



Spring 2018 Newsletter

Murray County Office
2989 Maple Rd.
Slayton MN 56172
(507)836-8705
www.aceswmn.org



Staff

Joyce Wiekeraad

Aging & Volunteer Services Coordinator
ace.murray@co.murray.mn.us

Michele Steffl

Dementia Services Coordinator
ace.aging@co.murray.mn.us

Michelle Baumhoefner

Executive Director
ace.director@co.murray.mn.us

Advisory Board Members

Marty Bujnowski
La Donne Christians
Terry Crowley
Kathleen Dysthe
Pat Edelman
Glenn Kluis
Diane Malone
Bette Meinerts
Mary Perry

Joint Powers Board Member

Commissioner Glenn Kluis

You can now join us on facebook to see what we are involved with, so like our page: [Facebook](#) ACE of SW MN – Murray County

FREE

AARP Foundation TAX-AIDE

Income Tax, Rental Credit & Property Tax

Refund Preparation

at the Slayton Public Library

March 21st, April 7th & 11th

Call A.C.E. of SW MN - Murray County at 836-8705 to make an appointment



We Have Moved

Effective January 1st, 2018; we moved to 2989 Maple Rd.
(the former Legends building)

Please look for our new sign on the building, and stop in and say Hi!





Counting Volunteer Hours

Remember to record all hours you volunteer. Round up if you are at the half hour, and remember to add your 'drive time' to and from the volunteer site.

You can record your hours in a variety of ways: at the site where you volunteer if they have a station timesheet.

OR you can email them to us at ace.murray@co.murray.mn.us

OR you can drop them off at the office at 2989 Maple Rd. in Slayton

OR you can mail them to us at A.C.E. of SW MN, 2989 Maple Rd., Slayton, MN 56172.

Please indicate where you volunteered and turn in all volunteer hours by the **5th of the month** following your volunteering.

A.C.E. Volunteers are currently serving at the following places:

| | |
|--|--|
| A.C.E Advisory Council | MNRAA – Minnesota River Area Agency on Aging |
| A.C.E. of Murray County Special Events | Monday Morning Quilt Club |
| American Cancer Society | Monday Study Club |
| American Red Cross | Murray County A.C.E. Advisory Council |
| Caregiver SG Tr/ Ed | Murray County Central – West Elementary |
| Chandler Area Quilters | Murray County Central - Elementary |
| Chandler Special Events | Murray County Early Childhood Development |
| Christ Lutheran Special Events | Murray County Food Shelf |
| Dovray Community Center Café | Murray County Historical Society |
| Dovray Quilters | Murray County Knitting Project |
| End-O-Line Railroad Park | Murray County NAPS |
| Evidence Based Programs | Murray County Medical Center |
| Friendly Visiting | Murray County Tax Assistance Program |
| Friends of the Slayton Public Library | Piecemakers Quilt Club -Slayton |
| Fulda Elementary School | Pink Ladies of Fulda |
| Fulda Food Shelf | Respite Care - Murray County |
| Fulda Home Delivered Meals | RSVP Bone Builders - Fulda |
| Fulda Reader's Theater | Slayton Kiwanis Club |
| Fulda Senior Center | Slayton Meals on Wheels |
| Fulda Senior Dining | Slayton Rehabilitation and Healthcare Center |
| Good Shepard Lutheran Church | Slayton Senior Dining |
| Hospice of Murray County | Slayton United Methodist Church Quilting |
| Lake Wilson Bloodmobile | St. Ann's Special Events |
| Lake Wilson Clothing Center | Sunrise Terrace |
| Lake Wilson Quilters | Telephone Reassurance – Murray County |
| Lake Wilson Senior Center | United Community Action Transportation |
| Lindenwood Assisted Living | Wonder World |
| Maple Lawn Senior Care | |



Powerful Tools FOR Caregivers

If you...

- ♦ Help someone with medications
- ♦ Attend doctor appointments with another person
- ♦ Assist with grocery shopping, laundry or other household chores
- ♦ Provide care for someone in their home or yours...

**You are a
caregiver**

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... an a healthier 'us'!"

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate feelings
- Increase their ability to make tough decisions
- Locate helpful resources.

***Classes will be held on Thursday's beginning
March 22, 29 & April 5, 12, 19, 26
1:30pm - 3:00pm***

Classes will be held at
**A.C.E. of SW Minnesota
Murray Co. office (former Legends bldg)
2989 Maple Rd.
Slayton MN 56172**

Please register by contacting A.C.E. of SW Minnesota - Murray County
at (507)836-8705 or email us at
ace.aging@co.murray.mn.us

There is no fee for this class series, however donations will be accepted.

Respite care is available during class, please inquire when registering.

This program is funded in part by a dementia grant from the MN Board on Aging, and by A.C.E. of SW Minnesota – Murray Co.



In 2014, RSVP of SW Minnesota changed its name to A.C.E. of SW Minnesota, allowing the RSVP volunteer program to become one of many programs offered through A.C.E. for older adults in this county.



Volunteers have been serving the communities of Murray County for almost 45 years and we are looking forward to continuing that tradition. The RSVP Program provides an opportunity for volunteers to share the skills and talents that they have spent years perfecting, and to put their life experiences into motion for others, thereby benefiting our communities!

Let us help you!



Caregiver Respite: Trained and screened volunteers are available to relieve caregivers for a short period of time allowing them time for errands, socialization, or other enjoyable activities for usually 1 to 3 hours.



Telephone Reassurance: Older adults at high risk of falling, sudden illness, or social isolation receive a daily call from trained volunteers. This service allows the participant to delay a move to assisted living and stay in their own home longer.



Friendly Visiting: Compassion, listening and presence are three hallmarks of a Friendly Visitor. Trained adult volunteers are matched with an elder in the community to provide friendship and support through regular one-to-one visits. A Friendly Visit can be a special gift during times of transition, loss or social isolation.



Powerful Tools for Caregivers: A six week series that helps participants learn skills to improve: self-care, communication, stress reduction and increase community resource use.



Dementia Education, Services & Consulting: Are you concerned about your loved one wandering? Do you need Resources as the care giver? Do you just need someone to visit with? We have Resources and are here to help you! Give us a call.



Nutritional Assistance Program Seniors food package for free if qualified



RSVP Bone Builders Exercise Program is a RSVP volunteer led exercise program that improves bone density through mild weight training while improving balance, energy and feeling of well-being.



A Matter of Balance: An eight week series that helps participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change behavior to reduce fall risk factors; and exercise to increase strength and balance.



Tai Ji Quan: Moving for better balance. Things you will learn: Good body alignment, coordinated movements in a circular, flowing motion.



VOLUNTEERS

Are just ordinary people
who reach out and
take a hand and together
MAKE A DIFFERENCE
that lasts a **LIFETIME**.



2989 Maple Rd.
Slayton, MN 56172



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Plan on attending eight sessions starting

Tuesday April 10th from

1:00 —3:00 PM

Runals Memorial Building

811 - 1st Ave W, Edgerton, MN

Please register by calling

Marie Ekdom

507-215-0666

Or email:

mekdom@yahoo.com