



Summer 2015

COMMUNITIES

SERVED

Absaraka
Alice
Amenia
Argusville
Arthur
Ayr
Buffalo
Casselton
Chaffee
Davenport
Durbin
Embden
Erie
Gardner
Grandin
Harwood
Horace
Hunter
Kindred
Leonard
Mapleton
Page
Tower City
Wheatland

Community of Care

*“Caring for people by partnering
with rural communities”*

COMMUNITY OF CARE SELECTED 2014 BUSH PRIZE WINNER

Community of Care is extremely honored, thrilled and humbled by our selection as a 2014 Bush Prize for Community Innovation winner. The Bush Foundation selected 10 winning organizations from Minnesota, North Dakota and South Dakota. **Community of Care is one of only 3 winners in North Dakota and we are the smallest of the 10 Bush Prize winners.** Executive Director, Myrna Hanson, was interviewed on KFGO after the announcement of the awards. The guest host described the Bush Prize award as the “Heisman Trophy for Non-Profits!”

The Bush Foundation was started in 1953 by Archibald & Edith Bush. He was a 3M executive and they left their fortune to establish a foundation to provide funding for organizations in MN, ND and SD. The Foundations mission is “*investing in great ideas and the people who power them.*”

This award recognizes the work of many in our communities who saw the challenges associated with keeping older adults in their rural homes. Many individuals listened to the community needs, developed programs and took risks 12 years ago to give birth to Community of Care. **Since 2003, countless board members, volunteers, donors and staff have continued to work with local communities to care for hundreds of rural Cass County residents.**

The Bush Prize includes a grant award. The board of directors and staff continue to “dream” how we might use the award to continue to expand our program to have a greater impact in the lives of rural Cass County residents and the communities they call home.

Each of the 10 Bush Prize winners had a professional video made telling their story. The video is available at the link below or on our website and Facebook page.



Merlyn Anderson from Hunter was featured in the Community of Care Bush Prize video. To view the video go to www.bushfoundation.org/grantees/community-care

TOTALLY TABLES #8 ANOTHER RECORDBREAKER!



Thank you to our
\$1,000 table
sponsors listed on
the yellow insert.
Your sponsorship is
changing lives in
rural Cass!

Totally Tables #8 was the place to be on April 17th! Those in attendance enjoyed a great meal & pie catered by Hunter Café. They also viewed the variety of tables, bid on auction items, played the games and visited with friends. **All of that while supporting a great cause—"Driving Miss Daisy" and "Serving Grumpy Old Men."**

Thanks to everyone who sponsored a table, donated an auction item, played the paddle game or wine grab or purchased an auction item. **Because of YOU, Community of Care raised over \$31,000 towards our mission in rural Cass County.**

We are humbled by YOUR SUPPORT. Totally Tables is a prime example of our mission, "Caring for people by PARTNER-ING with rural communities." **Mark your calendars for Totally Tables #9—April 22, 2016!**



Photos courtesy of Steve Carvell Photography, Casselton: Top left — "People's Choice Award" winner Arthur Companies; Above— Paddle Game finalists; Left—"Sweet treats" table from Mary's Market in Arthur

Staff Transitions at Community of Care

Community of Care has experienced staff transitions in the past several months for a variety of personal reasons. We are very fortunate to have found qualified individuals, dedicated to our mission, who "stepped right in" to fill the vacancy. Our new staff members include:

- **Kathy Sundquist, Faith Community Nurse.** She works part-time serving the northern part of the county.
- **Rebecca Berge—Buss, Volunteer Coordinator.** She works part-time facilitating medical transportation & other volunteer programs.
- **Lanette Johnson, Bookkeeper.** She works part-time handing our books.



Back Row: Lanette Johnson, Myrna Hanson & Melissa Oberlander

Front Row: Kathy Sundquist & Rebecca Berge-Buss

Community of Care Board of Directors



Thank you to our dedicated board of directors. You are an integral part of our mission.

Front row: Carrie Hagen—Casselton, June Calderwood—Casselton, Margaret Mowery—Fargo and Dawn Moore—Arthur.

Back Row: Kevin Skunes—Arthur, Dick Sinner—Casselton, Brian Arett—Fargo, David Rostad—Kindred and Michael Redinger—Arthur Good Sam.

David and Michael have completed their terms on the board and we thank them for their partnership in caring for rural Cass County residents. Welcome to our recently elected board member, Marcia Rose—Lynchburg.

**Like us on Facebook at facebook.com/communityofcarend
Check us out online at www.communityofcarend.com**

What's happening at Community of Care?

