

CARE Connections

September 2021
Volume 18, Issue 3

Letter from the Director by *Connie Cardinal*



When I look back and see what the CARE Program has accomplished in the past year, I can't help but feel a sense of pride come over me for our community and I think about my favorite quote from Theodore Roosevelt, which reads: "It's not the critic who counts; not the man who points how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows great enthusiasm, the great devotions; who spends himself in a worthy cause; who at best, knows in the end the triumph of high achievement, and who, at the worst, if he fails, at least fails while daring greatly so that his place shall never be with those timid souls who neither know victory nor defeat."

Since the pandemic, CARE staff and volunteers have been working diligently in our community arena to respond to the needs of seniors during this difficult time. CARE has received many new requests from first times seniors using our program during COVID-19. Supporting food insecurities was one of CARE's top priorities, it took long hours from staff and volunteers to facilitate and disperse over 146 tons of food out in the community. We are far from over; many seniors requesting help during the pandemic actually needed help prior to the pandemic but were afraid to ask for assistance. These seniors will need our help as our community gets back to a new normal. We are witnessing an increase in home deliveries and grocery shopping since the

Editor's Notes by *Gini Kalton*



This woman was a stranger who, before I ever met her, had led a life of adventure, filled with all the ups and downs we all face. And she was loved and disliked during her life, just as we all are.

As a volunteer, I had the fun of driving a very sweet person to her doctor appointments, to the bank, and to pick up groceries. She had a very hard time with walking, and suffered a multitude of physical challenges, but she never gave up trying to improve.

I met her at the end of her life, and she left me with memories of the laughter and tears we shared, all of which will continue to be a blessing in my life. Thank you, Gloria, for sharing your stories with me, for trusting me with your frailties, and for talking me through mine.

Thanks to each and every senior served by the CARE Program, your gifts to volunteers are as precious as the gifts you receive as "services" in return. God bless you.

Happy Halloween, Happy Thanksgiving, and a very Merry Christmas, Happy Hannukah, and Joyous Kwanza . . . And any other celebration that lifts your heart and brings you together!

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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Newsletter Editor

Gini Kalton

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

From the Director

... continued from page one

pandemic. Many volunteers have been very willing to respond to these needs.

Volunteering is the heart of our organization, and we need your support. If you have a few hours each month to help a senior in our community, we both would be grateful. We have many openings for you to do what you are passionate about. We all have the opportunity to change someone's life. What will you do with yours? Contact the CARE office at 968-7848 to discuss your options.

I would like to challenge you to dare greatly, and know the feeling of high achievement by serving seniors in need. Don't be afraid to step out of your comfort zone, and don't be a part of the timid souls who neither know victory or defeat.

Connie

Need a Notary Public? CARE offers free notary service to seniors. Call the office to ask about this service, or stop by during office hours.

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



CARE WELCOMES NEW BOARD MEMBER

Please join the CARE board of directors and staff in welcoming our newest Board Member, Michael Puffer.

Michael, or Mike, he has no preference, loves meeting and serving new people, and getting to know the members of his community. Through his business, Country Computer Guy, Mike provides free computer services to seniors.

He began volunteering with CARE because, he said, “Everyone is positive and helpful”, and began serving on the board at our September meeting, where he told us that his interest is in learning how a board of directors functions, and how the members serve the organization.

Members of the board of directors at CARE each serve a three-year term, providing guidance, and a vision for the future of the organization. Community members are welcome to visit our monthly board meetings. Please call the office for more information.



WHY DO I VOLUNTEER? by Karen Cross

Cassie just graduated from Foley High School, and likes to help people.

Over the last year, she has volunteered with CARE taking orders at the Burgers n’ Brats events, filling water glasses at the Pork Chop Dinner, and making home deliveries of food to seniors. Cassie also provides volunteer services in the CARE office, taking on tasks like stamping envelopes for our newsletter and assembling client & volunteer packets.

When she’s not volunteering at CARE, she helps one sister by being a nanny to her nephew, and volunteers with another sister at the Humane Society in St. Cloud.

