

ELDER NETWORK NEWS



Quarters 1-3 2026

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

A Note from Kathy



As I write this note we are enjoying the last of summer fun and enjoying the fruits of our gardens or in Elder Network's case our client and Companion grown garden!-see page 6 for photos. This year we embraced

a theme of play both for our recent Fall Fling Gala (see below for details) as well as all year long. Our volunteer ice cream social, fun run at Terra Loco, and Jazz Jam with H30 Trio and Two Fathoms Brewery in Winona are all examples of play and fun bringing social connection and joy and in the case of the latter two, much appreciated donations to our mission!

Winona H30 Jazz Jam



Terra Loco 5K



We also continue our efforts to be innovative and continue to meet developing needs our clients share with us. Last newsletter I announced we were starting a brand-new program called H.O.M.E, housing, outreach, mentorship and empowerment. HOME will provide one to one mentorship, education and resources to empower older adults to make informed decisions to find the right home for their current and future needs. We are excited to introduce our two new staff helping with this work Ellen Newman and Kristen Meier pictured below. They have been busy creating a robust program and are looking for some wonderful volunteers and people who could benefit from this free service. Check out our website or give Ellen a call to learn more about this wonderful new program.



Elder Network's Fall Fling Gala

September 19th, 2026

Thank you to all who supported the Elder Network Fall Fling Gala!



Powerful Tools for Caregivers

for Caregivers of Adults with Chronic Conditions



This 6-week workshop will help anyone caring for an older friend, relative-whether it's at home, in a nursing home or across the country. Trained staff and volunteers lead these workshops. Participants will receive a caregiver workbook and the workshop consists of six 1.5-hour sessions. **Powerful Tools for Caregivers** is an evidence-based program that helps you develop a wealth of tools to:

- Reduce stress
- Change negative self-talk
- Communicate more effectively
- Recognize the messages in emotions
- Make tough caregiving decisions

2026 Future Sessions

Date: Tuesday's, Sept. 22nd - Oct. 27th
Time: 9:30am-11:00am
Location: Van Horn Public Library
 115 3rd St SE, Pine Island, MN 55963

Date: Tuesday's Oct. 6th - Nov. 10th
Time: 6-7:30pm
Location: Virtual

Class size is limited and **registration is required.** Workbook has a minimal cost. Class cost is by donation. For more information, or to learn about upcoming workshops, contact:

Elder Network
 1130 ½ 7th St. NW, #205
 Rochester, MN 55901
 507-285-5272



Powerful Tools for Caregivers is an Iowa State University-owned program delivered locally by Elder Network.



Community Caregiver Listening Session



What does your community need? Come and share your caregiving needs with other community members. Join Elder Network and Center Clinic to learn about the different educational resources and opportunities that support caregivers and their families.

WHAT TO EXPECT

- Listen to other community members and hear their needs
- Share your caregiving needs
- Collaborate with community members to generate ideas to guide area agencies in creating new community caregiver supports

OCTOBER 14TH, 2026
3:30-4:30PM
CENTER CLINIC
14 W MAIN ST
DODGE CENTER, MN
55927

For more information, call Elder Network at 507-285-5272

Unparalleled expertise for when it matters the most.

World-class health solutions.

Learn more at mayoclinic.org

© 2026 Mayo Clinic



Care, Unscripted

This is a unique 3.5 hour workshop for those supporting friends or family members living with dementia through improvization.

Monday, October 19th from 12:30-4pm

Mayo Clinic Medical Complex Northwest - Building B, 3033 41st St. NW, Rochester, MN 55901

Registration is required and spots are limited.

To register, email Michelle Storey at Storey.Michelle@mayo.edu or call 507-538-4048.

Transportation



The transportation program continues to have a waitlist. Requests are referred to other transportation programs serving the county. Michael

has been working on downsizing the wait list and 10 waiting clients have now been served. We welcomed 2 new drivers and continually seek additional drivers so that we can meet the requested community need this is especially important as winter approaches. A satisfaction survey was sent to all transportation clients in August. Our program challenges and goals were shared with the Mayo Geri Fellows. They were a very enthusiastic group with lots of questions and were impressed with our transportation service in Olmsted County: 1200 rides booked in the first half of this year and 30 volunteer drivers. 65 of our 170 clients have low vision or are blind.

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, in February and August 2027. This is a free event.

