

ELDER NETWORK NEWS



Quarters 1 & 2 2025

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

A Note from Kathy



I have always loved a good quote, and here is an excerpt from Mark Twain,

"Summer was everything good to eat; it was a thousand colors in a parched landscape..." Well, he

almost had it right-we have been a wet landscape and my plum trees are great evidence of that (they are so heavy with ripening fruit). My husband and I will be very busy soon with the plum harvest and canning. Elder Network has been as busy as bees too, and to help with our efforts, we have welcomed several new staff to the team: Jen Roslien, Program Coordinator for Friendly Visitor in Olmsted County; Michael Brody (a friendly voice you will hear working with Donna and Dawn in Transportation for Olmsted County); and Nancy Wegner, Senior Advocate Assistant. We are thrilled to have them joining us!

An important focus for us over the summer and fall this year, will be our educational opportunities for clients, caregivers and the public. Dementia Friends Info Session, Dementia Champions, After the Diagnosis for those newly diagnosed with dementia; a Caregiver Workshop on planning for the Unexpected; Powerful Tools for Caregivers and more. See the details in the pages ahead and on our website (www.elder-network.org).

Many of the educational offerings have expanded into Dodge and Goodhue Counties. With support from South Country Health Alliance, we have been able to provide more programming in

these counties for older adults and caregivers. Group Respite provides caregivers a break, while their older adult care receiver gets socialization in a community setting. We currently have space to add new participants to our Kasson Group, and are looking to develop additional Groups in other towns. Call us to learn more and/or to join Group.

Our clients tell us they have many concerns with the rapid pace of change that has happened in recent times-such as increasing food and housing costs, and fewer resources. Sometimes, there are few, easy answers, but I can tell you that there are so many good people and organizations that are working hard to address the aging needs in Minnesota. The Minnesota Blue Print on Aging was rolled out last fall and many work groups across the state have formed to work on the ideas in the Blue Print-including Elder Network. Locally, Elder Network also works on the following groups: The Falls Prevention Coalition and Olmsted County Aging Coalition-to name a few. The Falls Prevention Coalition is working hard to educate the community on how to prevent falls, and increase strength and balance. Special programming will be offered during Falls Prevention Month in September. Elder Network also worked with a local developer to invite older adults to meetings, to provide feedback on a low-income housing plan for older adults that they are hoping to build in Rochester. **It was amazing to see the give and take in the meetings, and to see how the plans evolved-based upon this feedback.**

Enjoy the newsletter-it is "plumful" of good information!

Come to our 12th Annual Fall Fling Gala, on September 20th, 2025 at the Rochester International Event Center.
Buy and/or donate online at: www.elder-network.org

\$5 cash/
person

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5K RUN/WALK/ROLL!

All proceeds go to Elder Network. This 5k is a run, walk, roll, etc. (walker, stroller, wheelchair, etc.) event, with flexible start times depending upon how long/how far you want to travel. Prizes and giveaways will be provided!

**Monday**
11 August, 2025

**Start From**
5:45 pm - 6:15 pm Rolling Start
6:15 pm Registration Ends
6:45 pm Race Ends
6:50 pm Prize Ceremony
Start at Terra Loco

**1190 16th St. SW, Ste. 150
Rochester, MN 55902**

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You're invited!

Elder Network's Fall Fling Gala

September 20th, 2025

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

Keynote Speaker:
Tom Overlie | *An Unexpected Journey*

Social at 5:00 pm | Dinner at 6:00 pm
Program, Silent & Live Auctions, & Dance to follow.
Attire: Semi-Formal

\$110 per ticket

RSVP by Sept. 2nd or purchase tickets at:
www.elder-network.org

Questions: beccah@elder-network.org

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Elder Network's GROUP RESPITE

For Those Aged 55 & Better

Supervised
1-2 Hour
Sessions

Conversation
& Games

Community
Setting

Drop-off
Respite

>>>>

Are you looking for a fun activity for your care receiver while giving yourself a little break? Our program is designed to be a safe space that offers activities that stimulate their mind while allowing them to make friends and have fun.

