

CARE Connections

June 2026

Volume 23, Issue 2

Letter from the Director

by Jen Kipka



After a long, cold spring, I hope you have been able to enjoy the beautiful sunshine we've all been waiting for. Jesse and I spent many chilly, windy evenings watching three of our four children play baseball, wondering when the warmth would finally arrive—and at last, it has!

As I reflect on the past few months, I am reminded that even during those colder days, CARE was surrounded by a different kind of sunshine: the generosity, dedication, and support of our staff, volunteers, sponsors, donors, and community members. This spring has been filled with successful fundraising events, and each one serves as a powerful reminder of how fortunate we are to live in a community that truly cares and values our older adults.

We would like to extend our heartfelt thanks to the Duelm Knights of Columbus for hosting their annual breakfast on April 19th and generously donating \$1,900 in proceeds to CARE. We are grateful for their continued partnership and support. Not only did they provide a wonderful breakfast for the community, but they also volunteered their time to grill pork chops for our annual Pork Chop Dinner.

Our Pork Chop Dinner, held on May 14th at Northern Hollow Winery, was a tremendous success. We were humbled by the overwhelming support from everyone who attended, donated, volunteered, and participated. From the silent auction, cash-and-carry items, bake sale, and plant sale to the exciting new games and activities, the event was filled with energy, generosity, and community spirit. Thank you to everyone who contributed to making this evening one to cherish.

We also hosted our 5th Annual Golf Tournament on June 4th. Thirteen teams and eighteen sponsors joined us for a day that was originally forecasted to be rainy but turned out beautifully. Golfers enjoyed friendly competition, fun fundraising games, and delicious grilled burgers and brats. Congratulations to Double Bogey, who emerged victorious after a memorable rock-paper-scissors tiebreaker! Most importantly, thanks to every golfer, sponsor, volunteer, and supporter who helped make the tournament another outstanding event for CARE.

CARE was also proud to participate in Foley Fun Days. We are deeply grateful to the many volunteers who gave their time to help at our CARE Corn Dog Cabin, serving corn dogs, chicken strips, pickles, and water throughout the festivities. The parade was another highlight, with CARE Board Member, Scott Manea driving his vintage [1956 Chevy] truck while another CARE Board Member, Mary Keating, and her crew spread smiles and candy along the route. We would also like to thank Reliant Roofing for their generous donation of a playset, which we raffled off in support of CARE.

These events are about much more than fundraising. They reflect a community that values its



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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ginikalton@gmail.com

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

From the Director
... continued from page one

seniors and recognizes the importance of supporting one another. The volunteer hours, sponsorships, donations, and proceeds from these events help support our mission and serve as matching funds for the Department of Human Services Live Well at Home Grant. In other words, every dollar donated, and every hour volunteered helps our funding go even further in serving local seniors and their families.

On behalf of everyone at CARE, please accept our deepest gratitude. To our staff, fundraising committee, board members, volunteers, sponsors, donors, and community supporters - thank you. Your generosity, commitment, and belief in our mission make all of this possible. Every fundraiser's contribution, whether through time, talent, resources, or financial support, plays a vital role in the success of our organization and the lives we touch each day.

For 24 years, CARE has been blessed to serve this community. With your continued support, we look forward to serving our neighbors for many years to come.

If you are interested in volunteering at future events or becoming part of our fundraising committee, please contact the CARE office at 320-968-7848. We are always grateful to welcome new volunteers, fresh ideas, and helping hands.

A handwritten signature in black ink, appearing to read "Jen", is positioned to the right of the text block above.

The CARE Board of Directors and Staff are excited to report and to thank the Central Minnesota Council on Aging for grant funding under the Federal Title III B of the Older Americans Act. The grant funding is for support services for the 2026 calendar year, which includes assisted transportation, homemaking, and chore services. The amount of the grant is \$21,189 to use through December 31, 2026. Our targeted population is low-income rural seniors in Benton and Sherburne Counties. CARE relies heavily on staff and community volunteers to provide services to seniors throughout our service area. Older adults who receive these services are encouraged to make a cost share donation. CARE's policy is no senior will be denied services because he or she is unable or unwilling to make a donation. Again, CARE would like to thank the Central Minnesota Council on Aging and let them know how grateful we are to receive this funding. By working together, we are enriching the lives of seniors in our community.



OFFICE VOLUNTEER NEEDED

CARE staff is adjusting to a new databank for records management, and CARE is seeking a volunteer to assist with data entry and to provide administrative support. If you have experience and would like to help us through this transition, please call Sarah at the CARE office (320-968-7848).

