

ELDER NETWORK NEWS



Quarters 3 & 4 2023

“Those 55 and better and their caregivers have the opportunity to thrive and lead rewarding lives.”

A Note from Kathy



Volunteers are an integral part of the Elder Network Team, providing support to older adults and caregivers in our communities. We could not be successful in our work without the many volunteer hands

and hearts who help and support us. We have Friendly Visitors who spend time with older adults, Respite volunteers who give a caregiver a break, drivers who get older adults to medical and non-medical appointments, Technology volunteers who help older adults learn to use an iPad/internet, Education volunteers who help with classes and support groups, office volunteers who keep us organized and efficient, board members who provide support and guidance, communication volunteers that help us with social media and marketing, fundraising volunteers, interns and others who do special projects.

We often highlight our volunteers' efforts in these pages, and this time we are celebrating Tiffany Olson. Tiffany has given countless hours as a fundraising volunteer, board member and Friendly Visitor volunteer. It takes a special skill set and drive to fundraise for a nonprofit, and Tiffany brings a drive and passion to do this work. Tiffany has been a dedicated volunteer fundraiser in our community for a variety of organizations and causes. Her efforts on behalf of Elder Network are especially notable. Tiffany has been involved as a volunteer at Elder Network for more than a decade. Her service includes 12 years

as a Friendly Visitor with her daughter and four years as Executive Board Secretary.

This summer, Tiffany stepped up to take on the lead role for the Network's Annual Gala when the gala chair unexpectedly stepped down. Elder Network was planning its largest event, ever, for its 35th Anniversary Gala celebration. Tiffany's willingness to take on this role was critical to the event's success.

Over the past three years, Tiffany has chaired the Elder Network charity auction, securing more than \$38,000 in donations. We were very pleased to nominate her for the AFP (Association of Fundraising Professionals) Southern Minnesota Chapter 2023 Award for Outstanding Volunteer Fundraiser, which she received at the AFP banquet on October 5th, 2023. Congratulations, Tiffany, for this well-deserved recognition!



Elder Network attends many health fairs, farmers markets, volunteer fairs and holds educational events in

our communities. Find our events on our Event Calendar on our website at www.elder-network.org or call us to find out more.



Save the date for our 11th Annual Gala, on September 21st, 2024 at the Rochester International Event Center. More details to come!
Donate online at: www.elder-network.org



In 2023, we served 2,436 participants with 26,756 hours of service in Dodge, Olmsted, Wabasha, & Winona Counties.

- ◆ 94.9% of clients reported improved emotional/mental health as a result of our programs and services.
- ◆ 95% of clients reported improved quality of life as a result of our programs and services.
- ◆ 91% of clients reported an improved ability to remain independent as a result of our programs & services.
- ◆ 82.5% of clients reported improved ability to look after their health as a result of our programs & services.

We conducted a survey of participants and received many comments sharing how the services impact lives:

- ◆ "My family is out of state, so I have no one except Elder Network that I can really rely upon. I know if I really need something that Elder Network will provide it or find someplace that will. They are lifesavers for elders!"
- ◆ "Living alone without any nearby family who are still able-bodied to provide assistance, makes this program indispensable. It provides an alternative and keeps me from wearing out friends who are also aging and in pain. This program allows me to care for myself. Volunteers are consistently dependable & very compassionate without being intrusive."
- ◆ "Because of so many health concerns, Elder Network has helped me a great deal! Elder Network has helped me to have a reason to get up and now I have a better outlook on life. Thank You!"
- ◆ "My ability to complete everyday activities has been limited for 2 months. Elder Network provided me with a helping hand. Now, I can concentrate on recovery. My Companion comes in a timely manner & kindly listens. "
- ◆ "We would not have been able to have surgeries if not for Elder Network. Without Elder Network, we would have had to live in pain our entire retirement with a decreased ability to support special needs children."
- ◆ "I found a community of people who could help me understand what I would be facing being a caregiver to a person living with dementia-the feelings/concerns I was having, helping me problem solve, & providing their experiences."
- ◆ "I have made changes in our lives for the better. Elder Network made me feel better about myself! It has provided social outings, new friendships, and physical activities!"

