

CARE Connections

December 2024
Volume 21, Issue 4

Letter from the Director

by *Connie Cardinal*



I welcome the start of a New Year with eagerness. It provides an opportunity to start out fresh, taking a different prospective of how we operate our program. The New Year will bring positive changes to the CARE Program. The Board of Directors and I would like to share with you that we have hired a new Associate Director to our team. We are pleased to announce we have hired Jennifer Kipka as our new associate director. I will be reducing my hours and she will be working alongside of me over the next year to learn the daily operations of our community organization. I am so excited she has chosen to become a member of the CARE team. What I admire most about Jen is her passion for seniors and her community. Her skills and positive attitude make her the ideal fit for our organization. Please join me in welcoming her to the CARE Program.

The Board of Directors and staff conducted strategic planning during the last quarter of 2024. Topics included reviewing our direct services, programs, and demographic area. We also discussed our fundraising events and the importance of using them for matching funds for our MN Department of Human Services grant funding. Since COVID-19, attendance at our events has been lower than normal; this combined with the high cost of food has definitely been a contributing factor for our current fundraising events. Therefore, reviewing our current events and possible new fundraising activities is extremely important for the future sustainability of our organization.

From the Associate Director

by *Jen Kipka*



Hello and happy holidays to each of you! My name is Jen Kipka and I am so very excited to join the CARE team as the new Associate Director!

I grew up in Gilman on a dairy farm, raised by my wonderful parents Bill and Jan (Herbst) Spiczka. I loved farm life, from working the fields and butchering chickens, to helping with our dairy and beef cattle. I am so proud to be a farm girl from the lessons learned and the development of valuable characteristic traits I have utilized throughout my life.

After college, I married my high school sweetheart, Jesse, and we have created a beautiful life raising four incredible children. Madison is 19 years old, a recent graduate of Foley High School and now a freshmen at St Ben's obtaining a degree in nursing; Brody, is a 15 year old sophomore who will be driving soon; Parker is 13 years old and is in 7th grade; and our caboose, Gavin, is 10 and is in 4th grade. We are very busy with sports, from football, wrestling, and baseball to tennis! We have been residents of the Duelm Area for the past 20 years.

I graduated with my first Bachelor degree with a major in Public Relations and a double minor in Speech Communications and Marketing. I worked for the St. Cloud Area Chamber of Commerce as their communications coordinator and also spent time working for Townsquare Media representing 5 radio stations including WJON and 98 Country.
[continued on page 3]



**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

Board of Directors

Joyce Rife, Chair
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Executive Director
Connie Cardinal

Associate Director
Jen Kipka

Newsletter Editor
Gini Kalton

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

The strategic planning also started conversations regarding a regional senior center. Earlier this year, CARE sent out survey cards asking individuals if they were interested in a regional senior center in our community. We received a seven percent response from the survey cards. Of those interested, individuals wanted a place for group gatherings and social activities. Thank all of you for your participation with the survey. We will keep you informed when we have additional information on the topic. The CARE Program will be looking for interested donors to make this a possibility in the future.

Grant funding is a real concern this year, the decrease of 48 percent in federal funding in rural areas will directly affect our program’s finances this year. We will need to run a tight ship and search out additional foundation grants to maintain our current level of services and programs.

We are off to a great year with many challenges and new changes. I would like to thank the board of directors, donors, clients, volunteers, and our staff for a great year. I wish all of you a Happy New Year full of joy and blessings!

Connie

REMINDER:



**“DEMENTIA SKILLS FOR YOUR
CAREGIVER TOOLBOX”**

Session two:

Wednesday, March 26, 2025, 11:00 am to 1:00 pm,
(a light lunch will be provided)

Sacred Heart Church, 2875 10th Ave NE, Sauk Rapids

To sign up, please contact the CARE office and tell us how many will be in your party.



CONTINUED FROM PAGE ONE - JEN KIPKA, ASSOCIATE DIRECTOR OF CARE

With each child, I spent months on bed rest and gave birth to 4 premature kiddos, each with their own unique story. After the birth of our second child, a spark was ignited to change directions in my career, and I began working in the non profit arena, including March of Dimes in which I served and helped families that had a child born premature (prior to 37 weeks), babies born with birth effects, or those born sleeping. I focused on fundraising and planning community events to bring awareness to the cause. I was also fortunate to work within the St Cloud Hospital NICU, through a partnership with the March of Dimes, that helped current families in need in which I focused on bringing programs, education, and support. I also spent time working at Elevate Pregnancy Resource Center, formally known as Birthline, to help women and families experiencing an un-planned pregnancy. It is through these nonprofits that a passion ignited deep within myself to help others in their times of need.

