



# Redwood County NEWSLETTER

*Engaging communities by educating, connecting and advocating with an emphasis on volunteerism and independent living.*

April, 2017

## ACE of SW MN

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Redwood Falls

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Lucille Lienig

## Joint Powers Board

Dave Forkrud

## April is Volunteer Appreciation Month



### A big THANK YOU to our volunteers!

April is Volunteer Month. This is the month we set aside to recognize the good works being done on a daily basis by folks in Redwood County. We know that most of you don't volunteers for fame or honor. Your give of your time and share your skills to help others without any request for praise.

BUT, we do want to say thank you to all of the A.C.E. of SW Minnesota volunteers who never hesitate to step up to volunteer and help wherever needed in all of the communities in Redwood County.

Our hope is to that you are thanked each and every time you volunteer. Thank you for all that you do to strengthen your community, and support the causes you care about. The work that you do is truly extraordinary & much appreciated.

### 2016 PROGRAM STATISTICS

Total Volunteers	540
Active A.C.E. of SW MN—Redwood County Volunteers	419
Hours Served by A.C.E. Volunteers	51,878
Active Clearinghouse Volunteers (under age 55)	42
Hours Served by Clearinghouse Volunteers	3,043
Total Hours Served by Redwood County Volunteers	54,921 (up 4,867 hours from 2015)
Current Volunteer Station Partnerships	70
Value of RSVP's Volunteer Time (Based on \$10 per hr)	\$549,210

# Redwood County Volunteers in Action

## Bridge Street Bargains



Bridge Street Bargains will celebrate its 3<sup>rd</sup> Anniversary at its new location - 416 East Bridge Street on May 3. Over 500 people visit the Bridge Street Bargains each month. Donations are accepted when open and are appreciated. Shown working at the thrift store is Diane Larson, Bernice Senkyr and Judy Landgraaff.

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A yellow oval logo with the words "Thank You!" in a colorful, bubbly font.

Thank you to everyone who picked up the Relay for Life luminary bags to fold. Your help is greatly appreciated.

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### **Donations of Used Cell Phones and Ink Cartridges**

Did you know that the money that we receive from used cell phones and ink cartridges goes into our Volunteer Appreciation account to help fund the event. We continue to recycle these items and you can help by dropping them off the locations listed below.

- Wal-Mart
- H & L Printing
- Gloria Dei Lutheran Church – Redwood Falls
- 1st Presbyterian Church – Redwood Falls
- A.C.E. of SW Minnesota – Redwood County office





## Coffee & Donuts with the County Commissioners



Join us for coffee & donuts with the Redwood County Commissioners as we visit with them about the work of A.C.E. of SW Minnesota. This event is in honor of National Service Day. This is a day set aside to recognize the positive impact of volunteers in Redwood County and thank those who serve.

**When:** Tuesday, April 4 at 8:30 AM

**Where:** Redwood County Government Center – Commissioner Meeting Room

**All volunteers registered with A.C.E. of SW Minnesota are invited to attend.**

This event **will not** replace the annual Volunteer Appreciation event which will be held on Thursday, May 11 at St. Catherine's Catholic Church in Redwood Falls. Invitation for the Volunteer Appreciation event will be sent later in April.



## Volunteer Appreciation Event

Please save the date for Thursday, May 11 beginning at 5 PM to join us for this great event when we say thank you in a small way for your hard work as a volunteer. The event will be held at St. Catherine's Church in Redwood Falls & will feature those delicious Dad's Belgium Waffles. Music will be by the Nevery Brothers. Invitations will be sent in April.



## Healthy Lifestyle

### Your Health Care Directive

Wednesday April 12, 2017 – 9:30 a.m. Redwood Area Community Center

**Presenter – Joleen Johnson, LSW, Social Services Department – Redwood Area Hospital**

Healthcare providers and families often struggle to make difficult healthcare decisions when patients are unable to speak for themselves. By putting your wishes in an advance directive, others will not have to feel responsible for tough decisions in an already difficult time. Information and forms will be available.

Classes are free. For more information contact Karen Christensen, A.C.E. of SW Minnesota – Redwood County 627-1016 or Wendy Dahl, Redwood Area Hospital 637-4527.

# Spring Dementia Event



Tuesday, May 23, 2017

9:30 a.m. - 2 p.m.

Registration begins at 9 a.m.

