



Your local VOICE for Aging & Volunteer Services

FALL

2019

# Rock 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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## A.C.E. of SW Minnesota welcomes new Aging & Volunteer Services Coordinator

**Linda Wenzel**



Rock County native Linda Wenzel began serving the citizens of Rock County on July 1, 2019. Coming out of retirement with the mission to serve others, Linda accepted this new position stating "It is an honor to have this opportunity to work with all of the amazing volunteers and organizations in our community!" A.C.E. of SW Minnesota offers so many educational programs that focus on keeping our seniors living in the environment where they feel most comfortable. We focus on assisting the caregiver to remember to take care of themselves as well. We want to provide seniors with the necessary 'tools' to be able to spend their retirement years enjoying life. Linda stated "I have been having so much fun meeting new people and connecting! We are empowering seniors to pursue more decades in their lives, and have fun doing it." Seniors are such an inspiration to all ages. We are living longer, and a connected community is a healthier and stronger community.

Take life day by day  
and be grateful for the  
little things. Don't get  
stressed over what you  
can't control.



# November is National Caregivers Month



#BeCareCurious  
about your loved one's care!  
CaregiverAction.org

## 10 Tips for Caregivers

1. **Seek support from other caregivers.** You are not alone!
2. **Take care of your own health** so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. Learn how to **communicate effectively** with doctors.
5. Caregiving is hard work so **take respite breaks** often.
6. Watch out for **signs of depression** and don't delay getting professional help when you need it.
7. Be open to **new technologies** that can help you care for your loved one.
8. **Organize medical information** so it's up to date and easy to find.
9. Make sure **legal documents are in order**.
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

**For more information on Caregiver resources and services available in Rock County, please call Linda Wenzel – Aging & Volunteer Services Coordinator for A.C.E. of SW Minnesota – Rock County at (507)283-5064 or email her [ace.rock@co.rock.mn.us](mailto:ace.rock@co.rock.mn.us)**



## YOUR HELP IS NEEDED!!!!

With the passing of long-time volunteer Delores Mulligan, we are in need of a new “sponsor” to coordinate the Red Cross Bloodmobile here in Luverne. **Businesses, churches, and civic organizations are encouraged to inquire about this wonderful volunteer opportunity!**

For more information please contact Linda Wenzel at the A.C.E. of SW Minnesota – Rock County office (507)283-5064.



### 2019 Hospice Tour of Tables Table Theme: “Harvest Bounty”

A.C.E. of SW MN – Rock County Volunteers participated in their first hospice tour of table brunch. The ladies did an amazing job of setting this beautiful table and we had ten volunteers attend. So grateful for all those involved and will be back next year.



Are **YOU** ready to take an **ACTIVE ROLE** in **YOUR OWN** health and quality of life in 2020? **A.C.E. of SW Minnesota – Rock County can help!** We offer fitness and falls-prevention classes, as well as small-group classes on preventing and/or living well with diabetes and other health conditions. **Check out our 2020 lineup of class offerings:**



MANAGING CONCERNS ABOUT FALLS

## A Matter of Balance

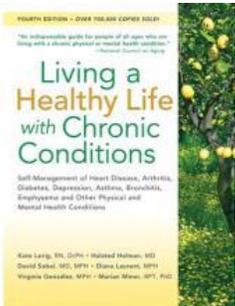
A Matter of Balance is an eight-class series that helps older adults reduce their fear of falling and increase their activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change behavior to reduce fall risk factors; and exercise to increase strength and balance.



a strength, balance, and fitness class for adults 65+

## SAIL (Stay Active and Independent for Life)

SAIL is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL exercises can be done standing or sitting.



## Living Well with Chronic Conditions (CDSMP)

This 6-week series was designed to help persons with chronic disease better manage their health conditions. Sessions are highly participatory with attendees learning processes and skills to better manage their own health and become actively engaged in their own health. Some of the topics covered include 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining & improving strength, flexibility, and endurance, and 3) communicating effectively with family, friends, and health professionals.



## Diabetes Self Management Program (DSMP)

This 6-week series teaches participants 1) techniques on how to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration, 2) appropriate exercise for maintaining and improving strength & endurance, 3) healthy eating, and 4) appropriate use of medications.

***Stay tuned for dates, times and locations. If you would like to attend or host one of these classes in your community please call Linda at A.C.E. of SW MN - (507)283-5064.***



# 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 – Rock County at 507-283-5064.*



**Just a  
reminder...**

Please help us keep our volunteer records up to date. If you have a new phone number, e-mail address, or have moved, please call our office at (507)283-5064 or email us [ace.rock@co.rock.mn.us](mailto:ace.rock@co.rock.mn.us) so we can update our records!

Thank you so much for your assistance with this!



**THANK YOU** to everyone that volunteers their time throughout the year. You all make a difference in our community and are very much appreciated! Wishing you a **Happy Holiday Season!**