>>>>

This program can provide continued independence for the caregiver and care receiver.

CONTACT US

Our Phone
+507-285-5272

Our Website
www.elder-network.org





Friendly Visitor Program

Our Friendly Visitor Program offers weekly meetings to elders facing loneliness or isolation. Meetings with your matched volunteer visitor can be in person, by phone, or virtual to be flexible to your needs. This service brings meaningful socializing with the goal of adding some joy back into life.

Call our office at 507-285-5272 to sign up!

Chronic Conditions Support Group

This group is helpful to those experiencing chronic conditions such as diabetes, arthritis, heart disease, chronic pain, mental health concerns etc. Join this in-person group on the 2nd Wednesday, and/or online on the third Wednesday, from 1-2pm.

Transportation

Transportation: Our transportation program is an easy to use, door-to-door service for non-driving adults, aged 55+, in Olmsted County. We strive to foster independence and help non-driving adults feel more connected to their community. Growing old can be hard. People want to stay in their homes as long as possible and remain as independent as possible. Older adults can feel alienated with the loss of their vehicle, and lonely as friends and family pass or move away. They need a safe and affordable way to get to medical appointments, supermarkets, and other places, to complete activities for daily living. Older adults face limited, affordable transportation options. Elder Network coordinates a pool of volunteer drivers to help our older neighbors with transportation needs. We provide rides, along with conversation and kindness. We are currently adding new clients to our program from our wait list. Call Donna at 507-285-5272 to learn more.



After the Diagnosis Workshop

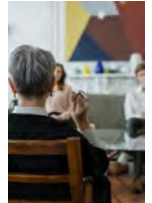
Mayo Clinic is partnering with Elder Network to provide this educational program for persons newly diagnosed with cognitive impairment, Alzheimer's disease, or a related dementia, and their families. The workshop will be held in Rochester, on October 24, 2025, from 12:30-4:30pm. This is a free event. Call 507-538-4048 or go online to bit.ly/3CuOtgG to register online.



Caregiver Support

Are you caring for a spouse, parent, adult child, or friend? Whether caring locally or long-distance, we can get you connected to an online caregiver tool, TruAlta. This online MN Caregiving Portal, provides FREE online educational resources to help caregivers like you! It offers tools to:

- Develop essential skills
 - Learn about health issues
 - Manage care for you care receiver
 - Use tips for taking care of yourself
- Please contact Holly for more information at 507-285-5272. Elder Network has a variety of caregiver program options that can help.



Dementia Friends



Dementia Friends is a general overview of dementia. Dementia Champions is a workshop to train you to facilitate Dementia Friends Info Sessions in the community. Elder Network is hosting a Dementia Friends Info Session on August 20th from 10:30-11:30am and a Dementia Champions Session from 12-1:30pm at the Kasson Public Library. Register by August 19th. A Dementia Friends Info Session will also be held on October 13th, 2025, from 6-7pm at Community Celebration Church in Kasson. Register by October 12th. Call 507-285-5272 or email beccah@elder-network.org to register for these free events.

Virtual Caregiver Support Group

Meets every Wednesday from 10:30-11:30am over Zoom. **Call 507-285-5272 to join or to learn more.**

In-Person Rochester Caregiver Support Group

The Rochester office (1130 1/2 7th St. NW, Suite 205) hosts an in-person support group that meets on the 2nd and 4th Thursdays, from 1-2:30pm, monthly.