Gloria Dei Lutheran Church

301 North Lincoln St., Redwood Falls, MN

**WHO SHOULD ATTEND:** Professionals, caregivers, and interested community members

**COST:** \$30 - Professionals (includes CEUs); \$15 - Caregivers & Community Members  
Includes morning refreshments and box lunch

#### SPEAKERS:



**Debbie Richmond, BS, ACC, Vice President of Education & Outreach - MD/ND Alzheimer's Association**  
"Dementia Conversations" - Conversation with family members who are showing signs of dementia can be challenging and uncomfortable. Debbie will offer helpful tips to assist families in having honest and caring conversation about driving, doctor visits and legal & financial planning. The work shop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources.



**Dr. John Brose, Associated Clinic of Psychology, Co-Creator of the Dementia Care Certificate Program in Minnesota**  
"Innovative Strategies for Dealing with People with Dementia" - Dr. Brose has treated over 35,000 older adults. Approximately 75% of them have some cognitive impairment. He will present innovative ways to think about people with dementia and how best to manage them and enhance their lives without psychotropic medication. Dr. Brose uses metaphors in everyday language to explain complex concepts, and has lectured on this topic in 48 of the 50 states.

**TO REGISTER:** Call A.C.E. of SW MN Redwood County at 507-627-1016 by Tuesday, May 16, 2017 or email at [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us)

A panel discussion will follow the presentations. Panel members include Dr. John Brose, Associated Clinic of Psychology; Debbie Richmond, MN/ND Alzheimer's Association; Kilee Tauer, Physician Assistant - Avera; and Gail Radke, MNRAAA Outreach Specialist for the Senior Linkage Line

Sponsored by the Redwood Area Dementia Awareness Network

Funded in part by Westside Clothing Center, Redwood Area Hospital Foundation, Redwood Falls Rotary Club, and a dementia grant from the MN Board on Aging



## 2017 SPRING DEMENTIA EVENT

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Pre-registration required: \_\_\_ \$30 (professionals - CEU's available); \_\_\_ \$15 (caregivers/community members)

Includes morning refreshments & lunch  Request Gluten Free

Registration Deadline: Tuesday, May 16, 2017

Return form and payment to: Karen Christensen  
A.C.E. of SW Minnesota - Redwood County  
1011 E. Elm Street, #221  
Redwood Falls, MN 56283

For more information contact:  
A.C.E. of SW Minnesota at 507-627-1016  
or e-mail: [ace.redwood@co.redwood.mn.us](mailto:ace.redwood@co.redwood.mn.us)  
Website: [www.aceswminn.org](http://www.aceswminn.org)

# GET INVOLVED

Be a volunteer and reap the rewards



## Volunteers ...Are You Looking for a New Volunteer Opportunity?

If you are interested in any of the following volunteer opportunities call A.C.E. of SW MN – Redwood County at 507-627-1016.



**Wabasso Rehabilitation & Healthcare Center** invites people of the community to volunteer at their facility. Call Chris Pitzl, Activity Director at 342-5166 to volunteer



**Season Hospice House** in Redwood Falls is in need of **lap quilts** for residents. Many of them are signed by visitors and are given to the family after their loved one passes away. The quilts should be lap size with blank quilt squares for visitors to sign (see picture to right). Call our office at 627-1016 for details



- **Redwood County Salvation Army Kettle Coordinator** A volunteer is needed to administer the kettle campaign in Redwood County. The volunteer would make arrangements for all kettle sites prior to the kettle season, schedule volunteers at kettle locations, perform clerical duties, make bank deposits, set-up and tear down kettle equipment and contact media about events. Call Kim Schwich at (507) 326-5017 to volunteer.
- **Redwood Falls Blood Drive Coordinator** A volunteer is needed to coordinate the Redwood Falls Blood Drive. Volunteer will coordinate blood drives that are held 8 times a year. Supervise local volunteers who call to line up and schedule the donors, canteen workers and those who set up and take down the tables afterward. Some computer skills needed as scheduling is now on-line. Volunteer now and learn from the present coordinator Call our office at 627-1016 or Laura Kohler at 507-641-8131.



# Reporting Your Hours

Reporting your hours is important to us. Did you know you can report your hours several ways. If you are volunteering at a station that is registered with us you can record your hours on their Station Timesheet. We also welcome phone calls at 627-1016, e-mail us at **ace.redwood@co.redwood.mn.us** or you can complete the timesheet below and mail or drop off at 1011 E. Elm St. #221, Redwood Falls, MN 56283.

## REDWOOD COUNTY VOLUNTEER TIME SHEET

Month: \_\_\_\_\_ **Volunteer Signature** \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

Where did you volunteer? \_\_\_\_\_

Date \_\_\_\_\_ Number of Hours volunteered \_\_\_\_\_

***Please submit your hours by the 5<sup>th</sup>***