Check it out – 

**upcoming events and current programs:**

A Matter of Balance – Chandler  (page 4)
Caregiver Respite Program – (page 3)
Caregiver Support Group – Slayton  (page 3)
Free In-person Tax preparation – Slayton  (page 3)
Memory Café – Slayton  (page 2)
NAPS Program – (page 4)
Stay Active & Independent for Life (SAIL) – Slayton  (page 2)
Volunteer Appreciation Event – Hadley  (page 4)
Memory Café is coming to Murray County!

Memory Café is social outing for people experiencing memory issues/loss and their Caregiver. It is held in a safe, comfortable environment where participants can engage in a variety of social activities, including but not limited to conversation, music, games, etc. It is a time and place where people can interact, find support, share concerns, etc. without feeling embarrassed or misunderstood. Refreshments (coffee & water) and a light snack will be served.

Beginning on Tuesday, March 3rd at 2:00pm, the Murray County Dementia Awareness Network (MCDAN) will be hosting Memory Café sessions in the Community Room at the Slayton Public Library. Sessions will also be held on Tuesday, April 7th and Tuesday, May 5th. This program is sponsored by MCDAN and A.C.E. of SW Minnesota – Murray County, thru a Dementia Grant from the MN Board on Aging.

For more information on this exciting new program, please contact Joyce at A.C.E. of SW Minnesota – Murray County by calling (507)836-8705.

We hope you can join us on Tue. March 3rd!
**Caregiver Support Group**

The A.C.E. of SW Minnesota – Murray County Caregiver Support Group invites all caregivers to join us the third Tuesday of every month at 2:00pm for coffee, conversation and support at the A.C.E. of SW MN – Murray Co. meeting room in Slayton. The support group is a place where caregivers can share experiences and insights, and visit with others in similar situations.

If you have questions or would like more information, call Joyce Wiekeraad at A.C.E. of SW Minnesota – Murray County at (507)836-8705. ALL ARE WELCOME!

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**A.C.E. of SW Minnesota – Murray Co. offers a volunteer-based Respite program for caregivers in need of a little “down time” away from their loved one.** For more information on this wonderful service go to [www.aceswmn.org](http://www.aceswmn.org) or contact Joyce at (507)836-8705.

We are here to help!
Nutrition Assistance Program for Seniors (NAPS)

FREE prepackaged box with canned fruit, canned vegetables, juices, milk, cheese, canned meat, peanut butter, beans, cereal, rice or pasta and cheese.

If you are age 60+, call 1-800-365-0270 to see if you qualify (income-based) for this program.

NAPS boxes are available for pickup once per month in Slayton and Fulda!

Murray County Volunteer Appreciation Event

Thursday, April 23rd  5:00pm
Hadley Community Center

Watch your mailbox for your postcard invitation!

A Matter of Balance

The fear of falling is as dangerous as falling itself as people limit activities, resulting in physical weakness, making the risk of falling even greater.

A Matter of Balance helps you build practical strategies to reduce fear of falling and increase activity levels.

You'll learn to view falls and fear of falling as controllable, set realistic goals to increase activity and change your environment to reduce fall risk factors.

For information or to register, contact:
Joyce Wiekeraad—A.C.E. of SW Minnesota
(507)836-8705
ace.murray@co.murray.mn.us

8 total classes held mostly on Tuesday’s & Thursday’s
April 20, 23, 27, 30 and May 5, 7, 12, 14
1:30pm – 3:30pm

Chandler Community Center
330 Carlton Ave., Chandler MN 56122

There is no cost to attend these classes, however donations are welcomed!

To register online, visit yourjuniper.org
What are Volunteer Hours?

Have you made a meal or baked for someone in need... helped with a fundraiser that was open to the public... visited a non-relative shut-in.....?

Be sure to let me know if you have **helped someone without being paid**. Those hours make a difference within the County! By reporting those hours, it keeps programs coming to Murray County and it lets the County, State and Nation know what impact you have on your Community and County. You can report your volunteer hours by calling me at 507-836-8705 or you can email me at ace.murray@co.murray.mn.us.
Volunteer Opportunities: If you are looking for a way to make a difference in someone else’s life, or if you would like to be put on the list to try something different, please call the A.C.E. of Southwest Minnesota – Murray County office at 507-836-8705 to find out what opportunities are available.

A.C.E. of SW Minnesota – Murray County
2989 Maple Rd
Slayton, MN 56172