

CARE Connections

March 2022
Volume 19, Issue 1

Letter from the Director

by *Connie Cardinal*

I just spent the last six weeks working on a grant from the Minnesota Department of Human Services for Core Home and Community Based Services, as Part of the Living Well Network. Many of you don't know there are 32 programs like CARE's throughout the state of Minnesota. We all work together to help one another with a common goal of serving seniors. Right now we are competing with one another for this funding. This funding is a large portion of our budget and requires an equal match. For example, if I request \$60,000 we need to have matching funds of \$60,000. CARE is very unique, mainly because we have numerous fundraising activities compared to other programs. These events and the donation we receive are used as matching funds for this grant in particular. Items you donate for our silent auction, rent donations, pork chop dinner sales, quilt raffle, and volunteer hours are also used as matching funds. It's important for all of you to know this grant helps pay for staffing, so no donations received by the community is used for this purpose.

This year we are planning several events, that we hope will stir up our community and create some excitement, starting this spring. We are currently planning our Pork Chop Dinner and Auction/Cash & Carry Sale at Jack & Jim's Event Center on Thursday, May 5th. Please help us to make this a huge success by donating an item. You can make a basket or bring an item for our sale. This event is right before Mother's Day, a great place to purchase some-



Editor's Notes

by *Gini Kalton*

An official CARE YouTube channel has been created to host CARE!

Viewers can access CARE's YouTube channel by visiting www.youtube.com and typing "CARE-Community Action Respecting Elders" in the search box. Please take a moment to visit, watch, and subscribe to our channel so you will have access to all the videos we share.

If you have not visited our Facebook page, please do! To find us on Facebook, the link is: facebook.com/CAREeldersorg. When you **Like** us, you will be kept up-to-date on all our activities, fundraisers, and events!

On the CARE Facebook page, you will also find a link to the CARE YouTube channel, and on the CARE YouTube channel you will find a link to the CARE Facebook page. Please visit and let us know what you think!

We are very excited to start another season of sharing, caring, and helping our seniors

If you have been thinking about becoming a volunteer driver, we encourage you to come join our team! Our elder neighbors are able to remain in their homes with just a little help from generous people just like you!

Happy Spring!

Gini



CARE

Community Action Respecting Elders

OFFICE HOURS

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

ADDRESS

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FAX: 320.968.6614

Email

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Web site

CAREelders.org

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Executive Director

Connie Cardinal

Newsletter Editor

Gini Kalton

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

From the Director

... continued from page one

thing to pass on to someone special in your life. You can also support CARE by coming to the event with family and friends. If you purchase your tickets at the CARE office in advance, your name will go in a drawing for a \$50 gift card.

Calling all swingers, no we mean golfers. Now that we have your attention, CARE is hosting a Golf Tournament on Tuesday, June 7th at Stone Creek Golf Course. This event is new and is in the beginning stages. There are 9 hole sponsorships available at \$500 per hole, or you could co-sponsor a hole for \$250. We are also seeking donations for drawings for the golfers. We will accept 10 teams of four players. The registration fee is \$50 per person and includes green fee, lunch (grilled burger with all the fixings), cart, and awards. Why not gather a team of 4 golfers and become a swinger for CARE!

Another event we are working on will take place this fall. We are locating a venue to hold a large community craft sale this November. Each crafter will provide their own 6-foot table at a cost of \$25 space rental for the day. Our target date will be the deer opener on Saturday, Nov 5th. CARE will provide the advertising and the concessions for the event. This is a wonderful time to look for that perfect Christmas gift for that hard to buy person in your family. I really enjoy receiving a hand-crafted gift versus something made in other countries. Please contact Connie Cardinal at the CARE office at 320-968-7848, if you are a vendor interested in renting space at our event.

We are always looking for individuals to join our fundraising committee who like planning and helping at our events. If this sounds like you, contact the office for more information.

Remember, all these events help us to meet our matching fund requirements and we do it by having fun out in the community. Come and join us!

Connie



WHY DO I VOLUNTEER? by Mary Keating

Nora Keating is a 2nd Grader at Foley Elementary School. When Nora recently saw an advertisement for CARE volunteers in the Community Education catalog, she wanted to know what she could do to help.

