



The best way to find yourself is to lose yourself in the service of others.



**The Season of Giving:**

We in Nobles County have so much to be grateful for as so many giving and talented people who live here share their talents. I want to introduce you to some of our volunteers who help fulfill Christmas wishes. This is what makes me get out of bed and come to work and love my job. ❤️

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Jim Mills with one of his wooden chests



Dennis Zierke made doll beds



Ron Markman with one of his game boards



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**Knitting, Sewing, Collaborating. . . .**

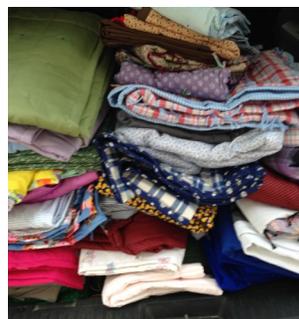
Christmas Baskets comes once a year but we save all year long so that we can make a contribution. We have helpers that quilt and sew all year long to donate to help someone else. The pictures below show my van loaded to deliver to the Christmas Basket drop off.

Julie Dykema donated novelty yarn from Picket Fence so we were able to donate fun scarves for people to choose from. We continue to accept donations to be used for projects for the community.



Julie from Picket Fence on Main, donated fun yarn.

*Don Linssen*  
Nobles Co. Commissioner  
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Loaded with quilts for Christmas Baskets!!



Ruth McCready: knitter extraordinaire!

## Giving from the Heart—Community Christmas Baskets



Christmas is certainly an amazing time of year. We have so many people reaching out to help make wishes come true and that no family is left out. Christmas Baskets is an amazing community event that helps many to have a Merry Christmas. There are many people who make this event come to be. People volunteer their time & talent all year long to make a one day event run so beautifully. Many thanks to the “behind the scenes” volunteers — without you Christmas Baskets just wouldn’t be!! The previous page shows pictures of volunteers who help by donating hand made projects. We salute all those who give their time to organizing donations, ordering, sending letters, paying bills, cleaning, sorting, asking, translating, making food, arranging meetings, applying for grants and all the other jobs it takes to make such a day possible: a hearty

*“Thank You!”*



## Salvation Army Red Kettle Campaign



Another Nobles County Tradition is the Red Kettle Campaign for Salvation Army. This year we tried the online sign up and were able to get more of the community to volunteer. We were able to include local business owners, city and county officials, teachers, non-profit organizations as well as citizens who wanted to help out this great cause. At the end of the season we brought in a total of \$10,089.00 which will be used to fund our local county budget. Thanks to all who helped with this project!! I look forward to the next campaign and growing our volunteer network for Salvation Army. If you are interested in learning more about how you can help with The Salvation Army or would like to become involved on the local advisory board—please give me a call—507-295-5262

## A Matter of Balance—A Falls Prevention Program



A Matter of Balance is a Falls Prevention workshop that ACE of SW Minnesota recruits volunteers to facilitate. In November and December we held 8 weekly sessions at Ecumen Meadows exploring how to confidently stay active during the winter. ACE Volunteer Delores Kruger helped facilitate this series.

Physical Therapist Becky Zylstra was our guest speaker.

A very successful series!



*Motion is Lotion to our Bodies—So Stay Active!!*

*—Becky Zylstra PT Sanford Worthington*

## Volunteer Opportunities in Nobles County

**United Community Action Partnership Community Transit:** Volunteer Drivers are needed for this opportunity. Drivers take individuals to medical appointments and they receive mileage reimbursement. All new volunteers must take the volunteer driving training provided by the transit system. A great way to help people who are unable to drive. The Volunteer sets how many times a week they drive, how far they drive and which cities they drive in. For more information call: 507-295-5262

**Health Care Centers**—There are 3 Health Care Centers that are stations for ACE of SW Minnesota: Crossroads, Southshore in Worthington, and Parkview in Ellsworth. Volunteers are needed to help with activities like Bingo, card games, parties and other group events. There is opportunity to work individually with nail care, reading letters, letter writing or e-mail writing, reminiscing, and visiting. If you are someone who likes to visit—this could be a great opportunity for you!

**Worthington Red Cross Blood Drive:** The American Red Cross is seeking a volunteer blood drive coordinator in Worthington for **four** blood drives in Worthington per year. Please spread the word to anyone that may be interested in this volunteer position. This point person is very important to the blood collection in the area and can really help with community involvement. Volunteers are also sought to help with the blood drives as greeters and canteen workers. Please see my contact info below. Thanks!

