



# Redwood County NEWSLETTER

*Engaging communities by educating, connecting and advocating with an emphasis on volunteerism and independent living.*

October, 2017

## ACE of SW MN

250 South Jefferson St  
Box 130  
Redwood Falls  
Tel - 507-627-1016

E-mail - [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us)

## Staff

Karen Christensen  
Program Coordinator

Michelle Baumhoefner  
Executive Director

## Advisory Board

LaMae Dahms

Carol Dittbenner

Clara Friese

Sandy Gustad

Norma Hagert

Lucille Lienig

Barb Irwin

## Joint Powers Board

Dave Forkrud



## Celebrating 15 years in Redwood County

On October 2<sup>nd</sup> the A.C.E. of SW MN Redwood County office will celebrate its 15<sup>th</sup> year in Redwood County. We have had many changes during that time. That includes a name change from Redwood County Volunteers to A.C.E. of SW Minnesota. Our office has moved three times - from Wood Dale Nursing Home where we began to Johnson Park Place Assisted Living and now the Courthouse of Redwood County.

We started our programming in Redwood County with a grant from the state of Minnesota. A Gaps Analysis showed gaps in services to help senior citizens stay in their home and indicated that there was a high need for services in several areas. This included information and referral, transportation, caregiver training, in-home respite, companion services and chore services. Redwood County was one of four counties in the state of Minnesota that did not have a formal volunteer program such as RSVP at that time

A.C.E. of SW Minnesota includes the programs of RSVP for those over the age of 55 and the Volunteer Clearinghouse which invites teens, families and adults to get involved in their community by volunteering.

### **WE CONTINUE TO GROW!**

The programs of the Redwood County Volunteer office have continued to grow and change. Our office not only is a place where non-profits, units of government and agencies with a focus on health care go to find willing volunteers. Our program also continues to meet the needs of older adult to help them remain living in their homes independently and safely. We have taken a hard look at the gaps in service and have implemented or expanded current programs to fill those needs. These programs and classes include Matter of Balance, Live Well with Chronic Disease, Powerful Tools for Caregivers, Bone Builders Exercise Program, "Good Morning" Telephone Reassurance program, Caregiver Respite, Caregiver Counseling & Support Group, and Memory Care Coach.

## HOW ARE WE DOING?

In 2016, 461 active A.C.E. of SW MN Redwood County volunteers donated 54,921 hours. Our numbers of volunteers and volunteer hours continue to increase in 2017.

Thank you to all of our volunteers for their support during the past 15 years. You are a special group of people who give of your time and talents to help others and it has been great working with you.

## Volunteering in Redwood County



*Red Cross volunteers include – Marvin & Maureen Bernardy, Mary Sanger and Barb Billmeier*

Local Disaster Action Team volunteers serve as the first, on-the-scene, Redwood Cross contact at local residential emergencies, most often house or apartment fires. These volunteers are trained in administering comfort and direct assistance to those who have been affected so that they can begin the recovery process.

### **Diane Radel Deployed to Help at Hurricane Harvey**

Red Cross volunteer Diane Radel recently deployed for two weeks to help during Hurricane Harvey. Diane drove from Minnesota to Texas in an Emergency Response Vehicle (ERV). She helped to distribute meals to those people who did not have power due to the Hurricane. This is Diane's 13<sup>th</sup> deployment. Thank you Diane for taking the time to help others during a disaster.



# Concerned about falling?



MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls.**

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Suggested Donation \$10.00**

## Join Us for A Matter of Balance

**Mondays & Wednesdays**

**November 6, 8, 13, 15, 20, 22, 27, 29**

**1:00 – 3:00 PM**

**Redwood Falls Library**

**Meeting Room**

**509 South Lincoln St.**

**Redwood Falls, MN**



**Space is limited. Register Today!**

Call A.C.E. of SW MN – Redwood County by Nov. 3 to register 507-627-1016

# Healthy Lifestyle

## Legal Representative

Presenter – Southern Minnesota Legal Services

Wednesday, October 11, 2017 – 9:30 a.m. Redwood Area Community Center

Learn about Southern Minnesota Regional Legal Services, which includes free, high-quality legal help to low income people in critical civil matter. For more than 100 years, they have helped individuals and families secure and protect their basic needs, maintaining freedom from hunger, homelessness, sickness, and abuse. Legal Services will answer questions about Wills and Trusts.

