

CARE Connections

June 2021
Volume 18, Issue 2

Letter from the Director

by *Connie Cardinal*



I'm excited to report, CARE has distributed 146 tons of food to people of all ages throughout our community who have suffered from food insecurities since last March. When we started the food program in partnership with Second Harvest Heartland, we had no idea the need would be so great throughout Benton County.

We had no knowledge of how to facilitate such a large food program, especially with only 4-part time program staff. Through the grace of God and the hard work and commitment of community volunteers, the program worked like a charm. I am so surprised and feel blessed by the ownership volunteers have taken in the organization, and follow through of the food distribution program. When things were challenging, we all got together to problem solve, to work the bugs out, and then we went back to work to serve our community.

Recipients were very thankful to receive such an array of meat, produce and dairy products. Some months we were blessed with 3 boxes of food, and sometimes we were glad to get one. All of the food was excellent quality and very welcomed. Over 500 boxes each month were dispersed from the CARE office.

I would like to convey my deepest appreciation to the volunteers who ran this program every month. Tom Kaproth, Joe Kaproth, Joan Mazacek, Ruth Tidd, Stacey Kalway, Dick Winkelman and many more. Also thanks to the Foley National Honor Society for their assistance and to the Foley Police Department for directing traffic.

Editor's Notes

by *Gini Kalton*



After an exceptionally hot spring, as we move into the summer it is no surprise that the weather is more springlike! At our house the honeybees were searching for water at our bird bath, the cottontails were rummaging through the dry grass for tidbits, and the pheasants continued to search for last year's acorns along with the squirrels. Welcome rain!

At CARE, our Art and Fitness Programs are still on hold, but the office staff has been active in promoting health and wellness for our senior clients by continuing with rides, food programs and the counseling services provided through our partnership with the P.E.A.R.L.S. Program.

With our focus on health in this issue, you will find stories that tell of the efforts made by people of all ages who came together to lift the spirits of seniors isolated by COVID; and some games for your brain to boost mental health.

Our contributors have provided both safety and health support and guidance, with a focus on personal and community safety, and the needs of the caregivers.

CARE is happy to be able to continue our food distribution programs, and look forward to seeing you at our Burgers n' Brats stand for lunch!

Have a blessed summer,

Gini

CARE

Community Action Respecting Elders

OFFICE HOURS:
MON - THURS
8:00 am - 3:00 pm

LOCATION:
321 6th Avenue
Foley, MN

MAILING ADDRESS:
PO Box 65
Foley, MN 56329

Email:
info@CAREelders.org

Web site:
www.CAREelders.org



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*the public is welcome to attend board meetings on the second Thursday of every month at 5:30pm in the CARE office.

From the Director
... continued from page one

The students were great to work with, and we couldn't have taken this project on without their commitment. Many of them working through the cold, rain and snow. Their reward, as they told me, were the smiles on the faces of the participants who received the food. Many of CARE volunteers were stopped at the grocery store or the post office at a later time, by recipients who expressed their thankfulness.

CARE has also been dedicated to assist community members with the opportunity to receive free COVID-19 vaccinations. CARE partnered with Benton County Public Health to assist staff, volunteers and senior clients to get vaccinated. Program volunteers drove clients to receive their vaccinations in both in Sauk Rapids and Foley locations.

Benton County is still showing a low vaccination rate among our community. Remember, the vaccinations are free. Health officials state the inability to make online appointments and lack of transportation has become an issue. If you need assistance signing up for your vaccinations or need a ride where you are comfortable to receive your vaccination, please contact the CARE office at 320-968-7848.

Hesitation and fear is very common in rural communities. If you are in doubt or fearful to receive the vaccine, please contact your physician to discuss your options. The more people who get vaccinated will help our community get back to normal activities sooner.

Stay safe and enjoy the sunshine. Be sure to get your hands in the dirt, plant flowers!

Connie





WHY DO I VOLUNTEER? by Karen Cross

Doug grew up in Foley along with his eight brothers and sisters. His parents, Ron and Mickey, still live in the same house in town. After graduating from high school, Doug attended St. John's University, where he met Amy, who was a student at the college of St. Benedict.

They married in 1989, and lived in Rice, New Hope and Maple Lake until moving to the Foley area in 1995.

