



A.C.E. of SW Minnesota/ Nobles County

Fall, 2018

Fall



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ACE of SW Minnesota/



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An Investment of Time. . . .

Recently I attended a workshop designed to help me reset, rethink, step back and assess the mission of this program. My day to day job is to enlist the help of everyday individuals to step up and give of their time to a nonprofit of their choice. The volunteer opportunity is to challenge the individual but yet be a lot of fun so they will consider coming back.

The speaker at this workshop challenged us to help our volunteers understand that their volunteerism is truly an investment in specific causes. The time invested is comparable to taking out a checkbook and writing a check. Volunteers invest in causes they relate to. Whether the cause is a delivering a hot meal to a homebound person; fundraising at the hospital auxiliary so that money may be donated for scholarships; welcoming children to school so they get to know caring adults in their community; creating inviting Community Centers for socialization; helping lead an exercise group (like Bone Builders) to help people stay healthy and able to live in their own homes longer; working at a Care Center so those who have few visitors still feel wanted and needed; helping with distribution of food and goods to those who need them; making a call to check on people living alone; working at a fair booth to create a better experience for the kids exhibiting at the fair; helping new people learn our customs and language and the list goes on.

Never underestimate your worth as a volunteer. Truly our communities benefit greatly by your investment of time. There are not enough words of thanks for all you do. Please join me as A.C.E. of SW Minnesota /Nobles County hosts a volunteer movie day. Come and celebrate all you do to invest in our communities of Nobles County. Thanks for all you do!

Coordinator's update- Earlier this year I was out of the office for a few weeks, as I was under the weather and eventually hospitalized. This update is to let you know that even though the diagnosis was a bit scary and sobering—the prognosis is very good. I have had excellent medical care and truly amazing treatment. So my plan is to keep working to create the best program I can. I have had many wonderful people holding me in their thoughts and prayers. It is truly humbling to be on the receiving end but I am truly grateful. I think I felt each and every prayer throughout that time. Thank you all for your prayers and concern—I'm back to work and going strong.—jb

UPCOMING VOLUNTEER OPPORTUNITIES

As the seasons change from the warm weather to cool; volunteer opportunities in Nobles County are still abundant. If you are interested in helping at some of these sites please let me know via e-mail or phone call. Volunteers sometimes get frustrated when they never get called. If that is so for you—please help me to expand my calling lists.

Coordinator Recommendation: Our enrollment forms have a list of interests on the back, many people never indicate an interest beyond the site they signed up for. So, it's hard to determine who may enjoy an opportunity to volunteer at another station. Please help me expand my calling lists, as I want to help people enjoy and diversify their volunteering experience as well as help sites get enough volunteers for their event.

October Book Sale—Nobles County Library, Worthington site— will be holding a book sale the second week of October. Volunteers are needed on Monday, October 8; Tuesday, October 9 and Wednesday, October 10. Hours for the book sale are 9:00 am– 8:00 pm. Volunteer shifts will be 9:00-11:00, 11:00-1:00, 1:00-3:00, 3:00-5:00, 5:00-8:00. If you have never received a call to help with this—please let me know. I am always looking for new people to help.

Memorial Auditorium volunteers—The Auditorium will soon be buzzing with activity and performances. If you are interested in becoming a volunteer at this site we would love to hear from you. Volunteers help in many ways: Folding programs, helping with mailings, Set design, Maintenance, Concessions, Greeting and Ushering. If you are interested in helping, give Joanne a call.

Making Fleece Blankets at the CAL—Thanks to funding through the United Way of Nobles County. ACE/Nobles County has purchased fleece to distribute throughout the county. Join us at 5:00 on October 15th at the Center for Active Living. We will be working on fleece blankets. The more people who come, the more blankets we can finish and distribute. A.C.E. Will supply the tools!!

American Red Cross Blood Drive—will be at The American Reformed Church on November 8th from 1:00-7:00. Volunteers are needed to register blood donors and help with snacks. Shifts are 1:00-3:30 and 3:30-7:00. Two volunteers are requested per shift. A fun way to help.

