Spring 2019

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

On March 19th the Nobles County Board of Commissioners voted to recognize Senior Corps RSVP Volunteers in honor of Volunteer Week, April 7-13th. On April 2nd, A.C.E. of SW Minnesota presented our 2018 summary of hours served. Thank you for your service!

County Day Proclamation
Nobles County

WHEREAS, service to others is a hallmark of the American character, and central to how we meet our challenges; and

WHEREAS, the nation's Counties are increasingly turning to national service and volunteerism as a cost-effective strategy to meet their needs; and

WHEREAS, AmeriCorps and Senior Corps participants address the most pressing challenges facing our communities, from educating students for the jobs of the 21st century, to fighting the opioid epidemic, to responding to natural disasters, to supporting veterans and military families; and

WHEREAS, AmeriCorps and Senior Corps participants serve in more than 50,000 locations across the country, bolstering the civic, neighborhood, and faith-based organizations that are so vital to our economic and social well-being; and

WHEREAS, more than 14,000 Minnesota Senior Corps Volunteers provided more than 1.8 million hours of service in 2018. Nobles County was served by 423 Senior Corps RSVP volunteers in 2018. The Senior Corps RSVP volunteers perform their volunteer service work under the guidance of A.C.E. of SW Minnesota – Nobles County office. These volunteers provide vital support to county residents and improve the quality of life in Nobles County, and

WHEREAS, as a County Commission, we work hard every day to make life better for our constituents, and strengthening the spirit and commitment of the volunteers who serve our county is just one of our many goals. We are grateful for the dedication and sacrifice of these citizens who are helping make our great county stronger, safer, and healthier, and

WHEREAS, national service represents a unique public-private partnership that invests in community solutions and leverages non-federal resources to strengthen community impact and increase the return on taxpayer dollars; and

WHEREAS, the Corporation for National and Community Service shares a priority with local leaders nationwide to engage citizens, improve lives, and strengthen communities; and is joining with the National League of Cities, the National Association of Counties, Cities of Service, and local leaders across the country for National Service Recognition Day on April 2, 2019.

THEREFORE, BE IT RESOLVED that we, the Nobles County Board of Commissioners, do hereby proclaim April 2, 2019, as National Service Recognition Day, and encourage residents to recognize the positive impact of national service in our community, to thank those who serve; and to find ways to give back to their communities.

Joanne Bartosh

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ACE of SW Minnesota/

Like Us On facebook

Nobles County

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On April 2nd, 2018 A.C.E. of SW Minnesota/Nobles County presented to the Nobles County Board of Commissioners the summary listed below of the service by the Corporation for National and Community Service RSVP volunteers in 2018 for Nobles County. We are grateful for the support and sponsorship provided by our local Board of Commissioners and to the Joint Powers Board made up of commissioners from all 7 of the participating counties: Cottonwood, Lincoln, Lyon, Murray, Nobles, Redwood and Rock. We are also very grateful to those individuals who volunteered to serve and record their hours in Nobles County.

A.C.E. of SW Minnesota

Nobles County

Joanne Bartosh, Coordinator

Michelle Baumhoefner, Executive Director

2018 Summary of Volunteer Service

Total Registered RSVP Volunteers in Nobles County	423
Total Clearinghouse(Volunteers under the age of 55)	+15
Total Active Volunteers in Nobles County	438
Total Enrolled Stations in Nobles County (sites to serve)	45
Total Recorded Hours of Service in 2018	51,118

This is equivalent to 24.5 full-time employees

Total savings to agencies that A.C.E. of SW Minnesota serves which includes non profits, education, healthcare and units of government in Nobles County:

51,118	51,118
X $10.00*	X $24.69 **
$511,180	$1,262,103.42

*Denotes an *Average Wage Value in our area*

*** Denotes the Estimated Dollar Value of Volunteer Time according to Independent Sector*

A.C.E. of SW Minnesota 2018 Statistics

Counties Participating: Cottonwood, Lincoln, Lyon, Murray, Nobles, Redwood and Rock

2,337 active volunteers contributed 277,815 hours of service at 365 active stations. This is equivalent to nearly 134 full time employees.