Technology for Older Adults and Lasting Impacts of Visiting

Older Adults Surveyed on Aging in Place With the Help of Technology

Last year, the federal government proclaimed March 1 **Assistive Technology Day** to recognize providers of services and resources available that can improve quality of life and help maintain independence as we age. **US News & World Report** surveyed 2,000 US adults age 55 and older to learn how they are using assistive technologies in their homes. 93% agreed that aging in place-the ability to live in one's own home and community safely & independently-was an important goal. Devices which have made it easiest to age in place were medical or health-related mobile apps, service-related apps, hearing assistance devices, wearable or medical trackers, assistive smart home technologies and medical alert devices. What matters most to the responders of the survey was the device was easy to use, easy to set up, accessible via a mobile app, wireless, voice activated and had discreet product design. When choosing a device, the respondents suggest thinking about what might provide the greatest benefit for the daily tasks that are the most difficult. Once a device is selected, It is very important to receive a demonstration, training and trying it out for oneself to ensure understanding and success using the device at home. Elder Network's Technology Assistance Program (TAP) loans iPads and provides instruction and internet access, and is administered locally so that problems can be addressed quickly. The in-home training provides support and builds confidence in the user. The following situations are a summary of the TAP encounters we have had this past month:

- A older adult has a flip phone and wanted to have access to medical appointments after recent cancer treatment times and dates were frequently changed for appointments, and up to date information was required. An iPad was loaned and a hot spot provided to this household lacking internet service.
- "I feel like a little kid again, it's like getting a new car. I want to watch movies from my home country."
- "Going shopping is too challenging, physically and mentally. It's difficult not having a car." Online shopping was this client's priority.
- Looking for access to daily devotions and Bible study helped a blind client fulfill her need.
- A client was able to make meditation, a helpful activity she uses, a daily activity in her life, using the iPad.
- A participant who is 92 years young, "I am a dinosaur. It's time for me to learn."

The TAP brochure lists the words "**Connect, Explore and Relax.**" These words have special meaning to our program. This time of year-during/after the hustle and bustle of the holidays, when days are short-it is a time when we-as social beings- may feel overwhelmed, unfulfilled, and saddened. Perhaps because of illness or loneliness or lack of meaningful activity. The one-on-one interaction with the volunteer TAP coaches brings joy and anticipation for each visit.



Friendly Visitors Make a Difference in our Community!

Have you considered joining the Friendly Visitor Program? Would you like to serve as a volunteer who meets weekly with older adults, to provide conversation and company? We offer training, mileage reimbursement (for those age-eligible), and insurance. Our Friendly Visiting volunteers offer companionship that is invaluable to so many. The Friendly Visitor team has had some changes over the last 6 months and we are in need of volunteers to replace those who have needed to step down for a variety of reasons. Bruce, a wonderful volunteer, has had to leave Elder Network and was sorry to go. It was a sad loss for us since our volunteers are the heart of our program. Like many, Bruce is a kind and gentle person who brought so much to his client. Our FV program coordinator, Betsy Quattrin says, "Losing Bruce as a volunteer was incredibly unfortunate. Not just for the program but for Richard and his daughter, Cathy who came to care for Bruce like an extended member of their family." Betsy's clients are in need of a friend, so please consider being a volunteer and being the joy to someone else. (Right: Bruce and Richard with daughter, Cathy)



Friendly Visitor Program

100% of Friendly Visiting clients reported decreased loneliness.

Call today if you or someone you know faces loneliness and could use weekly visits! We can offer in-person, phone, or virtual meetings.
Call Betsy at 507-285-5272 to sign up!

Chronic Conditions Support Group

If you have a chronic condition such as diabetes, arthritis, heart disease, chronic pain, etc. then you can join us in-person on the 2nd Wednesday, and/or online on the fourth Wednesday, from 1-2pm.
Call 507-285-5272 to sign up!

Transportation

Transportation (Olmsted County only) provides rides to medical and non-medical appointments/locations. Clients must be able to get in and out of a vehicle independently, and complete an initial intake before a ride can be scheduled. Rides must be scheduled at least one week in advance. **Volunteer Drivers Needed!** Help older adults who are wanting to remain independent, and engaged in activities necessary for daily living.



**Call Donna at
507-285-5272 to
volunteer.**

Caregiver Support

Are you caring for a spouse or parent? Whether caring locally or from afar, we offer an online caregiver tool, **Trualta**. Please contact Holly today for more information: **507-285-5272**.

Olmsted Caregiver support groups meet the 2nd and 4th Thursdays of the month, at Elder Network, from 1:00-2:30 pm. See page 7 for more class options!

