



# Community of Care Newsletter

NOVEMBER 2013

## COMMUNITIES SERVED

ABSARAKA

ALICE

AMENIA

ARGUSVILLE

AYR

BUFFALO

CASSELTON

CHAFFEE

DAVENPORT

DURBIN

EMBDEN

ERIE

GARDNER

GRANDIN

HARWOOD

HORACE

HUNTER

KINDRED

LEONARD

MAPLETON

PAGE

TOWER CITY

WHEATLAND

## Community of Care celebrates 10 years!

It all began in September of 2003. Ten years later, we have continued to grow, expand our services and provide care for a greater number of rural Cass County residents. **The support of local residents, businesses and organizations has been crucial to the growth and development of Community of Care during these past 10 years.**

Here is what two people had to say about C of C:

- “This organization has been so good to my mom. We can’t thank you enough!!!”  
Daughter of long-term client



Current & former board members Margaret Mowery, Jody Burgum and Dawn Moore at Arthur Open House.

- “The magic of Community of Care is that it helps people in rural settings. It is so neat to have an option for people living in rural Cass County to get the services they need to stay in their homes.”  
Brian Arett—  
Board of directors and original steering committee member.

**To learn more about our services,  
check us out online**

**[www.communityofcarend.com](http://www.communityofcarend.com)**



**Medicare Part D drug plan  
enrollment continues  
through December 7th.  
Call our offices to schedule  
an appointment.**

A group from Page on Day of Service.



\*A study done in the 1990s by researcher Allan Luks concluded that regular volunteers are ten times more likely to be in good health than people who don't volunteer.



## Day of Caring/Service

Community of Care volunteers collaborated with United Way's Day of Caring on October 10<sup>th</sup> to help area seniors with projects around their homes. Microsoft and First State Bank employees assisted 9 households by raking leaves, washing windows, cleaning out

gardens and eaves troughs. Homeowner, Helen Morris of Casselton, states that she *"couldn't do it (yard work) myself. I very, very much appreciate what the volunteers did. It was ugly looking before – they did a great job!"*



On Sunday, October

27th, volunteers from Page did fall yard work for local residents as part of the Day of Service. **Thank you to all the volunteers who participated in both locations.**

## Are you available to "Drive Miss Daisy?"

**Sandy Dooley, Volunteer Coordinator, is looking for volunteers to provide transportation to people needing rides to medical appointments.**

A typical trip to Fargo for an appointment takes an average of 3-5 hours, depending on the location of the recipient.

Volunteers can participate on a short-term basis (such as 3-4 months out of the year) or on a long-term basis.

Community of Care also provides services in:

- Yard work
- Minor household repairs

- Friendly visits
- Light housekeeping
- Social transportation
- Assistance with errands

**If you are interested in providing a rewarding service to help people in need, contact Sandy at 701/347-0032.**

## COMMODITY DONATION PROGRAM

Community of Care launched our 1st Annual Commodity Donation Program during the 2013 harvest. Farmers are asked to donate bushels of their crop towards our mission. **Donations are accepted any time during the year.**

These elevators have agreed to facilitate your commodity donations:

Arthur Companies, Dakota Ag Cooperative, Embden Grain, Galesburg Coop Elevator, Hunter Grain, Maple River Grain, Sinner Brothers & Bresnahan, and Tharaldson Ethanol. Check with your accountant about the tax savings.

**Thank you for supporting our mission with your "Crops of Care."**

## 2nd Annual Classic Car & Bike Cruise

On a rainy September day, 13 bikers and 39 car enthusiasts gathered for the 2nd Annual Classic Car & Bike Cruise. The rain did not dampen the spirits of participants as we cruised through Minnesota lakes country. As we finished the cruise with lunch in Kindred, the room was filled with laughter, conversa-

tion and excitement for the 3rd Annual Cruise in September 2014! Thank you to our committee members for planning the event: Dale & Loree Halverson, Wayne Oberlander, Joan Thiel, Dave & June Calderwood, Karen Ugelstad, Gary Johnson & Terry Madsen.



(above) Scott & Camry Dunker stayed dry on their bike with their rain gear.

\*\*\*\*\*

(left) Tom & Shelley Burchill stayed warm and dry in their Corvette.



### THANK YOU

to these  
\$1,000 Sponsors

- ♦ ADM Bean
- ♦ Casselton Medical Foundation

### Are you 70 ½ and must take the Required Minimum Distribution (RMD) from your IRA?

In 2013, a direct rollover from your IRA can be made to charitable organizations. The rollover amount can be your entire RMD or a portion of it. The amount rolled over to the charitable organization will be TAX FREE.

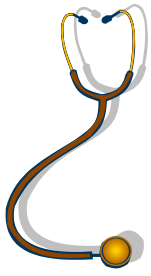
### Would you consider a donation of your RMD to Community of Care?

Please check with us in 2014 about your RMD, to see if this tax savings option has been extended.

