

ELDER NETWORK NEWS



Quarter 1 & 2 2022

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

Note from Kathy



*I find myself half way through my second year at Elder Network, and looking back at the past 20 months, the word **Gratitude** keeps popping up for me. I am grateful for the sup-*

porters and donors who support us in small and big ways. Kenneth Herold was a longtime client and supporter who honored us with a legacy gift in his will. It was a beautiful message of support that we had made a difference for him in his life. A donation in a will or trust to Elder Network is a beautiful gift. Kenneth's generosity will be remembered for years to come. Call us to learn more.

I am grateful for our wonderful volunteers-from our board members who help guide Elder Network's path, to our program volunteers who support clients. I am grateful for our dedicated team of Companions and staff who help clients remain in their home and live their best life.

We celebrate staff on their one-year anniversary with us this year, including Kyle, Donna, Melissa, and Kate and all the talents they bring to us. We are especially grateful and happy to celebrate Holly Brown on her 15th anniversary in June of this year. See her story next.

Practicing gratitude daily is simple, free, and can make a huge difference in stress levels, sense of optimism, and wellbeing. Try this practice: when preparing for bed, think over the day and list at least 3 things you are grateful for. It could be your hands that did so many tasks that day, the smell of fresh

cut grass, and the smile of a stranger. To learn more about gratitude and mindfulness techniques, check out these classes and groups on pages 2 and 5—Aging Mastery Program, Mindfulness book club, Caregiver support groups, and our book library.

Holly Brown Celebrates 15 Years!

Holly Brown has faithfully served at Elder Network for the past 15 years, providing support to the Caregiver and Respite Programming. Holly shares, "There are many reasons I love this agency! The people I work with have all been so supportive and diverse in their skill sets which helps Elder Network adapt to the needs of the community. The people we serve are so diverse, full of wisdom, gratitude and fun to be around. They make coming to work so worthwhile and they 'fill my cup' everyday! Knowing that we are making a difference with just a phone call, in-person interaction, or word-of-mouth referral makes this a great place to work." Laurie Marreel worked with Holly for 12 years, saying "It's not about Holly, it's about the client and about the Elder Network mission. She



really cares about people. Holly doesn't always have the answers, but it doesn't matter, she listens and works to find a solution." Kathy Scheid shares, "Holly's positivity, years of experience and willingness to collaborate make for a winning

combination."

Thank you, Holly, for your many years of service!

**Leave your legacy!
Give a gift to Elder Network
www.elder-network.org**

Friendly Visitor Program

Loneliness is as dangerous as smoking 15 cigarettes a day.

Friendly Visiting volunteers are waiting to meet you! We can offer in-person, phone, or virtual meetings.

Chronic Conditions Support Group

If you have a chronic condition such as Diabetes, Arthritis, Heart Disease, Chronic Pain, High Blood Pressure, Anxiety, Depression, or others, this support group can help you take charge of your life! Virtual and in-person options available.

Call Melissa at 507-285-5272 to sign up!

Transportation

Elder Network (Olmsted County only) provides rides for mobile seniors to health-related appointments such as doctors, dentists, vision and hearing checks, physical therapy, counseling, support groups, and health classes. **Non-medical rides are available** on a limited basis.

Clients must be able to get in and out of a vehicle independently, and they will need to go through an initial intake before a ride can be scheduled. Rides must be scheduled at least one week in advance.

Call Melissa at 507-285-5272



Caregiver Support

Are you caring for a spouse or parent? Whether caring local or long-distance, we now offer an online caregiver tool. Please contact Holly today for more information on Trualta: **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 5 for more class options!*

Elder Network can help:

- Companions can assist with tasks inside and outside of the home, such as house cleaning, grocery shopping, errands, and transportation to appointments
- Volunteer Respite for caregivers
- Caregiver supports: peer-peer or 1:1 Coaching
- Caregiver coaching and 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 have both virtual and in-person classes coming up in 2022. Please call **507-285-5272** to get on our class list and learn more.

Would your church or civic group like to sponsor a class? Call us!

Do you need help?

Senior Advocates are experienced social service professionals who provide information, referrals, and assistance to seniors and their caregivers. These specialists can often help with Medicare health insurance counseling, assisting with completing forms and applications, connecting to home services in the area, and navigating systems for long-term care services and supports. Advocates connect callers to caregiver supports, Memory Cafes, and other evidenced-based classes that can help caregivers make their way through this sometimes challenging season of life. These specialists can often help—even if you aren't sure exactly what you need. **This is a free and confidential service.**

Schedule an appointment today!

