

ELDER NETWORK NEWS



Quarters 1 & 2 2023

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

A Note from Kathy



We are so excited to celebrate Elder Network's 35th Anniversary this year and our September Gala will be a wonderful way to share this milestone with the community!

It is also a reminder that it takes support from many through volunteerism and financial support to keep Elder Network strong. Earlier this year we shared that SEMAAA, one of our primary funders, expects to see a significant cut in their grant funding dollars from 2025-2035. We expect these cuts will affect several of our program's funding. Please consider making a gift to Elder Network ahead of the cuts, so that we can continue our programming and avoid price increases to our clients. We are also looking for support for two newer programs, Technology Assistance Program and Group Respite Program, as the American Rescue Plan funding ends September 2024. These programs provide much needed social connections and fill gaps in services that are greatly needed. We appreciate your investment in the lives of seniors and their caregivers!

Rural Services are Important

LoriAnna shares about her husband, Carl, "My husband was a disabled, Vietnam war vet. There was no staffing available in my area until I worked with Elder Network to get services. My husband was diagnosed 5.5 years ago with a chronic illness. I was looking for socialization for him. When you live in a rural town and when you're homebound, you don't get the opportunity to sit and talk with others any more."

Dave, his volunteer, came to visit him regularly. They connected well, being very close in age. "Dave and Carl became buddies through and through and Carl so looked forward to every single week. It was Carl's time away from me and my time to run errands and just sit down in my bedroom to rest since I did not sleep the night



"Before Elder Network, I was at my wits end and my husband was getting so depressed."

through most nights. My caregiving was 24/7, 365 days a year, for five and a half years. The last two years were the most difficult." LoriAnna worked with our Wabasha County Program Manager, Bonnie, in the Caregiver Respite, Coaching, and Support Group programs. "I benefitted from the support group-knowing I was not alone. I couldn't leave Carl at home, but I attended online and the other ladies showed me that others were going through similar struggles to my own. I found this comforting. It is so needed out here in the rural areas. We don't have all of the services that the big cities have. When your family cannot always be there to help, and you live in a small, rural town, it is tough. Before Elder Network, I was at my wits end and my husband was getting so depressed. I am grateful the program is out there. It was a blessing to me and my husband. I tell everyone about the program and the agency!" Carl Passed away February 21st, 2023-just before his second year anniversary of being served through Elder Network's Caregiver Respite Program. LoriAnna now honors his memory by sharing their story. Thank you LoriAnna.

Celebrate 35 years of service by making a monthly or one –time gift of \$35! Your support will ensure we continue serving for another 35 years!

www.elder-network.org



Elder Network History Timeline

THIS DAY IN HISTORY

Mary Doucette forms
Elder Network with
Joyce Stromberg as first
program Coordinator

Articles of Incorporation signed.
501©3 Non-Profit status was
obtained. April Tax Exempt Status
was received

Caregiver Respite
program added.

Caregiver Respite
Companion program
created

SEPTEMBER
8th

APRIL 28th

JANUARY

JANUARY

1988 | 1989 | 1991-92 | 1993 | 2002 | 2007 | 2008

JULY

JANUARY

JANUARY

10 elders were trained as Peer
Support Counselors, the first
program.

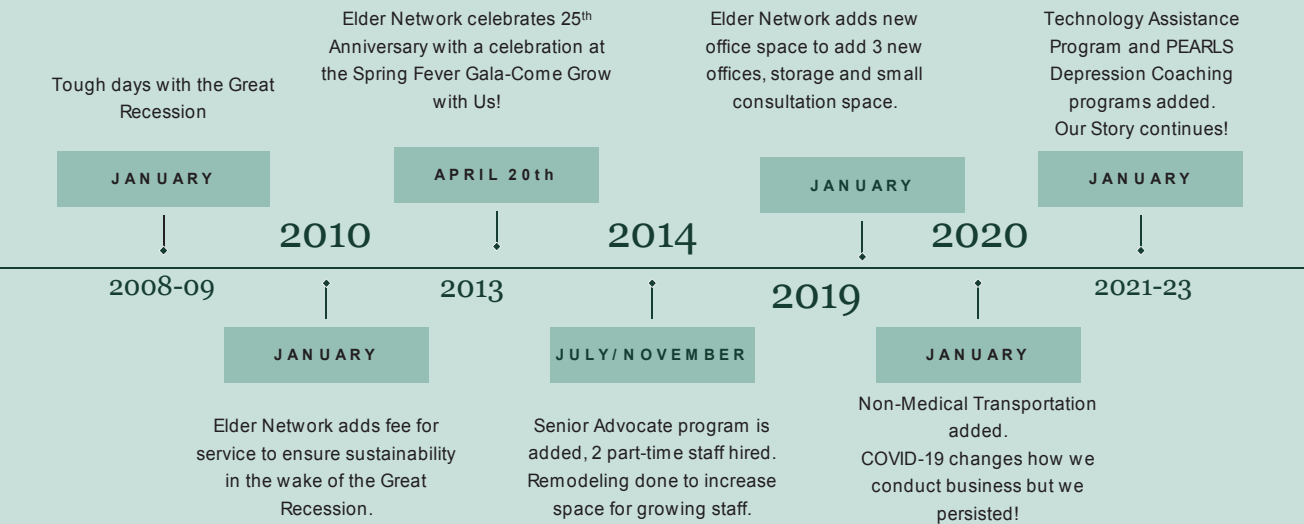
Elder Network sets up offices
at Assisi Heights