## Endowment Fund

The C of C Board of Directors is working to establish an Endowment Fund prior to the end of 2013. **North Dakota residents receive a 40% tax break for individuals, couples or businesses who make a \$5,000 gift to a qualified endowment.** After the federal & state tax savings, the gift actually costs the giver approximately 43% of the total donation. If you are interested in making a donation to the Community of Care Endowment Fund, please contact your tax planner or Myrna Hanson, Executive Director. **Your donation is a FOREVER GIFT to sustain the mission of Community of Care.**





## From the Faith Community Nurse (FCN)

Jess Donegan, our FCN, works part-time out of the Arthur office. She coordinates/offers these services:

- Monthly blood pressures the 2<sup>nd</sup> Monday every month at **Casselton seniors**
- Monthly blood pressure the 3<sup>rd</sup> Tuesday of every month in the **Arthur Mall**
- **Bone Builders exercise class** on Mondays & Thursdays 10—11 AM at Arthur Good Sam. This class promotes balance and strength.
- After discharge from a hospital setting, Jess provides **support and wellness checks**.
- **Prayer and support** for community members and parishioners experiencing difficult situations
- Call our Arthur office **if you know of someone who would benefit from a Faith Community Nurse visit**.

## Winter Survival Kit 10 things to keep in your car

- 1) Blanket
- 2) Snow shovel
- 3) Flashlight
- 4) Hand warmers
- 5) Matches
- 6) Flares
- 7) Bottle of water & a few protein snack bars.
- 8) Syphon Pump
- 9) Light sticks
- 10) Whistle



Thank you to Michelle Anderson for her service as part-time staff member. We appreciate your dedication to Community of Care's mission.



### COMMUNITY OF CARE BOARD AND STAFF

Front Row: Sandy Dooley, Volunteer Coordinator, Michelle Anderson—Former Staff, Nancy Satrom—Page, Dick Sinner—Casselton.

Back Row: Myrna Hanson—Executive Director, Melissa Oberlander—Care Coordinator, David Rostad—Kindred, Ashley Ylitalo—Arthur, Dawn Moore—Arthur, Jane Lindemann—Fargo, Scott Wolff—Casselton.

Not Pictured: June Calderwood—Casselton, Margaret Mowery—Fargo, Brian Arett—Fargo, Jess Donegan—Faith Community Nurse.



Dear Friends,

**Community of Care believes rural Cass County is a great place to live, no matter what your age!** We provide services free of charge for your family, friends and neighbors in rural Cass County. Our goal is “to enhance the quality of life for rural Cass County residents in order to keep them in their homes and communities as long as safely possible.” This is one example of the many rural Cass residents we serve:

***Roger and Betty (not their real names) have been married for 57 years and have lived in their rural Cass home their entire married life. They call our office frequently for transportation to medical appointments; our Volunteer Coordinator facilitates rides provided by local volunteers. Our Social Worker recently helped them complete a fuel assistance form and reviewed their Medicare Part D drug plan. Our Faith Community Nurse does outreach visits to Roger and Betty to check their blood pressure and assess their home for safety issues. Roger and Betty tell us they are able to remain in their home because of the services Community of Care provides. They also report that our services give them peace of mind.***

**On behalf of the board of directors, staff and clients of Community of Care, we want to thank you for your support of our mission during our first ten years!** The contributions of many individuals, businesses and organizations allow us to continue serving rural Cass County residents. As a community-based organization, we rely on the concept of *neighbor helping neighbor*.

We ask for your partnership in our 2014 membership drive. Membership has no requirements, but does have many blessings. **You will be helping to keep older adults and others in need in their rural Cass homes – perhaps your parents, grandparents, friends or neighbors!** A membership envelope is included for your convenience as we accept membership for 2014.

As you make your end of the year charitable giving plans, we ask you to make a tax-deductible gift to Community of Care so that we can continue to make a difference in the lives of rural Cass residents. **Can we count you in our 2014 membership rolls?**

Sincerely,

Jane Lindemann  
Board Chairperson

Myrna Hanson  
Executive Director



**PS. Will you help us continue to grow and expand in our next ten years?**

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



Community of Care  
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PO Box 187  
Arthur, ND 58006

Non-Profit Org.  
**U.S. Postage**  
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Casselton, ND  
Permit No. 36

## LOOKING AHEAD TO 2014.....



**Giving Hearts Day is Thursday, February 13, 2014.** The annual online giving program sponsored by Dakota Medical Foundation is your opportunity to support our mission with your online donation! Watch your mailbox, the Reporter & our website for more details

**Totally Tables #7 is Friday, April 25, 2014** at St. Leo's Catholic Church.

Plan now to sponsor a table and be a part of this exciting "friend-raiser and fundraiser." It's not too early to start planning your table decorations!



**The 2nd Annual Community Wellness Fair is Saturday, April 12, 2014** at Northern Cass School. We are again collaborating with the UND College of Nursing & Professional Programs to provide this educational events for



## Staff

**Myrna Hanson—Executive Director**

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**Melissa Oberlander—Care Coordinator**

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**Sandy Dooley—Volunteer Coordinator**

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**Jess Donegan—Faith Community Nurse**

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### Casselton Office

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