

# CARE Connections

September 2023  
Volume 20, Issue 3

## Letter from the Director

by *Connie Cardinal*



We are in the process of building a new home. Watching the progress is amazing, and as I have witnessed, very time consuming. The time getting the ground ready for the foundation and laying the foundation is very important for the structure of the house. It makes me think of the CARE Program and what a wonderful foundation we are sitting on. CARE has a strong, talented Board of Directors who oversees the program. They oversee the executive director position and the numerous committees to ensure effectiveness of practices and processes. They conduct annual strategic planning where they look at possible future services, client needs, direct service fulfillment and financing and fundraising in order to help sustain our program for years to come.

Then we have the staff and volunteers who are the face of the CARE program. They represent the program by their coordinating, scheduling services, and providing hands on care to our aging senior community. I view them as the siding and shingles and landscaping, how they match and make everything look put together and pleasing to our eyes.

It's all a process, one that CARE has been working on for almost 20 years. CARE began back in 2002 serving a 15-mile radius of Foley, and look at us now. We are now providing services for all of Benton County and surrounding areas. We have responded to the ever-changing needs of our elderly community, and families faced with aging challenges. We continually look for new ways to serve our community, and if you are interested in volunteering we could certainly use

## Editor's Notes

by *Gini Kalton*



Fall has always been a time of anticipation for me. All of my most daring life changes have been inspired in the fall. I feel an eagerness to be creating something new.

This year it's training a new puppy, challenging myself to become more physically fit, and diving into art expression.

The puppy, bless her heart, seems eager to learn and has been a blessing to train - I learned to be more patient. Long walks in the refuge with her, and working with a personal trainer have strengthened my body and eased my soul. With the weather's cooperation, both fresh air and sunshine have been thoroughly enjoyed!

Art expression is harder than expected. CARE has helped with the wonderful art class held on September 29th at the First Presbyterian Church of Foley, instructed by Paige LaDue Henry. This all-day art class was an very inexpensive gift to myself, with an investment of only \$10, and has increased my confidence, opened my heart to new possibilities, and inspired me to go forward with my own creative expression.

I highly recommend watching CARE for more opportunities to move out into the world and explore your own possibilities!

Happy Holidays Everyone!

*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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Connie Cardinal

**Newsletter Editor**  
Gini Kalton

Board meetings are held on the fourth Thursday of each month at 5:00pm in the CARE conference room, and are open to the public.

From the Director  
... continued from page one

your expertise. We have openings on our board of directors and committees, including fundraising and communications. We have something for everyone. I would like to open the doors of our [CARE] home and welcome you in. Come in and visit with me and see where your passion lies and how we can work together to make our community a good place to grow old and thrive.

*Connie*



### YOUR SKILLS ARE NEEDED **BECOME A CARE 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."

The CARE Board of Directors meets on the fourth Thursday of the month, at 5:30 pm in the CARE office.

Come sit in, get to know the members, and find out if CARE is a good fit for you. Or call 320-968-7848 for more information.



## **WHY DO I VOLUNTEER?** by Terry Sakry & Mary Keating, CARE Board Members

**My name is Terry Sakry**, and my husband, Duane, and I have volunteered for CARE in many capacities for several years. We are still both drivers for CARE clients, and volunteers for events. I served on the board for a short time several years ago when CARE was a “baby.” I did not complete my term then for various reasons, mostly that it was just not the right time for me to be there.

However, I was invited again several months ago and visited two meetings before making my decision that this was the “right” time. I was impressed with how many more people were on the board and how there was such enthusiasm to share ideas.

There is so much to be done for our elders and with many people involved, it is fun and we receive so much in return. We owe so much to our elders; we can allow them to live in their own home by providing small amounts of time to help them with grocery shopping, visits to the Doctor, and just visiting them!

I feel this is what I am called to do at this time in my life. The Board offers a place where ideas can be shared to grow the program and improve services. I find that exciting, and something I would like to be a part of.