Elder Network Can Help:

- Companions can assist with tasks inside and outside of the home, such as: meal prep, light household tasks, grocery shopping, errands, and assistance at appointments.
- Volunteer Respite for caregivers: 2-3hours/week
- Caregiver Supports: peer-peer or 1:1 coaching
- Caregiver Family Meetings

Powerful Tools For Caregivers

A Class for Family Caregivers of Older Adults

This workshop is designed to help you take care of yourself while caring for an older relative or friend. Over a period of 6 weeks, this workshop will help you develop stress-reducing skills, communication tools, and increase positive self-talk. We started a virtual class beginning on Feb 20th. **Call to register for our upcoming** in-person class in Wabasha County, starting **May 7th-June 11th**, Tuesdays, from 1-2:30 pm. **Please call 507-285-5272** to get on our class list and learn more.



Chronic Conditions & the Aging Experience

It is with great privilege to age, as becoming an older adult is a right of passage not afforded to most people throughout human history. But aging also comes with it an increase in chronic conditions, illnesses, and disabilities that make life more complicated. Maybe the task that used to take only 10 minutes now takes an hour. Perhaps the hobby we once enjoyed is now too difficult due to pain or poor mobility. Great changes to how we structure each day may occur, resulting in our reliance on others or loss of independence. However, aging with a chronic condition is also an opportunity to build new skills. We learn how to adapt with creativity we never before imagined, build new friendships with the helpers in our lives, and gain knowledge that allows us to be experts on our bodies. These are the skills and experiences we help to provide during our in-person and online Chronic Conditions Support Groups. We aim to provide emotional support and build new skills in a supportive environment of similarly affected people. Whether you face age-related conditions such as arthritis, chronic pain, and heart disease, or have struggled lifelong with depression, anxiety, or other disorders, you are welcome to join us. No condition is too small or too big. **Call Melissa at 507-285-5272.**

Updates from Our Staff Members

Kate-Olmsted County Senior Advocate



The FBI estimates that older adults lose more than \$3 billion each year to financial scams-including romance, tech support and sweepstakes scams. These scammers are clever, but hopefully the following “Three Signs” will help you to know It’s a Scam:

- 1) Scammers **PRETEND** to be from an organization you know such as government organizations like Medicare, IRS and Social Security Administration. **REMEMBER** these entities **NEVER** call and ask you for your identifying numbers.
 - 2) Scammers say there is a **PROBLEM** or a **PRIZE**. But, remember we should never have to provide money to anyone from a phone call to avoid a problem or claim a prize!
 - 3) Scammers **PRESSURE** you to act immediately and want you to **PAY** in a certain way. This is their way of getting you to act before thinking it through and paying in a non-traceable way. If it sounds too good to be true, it most likely is. **Hang Up! If there is a time to be rude, this is it!**
- Resource: <https://consumer.ftc.gov/articles/how-avoid-scam#signs>

Betsy-Dodge County Caregiver Outreach & Olmsted County Volunteer Coordinator

The end of 2023 came with some sad losses here at Elder Network with the passing of three Friendly Visitor clients. Each were important members of our Elder Network family. Their volunteers became like family members and each are struggling with the loss of their friends and clients. Please keep them in your thoughts. This is a reminder of just how incredibly important our volunteers are to our clients and to Elder Network. We’ve also lost a number of wonderful volunteers-due to chronic illness and seasonal vacations. Our Friendly Visitor program has had nearly 10 volunteers end their service since October-due to chronic health issues they’re experiencing, newly diagnosed loved ones with serious health problems, and our “Snow Birds” flying South for the winter. It’s always sad to see a volunteer leave us. Please let us know if you can add a client to your volunteer service or if you know someone who might have been thinking about joining our Elder Network family as a new volunteer.



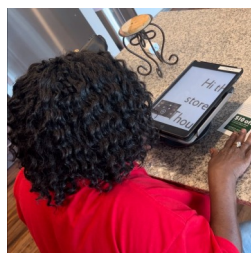
Holly-Caregiver Respite & Supports

Caregiver Respite and Supports are offered in Dodge, Olmsted, Wabasha and Winona Counties. Caregiver Respite (In-Home) provides relief for the caregiver to complete out-of-home tasks, while confident that their loved one is with a competent respite caregiver. Volunteers are still needed in all counties to support our mission! Caregiver Coaching is a goal-focused process of assisting individuals to improve personal and professional achievement. Support groups and educational workshops have proven to be a wealth of support and resources, as well. In-person or virtual options available. If you are interested in volunteering or receiving these services, please call Holly at 507-285-5272.