While working in the NICU, I developed a strong desire to become a nurse and I obtained my Bachelor of Science in Nursing. I have thoroughly enjoyed working as an RN, helping patients through their healthcare concern's whether at bedside or in the clinic setting. My strong desire and passion to help others continues but as my life shifts from pregnancies and small babies to now focusing on caring for my aging parents—this has guided my heart to want to make an impact in the lives of our elderly population. I am excited to bring my experiences, my big heart, and my love for our community as we work to offer the best programs and initiatives to our surrounding area through our wonderful CARE initiatives.

The Kipka Family

*Back row from left to right:
Madison, Jen, Jesse, and
front row: Brody, Gavin
and Parker*





WELCOME NEW VOLUNTEERS 2024!

- Akers Family: Brittany, Jack, Griffin, Hadley, & Maeva
- Everett Bemboom
- Aaron Bemboom
- Karen Brennhofer
- Linda Corrigan (reactive)
- Emi Dix
- Mary Evans
- Ardelle Evensen
- Rosanne Fischer
- Miranda Irwin
- Lonny Kiekow
- John Kline
- Patricia Kystosek (reactive)
- Deb Mathiowetz
- Ken & Vicki Nodo
- Sid & Pat Prom
- Judy Rudnitski (reactive)
- Dave Strohschein
- Jacki Struffert
- Lois Tangen
- Jenny Vanderweyst
- Renae Vanderweyst
- Messiah Vizenor
- Pam Vizenor
- Megan Zylka

**CARE SEEKING SERVICE PROVIDERS
FOR SAUK RAPIDS AND RICE**

There has been a substantial increase in new client s requesting services in Sauk Rapids and Rice. Call the CARE office if you would like to be added to our service list for these communities.

VOLUNTEER DRIVERS—Are you a current driver or would you like to become a volunteer driver? Are you willing to provide rides for clients in the Sauk Rapids or Rice areas?

Let us know—Call CARE 320-968-8033

ATTA BOY, SCOTT!

6 trips up 3 flights of stairs each time carrying 6-8 bags full of groceries! A friendly client visit was necessary to catch his breath. Conversation and camaraderie connected Veteran volunteer, Scott Manea, to a client who served in the military as well. Thank you, Scott, for going above and beyond to serve a CARE client!

Pork Chop Dinner/Silent Auction 2025 - Plan Ahead to Donate Your Skills!

Consider donating service skills to CARE’s upcoming spring Silent Auction. Do you have a special talent that could be used for our silent auction event? Could you make a meal? Do you do garden- ing, yardwork, or homemaking? Housekeeping, yard work, flower planting in the spring, monthly dessert making, hosting a dinner, and tree/hedge trimming are some of the ways you can donate to the CARE Silent Auction.

Please contact the CARE office if you have a special talent that you would be willing to share to help raise funding for the CARE Program. Remember, all donations are tax deductible and are greatly appreciated.



2025 PORK CHOP DINNER AND SILENT AUCTION ADDS NEW ACTIVITIES

Got plants to divide? CARE will be hosting a plant sale during the annual Pork Chop Dinner. Please consider donating your abundance.

Enjoy baking? Have you baked for CARE in the past? We will be hosting a bake sale during the Pork Chop dinner event, so please consider donating baked goods to this annual spring fundraiser.

2025 FOLEY FUN DAYS NEW ACTIVITY BEING PLANNED

Are you a Cornhole fan? The CARE program is considering hosting a Cornhole fundraising event during Foley Fun Days in 2025. We are seeking enthusiastic experts to help us in the initial planning stages. Please call us @ 320-968-7848

CARE SEEKS TO EXPAND ART CLASS OFFERINGS IN 2025

Artsy or Crafty? If you have a love for a particular art or craft and you would like to share your love with our clients, CARE is seeking those who would enjoy teaching seniors a simple art or craft project 2-3 times a year. Possible classes could include sculpting with clay, painting, sketching, embroidery, cupcake decorating, crochet/knitting, quilt squares, or craft kits of any kind. Funding for supplies is available.