Olmsted County: **507-285-5272 (office)**

Email: katej@elder-network.org



Here to help

Updates from Our Staff Members

Kate Jirik-Olmsted County Senior Advocate

Aging Eyes, a program supported by State Services for the Blind, aides those facing low vision due to glaucoma, macular degeneration, cataracts, and other conditions. You can receive free resources for these needs, and Kate can help you to order them. If you would like to visit Kate, she also hosts office hours at 125 Live on Tuesday mornings from 9-11am. If you would like to contribute towards the work that we do in Senior Advocacy because you have received services this year, please donate using the attached remittance envelope. Your support helps us continue providing services to those most in need!



PEARLs Promotes Improved Mental Health

PEARLs (Program to Encourage Active, Rewarding Lives) is offered in Olmsted, Wabasha, and Winona through Elder Network. Feeling sad or blue, or having trouble enjoying life? PEARLs may be a great fit for you. Elder Network offers trained PEARLs counselors who can meet 1-1 in the comfort of home, on the phone, or virtually on the computer. Skills and support are provided to develop an action plan to take big problems and break them into small actions that can bring results and grow confidence. Guidance is offered to help set goals to become more physically and socially active and find a renewed zest for life. The participant will have 8, 1-1 sessions with the counselor and then monthly follow up phone calls to provide support and encouragement over an additional 4 months. PEARLs is funded in part by SE MN Area Agency on Aging and RAF, which helps keep sessions affordable. Sessions are offered on a sliding-fee-scale based on income. Call **Kate** at **507-285-5272** to learn more!

Caregiver Respite and Coaching in Dodge County

Through the support of SEMAAA, Elder Network is now offering Caregiver Respite and Coaching in Dodge County. Caregiver Respite (in-home) provides relief for the caregiver to complete out-of-home duties and non-medical tasks, confident that their loved one is with a competent respite caregiver. Caregiver Coaching is a goal-focused process of assisting individuals to improve personal and professional achievement through appointments with a Trained Caregiver Coach.

Volunteers are needed to support our expansion! We are hiring a Caregiver Respite Outreach Assistant to support our work in Dodge County. If you are interested in either of these positions, or in receiving these services, please call **Holly** at **507-285-5272**.



Technology Assistance Program

Elder Network's Technology Assistance Program (TAP) is designed to combat isolation and provide an option for seniors to connect with the outside world using an iPad. You will be able to visit with family and friends and see their faces, shop online for necessities of daily living (groceries), use health portals to make appointments and connect with medical providers, and enjoy leisure activities (such as games, music, crafts, and sharing photos). Increase socialization with virtual visits, and increase accessibility with the iPad's virtual aids for those with visual, audio, and hand-control impairments. We provide volunteers, an iPad, and Wi-Fi to help you learn in your own home at your own pace. Ask us how we can help you navigate technology. If you are interested in volunteering to support seniors with this program, or if you are interested in receiving this service, call **Donna** at **507-285-5272, today!**



Memory Cafes in Wabasha and Olmsted Counties

Memory Café is now offered in both Olmsted and Wabasha Counties! Melissa and Amber are leading the Memory Café in Rochester at Zadeos Pizza on the third Thursday of the month, and Bonnie is leading the Memory Café in Wabasha in conjunction with the Senior Action Team at the Chocolate Escape on the second Thursday of the month. Memory Café is a pleasant diversion from the stress of caregiving, and it can serve as a social networking event for both caregivers and their care receivers who have memory concerns. Resources are



offered at each event. Activities can include listening to music or live performances, themed crafts, playing games, and enjoying treats in the company of others. Occasional outings are planned with caregivers from the Memory Café, such as July's field trip to Reads Landing Historical Museum in Wabasha. A historical interpreter from the museum came to speak at Wabasha's Memory Café in March, and everyone enjoyed it so much that they were anxious to go visit the Museum. Contact your local office to learn more today: **Olmsted at 507-285-5272 or Wabasha at 651-565-3237.**



You're Invited

Fall Fling

Elder Network Fundraiser

September 17, 2022

Rochester International Event Center

Social - Five o'clock
Dinner - Six o'clock
Program and Dance to follow
Semi-Formal Attire
Silent & Live Auction