Two Year Faith in Action Grant
added Friendly Visitor,
Chore/Transportation/Adopt a
Grandparent



Elder Network History Timeline

THIS DAY IN HISTORY



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

Elder Network (Olmsted County only) provides rides for mobile seniors to health-related appointments and **limited non-medical** rides. 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. Our arms are open to members of our community willing to become volunteer drivers. You can ensure our seniors who are wanting to remain independent can do so as they engage in activities necessary for daily living.

Call Donna 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 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 have both virtual and in-person classes coming up in late summer and fall. 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!

Dementia Friends Program

These Physician Assistant Students attended a Dementia Friends training for healthcare providers. Elder Network recently trained to become Dementia Champions. 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. For those of you in the healthcare field, we can provide an 80-minute Dementia Friends training focused on your field of work. These opportunities allow you and your peers to advocate on behalf of those with dementia, learning about how to re-envision what it means to have this illness, how to break common stigmas we hold, and how we can make our community more dementia-friendly. Call 507-285-5272 today to learn more and/or to schedule a training.



Updates from Our Staff Members

Kate Jirik-Olmsted County Senior Advocate Caregiver Respite and Supports



Approximately 20 percent of Minnesotans have hearing loss. Some were born deaf. Others lost some or all of their hearing later as the result of illness, traumatic brain injury or medication side effect. Ongoing exposure to loud noises is another

culprit, and many older adults experience hearing loss as a common part of aging. The MN Deaf and Hard of Hearing Services are here to help! Statewide regional offices provide information, resources and referrals for Minnesotans who are deaf, deafblind, hard of hearing and late deafened. Services include: *Helping individuals navigate complex service systems so they can continue to live independently at home. *Providing training, consultation, direct assistance, advocacy and collaboration to help individuals make informed decisions.

*Provide in-home service options that meet the needs of people who are deaf, and hard of hearing.

Calla Kevan, MS is our local Deaf and Hard of Hearing Specialist . Reach out to her at calla.kevan@state.mn.us, **VP: 507-353-0708** if you are in need of help with hard of hearing issues, **or call Kate at 507-285-5272.**



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 to support our mission! We hired a Dodge County Caregiver Outreach Assistant, and look forward to growing our outreach to support family caregivers . 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.**

Technology Assistance Program

Elder Network can help seniors stay connected and Involved. Our clients have learned to video chat with family, order groceries on-line, have telehealth medical appointments, participate in on-line classes and more.

We customize the program to meet your 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. Since transportation can be challenging, 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 have served more than 40 clients so far this year. Volunteers who work 1:1 with our program participants. The program is growing as seniors rely more and more on the internet for social interactions and connections to resources for daily living and look for customized, personalized, useful training and education. This program is designed to meet the needs of seniors who want to be independent and an active part of the community. If you are interested, call **Donna at 507-285-5272, today.**

Betsy Quattrin-Dodge County Caregiver Outreach & Olmsted County Volunteer Coordinator



We welcome our newest staff member, Betsy Quattrin! Betsy will be taking on the Program Coordinator for Olmsted County Friendly Visitor program and Dodge

Outreach roles. Betsy is from a large family and is the youngest of seven. Having grown up in the Winona area, Betsy is incredibly close with her parents who still live independently in her childhood home. She went to high school and college in Winona and has a degree in broadcast journalism. She is married and has two teenage boys. Betsy is thrilled to work for an organization that serves aging adults and their caregivers with such care and excellence. She is thrilled to learn more about Elder Network-both professionally and for her own personal journey.