After asking her mom to check out opportunities, she decided her first project would be to spread some love by sending Valentine's Day cards. Nora also hopes to help out with the Annual Pork Chop Dinner and any other effort CARE may need her help with.

Nora is a silly young lady, who loves to make others laugh. She enjoys dance, basketball, tennis, and listening to country music.



.....



WINTER SNOW SHOVELING

The snow was so heavy and deep that Angel couldn't even walk out to get her mail. So she called CARE and asked for help. The Busch family volunteered, and cleared her very large driveway.

Angel called to express her sincere gratitude for their help, and told the CARE staff she just couldn't believe how fast they got it done!

Many seniors are able to remain in their homes with just a little help.





You ARE INVITED OUT TO PLAY! by Karen Cross, Volunteer Coordinator

Fun Activities! We all tend to be more active in the spring and want to go out and socialize with family and friends. CARE has some fun activities for seniors in the community itching to get out.



Are you interested in learning a little bit about art?

Did you know we have a local talented artist, Paige LaDue Henry, as our current art instructor? Participants in her class are excited to see what the next project will be! The **Art Class** is held the second Monday of every month at The ROC (141 4th Ave North

in downtown Foley, next door to the Foley American Legion) at 1:00 pm. Both the class and all needed art supplies are provided at no cost to participants. Call the CARE office (320-968-7848) in advance to sign up. We want to ensure we have plenty of art supplies for everyone in attendance. Come join the fun; you might start looking at the world with a new set of eyes! Need help getting there? Call CARE to schedule a ride.

We also host a **CARE Senior Social** event on the third Wednesday of each month and this, too, is at The ROC. We feature musicians, authors and storytellers who provide delightful entertainment from 1:00 to 2:00 pm. Refreshments are provided and admission is free. Participants are encouraged to sing along, socialize and have some fun. CARE is sincerely grateful to Maywood Covenant Church for the use of their center for our events, and to the Foley LIFT students who keep the building clean. Want a ride? Call CARE and schedule a volunteer.



Need a little more movement? CARE's fitness program is back! Join us every Tuesday and Thursday at 1:00 pm for **Fun and Fitness for Seniors** which provides a gentle approach to movement through chair exercises. Come to the Dewey Place Community Room on the corner of Dewey St. and Broadway Ave. in downtown Foley; or call the CARE office to schedule a ride.

Volunteer Opportunities! CARE's partnerships with schools, churches and local organizations make it possible to continue to have special events for the aging adults of our community. Are you looking for a volunteer opportunity? CARE volunteers have as much fun as the seniors they serve! Contact the CARE office if you are interested in volunteering at these events; or if you, your family, or your group would like to help with **spring yard and garden preparation**.

We encourage all seniors to come out and enjoy what your community has to offer you! Come alone or bring a friend, and if you need a ride to these events, call the CARE office in advance to schedule a volunteer. We have been sitting at home *way too long*, let's get out and enjoy the company of one another! And give us a call if you would like to be on our spring yard and garden preparation schedule, so we can match you with some of our energetic volunteers.

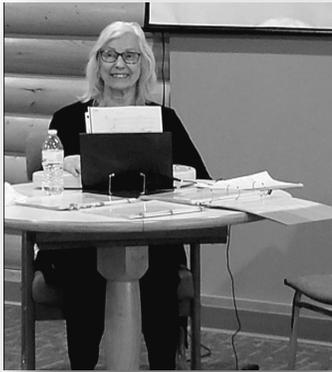
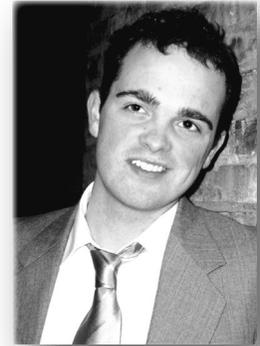




CARE SENIOR SOCIALS by Bill Kalton

At the CARE Senior Socials there is an opportunity for interaction between the audience and the performer. CARE is committed to offering seniors an opportunity for socialization through entertainment. Socials are held every third Wednesday of the month at The ROC in downtown Foley, next door to the Foley American Legion. Join us for live entertainment, refreshments and conversation!