Are you a Thrivent Member? Would you like to help support the CARE program during one of our events? Please contact the CARE office to have your name added to our list of “helpers.”



CARE WELCOMES NEW BOARD MEMBER

CARE is very happy to welcome Sug Latterell to the Board of Directors.

“Service and being an active member in my community has always been part of my family. Growing up on a small farm outside of Foley, my Mother, Rose, regarded serving her family, her church, and her community as part of life.

When I married Bruce, I saw the example of service in his family as well!! We had the opportunity to learn from them how taking care of our families and our neighbors made Foley the community we all call home.



Volunteering invites all of us to make our neighborhoods, our community, and our world a better and sweeter place for all of us. I am grateful to be a member of the CARE Board”.



FRANDSEN BANK VOLUNTEERS BY SARAH KELLEN

September was Minnesota Bankers Association Community Impact Month. Every bank in every community found projects to help the less fortunate in the community. Frandsen Bank [Foley] partnered with CARE to meet some of the needs of the program. Six employees donated their time to clean a clients yard, make photo copies for the staff, and some heavy lifters provided support to Board member Gini Kalton to clean out and organize the CARE storage Shed. Thank you Frandsen bank for serving our community in this way. You made a positive impact!



Pictured left to right: Heather Juetten, Kathy Corrigan, Jeremy Johnson, Tracy Riedeman, Pam Martinez, Brenda Ramler *Front row:* Board Member, Gini Kalton



2024 SILENT AUCTION DESSERT OF THE MONTH BY CONNIE CARDINAL

Last year, during our pork chop dinner, Toni Hammond and Janelle Adelman donated a Dessert of the Month for our silent auction event. The winner of the monthly desserts was Pat O'Neill. Each month they [Toni & Janelle] brought a decadent dessert for Pat to pick up at the CARE office. The sisters stated they both enjoyed baking and they wanted to use their special baking talents to help raise money for the CARE Program. Pat stated it was a fun surprise to see what they would come up with every month. Many times, Pat would share the desserts with his office staff. The baking duo even made special treats for Pat's spouse, Kay, which she enjoyed receiving.

The desserts were simply amazing, they looked too beautiful to eat. All parties commented how fun it was to share in this experience, and they all looked forward to it each month.



Pictured above: Toni Hammond, Pat O'Neill, and Janelle Adelman



6TH ANNUAL CHRISTMAS CARE PACKAGES

CARE-Community Action Respecting Elders, again this year provided Christmas CARE packages for low-income seniors throughout our rural community to spread a little joy this holiday season. Many seniors are left without family close by to help them and they get so lonely. Our goal is to let them know they are not alone, and that someone is thinking about them this holiday season. Getting a little visit and a gift bag has a way of cheering them up during a very difficult time for so many. CARE worked with collaborating organizations to provide food products and personal care items that are desirable to seniors. Our thanks to the Becker Lions Club, St Cloud Sertoma Club, Foley Lions Club for their wonderful donations to fund this service project.

We are so appreciative to the Foley Lions who assembled the gift bags as a service project. Sixteen Lions' members came to the CARE office filled with the spirit of giving on December 10, 2024. One of the members stated, "Seniors took care of us once and now it's our turn to take care of them". Also, the student from St Johns Area School made homemade Christmas cards to give back to the seniors in our community. We are so blessed to work with them each year. The CARE Board of Directors and staff would like to thank all the organizations and volunteers who helped with this project. We would like to thank the donors, volunteers, and delivery drivers for all their time and talents. Merry Christmas to you all!





CARE 13TH ANNUAL TOUCHING TABLES FOR SENIORS BY CONNIE CARDINAL

We have just experienced our 13th Annual Touching Tables for Seniors Event for the CARE Program. I can't tell you how filled with joy I am over the number of community members, businesses, churches, and local organizations that came to the luncheon event to support our neighborhood program.

This event is an opportunity for the CARE board of directors and staff to share program successes, challenges, and current and future needs with the community we serve. Our goal is to be extremely transparent and make sure the community has answers to all their questions regarding the operations of the program.

This is a program for seniors and their families to gain support and services for aging family members. CARE relies heavily on monetary donations to ensure the future success of the program. Donations received at this event are used to obtain matching funds for grants later down the road, so your donations double.

Taking time to support local fundraisers and giving back to our community is something we can all do at various levels. Giving makes a person happy and simply feels good. We all need to experience a little more feel-good moments; and you never know, we are all getting older and you might need CARE's help someday.