### **My name is Mary Keating.**

I am a wife, mother of 3 wonderful kids, Rory, Finnegan, and Nora, and special education teacher at Foley High School.

I chose to join the CARE Board of Directors after my daughter, Nora, started volunteering with CARE. Giving back to others, especially the elderly in our community, is an important characteristic my husband and I work to instill in our children.

I truly believe every act of kindness benefits both parties involved. I look forward to continuing volunteering with CARE.



## Volunteer Happenings

*Volunteer Appreciation:* Thank you to all who worked together to provide a wonderful luncheon in honor of our volunteers at CARE. The Board and Staff are appreciative of all our volunteers do to help us to fulfill the mission of assisting seniors to remain in the home of their choice; a vital part of our community. The event celebrated the over 4,000 hours of assistance to elders provided by our CARE volunteers and all the volunteers that served. **WAY TO GO VOLUNTEERS OF CARE!!!**

## Volunteer Opportunities

**Fallin' leaves and snow are just around the corner!** As the cold season approaches, please consider becoming a volunteer that helps our clients do fall yard clean-up and/or snow removal. Families and organizations are encouraged to work together to give our clients a clean-up for the season, and to grab a snow shovel and help to keep a senior's sidewalk clear of snow during the winter. Keeping sidewalks clear helps to promote a safe environment for our clients.

### **ATTENTION: Rice, Sauk Rapids, and Becker Residents**

CARE is looking to welcome new volunteers from the Rice, Sauk Rapids, and Becker areas. Clients are seeking help with transportation, housekeeping, and yardwork/snow shoveling. Please watch for opportunities to sign up in Rice, Sauk Rapids, and Becker this fall, or call the CARE office for more information on how you can make a difference in the life of one of your senior neighbors!



**Please contact the CARE office to learn more about helping a neighbor in *your* area!**



## NEW RESOURCE FOR SENIORS

Hey there, I'm Michael Puffer, known as the "Country Computer Guy". I'm excited to introduce myself and share my passion for making technology less confusing for folks like you.

I've been helping people with their tech troubles for over 30 years, and I'm also a volunteer with the CARE organization. I'm a big believer in CARE's mission to support our neighbors aged 60 and older in living independently, and that's why I'm happy to assist CARE clients for free when they give the office a call.



Let me explain how I approach tech assistance. I focus on a personal and hands-on approach to solving tech problems for clients in their homes. Instead of making you haul your tech to a repair shop, I will come to you where your equipment is located. It's all about convenience and ensuring that everything works smoothly when I'm done.

I love helping people who don't want to become tech experts but just want their technology to work reliably. You shouldn't have to wait for a tech-savvy relative or friend to lend a hand. Your tech should be a helpful tool, not a source of stress. I'm here to be your trusted tech friend – someone you can call on when you need help.

If you're curious and want to be more self-sufficient with your tech, I can support you with tips and tools to make tech maintenance easier. Whether it's setting up email, organizing files, or using your smartphone, I'm here to assist without overwhelming you.

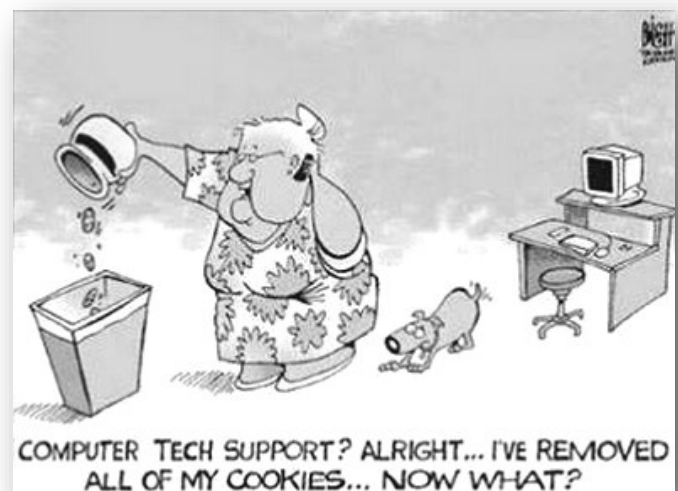
But my role goes beyond tech problem-solving. I'm also passionate about educating you on important topics like keeping your personal information safe, being prepared for tech disasters, and smoothly transitioning to new systems when needed. In today's digital world, these are valuable skills to have, and I'm here to guide you through them.

