



# Redwood County NEWSLETTER

*Engaging communities by educating, connecting and advocating with an emphasis on volunteerism and independent living.*  
February, 2017

## ACE of SW MN

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**“Volunteers do not necessarily have the time; they have the heart.”**

– Elizabeth Andrew



Several times during the last few months I have been asked to find a large group of volunteers to help with projects. Of course, this is what I do. Part of my job is to match volunteers with volunteer opportunities. I love this part learning where there are needs and helping schools, health care facilities, government agencies and non-profits find volunteers to assist with projects.

I must admit that when I put down the phone after I have been asked to find a large group of volunteers I scratch my head and wonder how I am going to make that happen. A recent request for volunteers to deliver Meals on Wheels in Redwood Falls for the entire month of February made me wonder if there were volunteers who would come forward to help. Deliver meals for 20 days on 2 different routes. That’s a lot of people.

Not to fear. The people of Redwood County are awesome. This volunteer opportunity was advertised in the local newspaper, the A.C.E of SW Minnesota newsletter, a mass e-mail was sent and the volunteer opportunity advertised on Facebook. Within minutes, volunteers began to call or e-mail and continued to call until all 40 spots were filled. Businesses, organizations and individuals all called to help. This kind of reply for help happens over and over in our communities. How fortunate we are to live in an area where people care about each other. Not because they have the time but because they have the heart.

Thank you to all our A.C.E. volunteers. You are the best.

## Redwood County Volunteers in Action

This month I visited two of our Redwood County quilting group. When I arrived everyone was hard at work – cutting, sewing and tying quilts. They were so busy, in fact, that they hardly noticed that I had arrived.

The first group I visited was the St. Mary's Quilters from Seaforth. In 2016 the St. Mary's Quilters made more than 150 quilts. They were donated to the American Red Cross to be given to people who lost belongings to fire, Share the Spirit, Mary Jo Copeland, We Care, and presented to graduating seniors from their congregation.



Back left to right – *Monica Rohlik, Mary Rudenick, Mary Jane Boushek, Paulanett Rohlik, Bernadine Pistulka, Marge Kramer* Seated – *Louise Henriksen, Marvin & Maureen Bernardy, Chris Rohlik*

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Later in the month I visited the Gloria Dei Mission Quilters who were busy, busy working in their church basement. Their quilts are donated to Redwood Area Hospital – Hospice, Big Buddies, Kids for Crisis, Marie Sandvik Center. Great work ladies.



Pictured r to l – *Marlene Weber, Betty Evers, Sue Larsen, Kathy Anderson, Marie Schultz, Judy Hacker, Anna Mae Morrow, Kaye Norman, Gloria Farringer, Mary Hauschild*

# Powerful Tools for *Caregivers*

Caregiving is rewarding, but can also be stressful – physically, emotionally, and financially. These classes are designed to provide you, the caregiver, with the skills to take care of yourself. Classes will teach you to reduce stress, improve self-confidence, balance your life, better communicate your feelings, increase ability to make tough decisions and locate helpful resources.



**When:** Beginning on March 7 and continuing each Tuesday for 6 weeks

1:00 – 2:30 PM

**Where:** The Corner  
301 South Washington  
Redwood Falls, MN



Class is sponsored by A.C.E. of SW Minnesota – Redwood County. Class size is limited and registration is required. For more information or to register, call Karen Christensen at 507-627-1016 or e-mail [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us) Suggested donation \$10.

## Memory Care Consultant

**Many people worry about becoming more forgetful as they grow older. Some assume that memory loss is a normal part of aging and do nothing about it. Others are afraid that memory problems are the first sign of Alzheimer's disease or a related dementia.**

**As a Memory Care Consultant, I can help you:**

- **Understanding memory loss and what's normal & what's not**
- **The importance of early detection**
- **Daily strategies for living with memory loss**
- **Help with making decisions for your future.**
- **Learn what legal & financial documents will help you formalize your plans and wishes.**
- **Get connected with additional resources in your community.**

