All of us have recently been living in very difficult times, and I can’t help wondering how the world will change by the COVID-19 pandemic. I personally have witnessed people more compassionate and practicing more frequent acts of loving kindness.

The CARE program has definitely changed since the beginning of the epidemic. In many instances, CARE is the first point of contact for seniors in need in our community. My staff and I have been working around the clock to make sure seniors stay safe and comfortable in their homes. We are providing much needed grocery shopping, medication pick up, and food delivery for seniors. Our goal is to ensure they get healthy food choices with minimal exposure. Our state funded programs could not absorb the healthcare costs if a large portion of our seniors had to be hospitalized. It makes good sense to help take the load off our state budget.

Staff and volunteers are providing phone calls to assist seniors living alone, to help reduce isolation and anxiety. Some of them are contacted several times a week. These phone calls are essential for the mental and emotional well-being of our senior population. I have discovered that volunteers are finding joy talking to seniors just as much as the seniors, themselves. Many are building friendships.

We are providing rides to clients in need of cancer treatment and dialysis. Some clients have essential medical appointments or physical therapy to maintain good health. We are providing face masks and sanitizers to volunteer drivers to
BECOME A VOLUNTEER BOARD MEMBER!

As a member of the CARE Board of Directors, you will be instrumental in choosing the direction and scope of our program.

You will be working with other members, and partnering with our Executive Director, to assure the continued success of our mission: “We support area neighbors 60 years and older to continue living independently in the home of their choice through community volunteerism.”

For more information please contact the CARE office: 320-968-7848

reduce exposure to clients at risk.

We were sad to cancel our Pork Chop Dinner and Silent Auction on May 6th. We replaced it by giving out fresh produce to families of all ages. What a blessing it was to give on that same day as our event would have taken place.

CARE will lose over $20,000 the first part of 2020 due to the cancellation of our fundraising activities. These funds will not easily be replaced. Grant funding for COVID-19 is difficult to obtain because of the large number of organizations applying for the funds. This is where we need your help. If you can support your local program in the way of a donation, we would greatly appreciate it. We are committed today and in years to come to continue to respond and fulfill the needs of our senior population.

CARE has a brand new Nectar Twin XL adjustable bed and mattress that we would like to donate to someone with a medical condition who would benefit from a gift such as this.

Please contact Connie at 320-968-7848.

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Please contact Connie at 320-968-7848.
“Karen-calling-from-CARE” is hard to say multiple times without messing up, but I am learning! When I was offered a spot at CARE after years of volunteering, I just couldn’t turn it down. I have lived in Foley about 30 years now, moving here to get married, and staying here to raise our five children.

I grew up on a dairy farm near Lake Lillian, Minnesota, and went to college in Mankato for a computer science degree. I met my husband on the college internet while he was at Saint Cloud State. I think our first conversation was an argument about a computer issue; I think I won it and, if you ask him, he will think I won it, too.

But that is how I ended up in Foley. Three of our children have graduated high school, two are still in college, and two are finishing high school. As my children get older, I need to keep busy, so I have had several part time jobs in Foley. Years of having children in school and part time jobs, have introduced me to a lot of the people in Foley, and that is why helping out at CARE just seems like the right thing to do. Everyone needs help once in a while, and I like to be part of making sure people get help.
COVID-19 COMMUNITY RESPONSE

URGENT RELIEF SUPPLIES
The greatest need for our seniors was, and is, receiving adequate nutritious food on a regular basis. When the first stay at home order was announced, CARE staff needed to respond quickly, and be available at all times, to receive the food items that came our way, such as the call from a restaurant with a donation of eggs, and another from “Backwards Bread” of St. Cloud who donated loaves of artisan bread on a Sunday afternoon. The next day another donation of eggs, and the day after that a donation of toilet paper. It wasn’t long before our volunteers were out on the road, delivering to homebound clients in need of food and supplies. The response was amazing, seniors were calling CARE staff “angels”.

MARCH 23, 2020 - DONATIONS PROVIDE NEEDED SUPPLIES TO SENIORS . . .

FACE MASK DONATIONS
Local crafters began sewing and delivering facemasks to the CARE office; we were able to provide them to all of our volunteers, and to share more with family and friends of our volunteers and staff who needed them; some as far away as Ham Lake, MN!

Please call our office if you are in need of a facemask.

MARCH 23, 2020 - DONATIONS PROVIDE NEEDED SUPPLIES TO SENIORS . . .