Cassie has two sisters and two brothers, and has lived in Foley all her life. At home, she enjoys reading, art, and caring for her five guinea pigs. She also works in the dietary area at Country Manor in Sartell, along with her two sisters. In the future, she hopes to travel around the country admiring nature and art.





CARE Puts the “Fun” in Fundraising

The very important work of raising funds to support the CARE Program is taken seriously, but the benefits are more widely felt. Every event is an opportunity for our seniors to share in a social event, an opportunity for our volunteers to meet new people, and an opportunity for both the seniors and the volunteers to get to know each other, too.

This summer has been a time for just such events, from our Foley Fun Days Country Boutique and Corn Dog Castle in downtown Foley, to our Burgers n’ Brats lunch stand, and culminating with our Pork Chop Dinner at Mr. Jim’s.

CARE is still selling Quilt Raffle tickets, so don’t miss your opportunity to get in on these beautiful, handmade works of art!

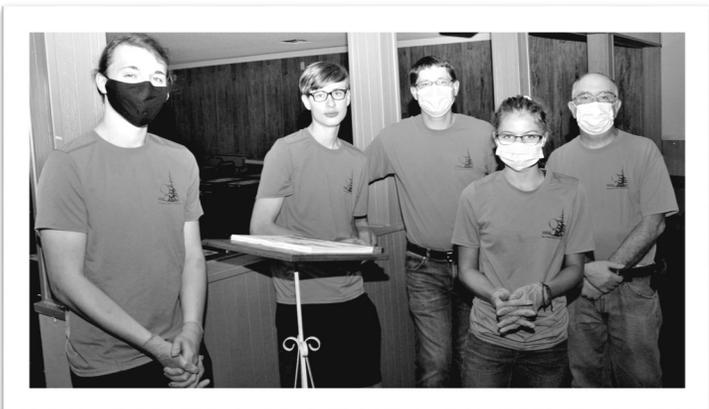
Country Boutique raffle ticket sales helped support our mission to serve the seniors in Benton County and its surrounding areas.

Pictured right: Raffle winner, Mike Puffer, and Executive Director, Connie Cardinal



Pictured left: volunteers gathered to husk the corn for the Pork Chop Dinner at Mr. Jim’s, Foley.

Who knew husking corn could be so much fun!



Pictured above left to right: folks gathered to enjoy each other's company and some delicious food at the Pork Chop Dinner.

We were served by volunteers including the Foley Ambassadors, Duelm Knights of Columbus, and Foley Scouts BSA Troop 10.



CARE VOLUNTEER APPRECIATION HELD OUTDOORS

Everyday is volunteer appreciation at CARE, but once each year our board of directors and staff come together to prepare and serve our volunteers a meal, and present them with a token of our gratitude for their dedication and service all year long. This year we served burgers and brats from our summer lunch stand, and enjoyed a sunny afternoon of fun with all of the volunteers who were able to join us.



The gifts of your time and talents, and each daily kindness, makes a huge impact in the life of every senior you serve!

Word Search (solution on page 11)

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- FALLING LEAVES
- HALLOWEEN
- PUMPKIN
- HELPING
- APPLECIDER
- THANKSGIVING
- TURKEY
- PIE
- SHARING
- CANDY
- CHRISTMAS
- EGGNOG
- GIFTS
- MITTENS
- REINDEER
- LOVE MY NEIGHBOR



OTTO BREMER FOUNDATION AWARDS CARE FUNDING

CARE-Community Action Respecting Elders was awarded \$28,000 as a general operations grant by the Otto Bremer Foundation. The grant funding will be received by the CARE Program in the Fall of 2021.

This funding will assist with the purchase of food and personal care items associated with our food distribution program, and with Christmas gift bags for our senior clients. CARE will also purchase needed equipment, such as a new laptop, office printer, traffic cones and safety vests.

Office supplies such as paper, toner, postage and brochures will also be purchased, as well as CARE Program advertising for volunteer recruitment and fundraising events.