I would like to thank all of you who sponsored, supported, and volunteered to ensure the success of our event. For those of you who could not make the time, I hope to see you next year. I promise you will feel good to be in the presence of so many giving individuals who support our rural community.



RIDE FOR THE MIND BY SARAH KELLEN

Every June, over 120 motorcycles and side by sides head out on the local roads in order to raise money to support area organizations that provide services to those facing aging challenges in the Central MN area. This includes the CARE program. The riders begin their journey at Rudy's in Pierz, traveling to Paradise Shores in Brainerd, and on to the Fisch House Bar and grill in Lastrup, ending their journey back at Rudy's for a Silent Auction and Dinner. This month, Darlene Bednar presented the CARE staff with a \$1,000 donation. Thank you to all of the riders and supporters for this generous donation.



Pictured above right: Darlene Bednar presenting Alzheimer Ride for Mind donation to Executive Director, Connie Cardinal



CARE ART CLASSES AT NEW LIFE CHURCH



Class is held on the third Monday of each month at the New Live Church in Foley.

Call the CARE office to save your space and/or to schedule a ride with one of our volunteers.



CARE SENIOR SOCIAL - LUNCH, MUSIC & BINGO! *(NO RESERVATIONS REQUIRED)*

Singer-musician Doug Scott provided the entertainment during the event on Wednesday, September 18th at the First Presbyterian Church in Foley. Doug specializes in playing classic rock and classic country music.



Pictured above, left to right: Volunteer Sarah Moulzolf called Bingo, and Duane Walter and Jacob Danielson provided entertainment during the event on November 20th.



SAFETY FOR SENIORS by Troy Heck, Benton County Sheriff

The way we buy things has changed over the years. Those paying with cash are the exception and checks are virtually unheard today. Shopping transactions in our modern world are almost exclusively done with digital payments. Paying with a credit/debit card or one of the many payment apps on our devices is easy, convenient, and preferred by most retailers. As the use of digital payments has increased, so too has the effort criminals have put into illicitly obtaining private identifying information (like social security numbers) or digital payment information (like credit card numbers). Every day, thousands upon thousands of campaigns aimed at breaking into financial systems are initiated by cyber criminals across the globe. These criminals run a numbers game, probing for weaknesses in security systems over and over until they find the weak link in a security system somewhere and exploit this weakness to break in and steal what information they can find.

We hear about these security breaches regularly in the news and I'd venture a guess that many of you reading this have received at least one notice in the mail because your data was stolen from a database somewhere in the world. The sad truth is that in today's world, data about you and your banking accounts exist in the databases of banks and retailers and that data is vulnerable to cybercriminals. While there is little that the average person can do to stop these security breaches, each of us can take a few small steps to avoid being a victim.

Stay on top of your credit report and banking transactions. With financial information breaches happening regularly, the best defense against becoming a victim lies in being vigilant about your credit report and banking transactions. Everyone is entitled to get one free credit report from each of the three major credit bureaus (Equifax, Experian, and TransUnion) annually. In addition to the free annual credit report required by law, each of these three credit bureaus allow consumers the ability to obtain a free credit report once per week. Free credit reports may be obtained at AnnualCreditReport.com or by calling 877-322-8228. More information about credit reports may be found on the website of the Federal Trade Commission. A credit report will show you all the accounts open in your name. It is important to review these regularly to ensure you've not become the victim of identity theft due to a data breach.

For those who don't wish to go through the steps of routinely obtaining a credit report, subscribing to a credit monitoring service is a great prevention step. Credit monitoring is available from several providers. For a regular fee, these providers will monitor your credit reports and provide updates if anything changes. This monitoring can provide early warning that someone is attempting to open an account in your name without your permission.

An even simpler solution is to place a freeze on your credit report. Freezing your credit requires a person to contact all three major credit bureaus and request a freeze. While the freeze is in place, no new accounts may be opened in your name, by you or anyone else.

Finally, make use of online banking features that detect fraud or provide notice of any transactions posted to your accounts. Most financial institutions have programs to detect and prevent fraud and are happy to work with their customers to ensure the customer has the level of notification and detection they are comfortable with. These tools allow people the ability to stop unauthorized transaction before they are completed.

A few moments managing your digital wallet is time well spent to ensure you don't become the victim of identity theft.