Family Caregivers Have a HEART for Giving

Many are aware that caregiving effects us all. Rosalyn Carter stated, "There are 4 kinds of caregivers: those who were a caregiver, those who know a caregiver, those who will need a caregiver, and those who are currently caregivers." The need for a family caregiver is greater than ever. We recognize that as the population of seniors has increased so has the need for extra help to ensure they can age in place. It's important that we seek support early so we don't find ourselves in a crisis situation or even "burnout", total emotional and physical exhaustion. Recognizing our abilities while creating realistic boundaries is crucial to endure the caregiving that may be needed for an extended period of time. We all have limitations to what we



can offer, so asking for help is a sign of strength that benefits both you and your care receiver. 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.



Our 35th Anniversary Gala will take place **September 23rd, 2023**. Tickets are available for purchase through September 2nd, 2023, **we look forward to seeing you there!** 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!

You're invited!

35th Anniversary

Elder Network Fundraiser Gala

September 23rd, 2023

Rochester International Event Center
 7333 Airport View Dr SW | Rochester, MN 55902

Social: 4:30 pm
 Dinner: 5:30 pm

Carl & Verna
 SCHMIDT
 FOUNDATION

Program & Dance to follow
 Concert by Rochester Pops Orchestra
 Silent & Live Auction
 Semi-Formal Attire

\$100 per ticket

Purchase tickets online:
www.elder-network.org
 Questions: beccah@elder-network.org

ELDER NETWORK
35th Anniversary



Wabasha County News

Winter is past and things are humming along here in Wabasha County as the floods recede and the birds make their cozy nests again! It feels so good to get out in the sunshine! Time to fill those bird

feeders again! Our **Connections Café** is a Senior event that we hold in Wabasha every second Thursday of each month. We had a presentation by Nancy Falkum in June, talking about birds and how Wabasha received the title of the "Bird City." Every month, we have a different type of presentation, musician, craft, or discussion topic that we enjoy. Holiday themes have included Holiday Bingo and special music, as well as planned field trips.

We don't charge admission and any care receivers that you care for are welcome, as well. We would love to have you! Bring a friend! Goodies and beverages are offered free of charge. It's a cheap date! Watch the Wabasha Herald for updates.

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!

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, seniors seeking community, and their caregivers.

Plainview Caregiver Support Group Meetings

Our ongoing caregiver support group meets every 3rd Thursday from 10:30 a.m.–11:30am at the Plainview Community Center.

Lake City Caregiver Support Group Meetings

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

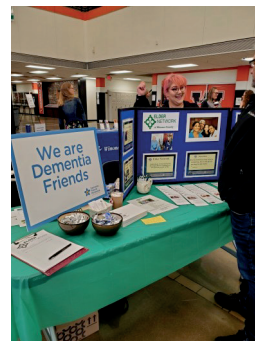
For more information, please email or call:

Bonnie Sandberg at 651-564-0351

Email: bonnies@elder-network.org

Winona County News

Danelle Lawson, our Winona Program Manager, continues to connect to the community. We have recently hired three Companions to help serve our clients, and we are in great need of Friendly Visitor volunteers to support clients.



In April, we attended the Caregiver Connect event that was held at the high school in Winona. We made some great connections with other community organizations and people.

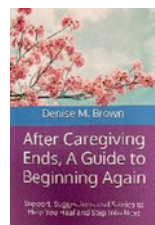
We provide the following programs and services:

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.

Our in-person **Caregiver/Senior Support Group** is 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 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 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

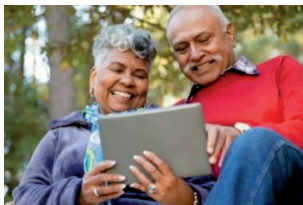
Friendly Visitors provide a visit weekly (1 hr.) visit- either in-person or over the telephone. Friendly visitors provide much-needed relief from isolation. For more information or to sign up, please contact **Elder Network at (507)-452-0580 or email danellel@elder-network.org**.

Supporting Those with Low Vision

Tablet computers are known for being portable and easy to use. They have also become a valuable tool for someone with vision loss. Vision loss is-or will be-a reality for millions of older adults.

Claudia describes walking outside, "like walking out into the fog with a big gray ball in the middle." Faces are unrecognizable, even just a few feet away. Her sensitivity to light continues to grow more acute. Tinted glasses help, and Claudia's sight improves some at dusk or in dimly lit environments. Color perception within her central vision is also diminishing. Because of being legally blind, she reads with the use of devices or technology. This is one person's description of her type of vision loss. There are many different variations (client name changed for confidentiality).

