking for a meaningful project. Any ideas?
- My uncle seems to be having memory problems-any suggestions of where to begin?

One more example to focus on is **Caregiving**. Do you...bring groceries to your dad? Drive a friend to her doctor appointments? Remind your mother to take her pills? Then you are a caregiver. Being a caregiver can be rewarding, but also life changing. Jaen is trained as a Caregiver Consultant to provide options and discussion about the situation and give tips on how to keep balance in your life. There is also an educational program available in Marshall this Fall called Powerful Tools for Caregivers. The six week sessions help reduce stress and improve communication for family caregivers in a confidential class setting.

The new A.C.E. office is located in the Extension Building on Fairgrounds Road. Jaen has been busy getting set up and meeting with community members. Office hours will be established in the near future. The best way to contact Jaen is via email at [ace.lyon@co.lyon.mn.us](mailto:ace.lyon@co.lyon.mn.us). The phone number is 532-1326 or cell number 828-6261.

At this time we would like to welcome Jaen onboard. Jaen grew up on a farm in Renville County, holds a Therapeutic Recreation degree from St. Cloud State University, and is a long time Marshall resident. She is married to Harry and they will celebrate their 36 year anniversary on 9/3/14. The couple has three adult children: Drew of Denver, Co. Laurel and Hope, both who reside in St. Paul.

## IMPORTANT DATES TO REMEMBER:

### LABOR DAY

LYON COUNTY OFFICES WILL BE CLOSED ON  
SEPTEMBER 1, 2014

### RESILIENCY TRAINING

SEPTEMBER 18<sup>TH</sup>, 8:30 A.M., 9:45 A.M. & 11:00 A.M.  
CR 1&2

### LYON COUNTY BLOOD DRIVE

SEPTEMBER 19<sup>TH</sup>, 10:00 A.M.-4:00 P.M.  
CR 1&2

### NATIONWIDE TRAINING

SEPTEMBER 23<sup>RD</sup>, 1:00 P.M.-4:30 P.M.  
CR 1&2

### SAFETY TRAINING

SEPTEMBER 23<sup>RD</sup>, 10:00 A.M., CR 1&2  
SEPTEMBER 25<sup>TH</sup>, 10:00 A.M., CR 1&2  
OCTOBER 6<sup>TH</sup>, 2:00 P.M., CR 1&2  
OCTOBER 14<sup>TH</sup>, 2:00 P.M., LEC TRAINING ROOM

### VALIC ESTATE TRAINING

OCTOBER 14<sup>TH</sup>  
9:00A.M.-10:00A.M. OR 10:30A.M.-11:30A.M.  
CR 1&2

### INSURANCE OPEN ENROLLMENT

OCTOBER 20-31  
INSURANCE REP PRESENTATION AND Q&A- OCTOBER 23



CONGRATULATIONS!

Ellayne Conyers and Clarence Gilb are the Lyon County  
Outstanding Seniors of 2014!

## Lyon County Employee Recognition Picnic

THANK YOU to those who attended the 2014 Lyon County Employee Picnic! There were roughly 75 attendees and everyone had fun!



On a hike!



Award Recipients who were present



Kids had fun too!



Watching the awards ceremony

## History of Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers.

### The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883. In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a “workmen’s holiday” on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the county.

### Labor Day Legislation

On June 28, 1938, Congress passed an act making the first Monday in September of each year a legal holiday.

(Information from the United States Department of Labor)

## The Risks of Sitting

Some doctors are saying that sitting is the new smoking. According to the Mayo Clinic, sitting, like smoking, is a pervasive problem that harms your health. Approximately 80 percent of Americans work a non-active job, making all-day sitting a common condition.

Lengthy, non-interrupted sitting causes poor circulation and low calorie burn and is linked to various health problems, including obesity, hypertension, diabetes and cardiovascular disease, as well as stiffness, headaches and sluggishness. Your job may require you to spend a considerable amount of time at a desk, or maybe you’re fond of all-day movie marathons. Try these tips to sit less, move more and improve your health.

- Stand while talking on the phone or watching television.
- Try a walking or standing meeting at work.
- Stand up and stretch at least every hour.
- Wear a pedometer and find ways to add steps into your daily routine.
- Take the stairs when possible.
- Consider walking or biking when commuting to work or running errands.

### Motivation Corner

**Believe you can and you’re halfway there.**

**–Theodore Roosevelt**

## New faces around the County... See who's been hired since August, 2014!

Spencer Kor- Parks Worker  
Anita Cauwels- Tech Assistant 1 (Planning & Zoning Office)  
Hillary Buysse- Correctional Officer

## Area Events in September

\*Tracy Boxcar Days  
August 29-September 1  
Tracy, MN

\*Brau Bros. 1<sup>st</sup> Annual Hopfest  
September 5-7  
Brau Bros., Marshall, MN

\*SMSU Mustang Shootout  
September 6  
Shooters, Marshall, MN

\*Boxelder Bug Days  
September 5-7  
Minneota, MN

\*Citizen's Police Academy  
First class starts September 8  
Marshall Police Department

\*House of Hope Fall Style Show  
September 11  
Marshall Golf Course

\*Prairie Home Hospice Table Setting & Wine  
Tasting Affair  
September 12, 4:00 p.m., Ramada Inn, Marshall

\*4<sup>th</sup> Annual Woolstock  
September 13, 9:00 a.m.  
Marshall, MN Fire Department parking lot



\*Pursuit of Excellence  
September 20  
Marshall High School



607 West Main Street  
Marshall, MN 56258