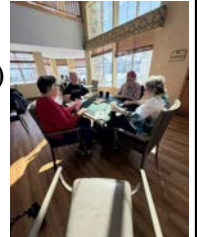
Call 507-538-4048 for more information

Caregiver Support

Are you caring for a spouse, parent, adult child or friend? Whether caring locally or long-distance, it's important to feel connected and know you are not alone on this journey. We offer a variety of ways to get you connected:

- Support Groups (in-person or virtual)
- Caregiving Consulting
- In-Home Respite/Companion
- Online Caregiver Portal-Trualta
- Group Respite (community settings)
- Education workshops

Please contact Holly for more information at 507-285-5272. We're here to help.



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 Olmsted Caregiver Support Group

The Rochester office (1130 ½ 7th St., NW, Suite 205) hosts an in-person support group that meets on the 2nd and 4th Thursdays, from 1-2:30pm, monthly.

Dodge County Opportunities

Are you interested in working with older adults and helping caregivers?

We are looking for a Group Respite Facilitator and more Respite



Volunteers. The Group Respite Facilitator works independently with older adults to facilitate activities that stimulate their minds and allow friendships to blossom. Respite volunteers visit clients in their homes and engage in socialization with care receivers, while caregivers get a break. Call 507-285-5272 or email pachav@elder-network.org

Dodge Caregiver Support Group

This is a free opportunity for caregivers and community members to support each other and learn more about resources and supports available for caregivers. Meetings are in-person every 2nd and 4th Tuesday of each month, from 1-2:30pm at the Kasson Public Library, 607 1st St NW, Kasson, MN 55944. Call 507-285-5272 to learn more and register.

Kate - Olmsted County Senior Advocate

Each August, Make-A-Will Month reminds us a well-crafted will is one of the most meaningful gifts you can leave your loved ones.



Here are basics to aid in ensuring your final wishes are executed correctly:

- Make a list of all of your assets, including investments, properties, bank accounts, and personal property such as art, jewelry, and other valuables.
- If you already have a will in place, be sure to review it every couple of years, updating it with any new assets and making any necessary change to your wishes.
- Changes to beneficiaries on your life insurance, banking, investment, and retirement accounts might need to be made due to death, divorce or other changes in status.
- Lastly, if you haven't yet made a will or considered your estate plans, now is the time! Connect with a lawyer.

If you are low income, then Elder Network partners with Legal Assistance Olmsted County (LAOC) to offer a free "wills" clinic in the Spring and Fall each year. Reach out to Kate or LAOC at 507-287-2036 to join the wait list for the upcoming clinic on October 9, 2026.

Memory Cafe

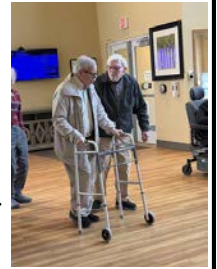


Group Respite



Friendly Visitor Program

"The best way to find oneself is to lose yourself in the services of others" -Ghandi



Our Friendly Visitor volunteers make weekly visits to their matched clients for meaningful connections and to provide companionship and support. These client and visitor interactions often lead to established relationships, that can be long-term and very enriching for both. 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. Call today to volunteer.

Connectedness is important for everyone. On a recent survey, one family member shared, *"My sister is residing in a memory care facility. Her mental acuity is higher than most of the other residents. Friendly Visiting provides social interaction at her level and a connectedness that is not available where she lives."*

Kyle - Technology Assistance Program

We are excited to see our Technical Assistance Program (TAP) is currently at capacity and we are starting a waiting list for future requests by older adults wanting to learn basic iPad skills. Additional funding sources are being explored to expand our services. The affordability of internet service has created a challenge for older adults looking to connect with family, friends and resources. Kyle evaluates the strength of the internet connection through various providers as the strength varies with location in the building, the town and rural areas. He is able to inform clients when there are outages and the strength of their connection. Apple's new upgraded operating system requires additional storage capacity so we will also need to increase the storage for our loaned iPads for the new operating system and applications. Our monthly newsletter keeps volunteers updated on the new Apple software and related events in the tech world. The Mayo Geri Fellows were impressed with the clarity of our client handbook and our personalized in-home training.





Wabasha County News

Here we are, where did the summer go?! Wabasha County has had a great summer. In July, we had a workshop on "Blooming in Every Season." We had 26

in attendance and it was hosted at Pepin Plaza. We enjoyed the collaboration of Dr. McKenzie from Eagle Valley Chiropractic-Lake City, Susan Draves from Forest and Soul, Teri Bissonette of Anytime Fitness, and Rebecca Stolz BSN/RN who is a Life Coach and Grief Educator. Discussion was very helpful and centered around quality of life-no matter the season of life you are in.

