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Volunteer Appreciation Time

Wow! Summer is in full swing. Fair is done, Senior Center has had their fundraiser, BBQ and Pie and Ice Cream. So that means it will be time for the Annual Volunteer Appreciation event.

Just would like to say a few words of thanks for all of the volunteers. Every hour counts. This years Appreciation was held on **Sept 12, 11:30 am-1:00 pm, served Dad's Belgium Waffles. Was held at St. Catherine's Catholic Church.** We had a lot of wonderful door prizes again, and gave the reports of the past year. Entertainment was by my daughter, Anita Brands.

I would like to go a little deeper on one of the classes we hold - Powerful Tools for Caregivers. I cannot stress enough how it is important to take care of ones self. The ramifications are astounding once one gets into a rut. The daily routine can become mundane and when depression sneaks in it is hard to have clear thoughts for any type of decision one may have to make. Let my next article be encouraging and may it give some insight and encourage you to come to the next class. Be sure and call my office @ **283.5064** for more information or visit our website at www.aceswmmn.org - Class size is limited, but I need at least (8) eight people to hold this class.



Some of the Advisory Council working together on favors.



ADVOCATE*CONNECT*EDUCATE*

- Awareness
- Educate
- Connect
- Stress is common
- Resources
- Communicating
- Community



ADVOCATE * CONNECT * EDUCATE *

In an effort to raise awareness, educate our community, and assist families who have been touched by Alzheimer's disease, this quarter's article will highlight ideas on how we can help the caregiver.

Too often caregivers neglect their own health and well-being & put their own needs on the back burner. Sometimes caregivers become a 2nd victim of the disease that afflicts their family member.

When you board an airplane,

the flight attendant gives several safety instructions.

One of them is *"if oxygen mask drops down put on your oxygen mask first before helping others."* This is because if you don't take care of yourself first, you may not be able to help those who need your help.

*ADVOCATE * CONNECT * EDUCATE * continued*



It's the same thing with caregiving. When you take care of yourself, everyone benefits. Ignoring your own needs is not only potentially harmful to you, but it can also be harmful to the person who depends on you.

Unfortunately, stress among caregivers is extremely common. Caregivers often try to do everything by themselves, which eventually leaves them worn out and unable to fully attend to everything they are expected to do. Furthermore, ignoring the symptoms of stress can affect physical and mental health and lead to burn-out, and make it impossible for the caregiver to continue caring for their loved one.

What are some signs of stress?

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad or depressed
- Having frequent headaches, bodily pain or other physical problems.

These are important messages from your body to listen to. Ignoring these messages can result in harming your own health & wellbeing.

Here are some ideas to manage the stresses you may be experiencing.

- Give yourself permission to accept help. Be prepared with a list of ways others can help you.
- Focus on what you are able to provide. Don't surrender to guilt. You are doing your best.
- Get connected. Find out about caregiving resources that can make your caregiving duties easier. We have a comprehensive brochure of resources available – free to caregivers. Contact my office to receive a copy.
- Eat healthy meals.
- Get enough sleep
- Make time for activities you enjoy. Reading, music, painting or doing crafts, quilting, visiting with friends. Even if only for a few minutes. If you like to go to church activities or belong to a club or organization – ask a friend or family member to stay with you loved one.
- Get regular medical & dental checkups.
- Join a support group.

Again we are offering a 6 week course entitled Powerful Tools for Caregivers. This educational program is designed to provide you with the tools you need to take care of yourself while caring for another person. You will learn to:

- Reduce Stress
- Improve self-confidence
- Better communicate your

feelings

- Find a better sense of balance
- Increase your ability to make tough decisions
- Locate helpful resources



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Make time for activities you enjoy. Reading, music, painting or doing crafts, quilting, visiting with friends. Even if only for a few minutes. If you like to go to church activities or belong to a club or organization – ask a friend or family member to stay with your loved one.

