A.C.E of Southwest Minnesota:

Formerly known as RSVP (Retired and Senior Volunteer Program) of SW Minnesota

The programs and services we offer are founded on Advocating, Connecting, and Educating the citizens of southwest Minnesota. Our resources and supports help to enable adults to live safely and independently for a longer period of time. We also help meet community needs by matching volunteers age 55 and older with activities that fit their interests, schedules, and experience.

Our Mission Statement: Creating strong, involved communities focusing on volunteerism and active living programs for adults 55 & above, and care partners of all ages.

Our Vision Statement: Bringing volunteers and healthy living programs together to create communities where older adults and care partners thrive.
IMPORTANT DATES TO REMEMBER:

- Dementia Friends Training @ the Marshall Library date TBA

- Caregiver Support Group Every Wednesday @ Avera Hospital in Marshall, MN from 10am-11:30am

- Bone Builders Class Tuesdays and Thursdays @ the YMCA in Marshall, MN from 9-10am

- Bone Builders Class will also be held @ Hill Street Place on Tuesdays and Fridays from 10:45-11:30am

- Bone Builders will also be held @ the Adult Community Center in Marshall on Mondays and Wednesdays from 9-9:45am

- Easter Sunday April 21st, 2019

Living well with Diabetes Class will be held in Tracy, MN @ O’Brien Court on Tuesdays starting May 7th- June 11th beginning at 5:15-7:45pm.

- NAPS (Nutritional Assistance for Seniors Program) @ St. Stephens Lutheran Church ELCA, Every first Tuesday of the month! Come to get your food boxes or to volunteer, volunteers are always needed!

What is Better Choices, Better Health Workshops, also known as “Living Well with Chronic Conditions”?

Chronic Disease Self-management programs (CDSMP) was developed at Stanford University was designed to help persons with chronic disease better manage their health conditions. The program consists of six – 2½ hour sessions, once a week, for six weeks, offered in a community setting, such as senior centers, churches, libraries, hospitals, etc. Sessions are highly participatory with attendees learning processes and skills to better manage their own health and become actively engaged in their treatments. Workshops are facilitated by a team of two trained leaders.
A.C.E. of SW Minnesota has Program Coordinators in the following 7 counties in southwest Minnesota: Cottonwood, Lincoln, Lyon, Murray, Nobles, Redwood, and Rock. Each county offers its own unique set of programs and services ranging from RSVP Volunteer opportunities, Caregiver Respite program, Caregiver Counseling services – including Individual & Family Coaching, Telephone Reassurance program, One-to-One Peer Counseling services, Virtual Dementia Tours, and evidence-based programs such as A Matter of Balance class series, Better Choices – Better Health: Living Well with Chronic Conditions class series (a.k.a. CDSMP), and Powerful Tools for Caregivers class series.

**TAI JI QUAN CLASSES AT THE YMCA IN MARSHALL, MN**
The Risk of Sitting:
The Risks of Sitting Some doctors are saying that sitting is the new smoking. According to the Mayo Clinic, sitting, like smoking, is a pervasive problem that harms your health. Approximately 80 percent of Americans work a non-active job, making all-day sitting a common condition. Lengthy, non-interrupted sitting causes poor circulation and low calorie burn and is linked to various health problems, including obesity, hypertension, diabetes and cardiovascular disease, as well as stiffness, headaches and sluggishness. Your job may require you to spend a considerable amount of time at a desk, or maybe you’re fond of all-day movie marathons.

Try these tips to sit less, move more and improve your health: • Stand while talking on the phone or watching television. • Try a walking or standing meeting at work. • Stand up and stretch at least every hour. • Wear a pedometer and find ways to add steps into your daily routine. • Take the stairs when possible. • Consider walking or biking when commuting to work or running errands.

SERVICES OFFERED BY A.C.E OF SW MINNESOTA:
• Alzheimer’s Disease and/or Dementia Services and Support
• Bone Builders
• Caregiver Respite
• Caregiver Counseling
• Evidence based Health Promotion programs
• Friendly Visiting
• Telephone Reassurance
Word Search
~Spring Flowers~

R I B L U E B E L L H P P A M
E P E M M U P V A T I U C Z U
D Z L W H B F C N L S O J Z I
N F L R O S E I U C N A T H L
E S F D Z B C T H I G Y N U L
V F L O M A U K T B B F E D A
A E O I Y B I E K I C Z Y J M
L V W H D N R E W O L F N U S
M E E S I O B J J U Y Z S Q A
E R R A U D F L R H N Z Q F V
X B K L P C O F O W D O T I U
Q E T U B B O Y A S B C U N I
W N E P W A R R R D S F P F A
F A P O Q T Z T C I I O T E X
G N I R P S E T S W O V M B I

ACONITE    ALLIUM    BELLFLOWER
BLOSSOM    BLUEBELL  CROCUS
DAFFODILS   HYACINTH  LAVENDER
PUSCHKINIA  ROSE     SPRING
SUNFLOWER   TULIP     VERBENA
DO YOU HAVE concerns about falling?

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

Join Us for A Matter of Balance

Classes will be held every Monday and Thursday for 4 weeks, beginning Monday April 15-May 9
9:00-11:30am Cottonwood Sr. Center 40 West 1st Street, Cottonwood MN

**No charge for the class
**Suggested donation: $20

Because space is limited, pre-registration is required.
Register today by calling A.C.E. of SW MN – Lyon Co.
Coordinator Rebekah Reynolds (507)829-1143 or ace.lyon@co.lyon.mn.us
**Living Well with Diabetes**

Prediabetes and diabetes can be managed with simple, proven lifestyle changes. Learn how.

**If you live with diabetes** and would like to improve your health and sense of well-being, this class is for you.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their self-management program. Family members, friends and partners are welcome.

**For information or to register, contact:**

Rebekah Reynolds, ACE of SWMN
ace.lyon@co.lyon.mn.us
507-829-1143

6 class sessions  
Tuesdays  
May 7-June 11  
5:15 pm-7:45pm  
Sanford Health O’Brien Court  
410 State St. Tracy, MN

No Cost to Attend  
Suggested Donation: $30  
To register online, visit yourjuniper.org

**Juniper** is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

yourjuniper.org  
Toll Free 1.855.215.2174

This program is sponsored, in part, under the Federal Older Americans Act through a contract from a Minnesota regional Area Agency on Aging under an Area Plan approved by the MN Board on Aging.