In August, we had a Financial Planning, Trusts, Estates, and Funeral Planning Workshop, held at Faith Lutheran Church in Wabasha. Maggie Cooke (Elder Law Lawyer from Gorman & Lodermeier) and Brends Schultz (The Funeral Lady) presented and fielded a lot of questions from the over 20 attendees. Watch the paper for our next class or workshop in the area!

Connections Cafe- Meets on the 2nd Thursday of every month, from 1-2:30pm at the UCC church in Wabasha (317 W 2nd St-near the bridge). We enjoy games, trivia, fun holiday activities and goodies!

Caregiving- It is a full-time job. We have a lot of supports for our caregivers!

Caregiver Support Groups-

Lake City: The 2nd and 4th Tuesday mornings at the Lake City Public Library from 10:00 am to 11:30am.

Wabasha: The 1st and 3rd Wednesdays from 10:30am-noon, at Faith Lutheran Church.

Caregiver Consulting- One-on-one consulting or with families that are caregiving. Give us a call! Sometimes, it helps to get some advice, more resources or another perspective.

Caregiver Respite- We can provide a trained Companion or Volunteer to help give you a break. It gives peace of mind that your care receiver is in good hands while you tend to your own needs.

Bonnie Sandberg -Wabasha Program Manager

Phone: 651-564-0351

Email: bonnies@elder-network.org

Winona County News



We said goodbye to our Winona Program Manager, Lisa Lind, in June with many thanks. We greatly appreciate all the work Lisa did to build new and re-establish old relationships, strengthen the Winona program & meet new needs that emerged in her area. We would also like to welcome Karen Wrolson, our new hire for Winona County, who is excited to use her educational background and life experience to serve the Winona area!

Caregiver Consulting

Caregiver Consulting provides individual or family sessions for those that are caregiving.

Caregiver Support Group (NEW in 2026)

In-Person Caregiver Support Group meeting on the 2nd and 4th Wednesday, at Bluff View Estates, from 10:30am to 12:00pm.

"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 Respite Companions

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 Holly, 507-285-5272, today, to learn more.

Friendly Visitor

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

Please contact the Rochester Office for more information on these services: **507-285-5272**

Additional Programs, Opportunities, & Appreciated Gifts



A Caregiver's Guide to Planning for the Unexpected

Are you prepared if future emergencies and unexpected situations arise for you or your care receiver?

This in-person workshop 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 and realistic return home after a hospitalization or rehabilitation with guest presenters: Mayo Clinic Social Workers & Home Instead Senior Care and Aveanna Home Health
- Learn about current community and online resources to support you
- Gain peace of mind and understand Legal and Medical forms to support the emergency plan

Class donations are encouraged

Funded in part by the South Country Health Alliance

Thursday, October 22nd
1-3pm
Dodge Center Public Library
13 1st Ave NW
Dodge Center, MN 55927
Registration is required by Oct. 18th
For more information, call
507-285-5272



Elder Network Services are available to all eligible persons regardless of race, color, sex, religion, disability or national origin. Elder Network is a non-profit organization.

Holly - Upcoming Workshops for Caregivers

As you may have noticed on page 2, as well as, to my left we are offering 2 different caregiver education workshops coming this fall.

We have learned from the experts; the caregivers themselves, that one of the hardest things to make time for is, themselves. We keep hearing the importance of self-care, but when it really comes down to it, it's not always as easy as it sounds. Both of these workshops focus on how we can make self-care easier to achieve by learning new ways to incorporate skills that we can do anywhere and with limited time availability. Both require registering in advance, so don't wait as they tend to fill up quickly. **Powerful Tools for Caregivers** (PTC) 6-week, evidence-based workshops will help anyone caring for an older friend or a relative, to help develop a wealth of tools to manage self-care. **The Community Caregiver Listening Session** in Dodge Center, is a 1-hour session for caregivers to come and share their caregiving needs, learn about educational resources and opportunities. Center Clinic is partnering with us to host this event. Don't wait, register TODAY!



Memorial Gifts

Linda Diedrich in memory of Kenneth J. Diedrich
Sharon Haack in memory of Valentine Kellam
Cindee Hoberg in memory of Mark Hoberg
Ruth Holty in memory of John Reiter
Cecelia Lamb in memory of George Lamb
Bonnie J. Maher in memory of Michael W. Maher
Julia Pearson in memory of Bruce L. Pearson

Gifts in Honor

Joy Bertsinger in honor of Laurie Mangen
Bethel Lutheran Church in honor of Laurie Mangen
Paul Doucette in honor of Mary Doucette
Pamela Klenke in honor of Joyce Meier
Mary Alice Richardson in honor of Yang Gao,
Mary Romberg, & Holly Brown

Interns Needed



Are you a student in human services, social work, social media, or communications looking for a field experience or an internship? Elder Network has a long tradition of providing those experiences from a group of seasoned staff.