REMINDER TO ALL VOLUNTEERS

Your hours and miles matter! You may not be aware, but every hour you serve as a volunteer for CARE and every mile you drive equates to matching funds for the grant money we receive. Please remember to keep record of your hours and miles and report them prior to the end of each month. This not only includes volunteer drivers and direct services, but fundraising events and miscellaneous volunteer tasks performed for CARE. If you have questions, call Sarah Kellen at 320-968-7848. We will soon be transitioning to a volunteer portal online which will make reporting easier. ***Help support CARE's funding needs, remember to report your hours and miles!***

IMPORTANT NOTICE TO ALL VOLUNTEER DRIVERS: The following dates have been chosen for the annual Volunteer Driver Meetings (please choose one and call the office to reserve your spot):

Thursday, July 9, 1:00 p.m.

OR

Tuesday, July 14, 10:00 p.m.

OR

Tuesday, July 21, 10:00 a.m.

CARE will provide information on updated procedures, complete your annual vehicle inspection, update your medical statements, and will need to obtain your current proof of insurance and have you review and sign the confidentiality agreement. Please drive the vehicle you use to volunteer so inspections may be done. During the training you will need to provide the following, so be sure to bring this information with you to the meeting (a letter with more details will be sent out soon):

- Driver's license
- Proof of insurance
- Physicians' name, address and phone number
- Vehicle license plate number

CARE client, Pat, says, *"The only dependable ride is CARE."* Thank you for all you do as drivers!

2026 VOLUNTEER APPRECIATION LUNCHEON SCHEDULED

Mark your calendars for the CARE annual Volunteer Appreciation luncheon on Tuesday, August 11, from 11:30 a.m. – 1:30 p.m. The CARE board and staff will be hosting a potato bar with live music and many prize giveaways. Consider bringing a friend. Invitations will be sent out in July. Please RSVP before August 4th for a chance to win a \$50 gift card!

WAY TO GO VOLUNTEERS! The Pork Chop Dinner and Silent Auction event was a huge success, thanks to so many volunteers. Over 393 hours and 1,205 miles to get the job done!



CARE client, Carol, age 88, has been alone for 26 years. Volunteers Emi, age 15, and her mother, Megan, along with volunteer Judy, have been serving Carol's needs through grocery shopping, homemaking and rides. Emi initially signed up to volunteer on her own but in order for Emi to be able to provide direct services with clients, her mother, Megan, agreed to sign up as well. Judy began volunteering as a driver with CARE after her retirement more than 3 years ago.

Carol is very thankful for their help and tells us that while Emi is helping with her housekeeping, she enjoys visiting with Emi's mother. Megan also provides grocery shopping for Carol. Carol says they always do what she needs and that they are very nice. She is also thankful for Judy, who gives her rides to appointments. Over time, friendships have formed between Carol and these amazing volunteers.

Emi enjoys helping others and says it makes her feel fulfilled. She enjoys seeing Carol which strengthens their friendship bond. Megan enjoys the time she and Emi volunteer together serving others. Her most rewarding moment was when Carol shared that she thought she was going to have to move out of her home, but with Megan and Emi's help, she feels she can stay in her home longer.

Emi is glad they can help Carol maintain her independence in her home. They enjoy spoiling Carol with extras, but she doesn't like that they fuss over her, "It's a monthly battle. She tells us not to do it anymore, and then we do it anyway," says Megan, "We start each monthly visit by just talking and catching up with each other. Then Emi starts cleaning and I head out to the grocery store. We share details about our life, and she checks up on us too. We just recently celebrated our first anniversary together and agreed that we all benefit from this match through CARE."



Friends Megan, Carol and Emi

As a driver and respite care volunteer, Judy wanted to find a way to help others. She appreciates making new friends through volunteering and finds it a joy to take Carol to her appointments, "It is always non-stop talking, exchanging our lives with each other," she said, "Carol is always more worried about taking too much of my time, but I am grateful to be a part of Carol's life." Judy loves to see the smiles on clients' faces when she helps them out. Recently, when helping a respite client, she found that the client's husband would join in on visits. Now that that client has passed away, she still connects with the client's husband and a friendship has formed. She truly enjoys visiting with clients, discussing all aspects of life. She would like to let others know that as a volunteer, she is here to help and listen! She wants to hear clients' stories and often finds out that they have much in common with each other.