FOR YOUR HEALTH - VULNERABLE ADULTS IN MINNESOTA

Everyone needs help sometimes. As Minnesotans, we look out for each other. It's why the Minnesota Department of Human Services and other state agencies, along with counties and communities across the state, work to promote safety and well-being for all. But you can't solve every problem by yourself. That's why we're here, doing our best to help make sure those in need are safe and supported. **If you suspect something is wrong, speak up. One conversation could change someone's life.**

A **vulnerable adult** can be anyone over age 18 who:

- ◆ Has a physical, mental or emotional disorder that makes it difficult for the person to care for themselves without help and to protect themselves from maltreatment
- ◆ Is in a hospital, nursing home, transitional care unit, assisted living, housing with services, board and care, foster care or other licensed care facility
- ◆ Receives services such as home care, day services, personal care assistance or other licensed services.

Maltreatment includes:

- ◆ Abuse, including physical, emotional and sexual abuse, use of restraints, involuntary seclusion or punishment
- ◆ Neglect, including failure to provide the food, shelter, clothing, health care or supervision necessary to maintain the person's health, safety, or comfort. Neglect may be by a caregiver or service provider, or because the vulnerable adult cannot meet their own needs
- ◆ Financial exploitation, including theft or withholding of money or property and/or use of money or property not for the vulnerable adult's benefit.

Report suspected maltreatment of a vulnerable adult to the **Minnesota Adult Abuse Reporting Center at 1-844-880-1574** which is open 24 hours a day, seven days a week. Minnesota encourages good faith reporting of suspected maltreatment of vulnerable adults by any person. If you make a report, your identity is confidential and cannot be released without a court order.

What happens after reporting? All reports of suspected maltreatment received by MAARC are referred to the agencies responsible to respond. The agency responsible depends on the relationship between the vulnerable adult and the person alleged responsible, if there is an immediate social service need for the vulnerable adult, and if the report contains information which may also be criminal. Lead investigative agencies are county adult protective services, Minnesota Department of Health, or Minnesota Department of Human Services. Reports are reviewed by the lead investigative agency to determine if emergency protective services are needed. Reports that include an alleged crime are also referred to law enforcement. Information contained in reports of suspected maltreatment of a vulnerable adult made to MAARC is confidential under Minnesota law. MAARC cannot provide information about a report to anyone, including the reporter, once a report is completed. Once a report is referred to the agency responsible, different parts of the law cover how information in the report can be shared, but the identity of the reporter remains protected. Contact the county or state agency responsible for the report for questions about a completed report.

For more information visit <https://mn.gov/dhs/>



Cash Donations

First National Bank Milaca	Debra Kazeck	Jennifer Volkmann
Allice Coudron	Delroy and Janice Kraemer	Jeremy and Julie Johnson
Allen Weaver	Dennis Brand	Jerry and Elaine Bauerly
Alzheimer's Ride for the Mind	Dewey Street Dental	Jim and Cathy Jesok
Amanda Othoudt	Dingmann Funeral Home	Joan Mazacek
Andrew and Stephanie Rahm	Don and Linda Jacquemart	John Katke
Anthony Barr	Don and Sandra Abfalter	Joyce Notsch
Arlene and Neil DeZeller	Doris Gohman	Judith & Jerome Studenski
[CARE] Art Class [participants]	Thomas & Dorothy Klarsk	Judy Hamers
Barb Duhamel	Duelm Knights of Columbus	Judy VonWald
Barb and Jack Semrau	Duelm Lions Club	Julie & Leon Goenner
Barbara and Ronald McKeever	Earl & Carol Bukowski	K&K Auto Center
Becker Lions Club	Edward Popp	Karen Jansen
Benton County Abstract	Edward Schlichting	Karen and Mark Ihnen
Benton Insurance	Elaine Janski	Karen Kampa
Bernie Stangler	Ella Vaudt	Kathleen Corrigan
Beth and Jerome Schlangen	Ellen and Ken Anderson	Kathleen Kampa
Betty Mastey	Eric Bjurman	Kathy Botzek
Betty Meinert	Evelyn Kirby	Kenneth and Julie Johnson
Bill Kotsmith	Evergreen BJ	Kenneth and Vicki Nodo
Bill Whitcomb and Marlene	Foley Lions Club	Kimberly Molacek
Blow Molded Specialties	Gail Olson	Lee and Janice Hanson
Bonnie and Mike Wertish	Gary and Diane Latterell	Les and Fran Adelman
Brad Martin	Gary Robak	Lorraine Potuzak
Brenda Berkebile	Gary and Jane Swanson	Lynn Mae Simonson
Brenny Transportation	Gerald and Linda Bettendorf	Marcy Johnston
Bruce and Sug Latterell	Gerald Krekelberg	Mardelle Hinkemeyer
Carol Barringer	Geraldine Marie Thielman	Marsha and Mike Kasner
Carol Gapinski	Gerard Bettendorf	Mary Ann Schuller
Carole Ann Huber	Glendorado Lutheran Church	Mary Ann and Roger Worm
Chad Murphy	Glenice Tangen Mehrwerth	Mary & Robert Carlson
Charlie and Linda Corrigan	Graham United Methodist Church	Mary Chmielewski
Cliff and Sherry Weitgenant	Hammer Associates	Mary Gundlach
Clyde Hinkemeyer	Idella Kutz	Mary Peterson
Colleen Corrigan	Jake and Jenny Bauerly	Mary and Virgil Spiczka
Compeer Financial	James and Ruth Kothman	Matthew and Sarah Riley
Connie Cardinal	Jan Nathe	Maywood Township
Darlene Jurek	Jane Frank	Michael and Melanie Puffer
David and Vicki Lewandowski	Janelle Adelman	Michael and Deborah Lechner
Dawn Moulzolf	Janet and Larry Kroska	Michelle and Randy Spiczka
Deb Bialke	Janet Schustak	Mitchell Czech
Deb Mathiowetz	Jeanette Krawiecki	Montgomery Headley
Deborah Vander Eyk	Jeanette Otto	Nancy Kampa
Debra and Tim Helmin	Jeff Gondeck	Pam and Joel Foss