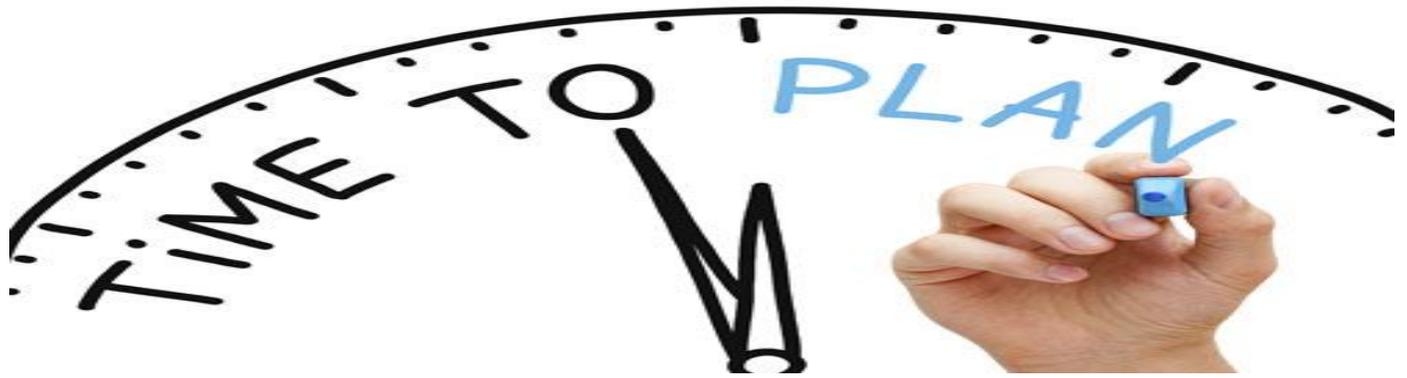


**For more information or to schedule a visit, contact:**

**Karen Christensen**

**Memory Care Consultant**

**Call: 507-627-1016 or e-mail at [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us)**



## **Putting Your Affairs in Order – What you Family Needs to Know**

**Wednesday, February 1 at 1 PM Garnette Gardens Activity Room (2<sup>nd</sup> Floor)**

*Presenter: Gail Radke, Minnesota River Area Agency on Aging; Karen Christensen, A.C.E. of SW MN*

What would happen if you suddenly became sick or disabled? Would your family be easily able to take care of all or your affairs? Would all your important paper be easy to find? Learn how to organize your important phone numbers, and personal information, investments, contracts, insurance policies, bank accounts, instructions on your memorial and burial desires and more.

This is a repeat presentation given during the Healthy Living presentation at the Redwood Area Community Center and the Wabasso Library during October.

**Registration is required so that we can prepare materials for the event. Please call the A.C.E of SW Minnesota office at 627-1016 or e-mail us at [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us) by Monday January 31. There is no charge for this event.**



# Healthy Lifestyle

## Know Your Medicine, Know Your Pharmacist

Wednesday, February 8, 2016 – 9:30 a.m. Redwood Area Community Center

*Presenter: Larry Leske, Guide point Pharmacy*

Pharmacists are medicine experts and we as consumers might underestimate their ability to help us improve and manage our health. Larry Leske will help us learn more about medications, both prescription and over the counter, how they work and how they interact with one another.

Classes are free. For more information contact Karen Christensen, A.C.E. of SW Minnesota – Redwood County 627-1016 or Wendy Dahl, Redwood Area Hospital 637- 4527.

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## It's Cash Not Trash!



Thank you to everyone who donated cell phones or ink cartridges in 2016. These items were sent to Planet Green. Money received was put in our Volunteer Appreciation account and will be used toward the meal, rent of facility where event is held, entertainment and postage to mail invitations. You may continue to donate your cell phones at these locations.

- Wal-Mart - Redwood Falls
- H & L Printing - Redwood Falls
- Gloria Dei Lutheran Church - Redwood Falls
- 1<sup>st</sup> Presbyterian Church - Redwood Falls
- A.C.E. of SW Minnesota - Redwood County office

*Thank You*



## **Volunteers ...Are You Looking for a New Volunteer Opportunity?**

If you are interested in any of the following volunteer opportunities call A.C.E. of SW MN – Redwood County at 507-627-1016.

- A volunteer is needed to coordinate the Redwood Falls Blood Drive. Volunteer will coordinate blood drives that are held 8 times a year. Supervise local volunteers who call to line up and schedule the donors, canteen workers

and those who set up and take down the tables afterward. Some computer skills needed as scheduling is now on-line. Volunteer now and work learn from the present coordinator Call our office at 627-1016 or Laura Kohler at 507-641-8131.

- **Redwood Area Hospital Hospice Seeking Volunteers.**

The annual hospice volunteer training course will be February 22<sup>nd</sup> & 23<sup>rd</sup> between 8 AM – 4 PM at the hospital. This class helps new volunteers understand the grief process and the needs of the terminally ill. No medical experience is required to volunteer.

Hospice volunteers would be asked to provide respite and support for family members such as shopping or household duties or other duties to support clients and their families. Some volunteers prefer to assist with hospice office functions such as mailing and fundraising.

To volunteer as a hospice volunteer, call Karen Melges, Redwood Area Hospital Hospice Coordinator at 637-4668 or our office at 627-1016.

- **Redwood Hospital Adult Day Services** is looking for individuals or groups that would like to spend time with clients. Are you a veteran, retired farmer or businessman who would be willing to be a companion and friend to visit with someone attending Adult Day? Do you have a collection you would like to share with clients. Read, do art project, puzzles, etc. Do you sing or play an instrument? A keyboard is available. Call Karen Melges at 637-4668 to volunteer.



# Reporting Your Hours

Reporting your hours is important to us. Did you know you can report your hours several ways. If you are volunteering at a station that is registered with us you can record your hours on their Station Timesheet. We also welcome phone calls at 627-1016, e-mail us at **ace.redwood@co.redwood.mn.us** or you can complete the timesheet below and mail or drop off at 1011 E. Elm St. #221, Redwood Falls, MN 56283.

## REDWOOD COUNTY VOLUNTEER TIME SHEET

Month: \_\_\_\_\_ **Volunteer Signature** \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

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Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

***Please submit your hours by the 5<sup>th</sup>***