Right: On January 19th, CARE partnered with the Foley Public Library's Legacy Event. Singer/pianist Andrew Walesch played jazz and sang interpretations of the great composers of Tin Pan Alley, Broadway, and American popular songs; and shared information about the history of the music.



Left: On February 16th Kathy Kampa sang and played her Omnichord, performing a variety of songs, and reminiscing about the original artists who wrote and recorded the music and lyrics.

Below: On March 16th, Music to Your Ears with Travis Kent on accordion, Richard Eckman on lap steel guitar and Kittie Fenlason on keyboard, performed polkas and waltzes and shared stories about their experiences as performers. Good friends, Mary Nehring and Judy Larsen joined in with vocals.





NEW MEDICAL CLINIC FOR FOLEY

To the Foley Community,

Greetings! We are very excited to announce that our family-owned, family practice clinic will be coming to Foley this spring!

Williams Integracare has served the healthcare needs of Central Minnesota for over 40 years with a dedicated staff that prides themselves on delivering high quality patient care. After all, our patients are our family.

Due to increased demand for our care, we have outgrown our first location in Sartell and it's time for us to expand our reach. Foley is a natural fit for us due to the strong community bonds and rich family values that have withstood the test of time. We look forward to supporting the community through sponsoring events, engaging with the schools, and taking a fresh approach to promoting wellness within the Foley population. So, whether you are looking to establish care with a new primary care provider, or if you are in need of any routine medical services, we hope you'll let us earn your trust. We treat patients of all ages and we do so with the utmost respect, compassion, and empathy - just as if you're a member of our family.

Mark Halstrom, MD
Owner
Williams Integracare Clinics



FOLEY AMERICAN LEGION SUPPORTS CARE



Joe Kaproth, pictured left with CARE Executive Director, Connie, delivered a donation from the Foley American Legion in the amount of \$840! This donation will help CARE with the cost of rent and utilities in 2022.

The board of directors and staff at CARE are very grateful to all of the members of Foley's Legion for their generous donation in support of CARE's mission of service to seniors.

Thank you!



SILENT AUCTION DONATIONS ACCEPTED

CARE is very excited to be able to host our Pork Chop Dinner & Silent Auction this year. We are expanding the Silent Auction to include cash-and-carry items, too. Please consider donating your homemade, handcrafted, or newly purchased items for our event on May 5th. We are accepting donations at our office Monday - Thursday between 8 am and 3 pm, or you can call the office and request pickup at 320-968-7848. Your generosity guarantees our success! Thank you!



CALLING ALL QUILTERS!

Every year CARE seeks a quilt donation for our annual Quilt Raffle fundraising event. The 2022 fundraising season is upon us! Will you donate a quilt to CARE in support of seniors? If so, please call CARE at 320-968-7848. Thank you!

Your donation is tax deductible, and is graciously appreciated.



THE ORIGINAL GRANDMA'S FAVORITE DISHCLOTH

Grandma's Favorite Dishcloth

Knitted for generations, this traditional dish cloth has been upgraded to include a scrubbie strip! The entire amount of your purchase will be donated to CARE in support of seniors by the local home crafter who makes them. Purchase a single washcloth for \$4 or purchase two or more for only \$3.50 each. Stop in at the CARE office to choose from a wide array of beautiful colors!





WE'RE HAPPY TO BE BACK . . .

PANCAKE BREAKFAST

CARE Benefit hosted by

DUELM KNIGHTS OF COLUMBUS
Council 12519

Sunday, April 24, 2022

8:30 am to 12:00 Noon

St. Lawrence Parish Hall, Duelm

Adults \$10.00

Children 6-12 \$5.00

Ages 5 & under free



Grilled Pork Chop Dinner and Auction/Sales Event

THURSDAY, MAY 5, 2022

4:00 - 7:30 PM

JACK & JIM'S EVENT CENTER

1025 DUELM RD NE, FOLEY, MN

Pork Chop Meal \$14.00 Hot Dog Meal \$5.00

*Meals include potatoes & gravy, vegetable,
roll, coleslaw, and a nice slice of pie!*



Purchase tickets in advance for a chance to win a \$50 gift card!