2018 Cumulative Cost per hour of Volunteer Service was $1.54 an hour**

Upcoming Volunteer Opportunities

American Red Cross Blood Drive: There are six blood drives scheduled for Worthington sites in 2019. It is ideal to have 4 volunteers; 2 for check in and 2 working with the snacks. The shifts are 1:00-3:30; 3:30-6:00. My list to call for scheduling is kind of small so if you are interested in helping please give me a call: 507-295-5262. I am always interested in helping volunteers find new and interesting places to serve. The next drives we have on the calendar for Worthington are below:

May 1 from 1pm to 7pm at YMCA

July 11 from 1pm to 7pm at American Reformed Church

August 20 from 1pm to 7pm at Christian Church

October 21 from 1pm to 7pm at YMCA

November 7 from 1pm to 7pm at American Reformed Church

Thank you for partnering with the American Red Cross to SAVE LIVES!

Spring Library Book Sale: It's just around the corner! April 22nd thru April 27th. Volunteers are needed to help collect money and sack up purchases starting Monday the 22nd, Tuesday the 23rd, and Wednesday the 24th. Shifts are 9:00 to 11:00, 11:00-1:00, 1:00-3:00, 3:00-5:00, 5:00-8:00. If you love reading good books this is a great time to stock your shelves, if you want a fun volunteer opportunity this fits the ticket. Give 507-295-5262 a call. I am always looking for new people to give this a try. You can work with a friend so feel free to invite one and serve together!

BFM Thrift Store: Volunteers are needed to sort donations, hang and mark clothing for resale, restock store displays with new donations. Vacuuming, dusting, and cleaning of the store. Help with changeover to new seasons, cash register operators are greatly appreciated.

Veteran Van Drivers: Nobles County is home to a Veteran's van. This Van helps transport local Veterans to medical appointments. Drivers of all ages are needed to help with this volunteer opportunity. They must submit to background checks, a physical to prove they are in good standing with the law and healthy enough to drive. To find out more information for this great opportunity contact the Veteran's Service Officer for more information: 507-295-5292

Pioneer Village: Will be opening for the summer at the end of May. RSVP volunteers have helped for many years at this site to showcase pioneer life on the prairie by keeping the office open for the tourists to visit. It's a great place to meet new people as they travel our SW Minnesota counties. To find out more information call 507-295-5262.

Trained Class Leaders: Are you a born teacher? Do you like giving presentations and leading discussions? ACE's evidence based programs could use your help. We have Chronic Disease Self Management and Diabetes Self Management, A Matter of Balance, and Powerful Tools For Caregivers classes that could benefit from volunteers willing to lead. The more people involved with our classes the more we can offer them to the public. We cover training costs and travel. If interested please give a call to: 507-295-5262.

Live Your Best Life 2019

Last fall at the Minnesota Senior Corps conference we listened to speakers from the Mayo Clinic and Minnesota Department of Health present on The Opioid Epidemic Among Older Minnesotans. We were informed on how close to home this epidemic hits. Personally I thought this was a distant problem far removed from my family and I. After listening to these experts present their information I was awakened to the fact that it is definitely here among us everyday. We were challenged to bring Opioid education to our communities. I am part of the Living Your Best Life team — I knew we had a theme for this year's event. Around this time Angela Kennecke reporter/anchor at KELO TV in Sioux Falls disclosed that she had suffered the loss of her beautiful daughter Emily Goth via opioid addiction. Angela and her family had planned an intervention to get treatment for their beloved Emily. Unfortunately Emily's addiction took her life 3 days before the planned intervention. What a painful/horrible experience! Angela and her family have bravely vowed to do everything possible to give others hope of recovery from addiction. Many thanks to the Worthington Regional Health Care Foundation's sponsorship to help us bring Angela to Worthington for our SW Minnesota communities to hear at *Living Your Best Life 2019!!*

Angela's keynote is only a portion of this educational event. You are invited to share in the fun as well. We have educational breakout sessions, 15 business booths providing information and *Door Prizes!!* Local experts will be on hand to present for our breakout sessions. They are: Sterling Drug Pharmacists, Project Morning Star, Worthington Police Department, Buffalo Ridge Drug Task Force and the Artmobile. Participants will have the opportunity to choose a different breakout sessions for a total of four times.