Classes are free. For more information contact Karen Christensen, A.C.E. of SW Minnesota – Redwood County 627-1016 or Wendy Dahl, Redwood Area Hospital 637-4527

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### 2017 Annual Enrollment Period

The 2017 annual enrollment period for Medicare Prescription Drug Plans and Medicare Advantage Plans runs from October 15, 2017 to December 7, 2017. During this time, you can enroll in a plan if you did not previously enroll or change to a new

plan. Changes then become effective on January 1, 2018. If you do not make changes by December 7, 2017, in most cases you will not be able to change plans again until 2018.

The Minnesota River Area Agency on Aging®, Inc. will once again be assisting Medicare beneficiaries with their 2017 Medicare plan research and enrollment. Trained volunteers will be available by appointment in **Redwood Falls at the Redwood Public Library on Wednesday Oct 25<sup>th</sup> 2017 10:00 - 3:00.** To schedule an appointment, call the Senior LinkAge Line® at 1-800-333-2433.

Medicare beneficiaries need to bring with them current insurance information, their Medicare card and their medications. If you have questions or need further information, contact the Senior LinkAge Line® at 1-800-333-2433. The Senior LinkAge Line® is a program of the Minnesota Board on Aging and the Minnesota River Area Agency on Aging®, Inc.

# Fall Dementia Event



Sponsored by the Redwood Area Dementia Awareness Network



**TO REGISTER:** Call A.C.E. of SW MN -  
Redwood County at 507-627-1016 or email at  
ace.redwood@co.redwood.mn.us  
by **Monday, October 23, 2017**

~ Light Refreshments Served ~

## “What’s Your Name Again?”

Should you be worried about your memory?  
From forgetting where the car’s parked to not  
remembering names, we reveal the  
warning signs of dementia

*Speaker: Clarissa L. Dumdei, C-ANP, C-GNP  
Avera Medical Group, Marshall, MN*

This educational program will include reviewing  
symptoms of memory loss, work up for memory  
impairment, and an overview of memory clinic. There  
will be a question and answer portion as well.

**WHEN:** Monday, October 30, 2017

**TIME:** 5:15-6:15 p.m.

**WHERE:** Redwood Falls Public Library

509 S. Lincoln Street  
Redwood Falls, MN

**COST:** No charge

**WHO SHOULD ATTEND:** Caregivers,  
Community members and anyone  
interested in dementia education.

Funded in part by Westside Clothing Center, Redwood Area  
Hospital Foundation, Redwood Falls Rotary Club, St. Matthew’s  
Lutheran-Evan, and a dementia grant from the MN Board on Aging



## From Our Mailbox

Thank you to everyone for your help in delivering Home Delivered Meals. It is greatly appreciated.

Patsy Evers

## FALL VOLUNTEER OPPORTUNITIES



**Redwood County Salvation Army Kettle Coordinator** A volunteer is needed to administer the kettle campaign in Redwood County. The volunteer would make arrangements for all kettle sites prior to the kettle season, schedule volunteers at kettle locations, perform clerical duties, make bank deposits, set-up and tear down kettle equipment and contact media about events. Call Kim Schwich at (507) 326-5017 to volunteer.

**Ruby's Pantry** has many opportunities to volunteer. We need friendly people who love people! We have several positions to volunteer in:

- ★ Food Distribution Line, handing out an item of food to each guest who comes through the line.
- ★ Carry-Out, helping guests load up their cars with their share.
- ★ Guest Registration, greeting guests as they are coming in, answering questions people may have.
- ★ Clean-up, making sure we leave the National Guard Armory in better shape than it was when we came, breaking down boxes, recycling, etc.



Call our office at 627-1016 to volunteer.

### **Redwood Area Hospital Gift Shop**

The Redwood Area Hospital Gift Shop Auxiliary is looking for volunteers to work in the Redwood Area Hospital gift shop. Volunteers are needed Monday – Friday from 8 AM – 4 PM. Volunteers will work a 3 hour shift. Training is available. No standing or lifting. Call our office at 507-627-1016 to volunteer.



# Reporting Your Hours

Reporting your hours is important to us. Did you know you can report your hours several ways. If you are volunteering at a station that is registered with us you can record your hours on their Station Timesheet. We also welcome phone calls at 627-1016, e-mail us at **ace.redwood@co.redwood.mn.us** or you can complete the timesheet below and mail or drop off at 1011 E. Elm St. #221, Redwood Falls, MN 56283.

## REDWOOD COUNTY VOLUNTEER TIME SHEET

Month: \_\_\_\_\_ **Volunteer Signature** \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

***Please submit your hours by the 5<sup>th</sup> of the month.***