A.C.E.
ADVOCATE · CONNECT · EDUCATE
OF SW MINNESOTA

In Action

Spring 2017
Volume 2 Issue 2

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Spring

While Punxsutawney Phil last month said it was going to be more winter. I don't know about you, but that taste of Spring has had me wanting more!

It felt good on the mind, body, and soul. To have that little bit of warmth give a bit of a lift in my step, and I noticed more faces with a smile.

We have a busy time ahead of us, there are a number of classes being offered, and some of their names may be familiar. Powerful Tools for Caregiver's, A Matter of Balance, and CDSMP-Chronic Disease Self-Management Program, how to manage living with a chronic disease.

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If You…

Help someone with medications, attend doctor appointments with another person, assist with grocery shopping, laundry or other household chores, and provide care for someone in their home or yours…

You are a caregiver.

Powerful Tools for Caregivers (PTC) was developed to be a 6-week educational program to provide family caregivers with tools to increase their self-care and confidence. If this is something that you may benefit from, call: 283-5064.

"You are a caregiver."

BACKPACKS
For SW Youth Services in Magnolia

"By giving (kids) a backpack full of new supplies, it can make them appreciate something new."

It is mid-school session and a group of volunteer's came together to fill and then Janice Fick delivered the Backpacks to the SW Youth Services in Magnolia, MN recently. The items have been collected and/or donated throughout the school year. Choosing a good time to get everything put together is always the task at hand. A number of volunteers from the Senior Center and A.C.E. of SW Minnesota took some time recently to put together the backpacks. It will be a nice surprise mid-year.

Each backpack is packed with the essentials including paper, pencils, glue, crayons or markers, folders and an eraser. Depending on the age group, the children may also receive a binder. If there are donated supplies such as scissors, calculators or geometry sets, those are included as well. They also received a needed supply of underwear and socks.

By giving (kids) a backpack full of new supplies, it can make them appreciate something new and look forward to learning and that's step one to their education that will then better them in the future.

Backpack Supply Donation

Powerful Tools for Caregivers **class to be offered**

Caring for someone with a debilitating diagnosis can take the steam out of even the healthiest of individuals. One can get so wrapped up in doctor appointments and caring for their loved one, they tend to neglect their own needs.

Get connected with others

Resources are available in the community to help caregivers, and a new six-week class begins soon in Rock County. May1-June 5, every Monday at the MN Veteran's Home community room in their basement, from 2:00 – 3:30 pm.

The Powerful Tools for Caregivers course has been offered before in Rock County. The class is in conjunction with A.C.E. of Rock County, and the Minnesota Board on Aging.

Norma Brands, A.C.E. coordinator, said "caregiving can be an isolating experience, and the goal of this program is to help caregivers reduce stress, improve their self-confidence, add balance, improve communication, increase their ability to make difficult decisions and locate helpful resources".

"Our goal is to help them with information but also to put them back on the list and help keep them healthy." Brands said. "They may not have people available to help them get away for a day of shopping or something. We teach them to give themselves breaks-to manage their health alongside their caregiving."

The class follows a curriculum from a caregiver help book, which is available for purchase of can be loaned from the S.C.E. lending library. Brands said as important as the material is in the book, learning from fellow participants is equally helpful.

"These are all caregivers and they learn from each other" she said. "People have a wealth of information just by experience.

Norma herself and one other volunteer from Rock County, Connie Frahm, will be leading the classes. A minimum of eight participants is needed to hold the class, and a maximum class size of 15.

Norma said they do ask for volunteer donations to participate in the class, but people will not be turned away.

To participate in Powerful Tools for Caregivers, registration is required by April 28, you may call 283.5064, speaking with Norma or please leave a message. The classes are offered from 2:00 – 3:30 p.m. Mondays, May 1, 2, 15, 22, 30 (instead of Memorial Day), and June 5, at the Minnesota Veteran's Home community room in the basement.

Following the six-week class, participants will be invited to join a support group offered by A.C.E. The group is open to the general public as well.

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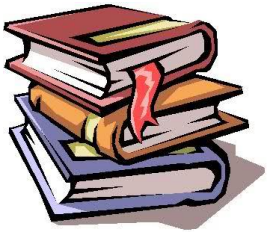
Other Classes Being Offered Soon

Other classes will be offered over the summer also. A *Matter of Balance* is being scheduled for Tuff Assisted Living/Home in Hills, beginning in April. This class in two times a week for four weeks covering over balance and exercise. Please call the office to sign up @ 283.5064.

Chronic Disease (CDSMP) is how one is handling or living with a chronic disease. This class will be coming up this fall. Any questions or more information needed call A.C.E. office at 283.5064.



Join us for a great opportunity to learn…

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