In summary, I'm your friendly tech helper, here to simplify technology without confusing jargon. Remember, you don't have to tackle tech challenges alone – you've got a friend in the "Country Computer Guy."

So, whether you're facing a tech hiccup or just want to learn more about your devices, don't hesitate to reach out to the CARE office to ask for free help. I'm here to make technology work for you, not against you.

Warm regards,  
Michael Puffer  
The "Country Computer Guy"

**Please call CARE at 320-968-7848 to schedule an appointment with Michael**





## Free Food Programs at CARE

**Free Fresh Produce for all Ages!** Summer is such a great time. We take the time to plant flowers and vegetables and we get to enjoy the bounty of hard work. CARE would like to thank the Duelm Lions for assisting with our fresh produce giveaway. They work quickly and swiftly to prep and bag all the produce, for both recipients picking up the food and for client needing home delivery services. Seniors and community members enjoy receiving fresh fruits and vegetables, which CARE purchases from Second Harvest Heartland from August through October each year.

Last month, we received a real big treat when the Curt Talberg family donated sweet corn, which was gifted from Centra-Sota Ag Company in Santiago. Curt enlisted his wife, Jaci, and son, Wyatt, and together they picked a full truck bed of sweet corn. Many seniors said it was the best sweet corn they had all summer. It was a real treat, and certainly a blessing to receive their gift. *Thank you to the Talberg family!*

**Free Frozen Meals for Seniors 60 and older!** Many seniors are receiving frozen meals from Catholic Charities. Twenty frozen meals are available each month per senior. Remember if you are having a difficult time cooking, this is a good option. The meals come in a variety of choices. All we ask is you have enough freezer space to store them.

If you are interested in receiving these food options, come to CARE on the second Monday of each month at 11:00 am, or contact the CARE office at 320-968-7848 for further information.



Left: Duelm Lions club members.

Below: Catholic Charities delivers frozen meals.





## CARE SENIOR SOCIAL - WITH MUSIC, LUNCH, AND BINGO!

CARE Senior Socials are held every third Wednesday of the month at the First Presbyterian Church in Foley. Music starts at 11:00am, a free Lunch is served at 11:30am, and there's Bingo at 1:00pm.



Bob Juetten returned to entertain seniors on July 19th with his selections of popular country tunes by favorite artists.



Singer/Musician Charlie Roth entertained seniors on August 16th with music that included a song that he wrote for the Mayor of St. Cloud called *Cloudy Town Stroll*.



## CARE ANNUAL VOLUNTEER APPRECIATION

To celebrate our committed volunteers, CARE hosted a “picnic” style luncheon during the month of August. Volunteers are the heart of CARE. Each year as many as 200 hundred volunteers provide over 4,000 hours of services to members of their community. To show our appreciation for their commitment to our clients and the needs of the CARE program, the CARE Board and Staff prepared a build-your-own burger bar. Volunteers prepared homemade salads, and Board Members served delicious root-beer floats.

Entertainment highlighting the challenges and rewards of being a volunteer was provided by a stellar group of actors! We were encouraged by a three-person panel of volunteers, who gave testimony about their experiences with clients of the CARE program. They spoke about the connection they make with clients and the rewards of serving as volunteers with the CARE program. And samples of beautiful artwork were on display to highlight the talents of participants of the CARE Art Class. Our thanks to those artists who shared their work!



