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.
November is National Caregivers Month

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
Giving This Holiday Season!
The holidays are a time of giving – we give thanks for what we have, we give gifts to those we love, and we give back to our community. Here at A.C.E. of SW Minnesota, we make it easy for you to serve others as you embrace the holiday spirit and give generously of your time and skills. Below are several ways you can volunteer your time or donate to help others.

**Ring the Bell:** Please reserve your spot to help ring the bells now through December 24. You can sign up online at: [https://www.signup.com/go/AVakRKy](https://www.signup.com/go/AVakRKy) or contact Carrie at (507)220-8897

**Volunteer** to serve coffee at MJB-Good Samaritan or MN Veteran’s Home.

**Visit** a shut-in or resident at Tuff Home, MJB-Good Samaritan or the MN Veteran’s Home.

**Help** out at an area Food Shelf or Generation’s meal site.

**Deliver Meals on Wheels.**

**Volunteer** at a local thrift store.

**Donate Blood.**

*There are even ways for you to get involved from your own home. Just do something you love – baking cookies, making holiday baskets, knitting mittens or cooking a warm meal and share it with others.*

**For more information on opportunities here in Rock County call Linda Wenzel at (507)283-5064.**
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:

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.

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.*

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!

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 so we can update our records!

Thank you so much for your assistance with this!