Join Community of Care this summer for “Senior Social’s!” Socialization is so important for all us. Interaction with others is important for our health. We know that many of our clients are looking for opportunities for socialization. We are planning a variety of outings this summer to provide socialization, entertainment, fun and laughter. **Look for notices in church bulletins, post-cards or call Melissa Oberlander for more information (701/967-8502). These are some of the ideas for “Senior Summer Social’s”:**



- **June 5th—Polka Fest in Hankinson—11 AM**
- **June 13th—Page Music Makers Concert, “an Evening in New York City,” during Page Community Days—7 PM**
- **June 24th—“Shrek Jr.” at West Fargo summer theater—2 PM**
- **July 9th—FM RedHawks baseball game—12:30 PM**
- **July 25th—Golden Oldies Movie & Popcorn at St. Leo’s Spirit of Life Center in Casselton as part of Summerfest— 1 to 3 PM**
- **July 29th—“Mary Poppins” at Trollwood Performing Arts School in Moorhead—7:30 PM**
- **Freezer Meal Workshops with NDSU Extension Staff coming to Cass County communities this summer/fall**



If you have other ideas for “Senior Social’s,” give Melissa a call. **We look forward to “improving people’s quality of life through our “Senior Social’s!”**

FaithCommunitiesalive!

Community of Care has become part of Faith Communities Alive, a health initiative in cooperation with NDSU, Cass County Extension Service and Dakota Medical Foundation to promote healthy lifestyles within faith communities. This program is being introduced in northern Cass. Kathy will work with area churches in promoting nutritional meals/snacks and healthy physical activity habits. The anticipated activities include: providing



free pedometers to all who want to participate in setting goals and keeping track of progress, community walks and some fun “competitions.” Bulletin boards will be placed in churches with

fun recipes, nutrition facts & ideas. Along with the traditional snacks at fellowship hour, we will encourage healthier snack choices, such as fresh fruit, nuts and miscellaneous trail mix snacks. Stay tuned for more information. **Here’s to a new and healthier YOU!**

Blood Pressure Screenings

Kathy Sundquist, Faith Community Nurse, will be providing Blood Pressure screenings

- 2nd Monday of the month at Casselton Senior Citizens at 11 AM
- 3rd Tuesday of the month in the Arthur Mall Commons Area—10 AM to 1 PM



Kathy Sundquist checks Jane Sinner’s blood pressure

We are looking for a few good men and women to "Drive Miss Daisy"



Do you have a few extra hours a month? Do you have a heart for helping your friends and neighbors in rural Cass? Are you willing to drive 1 or 2 times a month?

If you answer yes to those questions, you are just the person we are looking for! Community of Care is looking for additional dedicated volunteers to help provide transportation to medical appointments for our clients. **We need volunteers throughout the county, but are especially looking for volunteers in these Arthur, Hunter, Grandin, Leonard and Casselton.** As the request for rides increases, we need

additional volunteers to help meet those needs. If you would like to learn more or are interested in volunteering, contact Rebecca at 701/347-0032 or Rebecca@communityofcarend.com

We are also looking for volunteers to provide friendly visits, do yard work or minor home repair. **We cannot provide the services we do without our loyal volunteers. Can we add YOU to that list?**

Music and Memory Program

All of us have favorite songs that are linked to personal memories. Our brains are actually hard-wired to connect music to long-term memory. For individuals with conditions affecting their cognitive ability, music has the ability to calm chaotic brain activity.

Community of Care is going to launch a Music & Memory program for our clients, using a portion of our Bush Prize award. Our staff will be completing the training in July. We are inviting staff from the Arthur Good Sam to join us in the training.

In the Music & Memory program, clients receive an iPod,

loaded with music personalized for them. It might be music from their teenage years, their young adulthood, favorite hymns, etc.

Research has shown the benefits of music for people with memory challenges. The parts of the brain that respond to music are very close to the parts concerned with memory, emotion and mood. Community of Care sees this program as a tremendous opportunity to enhance the qual-



ity of life for our clients, reduce loneliness and improve cognitive abilities.

If you are interested in learning more, contact Myrna Hanson at 701/347-0032 or mhanson@communityofcarend.com You can also learn more at www.musicandmemory.org

Check out our Bush Prize video

www.bushfoundation.org/grantees/community-care

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701/347-0032	701/967-8502

Looking ahead

4th Annual Classic Car & Bike Cruise



Mark your calendar and invite your friends to join you on the 4th Annual Car/Bike Cruise on Saturday, September 26, 2015! The event begins at the Casselton Vet's Club with registration at 8 AM. Kick stands up and pedals down at 9 AM.



Will you drive with us so we can continue "Driving Miss Daisy" and "Serving Grumpy Old Men?"

Check out Facebook and website for info!

Will You Join the 1% Club?

Do you have an IRA, 401K or Retirement Plan?

Did you know nonprofit do not pay income tax on funds received through beneficiary designations?

Would you consider making Community of Care a 1% beneficiary on your retirement assets?

Did you know can also name nonprofits as beneficiaries on your life insurance policy?

Contact us for information.