The Board of Directors and staff at CARE offer our sincere gratitude to the Otto Bremer Foundation for their continued generous support of our program.



CARE RECEIVES SHIP MINI-GRANT FUNDING SUPPLIES

CARE-Community Action Respecting Elders received grant funding supplies from the Statewide Health Improvement Partnership (SHIP) with the Minnesota Department of Health.

The supplies awarded assist volunteers to set up and distribute food to residents of all ages throughout Benton County. Several times a month, recipients line up in their vehicles to receive fresh produce and a variety of meats and dairy products. Residents are asked only to provide the number and age groups of the members of their households.

Our program needed several carts to help the volunteers safely deliver the heavy boxes to the participants vehicles. Volunteers were thrilled to have the new equipment, whose addition also helped our project run more smoothly.

We also provide home deliveries of food and personal care items, and the equipment has made it much easier and safer to load volunteer vehicles for delivery. Our community benefits by receiving healthy food choices, which in turn promotes healthy active lifestyles.

Benton County was named as an area experiencing food insecurities, and at CARE we knew we could make an impact. During COVID-19, our program distributed over 146 tons of food in the community, and it sure helped having this equipment. By our two programs working together, we accomplished great things for people in need!



SENIOR ART CLASSES

Great News!!!

Our free art classes for vaccinated seniors are back! Classes were paused to make room for the pandemic, but now CARE is assured folks can gather safely. Sensitive individuals are encouraged to wear a mask.

The art classes will have a lighthearted approach to creating art, and will be taught by Paige LaDue Henry. Paige is a mixed media artist and local Foley resident. She told us, “I’m excited to pick up where we left off, laughing, expressing, and sharing our creativity!” The art classes will focus on painting using watermedia and a variety of mark making materials and tools.

Paige’s driving art philosophies when teaching a class are twofold: “*perfection is overrated*”, and “*always be on the lookout for happy accidents!*”

Classes will be held at Dewey Place Apartments in Foley (in the community room on the main level), on the second Monday of every month from 1:00 pm to 3:00 pm.

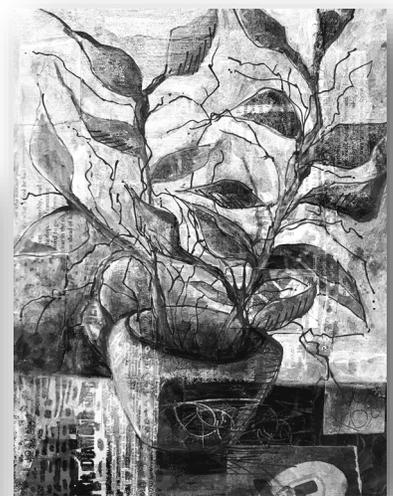
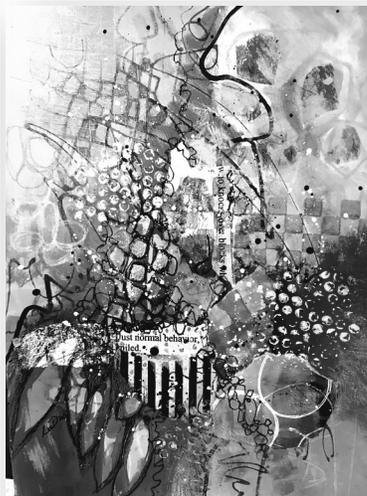
Come to socialize, express yourself, laugh a bunch, get a little silly, make art, surprise yourself at what you really can create, and maybe even learn some stuff! All supplies used are non-toxic and will be provided by CARE. Just bring your happy self and a paint shirt. Absolutely no experience is necessary, but you have some . . . *bring it!*

To reserve your place in class, please call the CARE office at 320-968-7848



Artist, Paige LaDue Henry

Acrylic on Paper



Nature in a Bowl



FUN & FITNESS FOR SENIORS PROGRAM

Join us and feel better! All vaccinated seniors are welcome to attend. This program offers fun, fellowship and fitness, and it's *FREE!*



Our focus is on gentle movement, at your personal pace, and tailored to your personal needs. Equipment will be provided by CARE. The first session begins on October 5, 2021 from 1:30 pm to 2:30 pm, and will continue every Tuesday and Thursday.