Donna-Technology Assistance Program

Elder Network’s Technology Assistance Program can help older adults stay connected and involved. Our clients have learned to video chat with family, order groceries on-line, have telehealth medical appointments, participate in online classes, and more. We customize the program to meet each person’s needs. We look at the experience you have had with technology, what you know how to do, what you want to do, and any physical challenges with vision, hearing, memory, or the use of touch. We offer iPads for loan or use your own device. Volunteers work with you at your own pace, according to your wants and needs. Our program volunteers provide practical help and training for the learner in their own home, where the device will be used. We currently have 30 iPads loaned, and served more than 40 clients in 2023. Volunteers work 1:1 with our program participants. The program is growing as older adults rely more and more on the internet for social interactions and connections to resources for daily living. We offer customized, personalized, useful training and education. This program is designed to meet the needs of those who want to be independent and an active part of the community. If you are interested, call Donna at 507-285-5272, today.



Family Caregivers Have a HEART for Giving

According to Merriam-Webster, "Joy is the emotion that makes life worth living in the moment because it resonates with our core identity. It is associated with feelings of ease, appreciation, and meaning." Remembering to "Choose Joy" is difficult at times, but when practiced, it can make life a little more tolerable and keeps our thoughts focused on positive things. Caregivers often say, "if only I was told ___, then caring for my care receiver would have been easier." Some of the learning curves experienced have been, "I wish I would have asked more questions about their diagnosis so I could plan accordingly for the future;" "It would have been helpful to know where to get connected to a support group or coach so that I could get the support and resources earlier on in this journey;" & "I wish someone would have told me that I am not responsible for everything. I took on way too much and became burned out and resentful." All these statements are felt by many caregivers and we want you to remember, "Caregiving is not a 'solo' sport. We have a number of support services that might be exactly what you are looking for to help you thrive-not just survive." Contact your local office to learn more today: Dodge & Olmsted at 507-285-5272, Wabasha at 651-565-3237, Winona at 507- 452-0580.



If you or a group of your peers would like to learn more about dementia, we can come to you to provide a 60-minute **Dementia Friends** session (community-focused), an 80-minute Dementia Friends Healthcare session, & others! Call 507-285-5272 today to learn more and/or to schedule a session!

Defeating Loneliness through Socialization

Meet Gordy and Rick, who have been paired together in our Friendly Visitor Program. *"I enjoy finding activities that we can do together, and I enjoy working with Rick. I have been volunteering with Rick for over two years," says Gordy. Rick shares, "I am so thankful for Elder Network and their goodness they give back to the community. I suddenly lost housing and was working with a few contacts at Olmsted County to get me housing. I heard about Elder Network on television and the Olmsted County individuals helped me to get housing and to work with Elder Network's Friendly Visitor Program. I saw people flourishing at Elder Network, but I was not sure about the Friendly Visitor Program, at first. It took some time getting used to the process of meeting with a Friendly Visitor, but I now promote this program to those experiencing depression and the monotony of each day. Gordy's goodwill and the activities which were matched to my interests, helped me to gain a power and drive to do more. His joy inspires me when I feel down. The Friendly Visitor learns about the person they are paired with, and the resources and network available to help them. I do not take for granted the value of this program, and I have opened my mind, body, and spirit to the benefits of having a Friendly Visitor. I grew a stronger spirit because of this program. I experienced the loss of my son this past year, and that loss was felt just a bit less by having this program and meeting with*



Gordy. I have been more confident and strong because my relationship with Gordy. I went to the Spam Museum in Austin, the Lake City Marina, and other places with Gordy. He shares his wisdom with me, and we continue to build our relationship. This bond is a guidepost in my life-a blessing. I remain soulful and communicative with people, and use positive words to start my day. The creativity of the community is helpful for those struggling with losses, and who are trying to find support. Thank you, Elder Network, for all that you do!"



Wabasha County News

Caregivers, we are here to help you in Wabasha County! We have two strong caregiver support groups, a coach here to go to coffee with and, people to come in and give Respite Care to your loved ones while you get a break. A staff person could even do some tasks for you while you are out enjoying lunch with a friend! Please, take advantage of these helps! A healthier and happier you is a much better caregiver for your care receiver! If you are a caregiver and you would like support, we want to be there for you. Please join one of our Support Groups or reach out for Caregiver Coaching!