. . . 49 DELIVERIES BY CARE VOLUNTEERS DOUG & AMY SCOTT

CARE OFICE STAFF MODELED THE WIDE VARITEY OF FUN PRINTS DONATED BY LOCAL CRAFTERS
FOOD DONATION FROM ST. CLOUD STAND DOWN

“St. Cloud Stand Down, Inc. is a non-profit organization created by veterans for veterans. For the past 21 years, we have been serving the vets of St. Cloud, MN, providing everything from housing assistance to employment opportunities.”

The last week in April, CARE received a call from Bob Behrens, representing this nonprofit. He asked if our nonprofit was in a position to distribute food, as they were unable to do so with the restrictions currently in place. Office staff immediately began calling both volunteers and seniors to schedule delivery of 55 donated boxes of food.

On May 5th, 16 volunteers delivered those boxes, “Everything from meat to cake was in the box!”, and CARE office staff was able to track the progress of the deliveries due to calls that poured in from very grateful seniors.

LIFTING THE SPIRITS OF THE COMMUNITY

CARE received a call from John Svihel of Svihel Vegetable Farm asking if we could distribute a large load of fruits and vegetables, including oranges, apples, sweet potatoes, onions, red potatoes, and russet potatoes.

At the same time a call came in with a donation of hamburger from Tom and Paige Henry; and Sharon Kipka arrived with a donation of a variety of paper products and hand sanitizer.

Once more the staff began calling seniors to find out who needed supplies; and volunteers were called and recruited for boxing and delivery of these generous donations. Volunteers Tim Adelman, Tim & Deb Helmin, Roger Anderson, and Tom Kaproth met at the Svihel Vegetable Farm with trucks, and a trailer loaned to us by the City of Foley, to haul the fresh produce to the CARE office. The Duelm Lions Club worked tirelessly boxing and bagging produce for distribution at our office site, then loading boxes into the vehicles of residents who came, while more volunteers drove to senior’s homes with deliveries. But that wasn’t the end . . . continued on next page.
Top left to right: Tim Adelman hauled produce on City of Foley Trailer; Tim & Deb Helmin loaded their truck; John Svihel was given a We CARE Minnesota t-shirt by Connie Cardinal in gratitude for his generosity (pictured with them is volunteer Tom Kaproth); City of Foley forklift driver unloads produce; Duelm Lions Club members sorted, boxed and bagged produce for distribution; and the students and staff of St. John’s Area Schools stood for two hours in the CARE parking lot showing their signs of encouragement to the public.
MAY 20TH

. . . one week later, John Svihel called with another 6 pallets of fresh fruits and vegetables to donate, for a total of 18 tons of food! That same week a call came in from Victor and Dorothy Helmin who donated beef! Within 24 hours the food was delivered to the CARE office and, thanks to the quick response from volunteers, we were ready to get it out to community members of all ages!

We are very grateful to the Duelm Lions Club, a group of people dedicated to serving seniors in our area. They have taken on our food distribution program as their service project and, frankly, we couldn’t be happier. It is truly an honor to watch them work so efficiently with smiles of joy on their faces.

We would like to thank Benton County, for providing space to both store and distribute the food, and the City of Foley for providing a trailer to transport the produce, and a driver & forklift to unload the many heavy pallets of food. It is very clear we could not have accomplished this without their help.

CARE staff and volunteers have worked hard and spent long hours in the past few months responding to the needs of our community. We are committed to meeting whatever comes our way in the future months. We know this pandemic is not over, that needs will increase and there will always be more people to help. We want to thank all the donors with such giving hearts, and the 36 volunteers who have given of their time, and who use their own vehicles and fuel to deliver food to our home-bound seniors. We truly are all in this together!  THANK YOU!

A SECOND ROUND OF FRESH PRODUCE; AND AN ADDED DONATION OF MEAT FOR SENIORS

www.CommunityActionRespectingElders.org
BURGERS N' BRATS
$5.00 PER MEAL

MEALS INCLUDE CHIPS & BOTTLED WATER

WEDNESDAYS
Starting JULY 8TH thru AUGUST
11AM TO 7PM

Country Boutique
JULY 29, 30 & 31
8AM - 5PM

321 6TH AVENUE, FOLEY
**BURGERS N' BRATS**

Beginning on July 8th, CARE will serve a burger or brat meal with a bag of chips and bottled water for $5.00 every Wednesday from 11am to 7pm. We will also be open from 11am to 7pm on all of the days our Country Boutique is operating.

The booth will be located near the CARE office in front of the county garages (same location as Fresh Produce distribution), and will provide curbside service only.

Volunteer “carhops” will take your order and deliver your food to you in your vehicle.

**Country Boutique**

This event will feature many artisan made items donated for our cancelled silent auction in May of this year. CARE is also accepting new or gently used household items, decorations, clothing, tools, equipment, plants, and garden supplies to sell during this event.