### **Thank You Contributors!**

Church of St. John Emmaus Trinity Center  
Benton County American Dairy Association  
Gilman Coop Creamery  
Coborn's Foley  
Bernick's Pepsi St. Cloud  
Svihel Vegetable Farms  
Thrivent Financial  
Quick Trip East St. Cloud  
American Legion Post 298  
Sam's Club

**Above:** Volunteer, Nora Keating, made the table centerpieces and helped keep the water cooler stocked for arriving guests, who were greeted by John Lassen, Board Chair









## SAFETY FOR SENIORS by Troy Heck, Benton County Sheriff



Based upon the requests I've received from senior groups, financial scams are one of the top concerns on the minds of seniors. According to the FBI, over \$184 million was stolen from seniors in fraud and romance scams in 2018. The criminals perpetrating these crimes show no sign of slowing and are always evolving and adapting their schemes.

I'll give you the most important piece of information in this article right off the top. The key to avoiding financial scams is to ***always be suspicious of anyone who contacts you unexpectedly.*** Regardless of who this person claims to be or how urgent or legitimate their reason for contact seems, always be suspicious if you weren't expecting this contact. These criminals thrive in a gray and murky world of stories that seem plausible. Some of their stories are clumsy and easy to detect, while others demonstrate a high level of sophistication.

A recent example of this came to our office through a handful of victims who reported losing money to a scammer claiming to be from their bank's fraud department. The criminal disguised their outgoing telephone number to appear as though it was coming from the victim's bank and identified themselves as a member of the fraud department from this same bank. The victim was told there was fraudulent activity detected in their accounts and that the call was to help protect the victim from this fraudulent activity. During this conversation, the criminal directed the victim to download a piece of software to their smartphone. Once installed, this software allowed the criminal the ability to remotely access the victim's smartphone. With this access, the criminal made unauthorized transactions on the victim's bank account.

Sophisticated scams like these can be difficult to detect. Employing a raised level of suspicion for any unexpected contact will set you up to succeed in dodging these schemes. Be especially wary of contact asking you for personal information such as your social security number, date of birth, or banking information. Anyone contacting you and insisting you pay using gift cards is another give away of their criminal intent. Contact from individuals whose tone and message intends to make you believe a situation is urgent should immediately arouse your suspicion. Finally, as in the scam noted above, anyone who asks you to download software onto a computer or other electronic device is very likely a criminal in disguise.

Should you receive unexpected contact from a person, business, or government agency, your best defense against scams is to determine the business or agency who the person claims to represent, seek out a telephone contact number for this business or agency on your own, and call this business or agency to ask if the contact you received was legitimate. Any reputable business or government agency should have no issue with you doing your due diligence prior to carrying out business with them.

I will close with the one simple axiom you must remember when dealing with financial scams. Anytime someone contacts you unexpectedly, you must assume they are a criminal perpetrating a scam until you can prove otherwise. If you or someone you know has been the victim of a scam, your local law enforcement agency is ready to assist you.



Allergies occur when your immune system reacts to a foreign substance — such as pollen, bee venom or pet dander — or a food that doesn't cause a reaction in most people. Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system. The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis — a potentially life-threatening emergency. While most allergies can't be cured, treatments can help relieve your allergy symptoms.

If you have an allergy, your immune system reacts to something that doesn't bother most other people. People with seasonal allergies (also called hay fever or allergic rhinitis) react to pollen from plants [including fungi and molds]. Symptoms may include sneezing, coughing, a runny or stuffy nose, and itching in the eyes, nose, mouth, and throat. Allergy symptoms, which depend on the substance involved, can affect your airways, sinuses and nasal passages, skin, and digestive system:

- **Hay fever**, also called allergic rhinitis, can cause sneezing, itching of the nose, eyes or roof of the mouth, runny, stuffy nose, and/or watery, red or swollen eyes (conjunctivitis).
- **A food allergy** can cause tingling in the mouth, swelling of the lips, tongue, face or throat, and/or hives.
- **An insect sting allergy** can cause a large area of swelling (edema) at the sting site, itching or hives all over the body, cough, chest tightness, and/or wheezing or shortness of breath.
- **A drug allergy** can cause hives, itchy skin, rash, facial swelling, and/or wheezing.
- **Atopic dermatitis**, an allergic skin condition also called eczema, can cause skin to itch, redden, and flake or peel.