Meal Delivery for Worthington Senior Dining—We miss our snowbirds as they take off for warmer climates. Would you consider helping deliver meals this fall? It takes about an hour to complete a route. Brenda would love to meet you.

Nursing Home Volunteers—Another place volunteers are needed is in our Nobles County Care Centers. There are several ways to help here: One to One visits with residents, helping with activities, nail care, helping to fix resident's hair, help with letter writing, crafts such as card making, reading local newspapers to residents . . . The list goes on. Please consider helping if you have an hour or two free.

School Greeters—We have several teams within the Worthington School District, but more teams are encouraged at all schools in the county. The goal for this activity is to welcome children to school. Right now teams work one day of the week—some volunteers work with a couple of teams. The purpose is to help children start their day off with a smile and maybe a listening ear. This is a simple concept but the payback is phenomenal. The students AND volunteers look forward to greet-day! Do you want to give it a try? Call the ACE office!

A.C.E. offers Classes to Live a Healthier Life



A Matter of Balance Please join us for an evidence based series of classes that will help reduce the fear of falling. Our 8 week class series will help you increase your confidence and self management skills to prevent falls. We will explore goal setting and problem solving—as well as doing gentle exercises to increase balance, flexibility and lower body strength. Classes will be held from 9:30—11:30 at the Okabena Towers for 8 Thursdays . Classes will start promptly at 9:30 on September 14, 21; Oct. 5, 12, 19, 26 & Nov. 7th



Living Well with Diabetes This six week evidence based workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills to increase confidence in managing their diabetes. Classes will be held at 1:00 at American Lutheran Church, 915 Winifred St., Worthington MN 56187 on Tuesdays: September 18, 25; October 2, 9, 16, 23



Caregiver Support Group— is held every 2nd Monday of the month at 5:00 at the Center for Active Living, 211 11th St., Worthington, MN 56187. All Caregivers are welcome to attend. We will meet: September 10, October 8, November 12 & December 10.



RSVP Bone Builders: The osteoporosis exercise program meets twice weekly with trained volunteer leaders. There is no cost to participants to join, all are welcome. This exercise program helps: Prevent and Reverse Osteoporosis; Improve Balance; Enhances Energy and Well-being; Increases Socialization and Provides Information.

NOBLES COUNTY SITES INCLUDE:

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



VOLUNTEER OPPORTUNITIES CONTINUED

Salvation Army Bell Ringing: I know it's only September but I am always looking forward to the months ahead. As the seasons turn from Summer to Autumn, Thanksgiving is just around the corner. Salvation Army Bell Ringing will start the week before Thanksgiving and run through Christmas Eve. This fundraiser will set the budget for the Salvation Army in Nobles County as it is the Red Kettle Campaign funds that come back to Nobles County to fund resources for those that have run out of them. There is a long history of ringing the bells for Salvation Army to uphold and we need many people to help, an hour or two of your time can make huge difference in the total money raised. If interested please give the office a call and I'll get you on the list. 507-295-5262

I'm making a list and checking it twice!

There are a number of volunteer stations that could use a new list of volunteers to help at their sites.

As I mentioned in an earlier entry, I have heard several volunteers frustratingly say they never get a call to help. So here is a list of specific stations that have a need periodically in the year. If you are interested in any of them give me a call—please help me revise my calling lists.

American Red Cross Blood Drives: Volunteers for donor check in and snacks. We need 4 vol. total

Nobles County Fair: The fair is a few days in August. We need ALOT of Volunteers to help at Benton Hall and Open Class/Fancy Work. Shifts are usually 2 hrs.

Pioneer Village: This is a site that is only available from Memorial Day till Labor Day. There is 2 shifts a day to fill. We are really in need of help to work in the office. You may invite friends, bring hobbies along to work on, read books, you get the idea. Filling all the time slots has become a challenge but if we increase the names on the calling list it becomes much easier. One shift a month would be a great help.

Nobles County Library Book Sale: This is an event that happens usually twice a year, volunteers are needed only a few days. If you enjoy reading books, this is a great way to volunteer. A shift is usually 2 hrs.