Come to the community room at the Dewey Place Apartment building, located at 455 Dewey Street in Foley, and get your groove on!

Movement can increase mobility, flexibility and balance, improve sleep and mood, and boost self-confidence. Social contact with others increases wellbeing, improves cognition, boosts creativity, and lowers stress. So much benefit in so short a time!



Participants who attend all month will receive a \$5 Coborn's gift card.

Need a ride? Call the CARE office and schedule with one of our volunteers!



FALL AND WINTER YARDWORK

CARE is offering assistance to seniors requesting help with fall yard cleanup and / or winter snow removal. If you are a senior in need of services, or you know a senior who would benefit from this assistance, please call and ask to be added to our list.

Are you part of a group seeking a service project? Our clients have expressed their trust in, and deep gratitude for, the adult and youth volunteers who have helped them in the past! Whether your group is faith-based, community-based, or family, the gift of your time and talents will be very rewarding, for both you and the senior you serve.



RIDES, GROCERY SHOPPING, HOMEMAKING

Seniors are able to remain living in the home of their choice because folks just like you are willing to volunteer with CARE.

Volunteers set their own hours, days, and the services they are able to provide. Sometimes all it takes is a ride to appointments, or a quick trip to the store, to maintain a senior's independence.

Please call today and tell us how you would like to help a senior!



For Your Health - Depression & Suicide in the Older Adult

contributed by Joyce Simones, RN



The COVID-19 pandemic has brought new attention to the issue of depression and suicide in the elderly; however, many Americans felt socially isolated and lonely before the pandemic. If you're feeling socially isolated or lonely, and you cannot see your friends and family in person for any reason, try reaching out over the phone or joining a virtual club. Research has shown that these factors are related to the risk of depression, but do not necessarily cause depression:

- Medical conditions, such as stroke or cancer
- Genes – people who have a family history of depression may be at higher risk
- Stress, including caregiver stress
- Sleep problems
- Social isolation and loneliness
- Lack of exercise or physical activity
- Functional limitations that make engaging in activities of daily living difficult
- Addiction and/or alcoholism —included in Substance-Induced Depressive Disorder

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Studies show that loneliness and social isolation are associated with higher rates of depression.

The following is a list of common symptoms. Still, because people experience depression differently, there may be symptoms that are not on this list:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Irritability, restlessness, or having trouble sitting still
- Loss of interest in once pleasurable activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, waking up too early in the morning, or oversleeping
- Eating more or less than usual, usually with unplanned weight gain or loss
- Thoughts of death or suicide, or suicide attempts

It's important to watch for signs and symptoms of depression or suicide. Don't shy away from asking if a family member or friend is feeling depressed or suicidal. It may be an uncomfortable conversation, but it is important. Asking if someone is having thoughts of suicide will not make them more likely to act on those thoughts. Your questions may help the person open up about how they've been feeling and encourage them to seek treatment.

Depression is common in people with Alzheimer’s and related dementias. Dementia can cause some of the same symptoms as depression, and depression can be an early warning sign of possible dementia. Suicide attempts may also increase in people recently diagnosed with dementia. It is important to have support systems in place to help cope with a dementia diagnosis and possible depression symptoms that follow. Here are a few steps you can take:

- Be physically active and eat a healthy, balanced diet. This may help avoid illnesses.
- Get 7-9 hours of sleep each night.
- Stay in touch with friends and family.
- Participate in activities you enjoy.
- Let friends, family, and your physician know when you’re experiencing symptoms of depression or thoughts of suicide

Content taken from Depression and Older Adults | National Institute on Aging (nih.gov)



PROGRAM TO ENCOURAGE ACTIVE AND REWARDING LIVES (P.E.A.R.L.S.)