(Tickets also available for purchase at the door)



... AND THANK YOU FOR YOUR SUPPORT!

Golf Tournament



Tuesday, June 7, 2022
Stone Creek Golf Course
13050 85th NE, Foley, MN



12:00 Noon Check-In
12:15 - Lunch

1:00 pm Shotgun Start - Format: Scramble
(Awards & Prize Drawings immediately following golf)

\$50.00 per person

\$200.00 per foursome

(Entry fee includes: Green Fees, Cart, Lunch, and Awards)

Registration and Entry Fee due by May 5, 2022

Call: 320-968-7848

Email: info@careelders.org

Or stop in at CARE:

321 6th Ave, Foley



Join us during Foley Fun Days
June 20, 21, & 22

and visit our

Corn Dog Castle

10 am to 10 pm daily

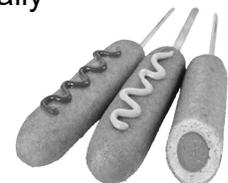
Serving:

Corn Dogs

Chicken Strips

Whole Dill Pickles

and ice-cold bottled water





Safety for Seniors - Elder Abuse & Prevention

by Troy Heck, Benton County Sheriff



At some point in their lives, many seniors must face the reality that certain everyday tasks begin to become too difficult for them to manage on their own.

This loss of independence can leave some seniors with a worrisome feeling of vulnerability. Thankfully, many seniors who find themselves in need of assistance also find the help they need from friends, family, or community organizations.

Unfortunately, there are vulnerable seniors who fall victim to elder abuse through emotional abuse, physical abuse, sexual abuse, financial exploitation, or neglect. According to the Minnesota Department of Human Services, between 2017 and 2020 an average of almost 1,200 cases of elder abuse were substantiated each year. Often, victims of elder abuse are reluctant to come forward, fearing that doing so may result in worsening abuse or greater vulnerability. Abusers often work to keep victims isolated, fearing that outside contact with others may expose their criminal deeds. These dynamics mean that it is very important that all of us be part of the solution to elder abuse.

First, it is important that seniors protect themselves. If you are reading this and believe you are a victim of elder abuse, it is vital that you reach out to someone and talk about what is happening to you. Local law enforcement and human services departments are ready and able to assist seniors.

Even those who still find themselves reasonably independent should be alert for signs of trouble. Invest your trust in people wisely. One of the great things about our community is that there are many great people who wish only to help others. Among that sea of decent souls, however, lurk a few monsters. A bit of healthy skepticism can keep seniors from falling into a vulnerable position. Be alert for people who work to gain increasing amounts of control over your everyday affairs. If you are not comfortable with something another person is asking of you, know that you have the right to say no. If someone consistently asks you for something you have refused to do for them, this is a warning sign that you need help. Family, friends, local law enforcement, social workers, and community groups are all options to help seniors with concerns about elder abuse.

It is equally important we be watchful for warning signs in others. Some signs a person is experiencing elder abuse may include physical injuries, sudden shifts in a person's financial situation, a drop in personal hygiene or alertness, unusual changes in weight, withdrawal from friends and family, or withdrawal from normal personal activities. Minnesota has established the Minnesota Adult Abuse Reporting Center (MAARC) to accept reports of elder abuse. MAARC may be contacted 24 hours a day, seven days a week by telephone at 1-844-880-1574. Reports made to MAARC are evaluated and forwarded to the appropriate human services agency and law enforcement agency for investigation. If you suspect someone you know is being abused, please take the time to report this to MAARC.

Working together as a community we can provide seniors with the support they need and with the protection they deserve.



For Your Health - Declutter and Downsize Your Home

contributed by Joyce Simones, RN



Decluttering or “getting rid of stuff” is a popular topic now with aging groups of people. If you have had to decide what to do with all your loved one’s belongings – when they moved into an assisted living or long-term placement – you know how difficult this can be.