Respite Visitors: A.C.E. of SW Minnesota has a Respite program to help Caregivers take time away from their Caregiving. Volunteers are needed to help do the visiting when the Caregiver is away. The only requirement of the volunteer is to visit and help be a companion to the home bound person. There are no nursing skills required as we just visit-but we can play dominoes, cards, board games, watch TV, watch movies, reminisce, read to them. Let me know if you are interested.

Thank you for any help you can offer to me to help with these projects!!

VOLUNTEER THANK YOU MOVIE

AT MEMORIAL AUDITORIUM PERFORMING ARTS

September 22 at 1:00

714 13TH Street - Worthington, MN 56187



Please join ACE of SW Minnesota/Nobles County at the Memorial Auditorium for the movie: **I Can Only Imagine**. All ACE of SW Minnesota/ Nobles County volunteers are welcome. You may bring friends & family along to enjoy the day with you. Only registered ACE of SW Minnesota volunteers will receive a free pass to the movie along with free concessions to share — or enjoy all by yourself. Additional concessions for guests are “on your own”.

***Sales of Concessions help support Memorial Auditorium.*

Come enjoy an afternoon at Memorial Auditorium!!



Nobles Co. Stations and Opportunities

- * 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, maintenance, fundraising, community outreach. serve/deliver noon meals
- * Caregiver Support Group Training and Education— take Caregiver 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 ie. games, manicures, one to one visits, men are encouraged to volunteer here
- * District 518 Literacy Tutor—Help with English Second Language curriculum
- * Evidence Based Programming—help lead A Matter of Balance and Chronic Disease Self Management series
- * Golden Nuggets Volunteer Group—community mailings
- * Good Will-Worthington—Door Greeter, light cleaning, bagger
- * Historic Dayton House—Food Prep. Including baking, Tour Guides, Gardening, Fundraising, Newsletters, Maintenance
- * 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 visitors.
- * Nobles Co. Tax Service—Take AARP training, prepare tax forms for client.
- * Pioneer Village—work in office, take admissions, assist visitors (May-Sept.). Help with guided tours
- * Parkview Manor Nursing Home—Assist activity department with programs ie. manicures, bingo, monthly parties, fundraise
- * Prairie Elementary—Morning Greeters, assist teachers
- * Respite Care/Nobles Co.—help caregivers take time for themselves, do home visits, must be screened and trained
- * Round Lake Senior Citizens—socialization, maintenance, fundraising, community outreach
- * RSVP Bone Builders/Nobles Co. —Adrian, Ellsworth, Reading, 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 Center Reception, Gift Shop
- * South Shore Care Center—Assist Activity Department with resident activities ie. 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
- * Western 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

Caregiver Support Groups: Why Should I Attend?

A Caregiver Support Group is a structured gathering of caregivers which may include family and friends of people with a long-term debilitating health issue.

The purpose of a support group is to provide an opportunity for caregivers and their family members to meet and develop a mutual support system. Families who come to support groups are looking for other people who really understand because “they’ve been there, too”.

A Caregiver Support Group provides an opportunity for members:

- Exchange practical information on caregiving problems and their possible solutions.
- Share different ways of adapting to the continuing stress of coping.
- Share feelings, needs and concerns in a confidential, safe supportive, non-threatening and non-judgmental atmosphere.
- Express and work through feelings associated with caregiving (e.g., fear, frustration, worry, guilt, anger, and other emotions) with others who have experienced similar feelings.
- Assist family members in developing realistic expectations of themselves and their cognitively impaired loved ones and understanding the impact of the disease on family dynamics.
- Provide social contact for family members who feel isolated because of their continuing care of their loved one.
- Establish sympathetic connections between families dealing with similar experiences so they can call on each other between meetings when things are difficult or isolating.
- Emphasize the importance of maintaining physical and mental health of the caregiver through use of respite, continued involvement or re-involvement in family life, work, community, and social and recreational activities
- Familiarize people with resources within the community
- Help families learn how to appropriately advocate on behalf of residents in facilities
- Receive current and accurate information on aspects of caregiving



Please join us on the 2nd Monday of the month at
Center for Active Learning: 5:00p.m.
Meeting dates are: Sept. 10, Oct. 8, Nov. 12, Dec. 10
All Caregivers are welcome!!!