Please call or drop off your donations at the CARE office Monday-Thursday 8am to 3pm.

**From My Kitchen**

**Applesauce Bran Muffins** contributed by Jean Tiedt

- 1 cup flour
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 4 cups bran flakes
- 1 ½ cups milk
- 1/3 cup brown sugar
- One egg, beaten
- 1/2 cup unsweetened applesauce

Sift together flour, baking soda, and cinnamon and set aside.

Mix together bran flakes, milk and brown sugar, and allow to set for 5 minutes. Add beaten egg and applesauce. Mix with dry ingredients just until moist.

Pour into muffin cups or tin sprayed with vegetable oil.

**Bake at 375° for 8-12 minutes**

Makes 12 muffins
One thing that is certain in life is that life is uncertain. As much as we try to keep to our normal routines, inevitably we will encounter something out of the ordinary or have to leave our comfort zone. While there is little any of us can do to make the world more predictable or seem less dangerous, each of us can take steps to better manage this uncertain world. The foundation for better managing uncertainty is a concept called situational awareness. Kelly Sayre, the Founder & President of The Diamond Arrow Group, is a local expert on situational awareness who teaches this concept to others. Sayre defines situational awareness as “using your senses and intuition to notice something is off in your environment, understanding what that means to you and your safety, and taking action to preserve your safety.” Three simple steps, observing, planning, and acting will increase your situational awareness and help keep you safe.

Few of us truly like surprises. Indeed, our minds are conditioned to seek out familiarity and identify differences. Situational awareness is about removing surprises by identifying potential hazards and having a plan in place to address those hazards. Situational awareness starts with being observant of your surroundings, especially when you are in unfamiliar environments. If you allow your mind to work at this task, you will find it comes naturally to most people. Look around your surrounding with the purpose of finding potential hazards. As you practice situational awareness you may notice a rug that is bunched up creating a tripping hazard, a suspicious vehicle that is parked across the street from your home, or a person across the room from you who may be paying too much attention to your purse or wallet and where you are keeping it. Trust your intuition to alert you to potential danger. Sayre teaches that “your intuition is key in two very important ways. It’s always in response to something and it always has your best interest in mind.”

After scanning your environment, you can move into the next phase of situational awareness, planning and acting out a response. By observing potential hazards before something unwanted happens, you give yourself the time to formulate a plan to fix the problem. Your response to the hazard you identified will depend upon what kind of hazard is present. It might be as simple as fixing a bunched up rug. Your response might be to call 911 or ask for help. Your response might also be to let a suspicious person know through a look or body language that you see them and are prepared to take action. If you can make yourself appear less vulnerable, you increase the odds a criminal will move onto another, less prepared victim. Use distance, barriers, and other people to keep you from having contact with anyone who makes you feel uneasy. There is no such thing as a perfect response plan, but any plan is better than no plan at all.

Situational awareness is all about maximizing your own personal safety through observation and planning. According to Sayre, each of us already possesses situational awareness life skills. Sayre says “each day you look at your surroundings or read another person’s body language, mentally go through your daily tasks in order to make efficient use of your time, and make decisions to accomplish those tasks. You simply need to look at these skills through the lens of your personal safety.” Try it today to help make a safer tomorrow.

If you’d like to learn more about situational awareness from Sayre, you can visit her website at thediamondarrowgroup.com or contact her via email at kelly@thediamondarrowgroup.com.

Urinary incontinence means a person leaks urine by accident. It is more common as we age, typically occurs when muscles in the bladder relax without warning, and can often be cured or controlled. **It is very important to talk to your healthcare provider about what you can do.**

**Causes:** urinary tract infections, constipation, vaginal infection or irritation, enlarged prostate, and/or due to:

- Weak or overactive bladder or pelvic floor muscles
- Damage to nerves that control the bladder (from diseases such as diabetes or Parkinson’s)
- Injury or damage to nerves or muscles from surgery
- Diseases, such as arthritis, that may make it difficult to get to the bathroom in time
- Pelvic organ prolapse (when pelvic organs such as the bladder, rectum, or uterus shift out of their normal place into the vagina) – women only
- Blockage from an enlarged prostate – men only
- Prostatitis (a painful inflammation of the prostate gland) – men only
- An enlarged prostate gland, which can lead to Benign Prostate Hyperplasia (BPH) – men only

**Diagnosis:** See your doctor for a physical exam and medical history. Detail your symptoms, the medicines you take, and tell the doctor if you have been sick recently or had surgery. Tests will be ordered for urine and blood, and to measure how well you empty your bladder. You may be asked to keep a daily diary of when you urinate or leak urine, or you may be referred to a urologist.