Amy taught at St. John's Area School in Foley, until retiring last year. Doug's career in fundraising and membership renewal spanned more than thirty years, and both Amy and Scott are currently actively volunteering for numerous area non-profits.

Doug and Amy have a huge garden every summer, and harvest the venison, bear and pheasants their whole family enjoys. They like to joke about how their children Hattie, Connor and Logan like to come visit and "go shopping" for canned goodies and fresh meat at their house before heading home!

Their enjoyment of sharing food is part of what makes volunteering at CARE so much fun.



MHS STUDENTS RECOGNIZED

Connie Cardinal, Executive Director of CARE awarded the Foley Minnesota Honor Society with a Certificate of Appreciation for their dedication in helping with the CARE food distributions this school year. Accepting the award on behalf of MHS is President Tessa Schumann.





SPRING YARDWORK

Spring was off to a great start for Irene when CARE volunteers Sara Kellen and her family shared their time and talents to help with her yard cleanup.

Pictured left: Irene and Sarah



ANNUAL VOLUNTEER DRIVER TRAINING

The process to become a volunteer driver for CARE is simple, quick and easy. Drivers gathered to complete annual forms and to receive a free vehicle safety inspection conducted by members of the Benton County Sheriff's Department and the City of Foley Police Department .



Left: CARE Executive Director, Connie Cardinal assisted drivers filling out necessary forms, while their vehicles were inspected.

Right: Foley Police Chief, Katie McMillin inspects a volunteer driver's vehicle.





A RAMP FOR TAMMY by Al Jergenson

I was approached by Tammy's neighbor and friend, Kris, concerning whether I might be able to coordinate the building of a handicap access ramp for Tammy. I told her that the project would be possible through the CARE Program, and that she would need to raise the money for the purchase of materials.

On May 20th, I drove to Foley, measured for the ramp, and prepared a materials estimate for Kris. I then recruited myself, John Gibbs, Austin Fessenben, Dave Koester & Doug Jergenson as volunteers for the project. We built a deck and ramp with wood materials donated by the Becker Lions Club, outdoor carpet donated by Dave Koester, and screws and fasteners donated by myself. The project came with a total materials cost of \$1,765 and took 82.75 hours of volunteer time to complete.

Tammy will be undergoing back surgery soon, and we anticipate that the ramp will make a significant difference for her mobility. As always, it was a pleasure to build the ramp through the CARE Program!



Pictured left: Tammy, Kris, and Volunteer Al Jergenson

Pictured right: Volunteer Dave Koester, Tammy, Kris, and Volunteer John Gibbs



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For Your Health

contributed by Joyce Simones, RN



Taking Care of Yourself: Tips for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. [You can go to <https://www.nia.nih.gov/health/> for links to guidance for eating healthy (healthy-eating), being active (exercise-physical-activity), and taking time for yourself (see the infographic on page 7)]

Dealing with Feelings of Frustration and Guilt

Caregiving, especially from a distance, is likely to bring out many different emotions, both positive and negative. Feeling frustrated and angry with everyone, from the care recipient to the doctors, is a common experience. Anger could be a sign that you are overwhelmed or that you are trying to do too much. If you can, give yourself a break: take a walk, talk with your friends, get some sleep—try to do something for yourself.

Although they may not feel as physically exhausted and drained as the primary, hands-on caregiver, long-distance caregivers may still be worried and anxious. Sometimes, long-distance caregivers feel guilty about not being closer, not doing enough, not having enough time with the person, and perhaps even feeling jealous of those who do. Many long-distance caregivers also find that worrying about being able to afford to take time off from work, being away from family, or the cost of travel increases these frustrations. Remember that you are doing the best you can given the circumstances and that you can only do what you can do. It may help to know that these are feelings shared by many other long-distance caregivers—you are not alone in this.

Taking Care of Yourself

Share the infographic [shown right, or go to <https://www.nia.nih.gov/> to download a copy] and help spread the word about caring for yourself while caring for others.

Taking care of yourself is one of the most important things you can do as a caregiver. Make sure you are making time for yourself, eating healthy foods, and being active. Consider joining a caregiver support group, either in your own community or online. Meeting other caregivers can relieve your sense of isolation and will give you a chance to exchange stories and ideas. If you need help, don't be afraid to ask for it.