Performance by Brock Besse

Music by Sister & Company

\$85 per ticket
\$35 per student

RSVP by September 2nd or purchase tickets online:
www.elder-network.org
Questions: beccah@elder-network.org

Elder Network
Olmsted - Wabasha - Winona
507-285-5272



MAYO CLINIC

Our Fall Fling Gala takes place on September 17th, 2022. Tickets are available for purchase through September 2nd, 2022. Thanks to the generosity of **Mayo Clinic**, we are offering a matching grant for up to \$2,000! This means that, with federal grants, we will be able to match \$5 for every \$1 donated towards our Gala. Thank you Mayo Clinic for serving as a Gold Sponsor at this year's Gala, and for your support of our programming!

Wabasha County News

Bonnie Sandberg, Wabasha Program Manager, is connecting seniors and caregivers with services to help them manage their health and well-being.



New Caregiver Support Group starting in Plainview at the Community Center!

This new group will be held every third Thursday morning. Come join us! The Wabasha Support Group

meets every first and third Wednesday morning, held at the Anderson Gardens in Wabasha. Our Wabasha group has been established for years, and we hope the Plainview group can get rooted and begin to really help out our caregivers in that community, as well.

See page 4 for the feature article on Memory Café. We are having great fun at our get-togethers!

Our caregivers are unsung heroes! As Baby Boomers age, many want to age in place—in their homes. This is only possible if we support our caregivers. They need respite care to be able to care for themselves, and the support of family and friends to look out for their loved ones. At Elder Network, we can help by bringing in Companions or Respite volunteers that provide the caregivers some time away to do the things they need to do, such as take a nap, go to lunch with a friend, or maybe take some tasks off of their hands!

For information, please email or call: Bonnie Sandberg

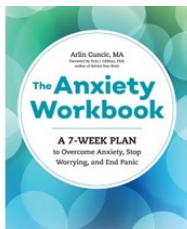
651-564-0351

Email: bsandberg@elder-network.org



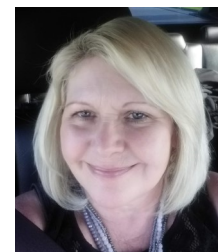
New Book Club/Discussion Group for Fall 2022

We will be offering a book club that will read and discuss the book, "Seven Weeks to Reduce Anxiety." If you would like to be on the interest list, or to register, call **Elder Network** at (507)-285-5272 or email hollyb@elder-network.org.



Winona County News

Barb Parker, Winona Program Manager, ended her employment at Elder Network as of July 21st. We wish her well!, Elder Network is continuing our Winona services including connecting people 55 plus with caregiver support groups, respite and companion in-home services, and educational options to help you manage your health and well-being and enjoy life to its fullest.



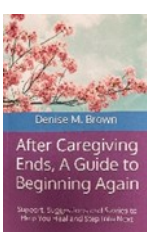
Winona Caregiver Support Group Meetings

Our ongoing Caregiver support group offered via Zoom (all are welcome, no boundaries) meets every Wednesday at 10:30 a.m. – 11:45 a.m.

Our in-person **Caregiver/Senior Support Group** meets on the first and third Thursday of each month from 1:00-2:30 pm. A safe outlet to discuss our caregiving journeys.

Senior Walking Group

Our Senior Walking Group meets to walk around Lake Winona every Tuesday and Thursday morning at 7:30 a.m., through August.



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. This group will meet through December 26, 2022. Join us as we work through our grief together.

In-Home Help through Companion Care & Friendly Visiting

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

Friendly Visitors provide a visit once a week for an hour. This visit can be 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)-285-5272 or email hollyb@elder-network.org.

We Say: THANK YOU!

We have been extremely grateful to the people and organizations that have stepped forward to support us during these uncertain times.