We are Hiring

Do you have a passion for working with older adults and their families? Elder Network has an immediate opening for a Companion in Elgin/Plainview/Wabasha area. Approx. +10 hours/week. Past experience working with elderly population preferred. Flexible hours. Send resume "Attn. Program Manager" to bonnies@elder-network.org or mail to Elder Network, PO Box 52, Lake City, MN 55041 .

Virtual Caregiver Support Group Meetings

Our ongoing Caregiver Support Group offered via Zoom (**all counties of service are welcome**) meets every Wednesday from 10:30 a.m.–12:00 pm.

Wabasha Caregiver Support Group Meetings

Our ongoing caregiver support group meets every 1st and 3rd Wednesday from 10:30 a.m.–12:00 pm at Faith Lutheran Church in Wabasha.

Wabasha Connections Cafe

Our Wabasha Connections Café meets at the United Church of Christ (317 W 2nd St-near the bridge), on the 2nd Thursday of the month from 1-2:30pm. This group is for those with dementia, older adults seeking community, and their caregivers.

Lake City Caregiver Support Group Meetings

Our ongoing caregiver support group meets every 4th Tuesday from 10-11am at the Lake City Public Library.

For more information, please email or call:

Bonnie Sandberg at 651-564-0351

Email: bonnies@elder-network.org

Winona County News

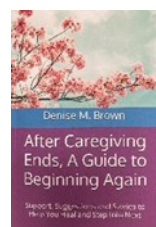


Danelle Lawson, our Winona Program Manager, continues with community outreach. In our last quarter we have had presentations at the public library, met with the social workers at Winona Health and representatives of Winona State University-all to share information about our services and how we can assist people in our community. We have recently hired another new Companion to help serve our clients, and we are in great need of Friendly Visitor volunteers to support clients. In October, Danelle attended the Caregiver Coaching training class in Fergus Falls which allowed her to become a certified Caregiver Coach. In November we attended a Brain Health seminar at Mayo. December was busy with wrapping up the year, new referrals and the holidays! We made some great connections with other community organizations and people.

In-Person Caregiver/Senior Support Group

We are not currently meeting. Please reach out to Danelle if you would like a safe outlet to discuss your caregiving journey (507-452-0580).

"After Caregiving Ends, Now What" Support Group



This grief support group, for people that have lost a loved one, meets every Monday via Zoom from 11:00 a.m.–12:00 p.m. Join us as we work through our grief together (**all counties of service are welcome**).

In-Home Help through Companion Care

Companion Care services are available in Winona County, serving older adults wherever they live with social interaction, light housekeeping, help with grocery shopping/cooking meals, and transportation. Elder Network provides Respite services so that the caregiver can take several hours to themselves to get things done, knowing their care receiver is in good hands.

Friendly Visitor

Friendly Visitors provide a visit weekly (1 hr.) visit- either in-person or over the telephone. Friendly Visitors provide much-needed relief from isolation. For more information or to sign up, please contact **Elder Network at (507)-452-0580 or email danellel@elder-network.org**.

Thank you to Our Funders!

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Wabasha Kellogg Area Community Foundation
Walgreens
Winona Rivertown Lions Club
Women of Pax

"As one ages there seems to be more questions, but Elder Network is wonderful in meeting all kinds of personal needs."

A New QR Code for Elder Network

This array of black and white squared or pixelated symbols arranged in a grid is similar to the UBC (universal bar codes) used in stores to document purchases. QR (quick response) are two-dimensional, providing 100 times the storage capacity (information) compared to UBC. Scan this QR code for our website.



Gifts in Honor

Jessica Smith in honor of Tiffany Olson and Jerriah Moore

Rick Baier in Honor of Gordy & Jackie Hall

Karen Fredin in honor of Larry Predmore, DVM

Mary Alice Richardson in honor of Yang Gao

Laura Allen in honor of Mary Doucette

Save the Date for the 2024 Annual Gala!

This year's Gala will be held on September 21st, 2024 at the Rochester International Event Center.

Monthly Donors

Would you like to donate through direct deposit? Please call Kathy at 507-285-5272 to discuss this giving option. The individuals below have chosen this simple and sustainable option of giving:

Pat & Leroy Christofferson

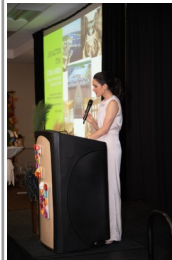
Kyle & Becca Herbstritt

Dr. Diane Holland

Kay Lovett

Jason & Phoebe Wagner

Dr. Nathan Mannix



In October of 2023, we held a workshop for Family Caregivers: "**Planning for Emergencies, What to Know.**" We had 13 people attend, and the workshop lasted two hours. Snacks and beverages were provided. We are currently working to plan a workshop for 2024. If you would like to learn more or reserve your spot on the waitlist, **call today: 507-285-5272.**



Elder Network Thanks You for Your Continued Support!