Zion Quilters, Hardwick, MN

We have a station in Hardwick as one of our Quilting Stations. It is held at Zion Lutheran Church. These ladies along with all our other quilting stations work hard and diligently

to provide blankets for our community. The styles are unlimited and every blanket is beautiful! If interested in any further information on the Zion Quilters give my office a call, 283.5064.

sew in their home because they can't make it to quilt day and they appreciate them very much.

Other projects that they work on, are health kits which are distributed out to areas in the community, they collect pill bottles that are given to a special needs house and they remove the labels and are sent on. And we collect pop tabs for Ronald McDonald house. They package up at least a 100 Haiti Kits for the Avera Hospital which include baby items which are donated to their church through their congregation. They have a couple gals that cut and sew flannel diapers, a couple that sew pillow case dresses and the rest of the items are purchased at garage sales or other areas and donated to the project.

We disperse quilts to Furniture Mission, Gospel Outreach, Ronald McDonald House, SW Crisis Center, SW Youth Center (Magnolia), Center of Hope, Children's Inn, McCrossan Boys Ranch and SHARE or wherever there is a need for them. We disperse approximately 350 quilts a year...all sizes and fabrics.



They are so pleased to be an outreach to our local community and areas around.



They meet every Monday, unless it may be a Holiday. They have someone that cuts all the blocks, 3-8 people tie the quilts, one person sews around the finished quilt once it is tied, 1-2 people match

up tops to backs and have them ready for the bins that they put them in and they have one person that takes blocks and sews the top together and drops them off at the church weekly but is unable to attend our gatherings. They have people that sew the blocks together...which are cut into 4", 5", 6", 7" and 8" blocks. At this time they have a gal that likes to lay out the blocks so it makes a nice quilt and her husband does a lot of the sewing once they are laid out. They have people that

"We are so pleased to be an outreach to our local community and areas."



reConvening (last directives)

The Convenings was officially launched in Ely November of 2016 and the re-Convening is a way to check in with residents to see how people have taken the message to live fully now and at the end of life as their own. Have people started thinking about what gives their lives meaning now and how

that may or may not change toward the end of life? How many folks in Luverne have started having important but admittedly difficult conversations with family and friends about what kind of care they want at the end of life and who they'd like to speak for them if they can't speak for them-

selves? We're curious to know whether people have filled out advance care directives.

reConvening in Luverne Tuesday October 24, at the Historic Palace Theater from 6:30pm-8:00 pm.

Contact the A.C.E. of SW Minnesota - Rock County Office at 507.283.5064

Know your Choices
Ask your Doctor
End-of-Life Resources



Tia Ji Quant

moving for better balance (pronounced: ti gee chuwan)



Now let's talk about Tia Ji Quant. It is another new program we are bringing to Rock County. I am one of two trained leaders for this program. Won't you join me for a relaxing form of exercise?

Program Objectives

To improve strength, balance, mobility and daily functions, and prevent falls in older adults and individuals with balance disorders.

This is an evidence-based program that has been evaluated by researchers, and found to make a positive difference in the lives of participants. This will be 12-week sessions, twice a week for one hour. It will be Facilitated by 1 or 2 trained leaders. The class size can be 8 – 15 participants are required and can be housed in a community setting either indoors or outdoors. (Get some good fresh air).

There are 8-form core with built-in practice variations and a subroutine of Tai Ji Quant-

Mini Therapeutic Movements and variations, which collectively comprise a set of functional Tai Ji Quant exercises. Substantive enhancement of traditional Tai Ji Quant training and performance as it transforms martial arts movements into a therapeutic routine aimed at improving postural stability, awareness and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints, and lower extremity muscle strength.

This in turn contributes to improvement in balance deficits and fall risks via randomized controlled trials with older adult populations and people with movement disorders. It aids in improving lower limb muscular strength, sensory integration, limits of stability, and global cognitive function. This has reduced incidence of falls by 55% in community-dwelling of older adults and by

67% in people with Parkinson's disease.