The cost for the event is $12.00 if you register and pay by Monday, April 29. The cost after April 29 and at the door is $15.00. Please consider coming to learn and have a bit of fun. See you there!

Medication Take Back— Once again the Living Your Best Life team would like to make your homes safer by sponsoring a Drug Take Back during the hours of Living Your Best Life. Do some spring cleaning of your kitchen cupboards, medicine cabinets, night stand drawers and drop off any unused medications when you come to our May event. This is for any prescription drugs, outdated over the counter drugs, vitamins, painkillers including old bottles of Tylenol, Advil any oral medication. If you are not using it and it has been in your house beyond it's expiration date—get rid of it!! Any prescription painkillers laying around from surgeries or long ago aches and pains are a magnet for someone looking for a high. Do the right thing and get rid of them. If you need them in the future your Doctor will reissue a prescription. Help us all by cleaning out the old. We will gladly help you by giving them to Nobles County Law Enforcement so they can incinerate them safely.

Remember if it's not in your house it can't get into the wrong hands.

Living Your Best Life

PREVIOUSLY KNOWN AS SPRING FLING!

Wednesday, May 8th

American Reformed Church
3 p.m. - 8 p.m.

$12 Advance if you register & pay by April 29th
$15 at the door after April 29th & 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. For professionals that need CEU's, up to 4 credit hours are available to earn at this event. Even if you come late, come join us!

Keynote Speaker – Angela Kennecke

Sioux Falls KELO Anchor, speaking about the Opioid Epidemic's Affect on their Family and Emily's Hope

SCHEDULE OF EVENTS

3:00 p.m. – 3:45 p.m.	Registration and Booth Visits
3:45 p.m. – 4:15 p.m.	Booth Door Prize Drawings
4:15 p.m. – 4:45 p.m.	Breakout Session #1
4:45 p.m. – 5:15 p.m.	Breakout Session #2
5:15 p.m. – 6 p.m.	Dinner by On Q BBQ of Round Lake
6:00 p.m. – 6:30 p.m.	Breakout Session #3
6:30 p.m. – 7 p.m.	Breakout Session #4
7:00 p.m. – 8 p.m.	Keynote Speaker - Angela Kennecke

Sponsored By:

Worthington Regional Health Care Foundation, Inc.

BREAK OUT SESSIONS

STERLING DRUG PHARMACISTS
PROJECT MORNING STAR
NOBLES COUNTY SHERIFF'S DEPARTMENT & BUFFALO RIDGE DRUG TASK FORCE
ARTMOBILE

MORE INFO

Included in the price of this event is a meal of Salisbury Steak with Gravy, Roasted Garlic Herbed Potatoes, Green Beans, Dinner Roll with butter, and Dessert.
Catered by On Q BBQ of Round Lake.

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!

Powerful Tools for Caregivers

Powerful Tools for Caregivers is designed to provide you, the caregiver, with the skills to take care of yourself.
Classes will teach you skills to reduce stress, improve self confidence and bring balance to your life.

Mondays: May 13, 20; June 3,10,17,24
Time: 1:30-3:00
Location: Center for Active Living
211 11th St.
Worthington MN 56187
COST: *Voluntary Contribution*

To Register call: Community Education 507-376-6105

For More Information call: 507-295-5262

Please join us on **the 2nd Monday of the month** at

Center for Active Learning: 5:00p.m.

Upcoming meeting dates are: May 13, June 10, July 8

All Caregivers are welcome!!!

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".

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, CAL crafters
* 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/Diabetes/Pain 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 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
* 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 Community Center–Open & Close building, Staff Library, Maintenance, Paint, Teach classes, Coach teams
* Round Lake Senior Citizens—socialization, maintenance, fundraising, 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 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
* Third Ave. Thrift– Sort donations, hang clothing, Cash register, clean.
* Telephone Reassurance/Nobles Co.—daily phone calls to clients
* 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

A.C.E. of SW Minnesota

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Like ACE of SW Minnesota/Nobles Co.