Cash Huntington : Account Manager, *American Red Cross/Mid-America Blood Services Division,*

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**Y-Pals**—Winter blues got hold of you? Need something to spark up your world? How about becoming a Y-Pal to some young boy or girl. Y-Pals serve young people who could use an older person to create a bond, enjoy their company and learn from. There are young people right now seeking an adult to spend time with and take an interest in their life. Volunteer mentors generally plan to meet with their Y Pal weekly for an hour or two. The Worthington Area Y helps find activities to help you both spend time together and create an environment that is fun. Just think an hour or two could be all it takes to make a difference in a young person's life. If you want to learn more information call Greg Wede the Y Pal coordinator at 507-376--6197 ext. 224

**ACE/RSVP Quilt Group at the CAL:** RSVP has had a quilting group for several years as we receive generous donations of material from many people. ACE/RSVP is also a recipient of United Way funding to purchase materials to help volunteers create and give back to the community. We have, for several years, purchased batting to make our quilts and fleece for blankets. We have also purchased tools like rotary cutters, scissors, cutting mat, pins, needles and so forth to help the quilters produce quilts and fleece blankets to be distributed throughout Nobles County. We are currently looking for more people to join us at the CAL. Our numbers are dwindling and we could use more hands to work around the table. You need not be a quilter as we tie our quilts for the most part. But quilters/sewers are welcome as are people who like to piece and create—the requirements asked of those who want to join us is a joyful attitude, a smiling team worker, a generous heart and someone who can create fun while working with our “holy” cloth. You have to come and find out what that is! Sweet Treats and Chocolate is always welcome and sometimes provided!

We currently have quite a bit of fabric that we could share with other groups in the area. The only stipulations placed on the group is that it sign up as a station to report volunteer hours and that the quilts made with ACE/RSVP supplies be distributed locally. For more information give the ACE office a call at: 507-295-5262.



Since the beginning of the year volunteers have been attending trainings and being tested to be certified to offer help with income tax. We are so grateful to the dedicated volunteers who give so much time so that they may serve others. Please be generous with your "Thanks" — if you know one of these volunteers. Here is the information everyone wants to know about this service—

## TAX HELP

AARP Tax Volunteers will again be providing free tax counseling and electronic filing of tax returns in Worthington. Trained and certified volunteers will be holding the appointments at the Center for Active Living, 211 11th Street, Worthington.

For an appointment, call the Worthington Area YMCA at 507-376-6197, press 3 and schedule your appointment. Tax appointments will be held at the Center for Active Living.

Mondays in February - 6, 13 and 27 from 9 a.m. - 2 p.m.

Mondays and Thursdays in March - 2, 6, 9, 13, 16, 20, 23, 27 and 30

Mondays and Thursdays in April - 3, 6, 10 and 13

Monday hours - 9:00 a.m. - 2:00 p.m. Thursday hours - 9 a.m. - 11 a.m.

**Worthington Middle School:** A volunteer opportunity to help with homework and to read with students.

Kourtney Leuthold teaches in a 7<sup>th</sup> grade EL classroom and she would like help during her Directed Studied (Study Hall). The students are learning English and are at a variety of levels. I have helped out in this room several times this year and the kids are always there to work on their homework and appreciate the help because most of them have no help when they get home.

The class is from 10:50a-11:40a and she would take help every day if she could get it, but would be happy if someone could come once or twice a week.

Give the ACE office a call if interested: 507-295-5262 or stop by Worthington Middle School.



# Powerful Tools for Caregivers



We will be starting a six week session in March 2017 at West Learning Center. Dates and Time are still getting determined. If you are interested in attending the series give the ACE office a call: 507-295-5262.

ACE is looking for volunteers who would like to train to facilitate this series. It is a fun and interesting way to volunteer. Caregiving background is helpful, but not required. The class curriculum is provided and must be followed for fidelity—training is provided. The next training will be held in Redwood Falls on Feb 15 & 16 — if interested in becoming a trained leader, contact the ACE office at 507-295-5262.



## Living Well With Chronic Conditions Workshops



**Chronic Disease Self - Management Program** (*Living Well With Chronic Conditions Workshops*): A six week series that helps participants with ongoing health conditions to find better ways of dealing with: pain and fatigue, discover easy exercises to improve strength and energy, learn appropriate use of medication, improve nutrition, learn communication skills to talk effectively with family, friends and healthcare professionals.

The next series is planned for May, place and time is still to be determined. Please watch the Daily Globe for updates. Volunteers are being sought to facilitate this series also — workshops can be held more frequently if there are more facilitators trained! Training for this series will be held March 13,14 & 20, 21, 2017 in Redwood Falls. If you are interested in becoming a trained leader, contact the ACE office at 507-295-5262. Training and mileage is provided for volunteers.



## A Matter of Balance: Managing Concerns About Falls A Volunteer Lay Leader Model



**A Matter of Balance:** An eight week series that helps participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change behavior to reduce fall risk factors; and exercise to increase strength and balance. Our next series is planned for the Fall of 2017.

ACE is seeking volunteers to facilitate this series. Training will be held April 18-19, 2017 in Redwood Falls.

**Interested in attending classes or trainings? Call ACE of Nobles Co. at 507-295-5262**