



Celebrating People in Action

National Volunteer Week



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ACE of SW Minnesota/Nobles
County

You can find all of our counties
on the web:

www.aceswmn.org

Cottonwood County
Lincoln County
Lyon County
Murray County
Nobles County
Redwood County
Rock County

Michelle Baumhoefner
Executive Director
2989 Maple Road
Slayton, MN 56172
507-360-4205

National Volunteer Week April 16-20

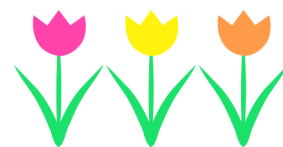
"People in Action" is a good phrase to describe Nobles County volunteers. There are so many volunteers ready to lend a helping hand to so many stations!!

In 2017, 519 A.C.E. of SW Minnesota volunteers donated 47,570 hours of service at 51 stations in Nobles County alone. A volunteer is more than someone who just shows up to help, they usually have a passion for what they are doing. Volunteers pick their own path—our program is here to help you find a place or a cause that you feel connected to. If you start dedicating time on a regular schedule—you have a passion.

Did you know that a volunteer hour of service is worth \$26.40 in the state of Minnesota? Our communities benefit from passionate people who care about how the citizens live and help make resources available to carry on their daily lives.

A.C.E. of SW Minnesota is a 7 county project, Nobles County benefits from volunteers from surrounding counties as they share their time and talent at several of our stations. These 7 counties had 2,361 volunteers who contributed 276,180 hours of service to our SW Minnesota service area totaling over \$7,291,152 worth of service time, using the same \$26.40 an hour. I'd say that is a lot of passion and caring for our communities.

The Corporation for National Service which oversees our RSVP program declared April 3rd as National Service Recognition Day. The Nobles County Board of Commissioners and the Worthington City Council both signed the proclamation to reflect their thanks to all of you who serve so selflessly. I was able to visit with the Worthington City Council and update them on your volunteer activity at the Worthington sites. I was scheduled to present to the Nobles County Commissioners but have had to ask for a snow date. Our spring weather kind of got in the way. Our rescheduled date is April 17 and all are welcome to attend with me, they really enjoy hearing stories from the volunteers. If you would like to attend please give me a call so we can plan accordingly.



Looking ahead to Spring—Do you want to do some good? Here are some suggestions –

Spring is a time of renewed energy, new beginnings and time to get out and have some fun with friends. Volunteerism is a great way to bring purpose to that fun. The weather is warming, and we may need some interesting projects to share our time and talent. My hope is that you can spare an hour a month to do a worthwhile volunteer opportunity. It doesn't take a huge commitment of time to make a great impact.

Pioneer Village: The weather is warming so that means students and tourists will be stopping by this historic site. A staple for many schools is a visit by their students to enjoy this site—would you consider being a tour guide? Maybe outdoor work is your calling—gardening, painting, mowing, outdoor maintenance; all are possible at this site. Volunteers are always welcome in the office to take admissions and welcome visitors. Please consider helping at this prairie setting—birds singing, the smell of freshly cut grass, and prairie breezes are all perks here. Bring a friend and enjoy a summer afternoon the old fashion way!!

The American Red Cross: We have been so fortunate to have the presence of the American Red Cross blood drives in our area, it has become a tradition. Over the years we have had dedicated volunteers help by registering donors and giving snacks to the donors. We are fortunate to have been given the Worthington schedule for 2018.



April 19th (Thursday) — 12:00-6:00 at the American Reformed Church

July 6th (Friday)— 12:00-6:00 at the American Reformed Church

August 3rd (Friday)—12:00-6:00 at the Worthington Christian Church

November 8 (Thursday) —1:00– 7:00 at the American Reformed Church



Nobles County Volunteer Drivers:

- Volunteer drivers for Nobles County residents. There is a great need for help in getting people to their medical appointments. You drive your own car, your mileage is reimbursed, and your time is your gift. If you are interested please give Shelly Pflaum a call at 507-537-7628, or you can call the Nobles County office at 507-295-5262.
- Drivers are needed for the VA van located in Nobles County. If you have a desire to help veterans to medical appointments we would like to hear from you!!

****Please note that training and screening are involved with both of these opportunities to ensure safe rides to and from medical locations as drivers are helping some of the most vulnerable in our county. *The gift of a morning or an afternoon can mean so much to those in need!***



Another Vital Opportunity:

Home delivery of meals is a great way to spend an hour helping. We have 3 Senior Dining sites in Nobles County. Adrian Senior Dining, Brewster Senior Dining and Worthington Senior Dining—all are in search of volunteers to help with home delivery. Mobile Meals of Worthington is coordinated by the churches in Worthington but I am sure if you would like to take a route to help they would be very interested in hearing from you. Summer is a busy time and there is always a need for replacement drivers for routes. Meal delivery is a service that is vital to those who receive them, as they may be unable to shop, cook, or put together a nutritious meal. Good nutrition is vital to helping older adults stay healthy and manage living in their own homes. Have an hour to spare? Try delivering a meal to those who need your help.