On a purely physical safety note – a cluttered house can be very unsafe, especially for an elderly person with a walker. Kitchen counters, bathroom counters, crowded rooms, or crowded closets are all hazards when trying to reach for needed items. A walker or wheelchair needs extra room to get from place to place.

It is hard to organize and clean when there are so many things to arrange. Dusting alone is time consuming when there are so many things to pick up and put down. Getting rid of dust is very necessary, as many elderly people have compromised lungs leading to breathing difficulties. When there are too many clothes in the closet, it is hard to keep them unwrinkled and crisp looking. When there are too many shoes, they can become a tripping hazard. Organization creates less stress.

It is a big decision to downsize. Your idea of what is valuable and cherished may be vastly different than your children’s. Many of the younger generation are of the IKEA notion – not costly, and easily replaceable. Instead of buying that Ethan Allen bedroom set that would last for years, they want a cheap set that they can throw out when they redecorate in a few years.

First, ask your family and friends if they want items. If several family members want the same item, try to find other items of similar value to avoid squabbles. It is better that you decide now, to avoid possible disagreements later. You might put a family member’s name under some cherished item, so all will know that you have already designated that particular item. For Christmas and birthdays – try giving a special, sentimental plate as a gift. Have a grandchild over for tea or lunch and send home a single set of your dishes. These times will make memories, so remember to tell the “story” about how these dishes became sentimental for you – maybe it was a wedding gift from a relative.

Use your “good” china dishes and glassware for “everyday”. What are you saving them for? Use those expensive single-wrapped soaps that you have gotten for gifts. Look deep into your cupboards – what do you have hiding that you have not seen for many years?

To start this decluttering process – start slow – have a schedule – maybe do one cupboard a week. Decide what can be kept, what can be given away to family or friends, what can be donated, and what can be thrown away.

Is there a family member that can help? There are professional home specialists that can be hired to assist with decluttering, but there are usually family members or friends who will be willing to help – and it would be a fun project to do with them.

There is great satisfaction when you look back and see the progress that you have made making your home safer and less stressful.



Cash Donations

Allen Weaver	Ken & Pat Abfalter
American Legion Auxiliary Unit 473	Kim Rhonemus
Andrew & Stephanie Rahm	Lorraine Potuzak
Anonymous	Lou & Tom DeMarais
Arlene & Neil DeZeller	Marcia Johnson
BJ Evergreen	Marge Latterell
Ben & Betsy Byker	Marilyn & Gerry Hovde
Benton County Commissioners	Mary Quirk
Bernice Rutten	Mary & Robert Carlson
Bill Kotsmith	Michael & Sharon Bauerly
Brenny Transportation	Mike & Linda Gans
Central MN Council on Aging	Minnie Wasner
Chester Potuzak	Murphy Chevrolet
Chuck Henry	New Life Church
Cindy Johnson	Northwoods Dirt Works
Cindy Niess	Pat O'Neill
City of Foley	Pat Thomas
Clyde Hinkemeyer	Rebecca & Tom Howard
Darrel Jants	Robert Kaeter
Debbie Kazeck	Roseann Zablock
Diane Thorsten	Sally Grabuski
Dori Bezenek	Sandra & Wendell Hansen
Ella Vaudt	Sauk Rapids Lions Club
Foley Area Chamber of Commerce	Sharon Kipka
Foley Legion	State Farm Insurance w/ Charities Aid Foundation
Gail Olson	Susan Fleege
Gary Robak	Tom Latterell
Gary & Sue Meyer	Tom & Paige Henry
Gerry & Maria Goble	Violet Moeller-David
Gerry Studenski	Virgil Spiczka
Gladys Burmaster	Wayne & Louise Skajewski
Graham Township	William Bronder
Grace Glein	William Westerman
Harriet Dahlstrom	Xcel Energy with Tim Adelman
James & GERALYN Moshier	Xcel Energy with Duane Sakry
Joyce Rife	Yvonne & Harold Linz
Judy & Clarence Kiffmeyer	
Judy Von Wald	
Karen & Ted Garceau	
Kathy & Ralph Schmitz	
Kathleen Kampa	

In-Kind (non-cash) Donations

1st National Bank of Milaca
 Falcon Bank
 Frandsen Bank & Trust
 Gerry & Maria Goble
 Gini & Bill Kalton
 Oak Park Creamery
 Powder Ridge
 Skatin' Place
 Subway of Foley

RENT & UTILITIES
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**James & GERALYN
Moshier**

Sally Grabuski

**Tom & Lou
DeMarais**

**Ralph & Kathy
Schmitz**

Clo Brenny

Foley American Legion

Thank You!