Caregiving is not easy for anyone—not for the caregiver and not for the care recipient. There are sacrifices and adjustments for everyone. When you don't live where the care is needed, it may be especially hard to feel that what you are doing is enough and that what you are doing is important. It often is.

Learn about sharing caregiving responsibilities with friends and family [<https://www.nia.nih.gov/health/how-share-caregiving-responsibilities-family-members>].

Family Caregiver Alliance

800-445-8106 (toll-free)

info@caregiver.org

www.caregiver.org

[The content on this website] is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date.

MAKE YOURSELF A PRIORITY, TOO

[TIPS FOR CAREGIVERS]

Nearly
15 million
Americans provide
unpaid care
to an older adult.



National Health and Aging Trends Study, 2011



Caregivers who provide
substantial care are
more likely to have
**physical & emotional
health problems.**¹

National Health and Aging Trends Study, 2011

¹ Substantial care refers to involvement in health care activities,
including care coordination and medication management.

Take care of yourself.

It is one of the most important things you can do as a caregiver.



Ask for help when you need it.

Spend time with friends.



**Join a support group—
in person or online.**

Take breaks each day.



Keep up with hobbies.

Use these tips, and learn more about
caregiving at www.nia.nih.gov/caregiving.



IN LOVING MEMORY

Mabel M. Schibonski

Elwood L. Orton

James "Jim" Kampa

Lois Dierkes

Harriet Juetten

Mary Otremba

Frances Dobos

Letha Corrigan

Eva Carriere

Joyce Gilyard

Leon A. Weber

Dolores "Mutzie" Bursch

Lillian Niedzielski

Esther Mastey

Raymond Freilinger

Joseph Boyle

Jessica Ratka

Agnes M. Primus



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.



Summer Word Scramble

Unscramble the letters to find summer fun!

- 1. ESHHIUNN _____
- 2. TOVNACIA _____
- 3. MIGWINSM _____
- 4. SGIFNIH _____
- 5. SREAPAD _____
- 6. IKHNGI _____
- 7. GLAISNI _____
- 8. ORMEWANTL _____
- 9. ISNIGK _____
- 10. NEAGNOCI _____
- 11. ELONTEVUR _____
- 12. QAREBBEU _____

ANSWERS:

Summer Word Scramble: 1. sunshine 2. vacation 3. swimming 4. fishing 5. parades 6. hiking 7. sailing 8. watermelon 9. skiing 10. canoeing 11. volunteer 12. barbeque

What comes next:

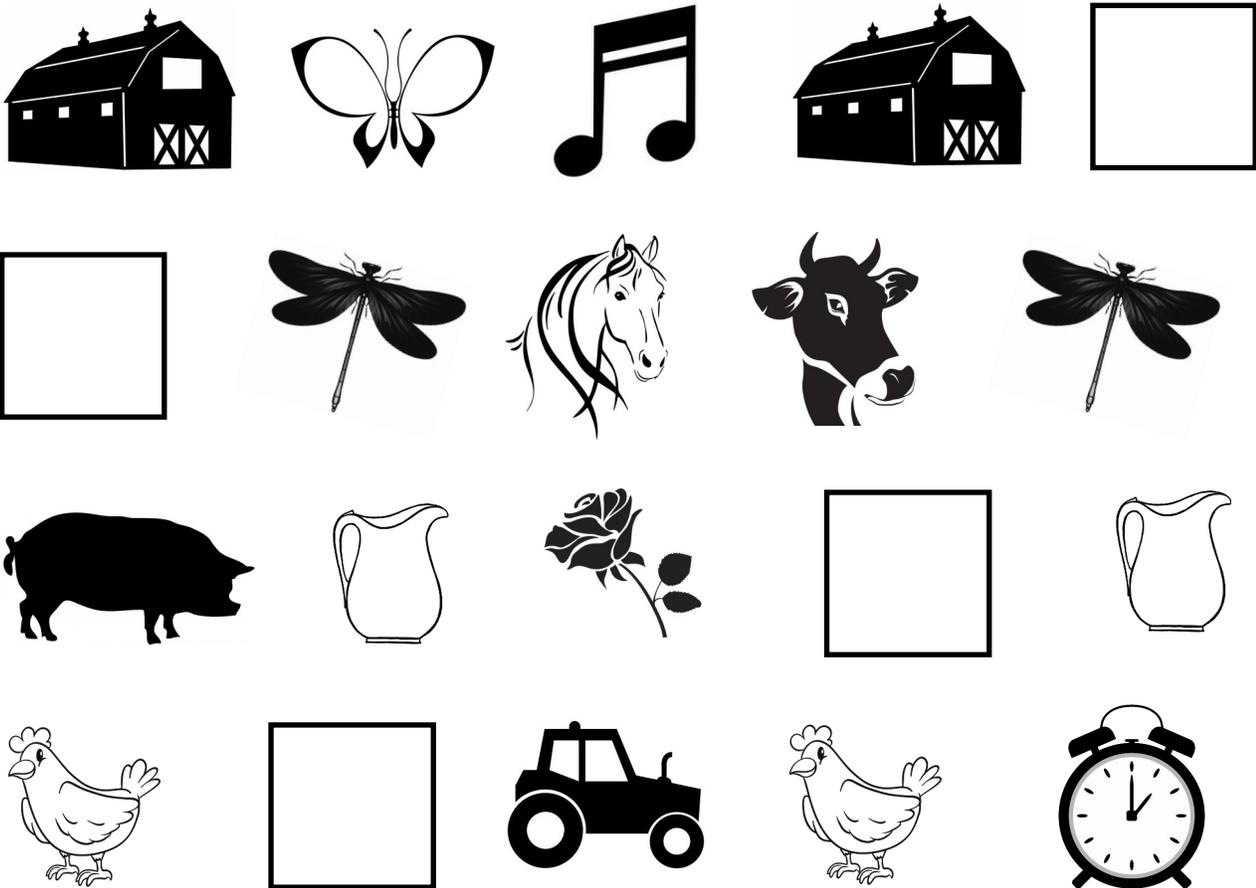
- 1.
- 2.
- 3.
- 4.

True or False:

- 1. F
- 2. T
- 3. T
- 4. T

What comes next?

Each of these lines has its own unique pattern.
Which shape belongs in the empty space?



True or False?

CARE stands for:
**CUTE ADULTS
RESTING EASY**

1.

There are more
seniors than
school age
children

2.

13.9% of seniors in
Benton County live
below the Federal
Poverty level

3.

CARE volunteers
help seniors remain
living in the home
of their choice

4.



Safety for Seniors

by Troy Heck, Benton County Sheriff



“If You See Something, Say Something®” is a familiar phrase that I believe everyone has heard at least once. This slogan is part of a campaign that was conceived and begun about 10 years ago by the New York Metropolitan Transportation Authority and distributed nationwide by the US Department of Homeland Security. The aim of the program is to raise citizens’ awareness of suspicious activity associated with terrorism and to encourage citizens to report this suspicious behavior. The campaign’s simple message reminds all of us of our important duty to be vigilant for suspicious activity that could indicate a person or groups’ intentions to carry out an attack against the citizens of this country. While this campaign was originally focused on detecting and reporting terrorism-related behavior, the message also applies to more everyday situations. The see something, say something message is critical in assisting local law enforcement in fighting crime in your neighborhood as well. Law enforcement works hard to find and put a stop to those who are up to no good. However, police officers, deputies, and state troopers are stretched thin and cannot be everywhere all at once. Having involved communities that recognize and report suspicious behavior is a key element in any strategy aimed to reduce and prevent crime.

Additionally, recognizing suspicious behavior is a key aspect to your personal safety strategy. When you encounter situations where your instinct tells you something is out of the ordinary or not right, trust that instinct. That instinct is your years of experience telling you that this situation is potentially hazardous. We all pride ourselves in being friendly and welcoming people who are willing to help out. I’m certainly not saying that should change. However, when you get that feeling that something isn’t right, put some personal safety strategies into place. If you’re alone, have someone you trust join you. Call law enforcement to help keep the situation safe. Or keep distance or physical barriers between yourself and the situation that is causing concern.