Powerful Tools for *Caregivers*

It's not easy to care for a loved one. We can help. . . .

Caregiving is rewarding, but it can also be stressful—physically, emotionally, and financially. This six week series of classes are designed to provide you, the caregiver, with skills to take care of yourself. Learn how to:

Reduce stress **** Improve self confidence*** Balance your life **** Better communicate your feelings

*** Increase your ability to make tough decisions *** Locate helpful resources

Classes will be: Wednesdays: 2:00–3:30

May 9, 16, 23, 30; June 6, 13

Sanford Worthington Medical Center

Centennial Room L100

(Lower Level of Hospital)

To Register: call District 518 Community Education 507-376-6105.

For more information about Powerful Tools for Caregivers contact

Joanne Bartosh—A.C.E. of SW Minnesota —507-295-5262

Nobles County Caregiver Support Group: 2nd Monday Of the Month

Are you a caregiver who could use a listening ear, practical advice, help with finding resources?



Maybe you are in need of Alzheimer's Disease & Dementia education. A.C.E. of SW Minnesota/Nobles County Caregiver Support Group meets the second Monday of the Month starting at 5:00 at the Center for Active Living, 211 11th St., Worthington, MN. Meetings are open to all Caregivers! If you have questions call Joanne at 507-295-5262.



If you are someone who is comfortable in a teaching/facilitating role, we have a great way for you to help our communities in Nobles County. We hold evidence based workshops quarterly throughout the year. These workshops include: Chronic Disease Self-Management, Diabetes Self-Management, A Matter of Balance, and Powerful Tools for Caregivers. Facilitators are required to attend trainings to become certified to hold these workshops. ACE of SW Minnesota will help you become trained and certified. Currently we have a need for a Powerful Tools For Caregivers Facilitator, but if you are interested in other workshops we would welcome your help. For more information please call: 507-295-5262

Do you want a great way to get fit? Join Bone Builders!!

Some of the benefits of joining an RSVP Bone Builder exercise class are: these exercises
**May prevent or *may* reverse Osteoporosis **Enhances energy and well-being **Increases
socialization **Provides information **Improves balance **AND It's fun!!



Classes are Free !! Open to the public !



Nobles County Sites Include:

- Adrian Senior Center—Monday & Thursday at 10:00 am
- American Reformed Church, Worthington—Tuesday & Thursday at 10:00 am
- Oakwood Apartments, Ellsworth—Tuesday & Thursday at 8:30 am
- Reading Community Center— Tuesday & Thursday at 9:00 am
- Rushmore Community Center—Monday & Wednesday at 10:00 am
 - Round Lake Community Center— Tuesday & Thursday at 10:30 am
 - Round Lake Community Center — Monday & Wednesday at 9:30 am



Don't have a Bone Builders in your community? Give A.C.E. of SW Minnesota/Nobles County a call: 507-295-5262

What did you think?? Last year we held Nobles County Volunteer Recognition at Memorial Auditorium. ACE volunteers were treated to a movie and snacks, they were allowed to bring spouses, friends, anyone of their choice to accompany them at no cost. We viewed the PG 13 movie: *Going in Style* on a Saturday afternoon.

So my question is—what did you think? I could use some feedback and some ideas for our next Volunteer Recognition. I would like to try this idea again.

I am in search of a *good movie, time of day, and day of the week*. I will consider any other constructive idea you may have. Give me a call: 507-295-5262 .

**I am the only one who answers at that number so you can leave me a message, or talk to me in person. Thanks to all of you volunteers for your service to our communities, it's hard to convey how valuable you are, but we like to try.—jb

Nobles Co. Stations and Volunteer Opportunities

(We have some new ones!)



(What in the world do you do in RSVP?)



