



Your local VOICE for Aging & Volunteer Services

OCTOBER

2019

Redwood County Newsletter

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

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**“If nothing
ever changed
there’d be no
butterflies”**

Unknown



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance Class Begins October 1: *Open to the Public*



Where: Our Savior’s Lutheran Church
Fellowship Hall
Lamberton, MN

Workshop Dates: October 1, 8, 15,
22 and 29 & November 5, 12 & 19. (Tuesdays)

Time: 1-3 pm. This is an 8-week program, 1 time a week for
2 hours a session.

Do you or someone you know have concerns about falling?

This program emphasizes practical strategies to manage falls.

In This Class 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

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

Please call Ann @ 507-627-1016 to register.

A Matter of Balance is an award-winning program designed to manage falls and increase activity.

What does A.C.E. of SW MN do for you?

Advocate, Connect and Educate

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 in their own home for as long as possible. We also help meet community needs by matching volunteers age 55 and older with activities that fit their interests, schedules, and experience.

We are here to support those 55 and older by offering **FREE** classes throughout Redwood County that can help individuals live a longer, healthier and independent lifestyle. If we are not 55 yet, we have parents, grandparents or friends that can benefit from our resources.

The following programs and services support the senior population of southwest Minnesota and their Caregivers, by helping them remain independent and safe in their own homes as long as possible:

- Alzheimer's Disease and/or Dementia Services and Support
- Bone Builders
- Caregiver
- Evidence Based Health Promotion Programs
- Friendly Visiting
- Telephone Reassurance

In collaboration with other organizations in the community we distribute food, offer support groups for those needing a safe place to meet, offer rides, present classes on changes in Medicare, bring awareness to the community about dementia and provide caregivers with valuable resources and information, offer tax assistance and sponsor Healthy living Series - which is designed with the goal of enhancing the aging process and reducing stress while offering a variety of health-related topics.



Benefits of being an RSVP volunteer through A.C.E. of SW Minnesota:

- Receive free supplemental accident and liability insurance while volunteering
- Receive limited reimbursement of transportation and expenses
- Be the "Guest of Honor" at an annual Volunteer Appreciation event
- Meet new people
- Be an important part of a great cause
- Remain active in your community
- Keep your mind and body active by learning new things and developing new skills

For more information visit our website at: www.aceswmn.org

Your Hours Matter!

- Reporting hours helps local nonprofits tell their story of service to the community and to funders.
- Tracking volunteer data is a valuable tool in detailing and highlighting how volunteers impact a community.
- Reporting hours keeps RSVP volunteers insured.
- Reporting hours also verifies that our RSVP registered volunteers have been active over the course of the fiscal year.
- This data also represents a statistical snapshot of what we are accomplishing with regard to the mission of RSVP –which is to engage volunteers in activities that will make a difference in our communities by meeting the needs of nonprofits and the people they serve.
- Reporting hours, along with other data collection is federally mandated.

Good Morning Telephone Reassurance Program

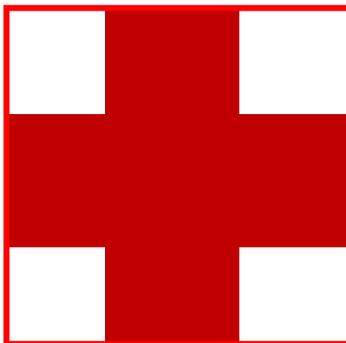


**Volunteer
Needed!**

Do you have a few minutes to spare one day out of the week?

The Good Morning Telephone Program still needs a volunteer to make phone calls on Mondays between 8 and 10 am. A volunteer will place a phone call on a regularly scheduled basis to a senior who is in need of someone to touch base with them to ensure their well-being and to have a friendly conversation. These daily calls offer a sense of security and support seniors in their choice to remain living independently. This position is ideal for an individual that likes to chat or listen and show a genuine interest in others.

For more information or to volunteer call Ann LeBrun at 507-627-1016.



Upcoming Bloodmobiles

Redwood Falls: October 14th & 15th

Lamberton: October 10th

Wabasso: October 16th



Thank you to the Redwood Falls Library for showcasing our Reminiscence Kits and having them available to check out and Thanks to everyone who helped out at the Fall Dementia Event!

**THANK
YOU**



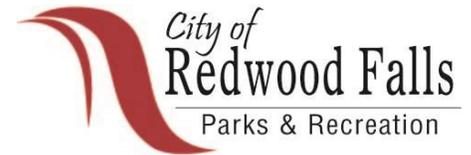
Shared Healthcare Decision Making

Wednesday, October 9, 2019 - 9:30 a.m. Redwood Area Community Center

Presenter: Colleen Peyrel, MA, RN, OCN, NBC-HWC – Experience Manager – Carris Health Redwood

“The goal of shared decision-making is to ensure patients make informed treatment decisions that reflect what matters most to them” (mghdecisionsciences.org). We will explore tools and strategies to empower patients and families in health decision making. Find out what efforts are being made locally to ensure patients are engaged as full partners in their health care choices.

CLASSES ARE FREE. For more information contact Wendy Dahl, Redwood Area Hospital at 637-4527 or Ann LeBrun at 627-1016.



Second Harvest Distribution will be at the Redwood Falls Armory on Tuesday, October 1st from 11 am-noon.

GET INVOLVED

BE A VOLUNTEER AND REAP THE REWARDS!

Are You Looking for a New Volunteer Opportunity?

A.C.E. of SW MN has many opportunities to volunteer at various places. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

Please call A.C.E. of SW MN – Redwood County at 507-627-1016.