



Community of Care Newsletter

NOVEMBER 2017

How Does Community of Care assist Grandmas & Grandpas to remain safely in their rural Cass home?

Martha (not her real name), is a 90 year old living in rural Cass. She has been experiencing health problems this fall. Our Faith Community Nurse, Gwen, visits with her to help her understand her medications & the doctor's orders. Martha attends a Bone Builder class to improve her mobility & strength, but also for socialization. Our Volunteer Coordinator, Rebecca, arranges for a volunteer to provide a ride for Martha to see her doctor.



Pete (not his real name) is in his mid 80s. He lives on a very fixed income. Our Care Coordinator, Lauren, has assisted Pete to complete applications for food and fuel assistance. Last week, she reviewed Pete's Medicare Part D plan with him to ensure he is on the most cost-effective plan.

Zac and Em live in rural Cass County. Their daughter brings them to medical appointments in Fargo. However, she is away caring for a grandbaby and Zac has an appointment with a specialist. They call Community of Care and, with a little paperwork and coordination a volunteer brings them to the appointment.



(Top right) Arthur Bone Builders (Bottom right) Lauren assists a client with Part D (Pictures are not clients in scenarios)

6th Annual Classic Car & Bike Cruise

The participants on the 6th annual Car & Bike cruise enjoyed a beautiful drive through Southeast ND on Sunday, July 30th. A stop for lunch at Fort Ransom before heading along the Sheyenne River valley provided a scenic drive. We had several new participants on this year's cruise. Thank you to all of our sponsors—their names are listed on the yellow insert.



THANK YOU
\$1,000 Sponsors
 ♦ ADM Bean
 ♦ Casselton
 Medical
 Foundation

Estate Planning SMARTS

Susan E. Johnson-Drenth, a certified Elder Law Attorney provided information about estate planning and elder law at an event sponsored by Community of Care.

"Estate planning means not just planning for the older generation, but helping to protect the inheritance of the following generations," said Sue.

Although talking about later life decisions can be difficult for elders and their adult children, it is vital that these conversations take place. *"Events like this are an important way to share information and provide a good introduction - a good gateway - for families to begin," Sue said. "If you don't know to ask, no one is likely to tell you."*

"The number one concern for children and care-giver spouses is protecting assets from long term care costs," she continued. "Working on this for 20 years, I have never had as many tools in my tool box as I do now for maximizing the assets and income allowed to the care-giver spouse."

Sue is the only certified elder law attorney in North Dakota and practices in Fargo.

(Thank you to our Board Member, Susan Stibbe, for writing this article)

Watch the recording of Susan's presentation, Estate Planning SMARTS, on our website starting in December
www.communityofcarend.com

Staff Change at Community of Care



Lauren Prante joined the staff on October 9th. She is our new Care Coordinator. Lauren and her husband, Zach, grew up in Casselton and graduated from Central Cass. They recently moved back to Casselton. Lauren has a Master's Degree in

Social Work from UND. We are excited to have her as part of our team. She will be in the Arthur office on Monday, Tuesday & Thursday and the Casselton office on Wednesday & Friday. She takes over for Debra Ball-Kilbourne who left to work as a chaplain for Ethos Hospice.

"I enjoy the entire class, but my favorite part are the strengthening exercises"—Bone Builder participant



Our Faith Community Nurse, Gwen Fraase, recently gave a presentation on Fall Prevention at the CBA Sr. Day in Casselton. She shared these statistics related to falls:

- ♦ Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- ♦ 1 out of 3 people 65 years and over fall each year.
- ♦ Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- ♦ 2 out of 3 falls occur at home during typical activities of daily living.
- ♦ Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- ♦ In 2010, the total medical costs of fall injuries for people 65 and older, adjusted for inflation, was \$30 billion.

Bone Builder Exercise Classes help improve strength, mobility, balance & help prevent falls. Join a class in one of these locations:

Arthur (at Good Sam)

- ♦ Mon. & Thurs. 9:45—10:45

Casselton (at Casselwood)

- ♦ Tues. & Fri.—1:30—2:30

Harwood (at Community Center)

- ♦ Tues. & Thurs.—1:00—2:00

Hunter (at Hunter Grain)

- ♦ Mon, Wed & Fri.—9:45—10:45

Kindred (at City Hall)

- ♦ Mon. & Fri.—10:30—11:30



Medicare Part D drug plan enrollment continues through December 7th. Call our offices to schedule an appointment. We recommend people 65+ review their plans every year.