OUR SINCERE GRATITUDE TO ALL! *THANK YOU!*

Pamela Bauerly
Pamela Vizenor
Patrick Eisenschenk
Patrick and Kay O'Neil
Paul and Jenny Seaton
Peg Klingel
Peggy Heying
Rebecca and Tom Howard
Rice American Legion
Rice Lions Club
Richard Polsfuss
Richard Ruhoff
Robert and Lana Raupp
Robin Boros
Ron and Marie Herbst
Ron and Carol Miller
Ron and Rosemary Zillmer
Rose and Alan Moulzolf
Rosie Emslander
Roxanne and Steven
Chmielewski
Roy and Cindy Schneider
Ruth Gruba
Sandra and Wendell Hansen
Sandra and Russ Studenski
Sarah and Ryan Brunn
Sarah Moulzolf
Sauk Rapids Lions Club
Sauk Rapids VFW
Schmidt Insurance
Scott and Carla Johnson
Senior Social

Sharon Kipka
Sharon Reid
Sheila Matteson
Shelley and Mark Czech
Shepherd of the Pines
Lutheran Church
Spencer and Judith Buerkle
St Cloud Area Sertoma Club
Stangl and Jaskowiak
State Farm Insurance
Susan and Virgil Bragelman
Susan and Michael Brunn
Tara Beack
Ted Cross
Telephone Benton Cooperative
Teresa Baron
Terry & Doreen Dumonceaux
Terrance Gorecki
Terry & Duane Sakry
The Insurance Shoppe
Theodore Beebe
Tim Adelman
Timothy Roehl
Tobias and Stephanie Lloyd
Tom and Karen Cross
Trish and David Schneider
Troy and Bonnie Heck
Virginia and Bill Kalton
Warren and Judy Peschl
William Bronder
Williams Integracare Clinic
Yvonne & Harold Linz

In-Kind (non-cash) Donations

Benton County ADA
Barb Semrau
Bruce Latterell
Connie Cardinal
Evelyn Kirby
Foley Cross Center
Lou DeMarais
Matthew and Sarah Riley
Pat Abfalter
Traut Companies

RENT & UTILITIES SPONSORS

SEPTEMBER

**TIM & DEB HELMIN
FOLEY AMERICAN LEGION**

OCTOBER

**GERALD & MARILYN HOVDE
FOLEY AMERICAN LEGION**

NOVEMBER

**BILL & GINI KALTON
FOLEY AMERICAN LEGION**

Special thanks for grant funding



Bequests



Donald and Rebecca Willert
Debbie & Joe Blank
Frannie Harper
Grace Glein
Joan Mazacek
Judy Winkelman
Linda Schyma
Lois Tangen
Mary Hinz

in memory of Donnie Willert
in memory of Kathleen Corrigan
in memory of Donald and Craig Corrigan
in memory of Vern Magnuson
in memory of Margie McLaughlin
in memory of Bonnie Seppelt
in memory of Gary Schyma
in memory of Charles Tangen
in memory of Gene Hinz