Are you a Thrivent Member? Would you like to help support the CARE organization during one of our events? Please contact the CARE office to have your name added to our list of generous Thrivent members.



DUELM KNIGHTS OF COLUMBUS BREAKFAST IN SUPPORT OF CARE

The CARE Board of Directors and Staff are grateful to the Duelm Knights of Columbus for providing us the opportunity to be the recipients of the proceeds from their breakfast that was held on Sunday, April 19th. These gentlemen work hard as a team, making this event a pleasure to attend, and everyone *loves* the all-you-can-eat scrumptious breakfast. With nearly 300 in attendance, a record-breaking breakfast according to the Knights, CARE was presented with a \$1,900 donation, an incredible blessing! *Thank you Knights!*



CARE COMMUNITY OUTREACH

Sarah Kellen represented CARE at the mission's outreach at New Life Church in Foley this past March. Participants included members of the congregation, both young and old. There were numerous young people who enjoyed playing CARE Trivia for special prizes. Thank you New Life Church for the opportunity to promote CARE at your event.





24TH ANNUAL PORK CHOP DINNER EVENT BY JEN KIPKA

It is difficult to find the words to fully express our sincere appreciation to everyone who helped make this event, held on May 14th at Northern Hollow Winery, the most successful one yet! This incredible achievement would not have been possible without the dedication, generosity, and support of so many people, from our amazing staff, fundraising committee, board members, and volunteers—who worked tirelessly behind the scenes to honor cherished traditions while bringing fresh ideas to life—to the countless community members who purchased tickets and donated auction items, baked goods, plants, gift cards, and cash-and-carry items. We are incredibly humbled by your kindness and commitment to CARE's mission. We are especially grateful to our generous sponsors whose support helped make this event possible:

PLATINUM SPONSOR

Granite City Roofing – Pat O'Neill

SILVER SPONSORS

- ◆ Brookwood Farms
Jerry and Elaine Bauerly
- ◆ Knicely Taxidermy
Brandon and Jessica Knicely
- ◆ Proviant Group Ameriprise

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- ◆ 1st National Bank of Milaca
- ◆ Hewitt Jackson
- ◆ Kramer Financial
- ◆ Ramey/Morrill Lions Club



Above: Duelm Knights of Columbus grilled the pork chops to perfection

A special thank you also goes to Northern Hollow Winery, Grand Champion Meats, Duelm Knights of Columbus, Mustang Signs and Graphics, Texas Roadhouse, Good Fellas, Kalton Communications, Thrivent Financial, Falcon National Bank, and to all those businesses and individuals who provided in-kind donations. Your generosity and partnership played a vital role in the success of this event.

The true impact of this evening extends far beyond a successful fundraiser. Every ticket purchased, every donation given, every hour volunteered, and every act of support helps CARE continue its mission of assisting older adults in living safely, independently, and with dignity in the homes and communities they love.

We are truly blessed by your support, and grateful to walk alongside such a caring and compassionate community. We are already looking forward to celebrating next year!

Thank you



CARE Volunteers and Staff greeted, served, and cleaned up after all the fun. Much gratitude goes out to the Foley Scout Troops and the Foley Ambassadors who worked as volunteers for CARE during this event.





5TH ANNUAL CARE GOLF TOURNAMENT

The 5th Annual CARE Golf Tournament was held on Thursday, June 5th at Stone Creek Golf Course in Foley, with 18 sponsors and 13 teams participating. It was a beautiful day and everyone had so much fun! A huge shout out to Mary Spiczka for chairing this event, with gratitude for an incredible job! Many thanks to all the sponsors, teams, donors, and volunteers, and to Stone Creek Golf Course. The success of this event is a reflection of the efforts of volunteers and the participation of our wonderful community. The CARE Board and Staff are very grateful to everyone!



**Congratulations to
this year's winners!**

Double Bogey



\$500 Hole Sponsors:

Centra-Sota
Czech Farms
Dewey Street Dental
Edward Jones-Jamie Christensen
Gardens of Foley
Granite City Roofing
New Life Church
Novak Builders and Remodelers
Odam Medical Group
Orsted



\$300 Hole Sponsors

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Herbst Lumber
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MEET THE TEAMS



Bunker Buddies



Far From Par



Dirty Old Men



Prime Concrete



Chix with Stix



Designated Drivers



Party of Fore



Tweet Tweet



Whose Your Caddy?