- * Adrian Senior Dining—serve/deliver noon meals
- * Alzheimer's Education— help with Virtual Dementia Tours and other Alzheimer's education events
- * B.F.M. Thrift Store—sort, display donations; cash register operator
- * Brewster Senior Center & Senior Dining—socialization, fund-raising, maintenance, community outreach, serve/deliver noon meals
- * City of Rushmore— projects as needed
- * Caregiver Support Group Training and Education— take Care-giver Coach training—help with Caregiver programs
- * Center For Active Living-office support, answer phones, help with mailings and fill in when director must be away
- * Community Christmas Basket/Heart Club—hand crafted items made from home, work at annual event
- * Crossroads Care Center—assist activity department i.e. games, manicures, one to one visits, men are encouraged to volunteer here
- * District 518 Literacy Volunteers—help with English Second Language GED/ Citizenship curriculum and computer tutoring
- * Evidence Based Programming—help lead A Matter of Balance and Chronic Disease/Diabetes Self Management series
- * Golden Nuggets Volunteer Group—community mailings
- * Good Will-Worthington—door greeter, light cleaning, bagger
- * Manna Food Pantry—register clients, stock shelves, sort food from food drives, help serve clients
- * Memorial Auditorium—ushering, mailings, program folding, perform, set design, maintenance
- * Mobile Meals of Worthington—load and distribute meals to clients
- * Nobles Co. Government Offices—work within county offices, Nobles Co. fair
- * Nobles Co. Historical Society—office help, computer, mailings, sorting, cataloging artifacts
- * Nobles County One to One—friendly visiting
- * Nobles Co. Tax Service—take AARP training, prepare tax forms for clients
- * Respite Care/Nobles Co.—help caregivers take time for themselves, do home visits, must be screened and trained
- * Round Lake Community Center—staff library, maintenance, teach class/coach teams, open & close
- * Round Lake Senior Citizens—socialization, maintenance, fund-raising, community outreach
- * RSVP Bone Builders/Nobles Co. —Adrian, Ellsworth, Reading, Round Lake, Rushmore, Worthington—help lead exercise classes
- * Rushmore Senior Center—socialization, maintenance, fundraising, community outreach
- * Salvation Army—Red Kettle Campaign (ring the bell), serve on the board, help with disaster assistance
- * Sanford Regional Hospital-Worthington Auxiliary—cafeteria, tray favors, family waiting room, patient education, nursing services, infant caps, crafts for mom, magazines, time recorder, plant care, fundraisers, housekeeping bags, bloodmobile, library cart, Women's Center reception, gift shop
- * South Shore Care Center—assist activity department with resident activities i.e. bingo, manicures, one to one visits, men are encouraged to volunteer here.
- * St. Mary's School—assist teachers with classroom help
- * Telephone Reassurance/Nobles Co.—daily phone calls to clients
- * Third Avenue Thrift—sorting/hanging of clothing, cash register, dusting/vacuuming, projects as needed
- * United Community Action Transportation/Nobles—Drive clients to medical appointments, must be trained and screened
- * Wilmont Senior Center—socialization, maintenance, community outreach
- * Worthington Christian Church Food Shelf—register clients, stock shelves, sort food from food drives, help serve clients
- * Worthington Middle School—morning greeters, help with community events
- * Worthington Senior Dining—deliver noon meals
- * Worthington Senior High School—morning greeters, community events
- * Worthington Wood Crafters—craft items for Christmas baskets and community based agencies

It is with great pleasure that I get to offer A.C.E. Volunteers the opportunity to come to Living Your Best Life—Please join us on May 2nd!! —jb

LIVING YOUR BEST LIFE

Living Your Best Life

COME AND JOIN US FOR FOOD, FUN & EDUCATION!

Wednesday, May 2nd

American Reformed Church

3 PM - 8 PM

Cost - \$12 Advance, \$15 at the door

Your \$12.00 early bird fee will allow you to join in multiple breakout sessions, visit local business and agency booths, food, and FUN. We have an incredible line up of local experts that will share information on a variety of topics to help you live your best life. Even if you come late, come join us!

Keynote Speaker - Patty Wetterling
"Don't give up your dreams."

Patty will describe the dynamics of child abduction, sexual exploitation and their widespread impact. This presentation is for anyone who works with children and wants to be engaged in building a safer community. She will share lessons learned, safety components and her life commitment to fight for a world where children have the right to grow up healthy, safe and follow their dreams.



Sponsored By:



Schedule of Events

| | |
|----------------|------------------------------------|
| 3pm – 3:45 pm | Registration and Booth Visits |
| 3:45 – 4:15 pm | Booth Door Prize Drawings |
| 4:15 – 4:45 pm | Breakout Session #1 |
| 4:45–5:15 pm | Breakout Session #2 |
| 5:15–6 pm | Dinner by The Beach House |
| 6–6:30 pm | Breakout Session #3 |
| 6:30–7 pm | Breakout Session #4 |
| 7–8 pm | Keynote Speaker - Patty Wetterling |

Break Out Sessions

- Becoming a Better Informed Shopper, Claire Jucht from HyVee
- Essential Oils and Healthy Living, Amanda Walljasper-Tate from The Daily Apple
- Making Healthy 5 Ingredient Salsa, a make and take home activity, Shalynn Anderson from The Beach House
- Quinceañera Celebrations, Nobles County Integration Collaborative
- Scams Beware! Worthington Police Department
- Tai Chi, Kathleen Kusz

Please register by calling Worthington District 518 Community Education at 507-376-6105 or online registration at www.isd518.net/enrichment.

*Booths, Door Prizes, Entertainment & Fun
Throughout the Event!*

Catered by The Beach House (Light Meal included in the price)