Individual Donors

Kristi Ackley
 Rob Artley & Sharon Austin
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To find out more about leaving a gift in your will, making a memorial gift, or a gift in someone's honor, call 507-285-5272.

Helping Older Adults with Depression Bring Back the Joy

The Program to Encourage Active, Rewarding Lives (PEARLS) educates older adults about what depression is (and is not) and helps them develop the skills they need for self-sufficiency and more active lives. PEARLS Coach, Kate, shares, *"I have been honored to work as a PEARLS coach for the last three years at Elder Network. When older adults isolate themselves because of depression (often brought on by changes in their health, housing or circumstance), they have a very hard time finding joy. **Depression can make a person feel stuck.** When we feel stuck, we often isolate and then stop doing the things in our lives that bring us joy. When we are working through the PEARLS sessions each participant identifies, pleasant, social and physical activities and reintroduces them back into their week. Whether it is attending a faith community, going for a walk out in nature, or picking up those knitting needles, again. The important thing here is not really what we do, but that we add back into our lives these lost hobbies, experiences or activities that give us joy. **What brings you joy? Have you done it lately?"***

Memorial Gifts

Delores Badger in memory of Gladys Opsahl
 Susan Bailey in memory of Beatrice W. Wagner
 Mary Boyne in memory of Bill Boyne
 Matthew & Mary Brown in memory of Philip C. Burnett
 Additional Gifts in memory of Philip C. Burnett
 Linda A. Diedrich in memory of Kenneth J. Diedrich
 Joel Dunnette in honor of Sandra Lee Radke Dunnette
 Lori Johnson in memory of Roy S. Johnson
 Anonymous in memory of Jane Gronvold
 Robert Fiss in memory of JoAnn E. Fiss
 Joanne Heathman in memory of Jane Gronvold
 Harriet Hodgson in memory of C. John Hodson, M.D.
 Judy & Gary Jolin in memory of Phil Burnett
 Cynthia Swessel-Hofer & Ken Hofer in memory of Ruth Swessel
 Barbara Koenck in memory of Bob Koenck
 RoseMary Larson in memory of family members
 Gretchen Porter in memory of Arvilla Reichel
 Bonnie Retzinger in memory of Dr. Tom Retzinger
 Marianne Schacht in memory of Gordon Schacht
 Laurie & Mark Marreel in memory of Tim Richie
 Mona Stevermer & The Kundert Family in memory of Robert S. Gray
 Bev Vogt in memory of Margaret & Richard Hanson
 Marian Wilke in memory of Myron Wilke
 Clinette Wolf in memory of Phil Burnett



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Rochester office:
507-285-5272

Wabasha office:
651-564-0351

Winona office:
507-452-0580



Supported by:



If you no longer wish to receive this newsletter or know of someone who would like to be added to our mailing list, please call us at 507-285-5272.

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Drivers Wanted

Safe drivers are wanted to transport older adults in Olmsted County. Flexible scheduling during days!

Friendly Visitors

Spend 1 hour on the phone or in-person, per week, to help an older adult feel less isolated.
Volunteers needed for Winona, Lake City, Plainview, Wabasha, St Charles, and Rochester.

Event Volunteers

Assist Elder Network with planning and hosting our Gala. Volunteers are needed for a variety of roles: planning, publicity, and "on-the-day" helpers.

Technology Assistance Program

Many of Elder Network's clients are learning to use technology to maintain social connections and access telehealth appointments. *Volunteers needed in Olmsted, Wabasha, and Winona Counties.*

Caregiver Respite Volunteers

Volunteers devote 2-3 hours to supporting a caregiver in completion of daily living activities. Volunteers offer active conversation, play games, make a favorite treat, or go for a ride. Interested volunteers can work out arrangements according to their schedule to accommodate the needs of clients on an independent basis.

Companions

We are seeking individuals who are passionate about working with older adults to assist with light housekeeping, errands, meal preparation, etc. *Paid Companions are needed in Olmsted, Wabasha, and Winona Counties.* Call 507-285-5272 today!