Allergic reactions can range from mild to severe. In some severe cases, allergies can trigger a reaction known as **anaphylaxis, a life-threatening medical emergency** that can cause you to go into shock. Signs and symptoms of anaphylaxis include loss of consciousness, a drop in blood pressure, severe shortness of breath, skin rash, lightheadedness, rapid, weak pulse, and/or nausea and vomiting. **When to see a doctor?** you might see your health care provider if you have symptoms you think are caused by an allergy, and nonprescription allergy medications don't provide enough relief. If you have symptoms after starting a new medication, call the provider who prescribed it right away. **For a severe allergic reaction (anaphylaxis)**, call 911 or your local emergency number or seek emergency medical help. If you carry an epinephrine auto-injector, give yourself a shot right away. Even if your symptoms improve after an epinephrine injection, you should go to the emergency room to make sure symptoms don't return when the effects of the injection wear off. If you've had a severe allergy attack or any signs and symptoms of anaphylaxis in the past, make an appointment to see your health care provider. Evaluation, diagnosis and long-term management of anaphylaxis are complicated, so you'll probably need to see a provider who specializes in allergies and immunology.

For more information visit: <https://www.mayoclinic.org/diseases-conditions/allergies>



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 Kelli Nadeau, Snap Fitness  
 Linda Goodman  
 Molacek Family Eye Care  
 Sandra Ouellette



**Bequests**

Frannie Harper	in memory of Don Corrigan
Jerry Lutgen & Pat Smith	in memory of Kathleen Chmielewski
Joan Mazacek	in memory of Lumir Potuzak
Julie Goenner	in memory of Leon Goenner
Kathleen Corrigan	in memory of Maurice Corrigan

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Special thanks for grant funding from the



**OUR SINCERE GRATITUDE TO ALL! *THANK YOU!***



## CARE ART CLASSES - CALL AND RESERVE A SPOT!



Instructor, Paige LaDue Henry tells us that the participants are finding their voices in art by learning new techniques and daring to express their individuality!