**Treatments:** depending on the type of problem you have, how serious it is, and what best fits your lifestyle, the simplest and safest treatments, such as bladder control training, should be tried first. Your doctor may also suggest you try the following:

- **Pelvic muscle exercises, biofeedback, timed voiding, and lifestyle changes** (such as losing weight, quitting smoking, saying “no” to alcohol, drinking less caffeine, found in coffee, tea, and many sodas, preventing constipation, and avoiding lifting heavy objects).
- **Choosing water instead of other drinks**, and limiting drinks before bedtime, may also help.

**Caregivers:** People in the later stages of Alzheimer’s disease often have problems with urinary incontinence. To minimize the chance of accidents, the caregiver can:

- Avoid giving drinks like caffeinated coffee, tea, and sodas. **Never limit water.**
- Keep pathways clear and the bathroom clutter-free, with a light on at all times.
- Make sure you provide regular bathroom breaks throughout the day.
- Supply underwear that is easy to get on and off.
- Use absorbent underclothes for trips away from home.

**Managing Urinary Incontinence** – Besides bladder control training, your doctor may offer other ways to help manage incontinence, such as medicines to help the bladder empty more fully during urination or tighten muscles to lessen leakage, or creams, surgery, and medical devices. Even after treatment, some people will leak urine from time to time. There are bladder control products and other solutions, including adult diapers, furniture pads, urine deodorizing pills, and special skin cleansers that may make leaking urine bother you a little less.
Have you considered a gift in Memory of a Loved One? Giving to a favorite charity can be a wonderful way to honor their memory.
Rent Sponsors

April
Sauk Rapids Lions Club

May
Darlene & Jim Kieffer

June
Bill & Gini Kalton

Thank You!

SPECIAL THANKS TO:

DEPARTMENT OF HUMAN SERVICES

For grant funding that helps CARE support area seniors to remain living independently in the home of their choice.

Our sincere gratitude to all!

We apologize if we missed your name.

Please contact us so we can acknowledge you in our next newsletter.

Thank you!

Are you a Thrivant Financial Member?

Ask us how you can designate funds to be donated to CARE by Thrivant Financial.

In Loving Memory

Mark J. Schumer
Jane Gardner
Francis J. Knapek
James Walcheski
Josephine Schyma Deneen
Carol M. Jovanovich
Catherine Gorecki
Vernetta Gustafson
Joseph W. Matvick
Ernest L. Popp
Alice M. Skaja
Delores Moulzolf
Bernard Miller
Conan D. Balder
Carol McGee Stiles
Verla Mae Helmin
John N. Juetten
Carol Harm
Bernice M. Mendel
Geneva L. Smith
John (Jack) Young
Robert Fleege
Mardell Starr
Thomas Rothanburg
Grace E. Fox
Lester Fleck
Marcel H. Gadacz
Gerald D. Leason
Shiretta “Sky” Kaye Yandell
Arthur J. Christman
Joyce A. Walcheski
Robert E. Bauer
Gladys Sears

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NEW NAME, NEW SIGN

It has been a long wait, but the CARE-Community Action Respecting Elders name change has at last been made official with the new signage on our office. James Cota of JC Signs came to our offices on May 18th and put the finishing touches on our new identity by installing our new office sign. CARE’s new name reflects our mission, and allows our program to grow well into the future! Our deep gratitude to the Otto Bremer Foundation for the grant funding received that made all of our rebranding needs possible.

CARE staff (left to right): Connie Cardinal, Executive Director, Linda Goodman, Scheduler, Karen Cross, Administrative Assistant, and Deb Helmin, Administrative Assistant.

LOVE THOSE T-SHIRTS? Available for $19.95 in youth and adult sizes from Henry ESP in Foley! Your purchase will help our mission to support seniors. Call CARE for more information 320.968.7848
This newsletter is also made possible by a generous donation from

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Thank You!

What did one hat say to the other hat?
You wait here, I’ll go on a head!

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MARK YOUR CALENDAR!

**ART AND FITNESS PROGRAMS**

*Not available at this time*

*We look forward to seeing you as soon as the stay-at-home order is lifted*

**CARE Burgers n’ Brats**

*Wednesdays July & August, and Boutique days*

*11am to 7pm*

*321 6th Avenue, Foley*

**CARE Country Boutique**

*Wednesday, July 29, Thursday, July 30, and Friday, July 31*

*8am to 5pm*

*321 6th Avenue, Foley*

**NUTRITION ASSISTANCE PROGRAM FOR SENIORS (NAPS)**

*Pick up & Deliveries the second Monday of every month*

*Please call to enroll*  
320-968-7848