As individuals become depressed, they tend to engage in increasing avoidance and isolation, which maintains or worsens their symptoms. The goal of treatment is to gradually decrease a depressed individual’s avoidance and isolation, and increase their engagement in activities. P.E.A.R.L.S. counselors will meet with adults 55 and older in their homes for a one-time assessment, and qualified candidates will be loaned an iPad to be used for a total of 12 online sessions with their counselor.

If you are a senior 55 or older, or you are the caregiver to a senior who is experiencing low mood or depression, please contact Connie at the CARE office 320-968-7848 to receive additional information or to set up an appointment for enrollment.



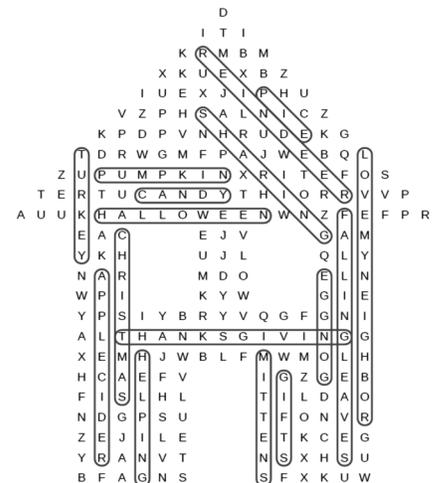
FRIENDLY VISITS AND FRIENDLY PHONE CALLS

These services help seniors with feelings of isolation. For many seniors that feeling has increased over the past several years. And, while COVID-19 may become a thing of the past, the needs of our isolated seniors will not.

Sometimes all it takes is a five-minute conversation to lift our spirits and help us feel special. Many seniors and their volunteers have developed new friendships through simple connections such as these.

Please call the CARE office and ask us to match you with an isolated senior. *Someone is waiting for you.*

CARE-ing and Fall Fun Word Search Solution





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**Roxanne & Steven
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Thank You!



Bequests

Carol Barringer	in memory of Phyllis Stauffenecker
Carol Barringer	in memory of Alan Young
Carol Barringer	in memory of Gene Ekberg
Chris Rasmussen	in memory of Eunice Cross
Clo Brenny	in memory of Phyllis Stauffenecker
Debbie & Adeline Kazeck	in memory of Carole Pollard
Don Hoff	in memory of Jan Hoff
Joyce Ross & Pamela Walters	in memory of Mary Jane Grow
Joyce & Greg Simones	in memory of Angie Eikmeier
Joyce & Greg Simones	in memory of Merlin Kamp
Karen Cross	in memory of Alan Young
Karen Cross	in memory of Eunice Cross
Marjorie Moeller	in memory of Marvin Kuehnl
Marjorie Moeller	in memory of Mary Jane Grow
Marjorie Moeller	in memory of Jacob Winkelman
Sharon Kipka	in memory of Eunice Cross
Terry & Duane Sakry	in memory of Nick Wegman
Gini & Bill Kalton	in memory of Gloria Midas

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!***

In Loving Memory

Alan Young
 Phyllis Stauffenecker
 Mary Jane Grow
 Connie Thaler
 Michael A. Cross
 Eunice Cross
 Gloria Midas
 Gene Ekberg
 Marlys J. Pekarek
 Terese Balder Weis
 Wayne E. Gall
 Leslie Marquardt
 Lucille Brunn
 Irene Moeller
 Delbert Youngman
 Ralph Lentner
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 Bruce Brunn
 Nicholas Wegman



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A GIFT
IN MEMORY OF A
LOVED ONE?
GIVING TO A FAVORITE
CHARITY CAN BE A
WONDERFUL WAY TO
HONOR THEIR MEMORY.



Are you a Thrivant Financial Member? Ask us how you can designate funds to be donated to CARE by Thrivant Financial.