## CARE AT THE 2023 FOLEY ACTIVITIES EXPO



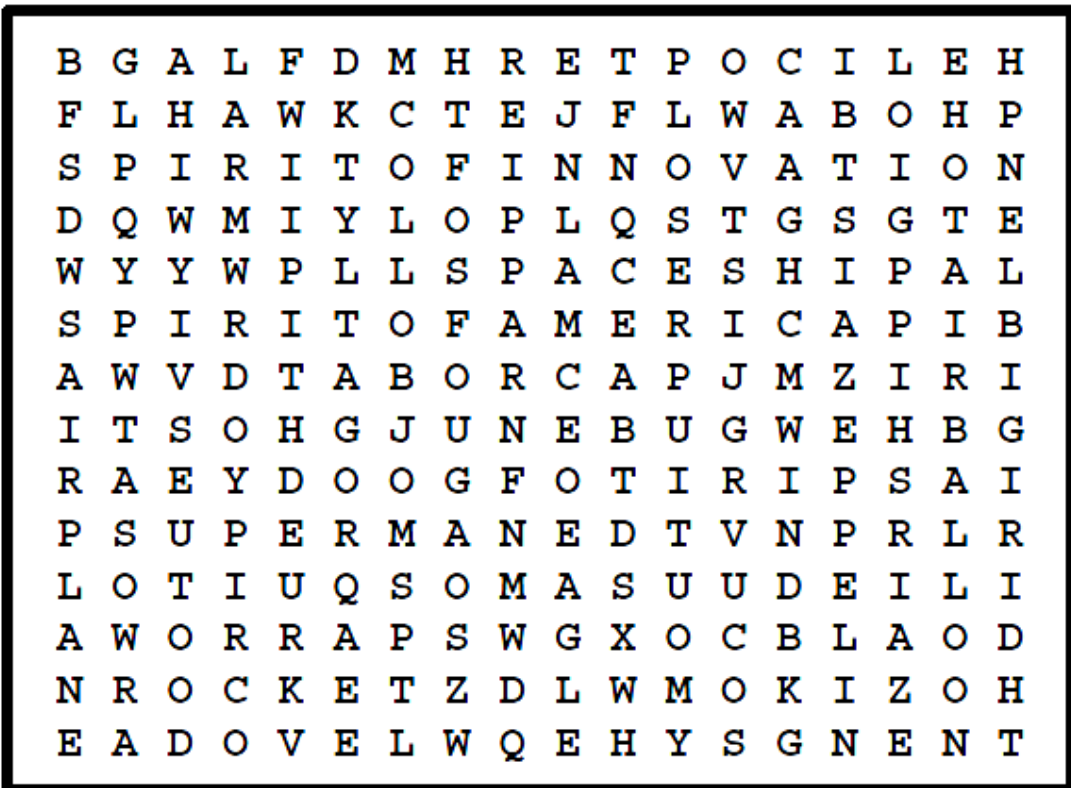
### ***Pictured:***

Board Member, Gini Kalton, and CARE Volunteer Coordinator, Sarah Kellen, provided information to attendees at the Foley Activities Expo held in the gymnasium at Foley Public Schools. Parents and students were encouraged to volunteer with CARE and assist seniors in their community.

Families are always welcome to volunteer at CARE, and many work together to help seniors with yard cleanup and snow removal.

We were grateful to the local Cub Scout Troop for their kind offering of a popsicle at the end of our evening. *Thank you!*

**FLYING THROUGH THE AIR - WORD SEARCH AND TRIVIA** - to answer the Trivia fact, look for words or phrases that are hidden in the puzzle, but are not on the word list. Puzzle & Trivia solutions will be posted on Facebook.



- |                  |                        |                  |
|------------------|------------------------|------------------|
| <b>ACROBAT</b>   | <b>EAGLE</b>           | <b>MOSQUITO</b>  |
| <b>AIRPLANE</b>  | <b>FLAG</b>            | <b>ROCKET</b>    |
| <b>AIRSHIP</b>   | <b>GHOST</b>           | <b>SPACESHIP</b> |
| <b>BAT</b>       | <b>GOOSE</b>           | <b>SPARROW</b>   |
| <b>BLIMP</b>     | <b>HAWK</b>            | <b>SUPERMAN</b>  |
| <b>BUTTERFLY</b> | <b>HELICOPTER</b>      | <b>WASP</b>      |
| <b>DIRIGIBLE</b> | <b>HOT AIR BALLOON</b> | <b>WIND</b>      |
| <b>DOVE</b>      | <b>JET</b>             | <b>WITCH</b>     |
| <b>DUCK</b>      | <b>JUNEBUG</b>         | <b>ZEPPELIN</b>  |

**Trivia:** Goodyear has three blimps in its fleet. What are the names of these three airships?

**Answer:** \_\_\_\_\_,  
 \_\_\_\_\_, and  
 \_\_\_\_\_.



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**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.**



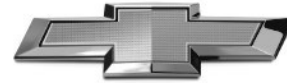
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AT FOLEY

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ADDRESS CORRECTION REQUESTED

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***MARK YOUR CALENDAR!***

**FOR MORE INFORMATION, OR TO SCHEDULE A RIDE OR FOOD DELIVERY  
CALL CARE 320.968.7848**

**OCTOBER**

- 09** All Food Distribution Programs 11:00 am
- 16** Art Class 1:00-3:00 pm
- 18** Senior Social 11:00 am - 2:00 pm

**NOVEMBER**

- 13** All Food Distribution Programs 11:00 am
- 20** Art Class 1:00-3:00 pm
- 15** Senior Social 11:00 am - 2:00 pm

**DECEMBER**

- 11** All Food Distribution Programs 11:00 am
- 18** Art Class 1:00-3:00 pm
- 20** Senior Social 11:00 am - 2:00 pm

**JANUARY**

- 08** All Food Distribution Programs 11:00 am
- 15** Art Class 1:00-3:00 pm
- 17** Senior Social 11:00 am - 2:00 pm