"CROPS FOR CARE" PROGRAM

Did you know you can support our mission with a donation of your farm commodities? Contact your local elevator to donate bushels of beans, corn or wheat to support our mission. Your donation will help keep Grandmas & Grandpas living in the rural homes they love. For more information, contact our office 701/347-0032 or your local elevator. Thank you for supporting our mission with your "Crops of Care."



Left: United Way of Cass Clay Volunteers met at Hunter Café before serving several residents in Arthur & Hunter for Day of Caring

Below: Area residents attending the CBA Sr. Day in Casselton. They visited displays & heard presentations on "Livable Homes" and "Fall Prevention"



Community of Care Staff

Myrna Hanson—Executive Director
mhanson@communityofcarend.com
Lauren Prante—Care Coordinator
lauren@communityofcarend.com
Rebecca Berge-Buss—Volunteer Coordinator
rebecca@communityofcarend.com
Gwen Fraase—Faith Community Nurse
gwen@communityofcarend.com
Lanette Johnson—Bookkeeper
lanette@communityofcarend.com

www.communityofcarend.com
Facebook.com/communityofcare



Dear Friends,

At Community of Care, we know hundreds of older adults who want to continue living in their rural Cass County home. You probably know many who feel that same way. You might even be an older adult looking for resources to assist you to remain in your home. Or maybe you are an adult child of an aging parent saying, “I don’t know where to turn to help Mom & Dad stay in their home.” **Our goal is “to enhance the quality of life for older adults in rural Cass County in order to keep them in their homes as long as safely possible.”** Community of Care works everyday to help “Grandmas and Grandpas” continue to live in the rural Cass County homes and communities they love.

Community of Care’s mission is “caring for people by partnering with rural communities.” **THANK YOU** to the many individuals, organizations and businesses who support our mission in so many ways—you are indeed partners in caring for rural Cass residents! As a community-based organization, we rely on the idea of Neighbor Helping Neighbor. *Our partnerships allows us to care for people like Stan and Betty, a pair of 80 somethings who live in rural Cass County. They have lived in the same house for over 50 years and want to continue living there. A ride to the doctor or help completing a fuel assistance form can help keep them in their home. Regular attendance at Bone Builder class improves their balance, strength & mobility. Knowing there is someone to call to help answer their questions gives them peace of mind.*

We ask for your partnership as a 2018 member. There are no requirements to being a member, but you will receive the blessing of knowing you are helping a “Grandma or Grandpa” remain safely in their rural Cass County home. A membership envelope is enclosed for your convenience. You can also complete your membership at www.communityofcarend.com

Many of us are making our year end charitable giving plans. We ask you to consider a tax-deductible gift to Community of Care. Your gift will change the life of a “Grandma or Grandpa” in rural Cass County.

Sincerely,

June Calderwood
Board Chairperson

Myrna Hanson
Executive Director



PS. Can we count on you as a partner in our mission?

Community of Care’s mission is **“to care for people by partnering with rural communities”**

LOOKING AHEAD TO 2018...

Giving Hearts Day is Thursday, February 8, 2018. Your gift on this one-day online giving event will assist a Grandma or Grandpa to remain in their rural Cass County home. The theme for 2018 is **#countme**. Can we COUNT on YOU to join us on Giving Hearts Day? **Will you invite a friend, neighbor, family member or high school classmate to join you in GIVING FROM YOUR HEART?** Watch Facebook, our website & the Reporter for more details.



Giving Hearts Day

◀ FEBRUARY 8TH 2018 ▶

2017 People's Choice Award
Winning Table—Hagen Dental



Totally Tables #11 is Friday, April 13, 2018 at St. Leo's Spirit of Life Center in Casselton. Mark your calendars & start planning your tables.

Community of Care

PO Box 187

Arthur, ND 58006