Contact Holly at hollyb@elder-network.org for more info and a variety of experiential learning.

Consider Monthly Giving

Monthly donations help us to minimize administrative time and keep programs and services low-cost and donation-based. Start today:
elder-network.org/giving-information/

Thank You to Our Funders!

Ability Building Center
 AFA Milton & Phyllis Berg Respite
 Bank of America
 Bethel Lutheran Church
 Bierman's Magical Moments-Friend Gala Sponsor
 Byron Community Foundation (SMIF)
 Calvary Evangelical Free Rochester
 Carl & Verna Schmidt Foundation-Gold Gala Sponsor
 Cascade Creek-Bronze Gala Sponsor
 Circle Drive Dental-Corporate Gala Sponsor
 Compeer Financial
 H3O Jazz Trio
 Edward Jones-Silver Plus Gala Sponsor
 Evangel United Methodist Church
 F&M Community Bank-Friend Gala Sponsor
 Hawkins Ash CPAs-Bronze Plus Gala Sponsor
 The Homestead at Rochester-Bronze Gala Sponsor
 Kevin Cross: John & Margaret Cross Memorial Fund
 Knights of Columbus DAF
 KTTC-Media Gala Sponsor
 Mayo Clinic-Platinum Gala Sponsor
 Mayo Employees Federal Credit Union-Silver Gala Sponsor
 Medica
 Men of Pax Christi-Corporate Upgrade Gala Sponsor
 Minnwest Bank-Bronze Gala Sponsor
 Morning Pride Lions Club-Bronze Plus Gala Sponsor
 Olmsted County
 Olmsted Medical Center-Silver Gala Sponsor
 People's Energy Cooperative
 Powers Ventures-Bronze Plus Gala Sponsor
 RAF-Housing Coalition-Senior Housing Group
 Rochester Area Foundation
 Rochester Commercial Banks Association-Corporate Gala Sponsor
 Rochester My Home-Friend Gala Sponsor
 Samaritan Bethany
 SE MN Adult Mental Health Initiative
 Seasons Hospice-Corporate Gala Sponsor
 SEMAAA
 Shorewood Senior Living-Silver Plus Gala Sponsor
 South Country Health Alliance
 Terra Loco
 Think Bank-Silver Plus Gala Sponsor
 Thrivent Financial
 Townsquare Media-Bronze Gala Sponsor
 Two Fathoms Brewing
 UCC Rochester-Bronze Gala Sponsor
 United Way of GWP
 United Way of SE MN
 Wagner Oehler, Ltd.-Bronze Gala Sponsor
 Winona Community Foundation
 Zumbro Valley Emergency Nurses' Association



Monthly and Quarterly Donors

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:

- Michael Brody
- Holly Brown
- Pat & Leroy Christofferson
- Kyle & Becca Herbstritt
- Dr. Diane Elizabeth Holland
- Kate Jirik
- Kay Lovett
- Tiffany Olson
- Jason & Phoebe Wagner
- Dr. Nathan Mannix

Wabasha Aging Mastery



Individual Donors

- Mary Ann Boyn
- Douglas Gras
- Stephen P. Hank
- Geraldine Harlan
- Dr. Randy & Lynne Hemann
- Catherine Hurley
- Chuck & Dorey Johnson
- Marse Mackey
- Peggy Marchesani
- Ms. Madonna M. Metcalf
- Mary Mundy
- Linda Patterson
- Elizabeth Plumhoff
- Jim & Judy Sloan
- James & Mary Vlazny
- Ken & Mary Zaiken
- Fred J. Ziecina



Additional Ways to Give

Thrivent Choice dollars can be designated to Elder Network if you are a member and go to service.thrivent.com. We accept Donor Advised funds, IRA Qualified Charitable Distributions (QCD's), and other gifting options. Our EIN is: 41-1704390. Call our office to day to learn more, at 507-285-5272.



1130 ½ 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

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.

What's inside...

Note from Kathy	pg. 1	Additional Programs, Opportunities, &	
Volunteering & Upcoming Events	pg. 2	Appreciated Gifts	pg. 6
Ongoing Program Updates	pg. 3-4	Ways to Give/Donors	pg. 7
Winona & Wabasha News	pg. 5	We Need Your Help!	pg. 8

HELP WANTED

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 13th Annual Fall Fling Gala September 19th, 2026.
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.

Respite 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!