High Yield



Gunny's Limpers



New Life Church

Planning for the next tournament begins in March 2027 with new opportunities for hole sponsors and teams, so mark your calendar and plan to join the fun in 2027!



The Merriam-Webster dictionary defines complacency as a calm sense of well-being and security; the quality or state of being satisfied, especially satisfaction or self-satisfaction accompanied by unawareness of actual dangers or deficiencies. In a crime prevention lens, complacency can undo months or weeks of thoughtful preparation.

Complacency is a natural human tendency. When negative consequences fail to materialize after weeks, months, or years, it is very natural for our minds to focus attention onto things that seem more urgent and pressing. However, crime prevention requires each of us to push past the tendency to become complacent and actively focus on our prevention strategies.

Person crimes are unpredictable and can happen anywhere. I hope that all of you live in safe neighborhoods and that your travels take you to and through places that are trouble-free. However, nowhere is immune to crime. Whenever out and about, we should always be alert and aware of who is around us and what is going on. This isn't an unwarranted fear that everyone or someone in particular is about to do harm. Being alert and aware means looking at your surroundings and the people around you while watching for signs of trouble. Trouble could be the oversized pothole in the road your vehicle is about to plunge into, the aggressive dog snarling behind the rickety fence, or the person lurking in the parking lot across the aisle from your car. Being alert and aware gives you the opportunity to create and implement a safety strategy. The simple act of projecting a posture of awareness is the first step in communicating to a would-be criminal that you are not the easy target they seek. Even if you haven't felt that uneasiness in your stomach from your subconscious telling you something isn't right, since before you were Medicare eligible, continue to go about your life alert and aware of anything life might throw your way.

Property crime is even more widespread than person crimes and also happens all around us. Though it may have been some time since you or a neighbor lost anything to a thief or burglar, crime prevention is still important. Some of the key steps that should be practiced regularly are locking up vehicles, valuables, and outbuildings. Bringing keys to a safe location and keeping valuables out of sight is important. Good visibility to the public and good lighting deters thieves. Involved neighbors who know your habits can alert law enforcement to suspicious activity. By regularly taking steps to increase the risk of thieves being caught, you will keep them moving on to easier targets.

Scams are a never-ending issue in our modern world. The simplest way to protect yourself and remain vigilant against scams, in whatever new form they may take, is to always be suspicious of people who contact you unexpectedly. Regardless of who the person says they are, what urgent situation they describe, or how much they play on your fears or emotions, always treat these unexpected contacts with the utmost suspicion. Make the person prove who they are, or better yet, research who they say they are on your own before giving up any personal information or banking information.

Fight the urge to slip into complacency in your crime prevention habits. Your best defense against crime starts with your personal attention to not being a victim.



FOR YOUR HEALTH - FALL PREVENTION AND CARING FOR SENIORS

BY DR ROBERT LARBI-ODAM, ODAM MEDICAL GROUP

Falls are a leading cause of injury among older adults. Falls are not inevitable, there are several ways by which our seniors and their medical providers can work closely together to prevent such falls from occurring. In a report from the Minnesota Department of Health, in 2024 there were about 12,000 hospitalizations and 30,000 emergency room visits due to falls among adults sixty-five and older in Minnesota. In 2023 falls among older adults caused around 1350 deaths. Minnesota has the second highest rate of death, due to falls among older adults, in the nation after Wisconsin. The occurrence of falls is often exacerbated in our seniors by a combination of frailty, winters, and decreased physical activity. Falls can be very costly. According to the CDC, falls among older adults cost Minnesota more than \$700 million in 2014.

Critical to fall prevention is to first address any concerns of seniors with family, friends, and their medical provider. These are the three common reasons why you should address your fall risk with your medical provider:

1. Have you experienced a fall in the last one year?
2. Are you worried about falling when you walk or stand?
3. Do you feel unsteady when walking or standing?

To help evaluate your fall risk, discuss with your doctor if you have problems with your heart rate or any abnormal rhythms. If you have problems with your feet, or have any concerns about depression or incontinence. These can exacerbate the episodes of falling and should be discussed with your primary care provider. Annually at your physical, and periodically when you visit your physician, have them review all your medications, especially your over-the-counter medications used, to make sure that none of them causes any drowsiness. It will also be good to have your vision checked periodically to make sure that your corrective lenses are adequate for your vision. Your medical provider will discuss with you about your home environment to determine if there are any risks that would need a further evaluation by a medical person to prevent falls among seniors. When medically necessary, your medical provider can order a home visit from an occupational therapist and a physical therapist to assess and treat any condition that will make you prone to falls. Most health insurance plans, including Medicare, cover home safety and fall risk evaluation if a doctor determines that they are medically necessary.

