



Redwood County NEWSLETTER

*Engaging communities by educating, connecting and advocating with an
emphasis on volunteerism and independent living.
March, 2017*

ACE of SW MN

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Is It Spring Yet?



Did you like the little bit of spring we enjoyed last week? Record breaking temperatures in the 60's in February. You have to love it. The snowstorm predicted didn't hit our area and temperatures remain above average. We know spring can't be far away.

Make sure to mark your March calendar and plan to attend the Healthy Living Series on March 8 at the Redwood Area Community Center (see info in this newsletter). Ryan Pope, Physical Therapist, from the Redwood Area Hospital will speak on "Adding Ability to Arthritis". This event will begin at 9:30 AM.

Caregivers are invited to our Powerful Tools for Caregivers classes that will begin on March 7. Learn how to take care of yourself while caring for a family member or friend. Information follows in this newsletter. Preregistration is required so materials can be prepared.



"St. Patrick's Day is an enchanted time – a day to begin transforming winter's dreams into summer's magic."

Adrienne Cook



From our Mailbox



Thank you to everyone who answered the call to delivered Home Delivered Meals in Redwood Falls during February. Your help was greatly appreciated.

Patsy Evers, Senior Dining Coordinator

Redwood County Volunteers in Action

WABASSO FOOD SHELF



Working at the desk and checking in participants is Veanne Battistini. Also helping on the day I visited was Bernadine Pistulka, Florence Salfer, and Bernadine Knott. These are just a few of the many volunteers who assisted at the Food Shelf each week.

PIECEMAKERS QUILTERS – REDWOOD FALLS



The Piecemakers Quilters have been quilting for almost 14 years. In 2016, the group donated 60 quilts and made more than 155 quilts in all. Quilts are donated to organizations, benefits, etc. This year quilts were donated to Tim Orth Foundation, Share the Spirit, Hospice, friends and members of the congregation that were hospitalized and in nursing homes, baptisms, baby showers, weddings, graduates, Animal Shelters, Salvation Army, Freezing for Food, Mittens & More Tree, Ronald McDonald House and Senior Center. The group meets the 1st & 3rd Wednesday of the month and everyone is invited to join them.



Healthy Lifestyle

Adding Ability to Arthritis

Wednesday, March 8, 2016 – 9:30 a.m. Redwood Area Community Center

Presenter – Ryan Pope, PT, DPT, WCC, Rehab. Services Department – Redwood Area Hospital

Osteoarthritis (OA) is the most common cause of disability in the U.S. adult population. Ryan Pope will give a general overview of OA and provide tips and resources focused on supporting abilities to help overcome the disabilities associated with arthritis.

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.

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Bone Builders in Lamberton Celebrating 10th Anniversary



Seated l to r – Elaine Steffen Jeanmine Holmberg, Jane Moody, Ella Derickson
Back l to r – Carole Schlei, Helen Nyberg, Sandy Gustad, Mary Jo Vollmer and Judy Kumerow
Present but not pictured Ruth Merringer. Thank you to Ruth & Sandy for leading the groups who meet at Valley View Manor at 9 AM and the Lamberton Community Center at 2 PM.



A Class for Family Caregivers

Powerful Tools for Caregivers

Every Tuesday starting March 7 for 6 weeks

1 – 2:30 PM

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country.



This class series meets once a week for 6 weeks at The Corner, 301 South Washington St., Redwood Falls.

Class size is limited and registration is required – please register by March 4.

Suggested Donation - \$10

Have questions or want to register for the class?

Call - Karen Christensen at 627-1016 or e-mail ace.redwood@co.redwood.mn.us

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.



Relay for Life Bags – The Relay for life luminary bags will arrive soon. This is a simple job that can be done in your home. We have 3000 bags to fold so would love to have your help. If you would like to help us out with this project, give us a call at 627-1016 to arrange to pick up your bags.



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.



American Red Cross Disaster Volunteers for Redwood and Renville County. On Saturday, March 4th, the Red Cross is offering one day Fast Track training. This event will run from 10 AM – 2:30 pm at the Redwood Falls Library located in Redwood Falls. Red Cross will be offering a full day of training for the Disaster Action Team which serves as the first, on-the-scene, Redwood Cross contact at local residential emergencies, most often house or apartment fires. These volunteers are trained in administering comfort and direct assistance to those who have been affected so that they can begin the recovery process. Lunch will be provided. For more information and to register, contact Angie Schull at 507-387-6664 x 1504.



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 5th