



# Redwood County NEWSLETTER

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

*January, 2018*



ACE of SW MN  
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## Happy New Year and Thanks to Our Volunteers!

As the calendar turns to a new year, I want to take a moment to thank all of the A.C.E. of SW Minnesota volunteers for your hard work as volunteers in 2017! I feel lucky to be associated with such a wonderful group of volunteers. Your time, talent, and support of our programs are very much appreciated. Thank you to the all of the volunteers both young and old who volunteer each and every day throughout Redwood County. You definitely complete the vision statement of A.C.E. of SW Minnesota: Communities with involved and dedicated citizens that showcase southwest Minnesota.

**Thank you so much!**



## Reporting Volunteer Hours for 2017

Many times when I visit with volunteers, they tell me that they have volunteered throughout the year but haven't yet reported their hours? Some feel it is just not important. It's not too late and is important to our program. You ask why? Tracking volunteer hours is a valuable tool in highlighting how volunteers impact a community. Your volunteer hours are also reported to the federal, state, and county officials who provide funding for our program. These hours along with stories about what volunteers are doing provide a "snapshot" of the volunteer work that is happening in Redwood County.

**It also indicates that you are volunteering and that you will receive an invitation to our annual volunteer appreciation held in the spring.**

Wondering if you reported your volunteer hours, give us a call. We keep track of your hours by your name & month and also the station you volunteer at. Call us at 627-1016, send us an e-mail at [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us) or send your hours in the mail to **A.C.E. of SW Minnesota, 250 South Jefferson, PO Box 130 - Redwood Falls, MN 56283**

# Redwood Share the Spirit



## **Another Successful Redwood Share the Spirit!**

*For 40 years, Share the spirit has been ensuring a “Merry Christmas” to families in the Redwood area who could use a little cheer brought to them during the holiday season. This program ensures that the children in the Redwood area will find a Christmas gift under their Christmas tree. This year more families than ever were helped by the Share the Spirit program. Programs are offered in both Redwood Falls and Lamberton.*

*What do volunteers do? They man the phone and accept donations before the event, pack fruit baskets and deliver them throughout the area, and pack grocery bags that are filled with food items that have been donated for families. Others spend time organizing hundreds of toys onto tables, and volunteers even come each year to push the shopping carts of gifts to the vehicles. This and much, much more happens behind the scene.*

*Thank you to everyone who donated money, toys, food and other items to make this year a success. Your time and gifts given this holiday season shows the true spirit of helping.*

**Many Thanks!**



Thank you to the many, many volunteers who donated their time to ring the bell for the Salvation Army in Redwood County. We know you helped to make the holidays much brighter for many in our area.



Another year has come and gone and once again, you may have made a New Year's Resolution to get more exercise. Did you know that the RSVP Bone Builders program meets in almost all areas of Redwood County.?

**What is RSVP Bone Builders?** RSVP Bone Builders is a free exercise program to address osteoporosis. This program prevents and reverses osteoporosis, improves balance and enhances energy and wellbeing. Studies published in the New England Journal of Medicine and the Journal of American Medical Association show that elderly women who participated in a weight training program twice weekly for a year, gained an average of 1% of bone density. A control group lost 2% to 2.5% over the same time period. Participants reported increased strength, better balance, more energy and feelings of well-being.

**Classes are Ongoing.** Participants can join an on-going class at any time or join with others to initiate a new class. The key to participation is a commitment to attend classes twice weekly. All the research surrounding weight training as a deterrent to osteoporosis confirms that a twice weekly commitment is required to insure an increase in bone density.

**All classes are Free!** Utilizing Volunteer Trainers leading classes at donated sites, we are able to offer classes in all of Redwood County at no charge. For information on times and locations of classes in your area, please give our office a call at 507-627-1016.

## **Schedule of Bone Builders Meeting Sites**



### **Belview**

**Belview Community Center, 202 South Main St., Belview**

*Tuesday & Thursday - 10:30 AM except for the first Thursday when it will be held at 10 AM*

### **Morgan**

**Morgan Public Library Basement Meeting Room - 210 Vernon Ave, Morgan Monday & Wednesday 9 AM**

### **Redwood Falls**

- 1. Redwood County Courthouse Basement Meeting Room, 250 South Jefferson Street, Redwood Falls, MN. Enter through the east door. Tuesday & Thursday - 9 AM**
- 2. Redwood Area Community Center Tuesday & Thursday - 10 AM**

### **Wabasso**

**Heritage Prairie Apartments - 1173 Dewey St., Wabasso. Monday & Thursday 8:30 AM**

### **Walnut Grove**

**Country View Senior Living Community - 810 8<sup>th</sup> St., Walnut Grove. Tuesday & Thursday - 9 AM**

### **Lamberton**

**Lamberton Community Center, Lamberton. Tuesday & Thursday - 9:00 AM & 2 PM**



## Redwood County Restorative Justice

Over the past seven years the Restorative Justice Program has expanded enormously providing support to many people in our community as well as repairing harms that have been caused. Through Restorative Justice, we use the Circle Process to communicate with one another our successes and struggles in a safe and sacred way.