The low vision options on the iPad make it easier to overcome the obstacles that can accompany diminished sight. Besides increasing the font and background, accessibility features like a screen reader, typing feedback, audio descriptions, and voice over are built-in features available on iPads manufactured within the last 3 years. If you are interested in learning more about accessibility features on the iPad or basic information on how to use an iPad or access the internet, please contact Donna at 507-285-5272.



Transportation Updates

Transportation continues to be a hub of activity. We had our busiest month this past May, providing more than 250 rides in Olmsted County. We presently have over 100 active transportation clients and many on a waiting list to enroll. More than 1/3 of our clients need rides as they no longer drive due to vision loss. We recently provided an in-service training on working with clients who have vision loss, which helped us understand this challenge and provided some tips while transporting persons with vision loss. Call Donna at 507-285-5272 if you want to help meet these client needs.

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 Approx. +10 hours/week. Past experience working with elderly population preferred. Flexible hours. Send resume attn. Program Manager at bonnies@elder-network.org or mail to Elder Network, PO Box 52, Lake City, MN 55041 .

Other Ways to Give

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.

Donate a silent or live auction item, gift basket, stand-alone item or gift certificate for our upcoming 35th Anniversary Gala. A gift of \$100 can also be used to create a themed basket for you in the silent auction. We can arrange pick-up, also. We are collecting items through July 28th, so please reach out to Becca at 507-285-5272 if you have an auction item to submit.

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. The individuals below have chosen this simple and sustainable option of giving:

Monthly Donors

Pat & Leroy Christofferson

Kyle & Becca Herbstritt

Dr. Diane Holland

Kay Lovett

Jason & Phoebe Wagner

We will be hosting a workshop for Family Caregivers; **Planning for Emergencies, What to Know** on Tuesday

October 17th from 11:30-1:30pm at Madonna Summit Senior Community in Byron, MN. Registration is required, so please **call today to reserve your spot: 507-285-5272.**



Elder Network thanks you for your continued support!

We are extremely grateful to the people and organizations that have supported us:

Byron Community Foundation

Carl & Verna Schmidt Foundation-Gold Gala Sponsor

Congregational Church UCC– Friend Gala Sponsor

Edenbrook-Friend Gala Sponsor

Hawkins Ash CPA's-Bronze Gala Sponsor

Elder Law Office of Julianne Kocer-Bronze Gala Sponsor

Morning Lions Club-Bronze Gala Sponsor

Mardag Foundation

Mayo Clinic-Gold Gala Sponsor

Network for Good

Olmsted Medical Center-Silver Gala Sponsor

Otto Bremer Foundation

Pax Christi Knights of Columbus

Pax Christi Men's Club

People's Energy Cooperative

Pro-Stall Auto Glass-Bronze Gala Sponsor

Raise MN

Shavlik Family Foundation

Southeastern MN Area Agency on Aging

Think Bank-Silver Plus Gala Sponsor

Trinity Lutheran Church

United Way of Olmsted County

United Way of Wabasha, Pierce, & Goodhue Counties

Wagner, Oehler, Ltd.– Bronze Gala Sponsor

Walmart Spark Good

Gifts in Honor

Laura Allen in honor of Mary Doucette

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.

Individual Donors

Dorothy Bauman

Pat & Leroy Christofferson

Kevin Cross

Carolyn Cross deMatta

Renato deMatta

Dave Gathje

Beth Hangii

Susan Hansen

Karen Harders

Arnold J. Hartstein

Maryanne Heinen

Ted & Denise Janzow

Mary Lose

Mark & Laurie Marreel

Marianne Maruca

Linda May Patterson

Beverly Simpson

Connie Smyrk

Jason & Phoebe Wagner

Gerald & Celia Wright

Kathy Zarling-Redeemer Lutheran Church

Memorial Gifts

Gretchen Schade in memory of Robert Schade

Nancy Paine in memory of Ron Paine

Rachel Boyum in memory of Mary Agnes Trauscht

Barbara Mihm in memory of Curtis Mihm

Cindy Swessel-Hofer in memory of Ruth Swessel

Carolyn Wall in memory of Millie Sette

Ethel Renner in memory of Mary Bader

Mark & Kristin Pretasky in memory of Edith Jensen

Michelle & Brian Leiting in memory of Edith Jensen

Nancy Zaworkski in memory of Edith Jensen

Lori Homan in memory of Edith Jensen

LoriAnna K. Young in memory of Carl E. Young

“Elder Network makes my life more livable!”



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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 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 seniors to assist with light housekeeping, errands, meal preparation, etc. *Paid Companions are needed in Olmsted, Wabasha, and Winona Counties.*