Anonymous Organizational and Individual Gifts

Alzheimer's Foundation of America's Milton and Phyllis Berg Respite Grant and Bi-Annual Respite Care Grant

Campaign Institute of GiveMN

Carl and Verna Schmidt Foundation: Gold-Level Gala Sponsor

The Congregational Church United Church of Christ

Hoff Celebration of Life Center

John and Margaret Cross Memorial Fund of the Winona Community Foundation

Knights of Columbus Harold Gentling Council 1013

Mayo Clinic: Gold-Level Gala Sponsor

Medica Foundation

Otto Bremer Trust

Olmsted County

Olmsted Medical Center: Silver-Level Gala Sponsor

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People's Energy Cooperative

Rochester Area Foundation

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Slaggie Family Foundation

Southeastern Minnesota Area Agency on Aging

Think Bank: Silver-Level Gala Sponsor

United Way of Goodhue, Wabasha, and Pierce

United Way of Olmsted County

United Health

Wabasha Kellogg Area Community Foundation

Winona Community Foundation

Zwingli United Church of Christ

**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. Click this link for more information [OAM 2022 | ACL Administration for Community Living](#) or type AOM2022 into your browser.

During Older Americans Month, we honor our Nation's seniors and the tremendous impact they have made in helping build a more perfect Union. Older Americans contribute their time and wisdom to make our communities stronger, more informed, and better connected. *~Excerpted from 2022 Presidential Proclamation*

Elder Network is pleased to see this national focus on aging in place for older Americans. Helping elders live at home and thrive is the hallmark of our mission!

Elder Network is part of Thrivent Choice Dollars. If you are a member of Thrivent and have Choice Dollars to designate, please consider Elder Network, Rochester MN.

Would you like to donate through direct deposit? Elder Network can make that happen for you. Please call Kathy at 507-285-5272 to discuss this giving option.

Are you an Amazon shopper? Did you know by shopping at smile.amazon.com you can designate Elder Network for a donation from Amazon at no cost to you? Check it out!



Melissa will be out on maternity leave starting in September, and she will not return until the new year in 2023. As an essential member of our team, we will miss her, but congratulate her on this important time away with her newborn. In her absence, other staff will be providing coverage of her roles as Olmsted County Coordinator, working with Transportation, Friendly Visiting, Chronic Conditions Support Group, and Memory Café.

Elder Network thanks you for your support.

Individual Donors

Alan C. Anderson
 John and Margaret Byrne
 Patricia & Leroy Christofferson
 Charles Ciszak
 William & Mary Cross-Wright
 Susanne Daood
 Susan Davies
 Charlotte Davis
 Katherine Degnan
 P.E. & D.K. Dillard
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 Tricia Schilling
 Patricia Schoenfelder
 Barbara Schroeder
 Beverly Simpson
 James Sloan
 David & Sara Stenhaus
 Wauneta Stevens
 Doris Stowe
 Sandra Tepoel
 Jason & Phoebe Wagner
 Carolyn Wall
 Bob Ward



Memorial Gifts

Denise Abrahams in memory of Lionel Abrahams
 Tom and Liz Canan in memory of Thelma Cohn
 Dora Lee Dubin in memory of Jerry Dubin
 Arvin & Corrine Hanson in memory of Doris Underdahl
 Kate and Patrick Jirik in memory of Frank Jirik
 Susan Kimball in memory of Trevor Kimball
 Julie Miller in memory of Grace Martin
 Fred and Dianne Schjolberg in memory of
 Valentine Kellam
 Carole Shulman in memory of Doris Schulman
 Jeff & Julie Underdahl in memory of Doris Underdahl
 Marian Wilke in memory of Myron Wilke
 Laura Allen in honor of Mary Doucette

Gifts in Honor

Karen Fredin in honor of Jackie Guibert
 Mary Kostner in honor of Our Volunteers
 Roger Krahn In honor of Donna, Kyle, Kathryn, New friends
 Kristine Lenz-Litzow in honor of Kay Lovett
 Sandra Tschida in honor of Charlotte Rupprecht
 Mary Vlazny in honor of Jim Vlazny
 LoriAnna Young in honor of Carl E. Young

To find out more about leaving a gift in your will, or making a memorial gift in someone's honor call 507-285-5272.

"I don't know what I would have done without the Services of Elder Network."



1130 1/2 7th St. NW, Suite 205
Rochester, MN 55901-1732
Web site: www.elder-network.org

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 seniors in Olmsted County. Flexible scheduling during days!

Friendly Visitors

Spend 1 hour on the phone or in-person, per week, to help a senior 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 Support

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.

Caregiver Respite Outreach Assistant

We are hiring a staff member from the Dodge County area to help us promote our new Volunteer Respite and coaching programs in Dodge County, for 10 hours per week.