The process is difficult to explain in words, one of those things that one just needs to experience and you are very welcome to do so.

Instead of trying to explain the Circle Process, an indigenous way of having conversations, I will provide information about how we are reaching people within our community. First I will list off the number of different Circles that are offered:

- Circle Sentencing
- Parent to Parent Circle
- Circle of Hope
- Healing Circle
- Women's Circle
- Oasis Circle
- AC3 Circle
- Transition Circle
- Circle in Schools

All of these Circles are intended to build relationships in all the different areas of life. If there is not a Circle to a person's specific need...we will create a space for that need. Each month, we have over 20 Circles, connecting over a hundred people that otherwise may not have been in contact with one another. Currently there are 28 volunteers in the Restorative Justice Program dedicated to supporting kids and families throughout Redwood County.

**We are always looking for additional community members to participate in Circle, whether it is as a volunteer opportunity, to build relationships within your community, and/or need support in an area of your life. We come together in Circle to support, teach, and bring together the collective wisdom of community to move forward in our daily lives in a good way. If you would like more information on how you can become a part of this amazing opportunity you can contact Eric Johnson at: 507-637-1139 or email at [eric\\_j@co.redwood.mn.us](mailto:eric_j@co.redwood.mn.us)**

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If you are volunteering with a Circle of Sentencing, please call our office so we can gather your hours. Thank you.

### **Thank you for the recent donations to our programs:**

**\$100 to the Redwood Area Dementia Awareness Network from the St. Catherine National Catholic Society of Forsters**

**\$448.59 to the Redwood Area Dementia Awareness Network from the Renville Area Dementia Awareness Network**

**\$50 donation from Val Goldner to be used for A.C.E. of SW Minnesota programming**





**What Does Stress Have to Do with Anything?**

**Wednesday, January 10, 2018 – 9:30 a.m. Redwood Area Community Center**

*Presenter: Ryan C. Pope, PT, DPT, WCC, Rehab. Services Department – Redwood Area Hospital*

Many visits to healthcare professionals are reported as having a “stress-related” cause, and often ailing health and wellbeing manifest stress, which can then become a cycle of stress and ailments. So, what exactly is “stress”, and how can our physical wellbeing shape and be shaped by stress? Let’s explore this topic and the single most important physical thing you can do to help.

**Classes are free. For more information contact Wendy Dahl, Redwood Area Hospital at 637-4527 or Karen Christensen at 627-1016.**



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**The A.C.E. of SW Minnesota – Redwood County Caregiver Support Group invite caregivers to joins us the 1<sup>st</sup> Friday of every month at 10 AM for coffee, conversation and support at the Courthouse Basement Meeting Room - Redwood Falls. The support group is a place where caregivers can share experiences and insights and visit with others in the same situation. If you have questions or would like more information, call Karen Christensen at A.C.E. of SW Minnesota – Redwood County at 507-627-1016.**



## It's a New Year...Are You Looking for a New Volunteer Opportunity?

*If you have the winter blahs and are looking for ways to keep busy or you would just like that good feeling you get from helping others, we have many volunteer opportunities.*

- Do you want to change the community we live in? Volunteer with **Community Action Tax Clinic** and see the immediate financial impact of your time! We provide free tax preparation and financial services to low-income families, often boosting their yearly income by 40%. We are in need of volunteer tax preparers. Previous tax knowledge is not required. Contact **lori.oleary@wcainc.org** or **507-637-2187 x 2158** to learn more about how you can get involved.
- **Redwood Falls Library** has several volunteer opportunities. Please call our office at 627-1016 for more information.
- The residents at the area nursing homes would love to have a visit from you. Come to play games or cards, or visit one-to-one with residents.
- **Volunteer Drivers Needed**

Just think if one day you were no longer able to drive. You had no way to get to your doctor's appointment, get groceries or your haircut. There is a great program that assists people who need a ride. But we need your help.



Volunteer drivers are needed to help people who no longer can drive. The United Community Partnership Transportation program is in need of volunteer drivers to help people access services/event both locally and out of the area to locations such as Willmar, Mankato, Rochester, Minneapolis/St. Paul, or Sioux Falls, South Dakota. Trip requests include rides for a variety of reasons such as medical appointments, jobs, day care, or helping people who need to shop or connect with programs of businesses in their community or one nearby. **The nice part about being a volunteer driver is that volunteers get to set their own schedules and are never obligated to drive if they are busy or don't want to drive to certain locations. Volunteers are reimbursed at the going IRS rate. To volunteer call the volunteer office at 627-1016 or Cathleen Amick at 507-637-7628 ext. 1124**

# 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>***