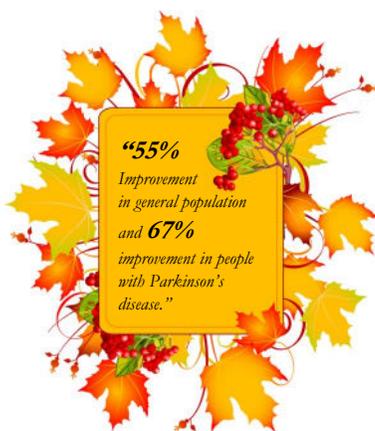
Class practice:

Each class session consists of three parts: (1) a brief warm-up movements, (2) core practice and (3) a brief period of breathing cool-down exercises.

Teaching emphasis:

Self-initiated and coordinated movement sway around ankle and hip joints with control of the center of gravity, rotational weight shifting initiated by the trunk, and eye-head-hand coordination are key elements of the program.

If this is something you are interested in please call and get registered with me, class size is limited, my office number is **283.5064**. Starts September 26, 9-10:00 am at the Luverne Sr. Center.



CDSMP

Chronic Disease Self Management Program

Living well with Chronic Conditions workshop series can help older adults maintain control of their health regardless of the conditions they are faced with. The workshops can help older adults improve quality of life and do the things they love to do!

Live well, age well.

6-week workshop series begins September 19, 9:00 -10:30 am at Tuff Village in Hills, MN.

Cost: A \$10 suggested donation.

Bring a friend, class size if limited, so register today, call **(507)283.5064**



**"Live well,
Age well."**

JUNIPER
Your Health. Your Community.



Powerful Tools for Caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class is a **six-week series** that will meet for 90 minutes each week.

Powerful Tools for Caregivers will help you reduce stress,

improve self-confidence, balance your life, better communicate your feelings, increase ability to make tough decisions, locate helpful resources.

Classes will be held on Mondays

September 18, 25, October 2, 9, 16, & 23

Held at Poplar Creek/Oaks from 9:00 - 10:30 am.

Class size is limited, please register @ A.C.E. of SW Minnesota; **(507)283.5064**

Email:
ace.rock@co.rock.mn.us

“A class for caregivers of older adults.”



A.C.E. OPPORTUNITIES

RSVP BONE BUILDERS:

The osteoporosis exercise program meets three times a week at the Senior Center in Luverne, and twice a week (Tues & Fri) at the Poplar Creek/Oaks facility in Luverne. There is no cost to participate, all are welcome.

- Prevents and Reverses Osteoporosis
- Improves Balance
- Enhances Energy and Well-being
- Increases Socialization

Rock County Sites Include:

- Luverne Senior Center
9:00 - 10:00 am.
Mondays, Wednesdays, and Fridays
- Poplar Creek/Oaks
9:00 - 10:00 am

Tuesdays & Fridays

- Tuff Village, Hills

Caregiver Support Group - is held the 4th Tuesday of the month at the Mary Jane Brown Home, in their conference room. All caregivers are welcome to attend. Alzheimer’s Disease education is presented through an educational DVD series, but truly any Caregiver will find the information helpful no matter what care their loved one needs. Next meeting will be **September 26, October 24, November 28, December 26. 5:00 - 6:30 pm.**

Powerful Tools for Caregivers

Beginning soon!!

September 18, Poplar Creek/Oaks 9:00 - 10:30 am

CDSMP Chronic Disease Self Management Program

Beginning Soon!!

September 19, at Tuff Village in Hills. 9:00 - 10:30 am.

Tai Ji Quan

Beginning soon!!

September 26 @ Luverne Sr. Center. Class size limited, call to register. 9:00 - 10:00 am.

Coffee Servers Needed!!

MN Veteran’s Home

Mary Jane Brown Home

Call for information...

(507)283.5064



A.C.E. of Southwest Minnesota



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We're on the web @

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*"The best thing about the future is that it comes
one day at a time."
~Abraham Lincoln*

