

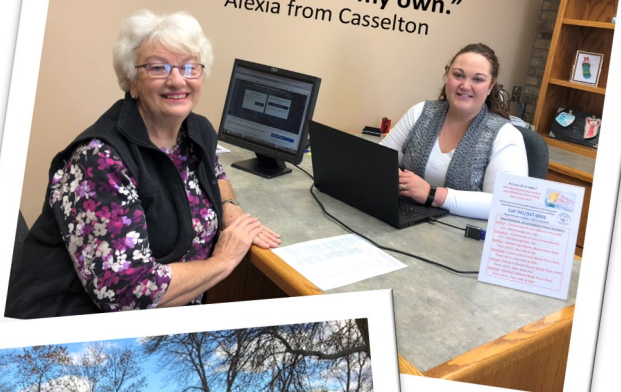


November 2018

Community of Care

"Caring for our aging population in rural communities—one person at a time!"

"It's nice to walk in & work with someone who knows Medicare Part D, rather than try to figure it out on my own."
Alexia from Casselton



Arlo & Doris from Leonard provide a ride for Vince from Casselton. Doris says, "We volunteer because we might need a ride someday."



"Community of Care is my family now."
Noel from Arthur



Community of Care celebrated our "Golden Anniversary" - we turned 15 on September 15th! THANK YOU to everyone who has supported us during our first 15 years. We are very grateful for clients & their family members, board members, donors, volunteers, stakeholders and local communities & businesses & organizations. We would not be marking this anniversary without YOUR support. We are excited to see what the next 15 years brings!



www.communityofcarend.com
[Facebook.com/communityofcarend](https://www.facebook.com/communityofcarend)
[@CofCare](https://twitter.com/CofCare) on Twitter



At the annual CBA Sr. Day in Casselton, an investigator from the Consumer Protection Division of the Attorney General's Office gave the presentation, "Don't Get Scammed." A few highlights from the information shared by their office:

- **NEVER** respond to an email asking you to confirm or verify information, even if it looks official
- **Don't give out your credit card number** or personal



information over the phone unless you initiated the call and you are sure the company is reputable

- Shred financial records, bank statements, credit card bills and pre-approved credit card applications before you throw them away
- **NEVER** wire money to someone you have not met in person
- **NEVER** agree to deposit a check you receive in the mail and wire money back to the sender
- **BE WARY** of telephone calls and postcards with offers "Too good to be true." They usually are!
- **If you receive a scam call—HANG UP!**
- Screen your calls. Let your friends & family know you are screening calls & will return the call later
- If you receive a call about a family member in trouble, check with other family members, using their regular contact numbers, before you agree to anything.
- Register your home and cell number on the North Dakota Do Not Call Registry
 - 1-888-382-1222 or www.donotcall.gov
- **If it sounds too good to be true, or if you have been the victim of a scam, contact the Consumer Protection Division of the Office of the Attorney General**
 - **701/328-3404 or 800-472-2600**
- If you have a question or need assistance calling one of these agencies, contact Community of Care

**Medicare Part D drug plan open enrollment continues through December 7th—Call our office to schedule your appointment.
701/347-0032 or 701/967-8502**

WHY SHOULD YOU CALL COMMUNITY OF CARE?

- ♦ You are an **older adult** living in rural Cass County
- ♦ You are an **adult child** looking for resources to care for your aging parent living in rural Cass
- ♦ You want to review your **Medicare Part D** drug plan
- ♦ You need a **ride to your medical appointment**
- ♦ You need **assistance with paperwork** (fuel, food or prescription assistance)
- ♦ You have a question about your medical condition (**Faith Community Nurse** serves in Arthur, Hunter and Grandin area)
- ♦ You would like information about a **Bone Builder class**
- ♦ You are looking for **information** regarding in-home services
- ♦ These are just a few of the services the Community of Care staff provide

BOARD OF DIRECTORS

June Calderwood—Chair, Casselton
Brian Arett—Vice Chair, Fargo
Kevin Skunes—Secretary, Arthur
Lori Abraham—Page
Tamara Anderson—Detroit Lakes
Joe Moore—Arthur
Pam Nelson—Casselton
Susan Stibbe—Hunter

***Do you know the
average cost of a
long-term care facility
in North Dakota in 2018
is \$98,809? (source:
North Dakota Dept. of
Human Services)***

Volunteer Appreciation Event



Thank you to all our volunteers! We could not provide the services we do without YOU.