What are things that you and your family can do by yourself to prevent falls in your home?

1. Avoid walking around furniture when walking through a room.
2. Remove any unanchored rugs on the floor in your home.
3. If there are any books, boxes, blankets, or any objects obstructing on the floor this should be organized in a safe way.
1. Avoid walking over or around wires or cords like extension cables, telephone wires, or electrical wires for your lamp.
1. Improve the lighting, especially on the stairways and from your bed to the bathroom.
2. Address slippery surfaces in the bathtub or shower floor. A top chair or having safety handles around your bath and toilet would help as well.
3. Avoid storing objects that you use regularly on high shelves.

A senior's fall prevention exercises are an effective way to start on your own. Seniors will benefit from a bone density evaluation to access osteoporosis which puts seniors at risk for fractures when they fall. Odam Medical Group provides office-based bone density testing.



CARE ART CLASS - GATHER AND CREATE!



"She inspired me to create. I never really did Art before, but now I feel like I can do it."
Julie Rhoda



The CARE Art Classes take place on the third Tuesday of every month from 10:00 a.m. 'til noon. Classes are for seniors ages 60 and older, and caregivers or drivers who bring a senior to class. Please call in advance to reserve your space or to request a ride from a CARE volunteer driver. 320-968-7848



CARE SENIOR SOCIAL - MUSIC, LUNCH AND BINGO!

These free events take place on the third Wednesday of every month from 11 a.m. to 2 p.m. at the First Presbyterian Church in Foley. For seniors ages 60 and older, their caregivers and drivers, the fun begins with music and lunch followed by 10 rounds of Bingo. Musical entertainment in April was provided by Duane Walter, in May the Penn Street Singers, and in June, during Foley Fun Days, it was Kevin Wegman. Call CARE for more information or to schedule a ride with one of our volunteer drivers.



CONTRIBUTORS - Donations received 3/01/2026 - 6/15/2026

Cash Donations

Andrew & Stephanie Rahm	Judy Winkelman	Aurora Staples Inn
Ann Tomporowski	Kathleen Kampa	B&J Evergreen
Arlene DeZeller	Kim Rhonemus	Barb Semrau
Art Class Participants	Lorraine Potuzak	Becker Vet Clinic
Barb Semrau	Lucille Hovland	Bev Hemmesch
Beverly Dillenburg	Mary Carlson	Bill Spiczka
Bonnie Maske	Mike's Barber	Blue Door Salon
Brenda Berkebile – Benevity	Missy Barthelemy	Boulder Tap House
Carol Abraham	Mitchell Czech	Brandon Knicely
Chester Potuzak	Monarch Healthcare	Brandt & Paige Theisen
City of Foley	Pamela Bauerly	Brenny's
Czech Farms	Patrick Eisenschenk	Briggs Lake General Store
D&L Express Inc	Patrick O'Neill	Briggs Lake General Store
Dale Herbst	Paul Jackson	Broadway Floral
Dan & Karen Martens	Renee Dingmann	Bruce & Sug Latterell
Debbie Blank	Rob Ratke	Bug Commander
Debra Kazeck	Robert Tomporowski	Carlos Creek Winery
Donna Woolard	Ron & Marie Herbst	Caseys Amusement Park
Duelm Knights of Columbus	Ronald Tillman	Cedar Rose Bed & Breakfast
Earl & Carol Bukowski	Sabine Lefebvre	Centra Sota Cooperative
Erin Dohrmann	Sara Kolden	Chanhassen Theater
Evelyn Kirby	Schmidt Insurance	China Star Buffet
Foley Legion	Senior Social Participants	Cindy Neiss
Fran Adelman	Shelley Czech	City of Foley
Frannie Harper	Snap Fitness	City Salon and Tan
Gary & Carol Spoden	Terrance Gorecki	Coborn's Liquor
Gearld Bettendorf	Theodore Beebe	Common Ground
Graham Township	Tom Schefers	Compeer Financial
Graham United Methodist Church	Ty Hoppe	Cookie Advantage
Women's Mission Group	Virgil Spiczka	Country Inn & Suites
Gustavus Adolphus Church	Virginia Kalton	Cutting Edge Salon
Harold & Yvonne Linz	William Bronder	D J Bitzan
Harold Gohman	William Imborski	D&L Express
James Moshier		Dairy Queen
Janet Kroska	<u>In-Kind (non-cash) Donations</u>	Dan Ranweiler
Jerome & Judith Studenski	Alex Bike Shop	Deb Helmin
Jerry Bauerly	Alex Shooting Park	DJs Tap House
Jesse & Jen Kipka	Alexandria Aviation	Dombrovski Meats
Jill Johnson	Alexandria Golf Club	Don & Dee Oien
John Murray	Ameriprise/Proviaant Group	Ducks Sports Bar
Joyce Notsch	Andes Tower Hills	Duelm Knights of Columbus
Joyce Rife	Applebee's	Elaine & Jerry Bauerly
Judith Studenski	Arnie & Liz Schommer	Ev Kirby