So, you may be asking what exactly is “suspicious behavior?” I would define suspicious behavior as any situation a person observes that makes them wonder, “What is going on there?” It might be a strange car parked at a neighbor’s residence, an unfamiliar person walking through yards at night, or a stranger at your door who doesn’t seem to have a good reason for being there. Basically, any situation that gives you that uneasy feeling in your gut. Many times these situations have a legitimate explanation, which may lead some people to be reluctant to call law enforcement. I feel like I say this quite often, but it bears repeating. I would rather we respond to hundreds of suspicious activity calls that, upon investigating, have a legitimate explanation, than miss that one opportunity to stop a crime or catch a criminal.

So, please, when you see something, call your local law enforcement agency right away and report what you are seeing. Many times each year, citizens calling about suspicious behavior results in law enforcement arresting thieves, drunk drivers, burglars, and a host of other criminals. We are asking you to be the first link in the chain working to keep Benton County safe. When you see something, say something right away.



SJAS SERVICE PROJECT by Sandy Anderson and Maria Dombrovski

Students at St. John's Area School do a service project during Lent each year. This year we thought that it was especially important that our service project focus on our own community, and Sandy [Second Grade Teacher at St. John's] immediately thought of CARE. After talking to the Director, Connie, we decided this was the perfect Lenten project, since one of the purposes of Lent is to grow closer to God through acts of kindness.

Connie mentioned that, with the pandemic, the seniors have not had many visitors and could use something to brighten their day. Our school families were amazing, and donated many snacks, word finds, activity and coloring books, crayons, and money.

In our classrooms, each student made a card or letter that was personalized for each senior. "We are giving to show people we really care about them," mentioned Waylon, a second-grade student.

When asked how participating in this service project made them feel, Simon, a fifth-grade student at St. John's said, "It made me feel good to give stuff to people, and that they got to see my card." Michael, a fourth-grade student, said, "It made me feel good because I knew I was making people smile."

Our school Mission Statement states that we are preparing our students "to live in and contribute to a changing world." We feel that this service project for seniors in our community helped instill in our students kindness and compassion for our changing world.

CARE Volunteer Coordinator Karen Cross said, "In mid-May CARE volunteers delivered the "May baskets" to seniors, who were delighted and grateful for the kindness shown by the students at St. John's. One recipient made an appointment with St. John's to go to the school and personally meet the student who made the card he received, and to thank that student. We were very pleased to be part of this project!"



Above: SJAS fourth grade students showed off the many donations

Left: students and teachers from SJAS delivered gifts for seniors to the CARE office.



Contributors - Donations received 3/16/2021 - 6/16/2021

Cash Donations

Adeline Kazeck
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Bequests

Carol & Gerald Brunn	in memory of Kevin Adelman
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Don Hoff	in memory of Jan Hoff
Ella Vaudt	in memory of Alice Gombos
Gini & Bill Kalton	in memory of Alice Gombos
Grace Glein	in memory of Elwood Orton
Helen Elwell	in memory of Lee Roehl
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Violet Moeller-David	in memory of Ervin David

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Grace Glein

May
Clo Brenny
Gilman Christian Women

June
Bill Kotsmith
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SPECIAL THANKS TO:



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!

***LUNCH AT CARE IS BACK
FOR A LIMITED TIME!***

**Wednesday
Burgers n' Brats
\$5.00 per meal**

11:00 AM - 2:00 PM



JUN 30 JUL 7 JUL 14 JUL 21 JUL 28 AUG 4 AUG 11

321 6TH AVE, FOLEY



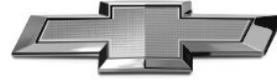
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FOLEY, MN 56329

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Please use the envelope found in
this publication to give generously in
support of the seniors in Benton County
and its surrounding areas.

Thank You!

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MARK YOUR CALENDAR!

BURGERS N' BRATS
Wednesdays, June 30th - August 11th
321 6th Ave, Foley
11 am - 2 pm
\$5.00 per meal

CARE VOLUNTEER APPRECIATION
Wednesday, July 21
321 6th Ave, Foley
4 pm - 7 pm
Be our guest!

ALL FOOD DISTRIBUTION PROGRAMS (BELOW)

11 AM - 1 PM OR UNTIL GONE

NAPS FOR SENIORS
Monday, July 12th
Monday, August 9th
Monday, September 13th
Income Based

FROZEN MEALS
Monday, July 12th
Monday, August 9th
Monday, September 13th
Must be 60 or over

FREE PRODUCE & BREAD
Monday, August 9th
Monday, September 13th
No age limit