Safety for Seniors

by Troy Heck, Benton County Sheriff



Roundabouts. For some people, that word is treated with the same disdain as a host of others words a person ought not repeat in polite conversation. Many drivers are uncomfortable navigating roundabouts, with some refusing to take routes that include these traffic control devices. Roundabouts can seem intimidating at first because they are a radical shift from the traffic control strategies we have used for decades. Like any other change, roundabouts can be mastered by anyone with a little bit of instruction and some practice.

The key to navigating roundabouts is this one rule, vehicles outside the circle must always yield to vehicles inside the circle. Drivers inside the circle, have the right of way to navigate around the circle until at their desired exit. Drivers outside the circle may enter the circle whenever there is room to do so safely, yielding to all vehicles inside the circle. Some drivers may have concerns about missing their exit from the circle. A driver who misses their exit from the circle may continue to drive around the circle until coming to their exit again. Drivers may continue to circle the roundabout as many times as needed, so there is no reason to become concerned if you miss your exit.

Generally speaking, the first exit from a roundabout is the same as a right turn, the second exit from a roundabout is the same as going straight, the third exit from a roundabout is the same as a left turn, and the fourth exit from a roundabout is equal to a U-turn. Keep in mind there are some roundabouts with more than four exits where three or more streets intersect. If you are not certain which exit is the one you need, feel free to make a complete trip around the roundabout first before choosing your exit on the second spin around the circle.

When approaching a roundabout on a four-lane road, turning is accomplished in the same way as an intersection without a roundabout. Drivers who wish to turn left at the roundabout should move into the left lane. The marked lanes in the roundabout will route them around the traffic circle to the third exit to accomplish their “left” turn. In the same way, drivers wishing to make a right turn should be in the right lane. The marked lanes in the roundabout will route them to the first exit to accomplish their “right” turn. Drivers wishing to continue straight should watch for signs entering the roundabout to determine the correct lane for their path of travel.

Roundabouts look different, feel strange, and make some uncomfortable. I am going to guess that most people reading this column have survived leisure suits, bell bottoms, platform shoes, and the Nixon administration. All of which also looked different, felt strange, and made people uncomfortable. My suggestion is to find a route with a roundabout on it and take a drive during mid-morning or mid-afternoon when traffic is light. I am confident that, with practice, even those apprehensive about roundabouts can become skilled navigators of these counterclockwise safety measures.



I ONCE SAW A CAVEMAN WANDERING IN A ROUNDABOUT MANNER . . . I THINK IT WAS A MEANDERTHAL.



WE ARE GRATEFUL TO OUR ADVERTISERS FOR THEIR CONTINUING SUPPORT!

TOUCHING TABLE FOR SENIORS

Your invitation for this tenth annual event is on its way to your homes and businesses. Please make it a priority to R.S.V.P. by October 20th, and join us. Your R.S.V.P. is very important to us, it will ensure your place at our tables, as space is limited.

Thank you and blessings to all of you!

Connie



**Need a Medicare de-complicator?
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Call to find the plan that best suits you.**

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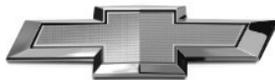
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RETURN SERVICE REQUESTED

Energy and cost saver! To request our newsletter by email call 320-968-7848

MARK YOUR CALENDAR!

NAPS PROGRAM
Call CARE to register

October 11th
November 8th
December 13th

From 11 am to 1 pm

FROZEN MEALS
Call CARE to register

October 11th
November 8th
December 13th

From 11 am to 1 pm

FRESH PRODUCE

October 11th
From 11 am to 1 pm
or until gone

ART CLASSES
CALL FOR RESERVATIONS

Monday, October 11th
Monday, November 8th
Monday, December 13th

1:00 pm to 3:00 pm

Dewey Place Apartments
455 Dewey St., Foley

FITNESS PROGRAM
NO RESERVATION REQUIRED

Every Tuesday & Thursday,
beginning on October 5th

1:30 pm to 2:30 pm

Dewey Place Apartments
455 Dewey St., Foley

TOUCHING TABLES



**By October 20th
320.968.7848**