CONTRIBUTORS CONT. - Donations received 3/1/2026 - 6/15/2026 *THANK YOU!*

Evelie Blu Boutique
Falcon National Bank
Foley Collision Center
Foley Family Restaurant
Foley Fire Department
Foley Floral
Foley Hardware Company
Foley Public Schools
Frandsen Bank & Trust
Frank Luchinski
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Graham United Methodist Women
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Grand Champion Meats
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Great River Children's Museum
Grizzlys
Hampton Inn & Suites
Hannah Strand
Hardware Hank
Hattie Larsen
Hewitt Jackson Real Estate
Holiday Inn
HOM Furniture
Home Instead
Hook and Slice Alexandria
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MN Vikings
Molitor's Quarry Grill & Bar
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Murphy Chevrolet
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Nails of Alex
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Papa Murphys
Pat Abfalter
Paul Kuhn
Perkins
Pierz Golf Course
Pike & Pint
Pizza Ranch
R&R Animal Care
Raising Canes
River Boat Depot
Rollies
Ron & Barb McKeever
Ron & Carol Miller
Ron Herbst
Ronald & Kathy Botzek
Sabine Lefebvre
Sacred Soul
Sarah Kellen
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Scott Manea
Shayna Harnack
Skatin' Place
Southway Bowl
St. Cloud Rox
Stacy Stigman
Starbucks
State Farm Insurance
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Stones Throw, Milaca
Stoney Brook Farm
Subway
Sue Hoffman
Teal's Market
Territory Golf Club
Texas Roadhouse
Thelma Otto
Tim & Deb Helmin
Tim Adelman
Travis & Brooke Sweno
Tricia Pusch
True North Family Clinic
Wapicada Golf Club
Well & Co
Westside Liquor
Willy T's



Memorials

Debbie Blank	in memory of Larry Balvitsch
Ev Kirby	in memory of Sandra Ouellette
Frannie Harper	in memory of Don Corrigan, Craig Corrigan & Rich Smelter
Jack & Barb Semrau	in memory of Maggie Fouquette
Joan Mazacek	in memory of Claudette Czech
Judy Winkelman	in memory of Laure Emslander, Larry Balvitsch & Rich Smelter
Julianne Kemink	in memory of Geraldine Helmin
Larry & Janet Kroska	in memory of Rich Smelter
Renee Dingmann	in memory of Ruth Chmielewski
Sabine Lefebvre	in memory of Mary Agnes Shimota
William Imborski	in memory of Tony Boyle, Howie Johnson, Rich Smelter, Brian Zawacki, Lester Adelman, and Karen Rudnitski

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MARK YOUR CALENDAR!

**FOR MORE INFORMATION, OR TO SCHEDULE A RIDE OR FOOD DELIVERY,
CALL CARE 320-968-7848**

JULY

Aging Well Fitness Classes Tuesdays 1-2 pm
13 All Food Distribution Programs 11:00 am
15 Senior Social 11am-2 pm
21 Art Class 10:00 am - 12:00 noon

AUGUST

Aging Well Fitness Classes Tuesdays 1-2 pm
10 All Food Distribution Programs 11:00 am
11 Volunteer Appreciation 11:30 am - 1:30 pm
18 Art Class 10:00 am - 12:00 noon
19 Senior Social 11am-2 pm

SEPTEMBER

Aging Well Fitness Classes Tuesdays 1-2 pm
14 All Food Distribution Programs 11:00 am
15 Art Class 10:00 am - 12:00 noon
16 Senior Social 11am-2 pm

OCTOBER

Aging Well Fitness Classes Tuesdays 1-2 pm
12 All Food Distribution Programs 11:00 am
20 Art Class 10:00 am - 12:00 noon
21 Senior Social 11am-2 pm