ROLLIE'S REDNECKS AND LONGNECKS LUNCHEON

On Monday, October 28, 2024, Rollie of “Rollies Rednecks and Longnecks” provided a wonderful luncheon for the clients and volunteers of the CARE Program who reside throughout Benton County. Over 115 clients and volunteers enjoyed a wonderful chicken dinner with all the fixings. Many of the clients of the CARE program no longer drive and need rides to medical appointments and to the grocery store. Our volunteer program provides these services along with chore and homemaking services, friendly visiting, minor home repair, yard care, snow removal and respite care. The CARE Program also provides free senior socials with music and bingo, art classes and exercise classes. Our goal is to promote healthy active lifestyles and create an atmosphere of caring to our senior population.

Rollie Hogrefe, the owner is a proud supporter of seniors and veterans in our community. He extended an offer to host this luncheon as a way to support local seniors in our community. Rollie and his staff cooked and served this wonderful meal with smiles and a joyful heart. Jesse, one of the servers, said it brought him pleasure to be a part of this event. Senior participants were thrilled to come out and enjoy one another's company for a little while. It is not very often that volunteers have one-on-one time with the clients they serve. The restaurant was filled with laughter and the CARE staff was delighted to see and hear the excitement by the attendees. Staff had the opportunity to meet many of the clients they talk to on the phone but have never met. The CARE Board of directors and staff would like to thank Rollie and his crew for a wonderful meal and a great place to gather and socialize. Participants raved at how great the food was and how fast they were all served. Many of them wanted Rollie to sing, maybe next time. Rollie stated he would like to conduct this event semi-annually. He is a caring and giving member of our community, one who displays respect and dignity for the aging adults in our community. Hats off to Rollie & his wife Deanna for hosting this event. The staff included Courtney Wolynski, Kelly Welsh, Kyle Reese, Cassie Bechtold, Anthony Skroch, and Jesse Schlichting.





VOLUNTEER / CLIENT REMINDERS by Sarah Kellen, CARE Volunteer Coordinator

VOLUNTEER TIME CARDS

To give the staff adequate time to process month end reports, **we ask all volunteers to submit time cards prior to the 25th of the month unless services are provided after that date.** If you have a number of service opportunities, please consider hand delivering your completed time cards, or call in or email your service hours. This process is critical for us to satisfy our grant funding responsibilities. Please do not hesitate to call with questions. Additional blank timecards are available at the CARE office.

CLIENTS NOTE: TO SCHEDULE A VOLUNTEER DRIVER

It is important that you call the CARE office for services you may need. The CARE policy is that all requests for services be processed through the office. Please do not contact volunteers directly. Thank you for your understanding and cooperation.

Need a Notary Public?

CARE offers free notary service to seniors.

Please call the office to schedule an appointment.



NEWSLETTER SPONSORS - THANK YOU!



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Foley Area
CHAMBER OF COMMERCE



CARE - Community Action Respecting Elders

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Foley MN, 56329
320.968.7848
www.CAREelders.org

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Permit No. 11
Foley, MN

ADDRESS CORRECTION REQUESTED

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

MARK YOUR CALENDAR for 2025!

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

JANUARY 2025

- 13** All Food Distribution Programs 11am
- 14** Fitness Class 1pm
- 15** Senior Social 11am
- 20** Art Class 1-3pm
- 28** Fitness Class 1pm

FEBRUARY 2025

- 10** All Food Distribution Programs 11am
- 11** Fitness Class 1pm
- 17** Art Class 1-3pm
- 19** Senior Social 11am
- 25** Fitness Class 1pm

MARCH 2025

- 10** All Food Distribution Programs 11am
- 11** Fitness Class 1pm
- 17** Art Class 1-3pm
- 19** Senior Social 11am
- 25** Fitness Class 1pm
- 26** Dementia Seminar 11am - 1 pm

APRIL 2025

- 08** Fitness Class 1pm
- 14** All Food Distribution Programs 11am
- 16** Senior Social 11am
- 21** Art Class 1-3pm
- 29** Fitness Class 1pm