Bequests

Carol Barringer	in memory of Ed Lezer
Carol Barringer	in memory of Jan Nathe
Debbie Blank	in memory of Nel Abfalter
Jerry & Kathy Jacquemart	in memory of Andy Kiffmeyer
Joan Mazacek	in memory of Bob Hendricks
Joan Mazacek	in memory of Jim Nathe
Joan Mazacek	in memory of Fran Matvick
Joyce Rife	in memory of Don Otto
Joyce & Greg Simones	in memory of Dick DuHamel
Joyce & Greg Simones	in memory of Maxine Lehn
Joyce & Greg Simones	in memory of Syl Rothstim
Judy Winkelman	in memory of Elaine Corrigan
Judy Winkelman	in memory of Jay Kuhn
Karen Cross	in memory of Karen Janorschke
Linda Schyma	in memory of Dorman & Ester Strand
Linda Schyma	in memory of Paul & Irene Schyma
Ron & Kathy Botzek	in memory of Jim Nathe
Sarah Wojciechowski	in memory of Frank Ketzeback
Sarah Wojciechowski	in memory of Jim Nathe
Sarah Wojciechowski	in memory of Maureen Herbst

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!***



facebook.com/CAREeldersorg



CARE-Community Action Respecting Elders



SPRING WORD SCRAMBLE

Unscramble the letters to find words that relate to spring.

1. ROWLFE _____
2. NISHUSEN _____
3. SARGS _____
4. MOTRHUNDTESR _____
5. AELBMURL _____
6. PILUT _____
7. TERFUBYLT _____
8. SEDLPUD _____
9. ARENDG _____
10. DAYLGUB _____

Solution: 1. Flower, 2. Sunshine, 3. Grass, 4. Thunderstorm, 5. Umbrella, 6. Tulip, 7. Butterfly, 8. Puddles, 9. Garden, 10. Ladybug



NOTICE TO MEDICARE RECIPIENTS FROM MEDICARE

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies.

Remember, each household in the U.S. can also have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit [COVIDtests.gov](https://www.covidtests.gov) to order tests or learn more about testing.

If you suspect fraud, call 1-800-MEDICARE to report it.



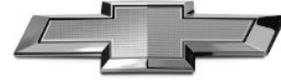
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This newsletter is also made possible
by a generous donation from



www.falconnational.com

320-968-6300

Please use the envelope
found in this publication
to give generously
in support of the seniors
in your community.

Thank You!



Are you a Thrivant Financial Member? Ask us how you can designate funds
to be donated to CARE by Thrivant Financial. Call 320-968-7848



CARE - Community Action Respecting Elders

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ADDRESS CORRECTION REQUESTED

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

MARK YOUR CALENDAR!

APRIL

- Exercise classes every Tues & Thurs 1:00 pm
- 11** Food Distributions 11:00 am
- 11** Art Class 1:00 pm
- 20** Senior Social 1:00 pm
- 24** Knights of Columbus Breakfast 8:30-Noon

MAY

- Exercise classes every Tues & Thurs 1:00 pm
- 5** Pork Chop Dinner & Auction/Cash & Carry Sales Event 4:00 - 7:30 pm
- 9** Food Distribution 11:00 am
- 9** Art Class 1:00 pm
- 18** Senior Social 1:00 pm

JUNE

- Exercise classes every Tues & Thurs 1:00 pm
- 7** Golf Tournament 12:00 noon
- 13** Food Distributions 11:00 am
- 13** Art Class 1:00 pm
- 15** Senior Social 1:00 pm
- 20-22** Foley Fun Days Booth 10 am - 10 pm

For more information call 320.968.7848