Powerful Tools For Caregivers

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 are planning more classes for 2025. **Call 507-285-5272 to learn more.**



Updates from Our Staff Members

Kate-Olmsted County Senior Advocate



Estate planning and end-of-life planning are intertwined processes that ensure your wishes are followed regarding your assets, finances, and healthcare—both during your lifetime, and after your passing. While estate planning primarily focuses on the management and distribu-

tion of your assets, end-of-life planning addresses healthcare decisions and final arrangements, as you approach the end of life. The truth is, that everyone should think about having these pieces in place as soon as they become adults. Many people do these things through a lawyer. Unfortunately, income limitations can seem like a barrier to many. Through a Partnership with Legal Assistance of Olmsted County, we Partner to help put on Free Wills Clinics every Spring and Fall. Our Advocate can also aid people in walking through the Medical POA and the Financial POA forms. The clients then take the forms to a notary for the validation of their signature. This planning and creation of legal documents is crucial for ensuring your wishes are honored and your loved ones are supported during challenging times. A regular review of these documents helps them reflect any changes.

Holly-Caregiver Respite & Supports

Caregiver Respite is an important service that provides relief for the caregiver to complete out-of-home tasks, while confident that their loved one is with a competent, trained individual. If you are interested to learn more, please call 507-285-5272 and ask for Holly.



“Planning for the Unexpected” workshop, Oct 21st from 1-3pm at the Rochester office and over Zoom. It will help anyone caring for an older friend or a relative, to plan ahead in case of unexpected emergencies or situations that arise for a caregiver or care receiver. Outcomes of attending this workshop will help you develop a plan to:

- Create an Emergency Plan
- Plan for a safe & realistic return home after a hospitalization or rehabilitation; Presenters- Mayo Discharge Planner & Adara Home Health staff
- Learn about current community & online resources to support you
- Gain peace of mind –understand Legal and Medical forms to support the emergency plan.

Donations appreciated and Registration is required by Friday Oct 17th, please call 507-285-5272 to learn more.

Friendly Visitor Program



Our Friendly Visitors Program is very active in the lives of many new clients, this year. Our Coordinator continues to be busy with matching enthusiastic volunteers with older adult clients. The program enables our volunteers to bring a lifetime of experiences and interests to enrich the lives of older people, and their own lives, as well. Friendly Visitor volunteers provide social connection- which can decrease the likelihood of isolation and depression. Playing games, crafts, puzzles, watching movies, fishing, reminiscing, sharing photos, walking, getting coffee, and cooking together are some of the popular activities enjoyed between our clients and volunteers. As always, we have more clients than volunteers. If you, a family member or friend, have ever considered volunteering to visit with an older adult, we would love to hear from you and match you with one of our wonderful clients! Call Jen at 507-285-5272 or email her at jennr@elder-network.org.

Donna-Technology Assistance Program



We are preparing for the release of the new Apple operating system for the iPad, iPadOS26, to be released this fall. We plan to introduce the upgrade to our clients of loaned iPads in November. Volunteers will be introduced to the new features before the upgrade in preparation for this change. The upgrade encompasses a visual overhaul of the previous operating system and is now similar to the MAC desktop with multi-tasking and more customization. We have been working with the Beta program and find the visual change appealing. The visual adjustment will particularly aid low vision clients. Call 507-285-5272 to learn more about Technology Assistance.

Technology Assistance Program Volunteers Needed!

We are seeking volunteers to assist with set-up and connection technology to “age in place” using the Apple iPad. If you have experience or interest in this, please contact Kyle in the Tech office. Call 507-285-5272 to learn more.





Wabasha County News

Caregivers, if you have depleted your reserves taking care of others, you have nothing to give-unless you take care of yourself, first.

We are here to help you in Wabasha County! We have two strong caregiver support groups, caregiver coaching; and, we can have people come in and give respite care to your loved ones, while you get a break (hint: A staff 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 loved one! Caregiving is not easy, Sometimes, you just need some advice, or to be able to vent about your day! Call us! That's what we are here for!

Virtual Caregiver Support Group Meetings

Our ongoing Caregiver Support Group is offered via Zoom (**all counties of service are welcome**). It meets every Wednesday, from 10:30 a.m.–12:00 pm. For more information, please email or call us!