AGING...what does that word mean to you?

We are launching a new project.....**the AGING 6 word sentence project.** The idea was “snitched” from another organization & issue. **We are asking you to write a 6 word sentence on your idea of aging, and then send the sentence to Community of Care.** An example might be....”Mom’s aged, where do I turn?” You can send it to us a variety of ways:

- 1) Write it on a piece of paper - drop off or mail to our office
- 2) Email your sentence to cofcare15@gmail.com
- 3) Participate in our Facebook discussion group
- 4) You can send your responses anonymously or include your name....it is your choice



We will be compiling the sentences to learn about people’s thoughts, experiences, fears, joys, etc. We hope to receive responses from a variety of perspectives and ages. Your response will not be shared without your permission.



**THANK YOU TO EVERYONE WHO JOINED US FOR THE
7TH ANNUAL CAR AND BIKE CRUISE**

The cruise sponsors are listed on the donor insert
and on our website.



Dear Friends,

In one of the rural Cass County communities, you will find a little house that belongs to Edna (*not her real name*). She is one of the pillars of her community – most everyone in town knows Edna.

She is involved in her church, regularly attends senior meals and does not want to live anywhere else. Like many in our rural communities, she continues to volunteer and serve. Did we mention that Edna lives alone, is sharp as a tack and is in the 85+ group?

Edna is just one of hundreds of older adults in rural Cass County served by Community of Care.

She receives rides to medical appointments provided by dedicated volunteers. Our Care Coordinator reviews her Medicare Part D drug plan with her and helps her complete a fuel assistance form. Edna attends a Bone Builder class sponsored by Community of Care, both for exercise and socialization. Our Faith Community Nurse reviews Edna's medication and doctor's orders with her.

Does Edna sound familiar? **She might be your neighbor, a friend from church, the woman you see at the local café....or she just might be your mom or grandma.** Edna is like many older adults – she wants to continue to live in her home. Community of Care works everyday to help “grandmas and grandpas” throughout rural Cass County remain in the homes and communities they love, as long as safely possible. We are able to care for older adults in rural Cass, thanks to people like you! Community of Care's mission as we serve older adults in rural Cass is “*caring for people by partnering with rural communities.*” **THANK YOU** to the many individuals, businesses and organizations who partner with us to care for your friends and neighbors in rural Cass. As a community-based organization, we rely on the North Dakota way – Neighbor Helping Neighbor!

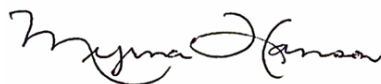
We ask for your partnership in caring for your neighbors, those pillars of your community. Your 2019 membership will assist hundreds of “grandmas and grandpas” like Edna to remain in their homes and communities. We have enclosed a membership envelope for your convenience. You can also complete your 2019 membership online www.communityofcarend.com (click on the blue donate button).

Your membership support changes lives in rural Cass County. Your gift provides care for older adults throughout rural Cass. Who are the pillars of your community?

Sincerely,



June Calderwood
Board Chair



Myrna Hanson
Executive Director

PS. Can we count on you to help care for the pillars of your community?



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PO Box 187
Arthur, ND 58006

STAFF

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<u>Casselton Office</u>	<u>Arthur Office</u>
PO Box 73	PO Box 187
(in BankNorth)	(In the mall)
Casselton, ND 58012	Arthur, ND 58006
701/347-0032	701/967-8502

Giving Hearts Day is on Valentine's Day, Thursday, February 14, 2019! Will you say COUNTME to support Community of Care on Feb. 14th? Mark your calendars, challenge your friends & family to join you and plan to donate on GHD to help a "grandma or grandpa" continue to live in the rural Cass County home they love.



Totally Tables #12 is Friday, April 26, 2019! The event is open to EVERYONE! Start planning now to sponsor a table and invite your friends to join you. Table sponsorship information will be available early in 2019. The 2018 People's Choice winning table, West Funeral Home, is pictured.