Wabasha Caregiver Support Group Meetings

Meets every 1st and 3rd Wednesday from 10:30 a.m.–12:00 pm at Faith Lutheran Church in Wabasha. For more information, please email or call us!

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, caregivers-everyone is welcome! We laugh together, reminisce, drink coffee and have treats. Sometimes, we listen to music or special speakers, but we ALWAYS have fun! We look forward to meeting you! Caregivers, attending staff can always give you resources for different needs that you or your care receiver may have.

Lake City Caregiver Support Group Meetings

Meets every 2nd & 4th Tuesday from 10-11:30 am at the Lake City Public Library. For more information, please email or call us!

We are looking to host another Powerful Tools for Caregivers class and are reaching out to see if there is also interest in an Aging Mastery Class for the fall. Please let us know if you have always wanted to take one of these classes, but haven't been able to. For more information, give us a call.

Bonnie Sandberg - Wabasha County Program Manager 651-564-0351
Email: bonnies@elder-network.org



Winona County News



This year's Winona Dementia Friendly Community Week was a huge success! The event was held April 7-11, 2025, in locations throughout the Winona community. Every day was filled with an activity or event. It was great to connect with current Elder Network families while introducing Elder Network to those that hadn't met us yet. Many Winona nonprofits are holding events this summer, so if you see me out and about, make sure to say, "hi." As always, it's the people we meet along the way that make life interesting!

Winona program offerings include:

In-Person Caregiver/Senior Support Group

Not currently meeting. Please reach out to Lisa if you would like a safe outlet to discuss your caregiving journey. Call 507-452-0580, today.

"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**). Call 507-285-5272, today.



In-Home Help through Companion

Companion services are available in Winona County, serving older adults wherever they live, with social interaction, light housekeeping, 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. Call 507-452-0580, today, to learn more.

Friendly Visitor

Friendly Visitors provide a visit weekly (1 hour)-either in-person or over the telephone. Friendly Visitors provide much-needed relief from isolation and fun!

Lisa Lind - Winona County Program Manager

Phone: 507-452-0580

Email: lisal@elder-network.org



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 Mary Alice Richardson in honor of Yang Gao & Mary Romberg

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*Would you like to donate through direct deposit?
 Please call 507-285-5272 or use our website's donation portal. The individuals below have chosen this simple and sustainable option of giving:*

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- ♥ Pat & Leroy Christofferson
- ♥ Kyle & Becca Herbstritt
- ♥ Dr. Diane Elizabeth Holland
- ♥ Kate Jirik
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- ♥ Therese White



Elder Network Thanks You for Your Continued Support!

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Jill Amundson Thees in Memory of Jennifer Dervin

Anonymous donors in Memory of Jennifer Dervin

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Barb Scheutt in Memory of Duane Scheutt

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in Memory of Jennifer Dervin

Gary & Sheri Urban in Memory of Leone Trygstad & Diane Chambers



Be Driven to Give Back:

Maybe you know what it's like to be lonely or to feel helpless-every once in a while. Want to honor the memory of someone you loved? Want a feeling of knowing you made a difference in someone's life? Safe drivers are wanted to transport older adults in Olmsted County. Flexible scheduling during days. Contact Donna at 507-285-5272, today!



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

Rochester Office:
507-285-5272

Wabasha Office:
651-564-0351

Winona Office:
507-452-0580



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Drivers Wanted

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

Friendly Visitors

Spend 1-2 hours on the phone or in-person, per week, to help an older adult feel less isolated.
Volunteers needed in Winona, Wabasha and Olmsted Counties.

Event Volunteers

Assist Elder Network with planning and hosting our 12th Annual Fall Fling Gala September 20th, 2025.
Volunteers are needed for a variety of roles: planning, publicity, and event-day helpers.

Technology Assistance Volunteers

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.* No experience needed just a willingness to learn!

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 individual 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!