



Community of Care NEWSLETTER

Serving Rural Cass County, ND

*The mission of Community of Care is
"to care for people by partnering with rural communities."
Adopted at the May 9th, 2013, Board Meeting*

Community Wellness Fair

Community of Care collaborated with the University of North Dakota College Nursing & Professional Programs, Arthur Good Samaritan, Arthur Drug and local Arthur residents to sponsor a Community Wellness Fair on Saturday, April 6th, at Northern Cass School. Faculty and students from UND conducted blood pressure, blood sugar, vision and hearing screenings, along with sessions on nutrition for seniors, caregiving, home assessment and first aid.

The Wellness Fair provided health information for local residents, while providing hands-on experience for UND Students. According to one adult child, Jane, who brought her Mom, Grandma Max, to the event, "My Mom (age 86) and I attended the C of C Wellness fair and we both had a great time. The information provided was useful and the UND nursing students were helpful and very pleasant; it was an enjoyable time and lunch was great too! Thanks for doing this!" Delores Erb, Amenia, said, "There is a lot of information here - I think it is a good thing to be able to go to."

The collaboration with UND was another means towards our goal "to enhance the quality of life for rural Cass residents". We look forward to continued collaboration with the UND faculty in caring for rural communities.

The 2014 Community Wellness Fair is scheduled for Saturday, April 12th, at the Northern Cass School". Mark your calendars!



DID YOU KNOW IN 2012....

- We provided 1,189 client contacts
- Services were provided for 364 people from 24 rural Cass communities
- 238 people received help with Medicare Part D—the average savings was \$565/person for a total savings of \$134,154

The 6th Annual Totally Tables was a Total Success! Thank you to everyone who sponsored a table, decorated a table, donated an auction item, purchased an auction item or made a donation. The evening included 31 tables decorated in a wide variety of themes ranging from a Safari to a Casino Table to Spring Gardens to tables decorated with elegant china and stemware. Guests enjoyed viewing the tables, wine tasting from Maple River Winery and bidding on silent auction items before dinner. "You Are Loved", a group of 6th graders from Martin's Lutheran Church in Casselton, served a delicious meal prepared by Deb Tarvestad from Hunter Café. After dinner, Myrna Hanson, Executive Director gave a presentation on the work of Community of Care.

Auctioneer Scott Steffes provided entertainment for everyone during the live auction. **The 6th Annual Totally Tables raised \$30,421 towards our mission "to care for people by partnering with rural communities"**. The board and staff of Community of Care are extremely grateful for the support provided by local residents during the 6th Annual Totally Tables.

THANK YOU TO THESE \$1,000 SPONSORS FOR TOTALLY TABLES #6

- Arthur Companies
- Casselton Community Medical Fund
- EEE, Inc. - Page
- First State Bank of ND
- Ihry Insurance
- Maple River Grain
- RDO Equipment - Casselton



AARP - Born to Ride



Red Hat Ladies Table



St. John Lutheran Table - 125th Anniversary

Find CofC on the Web & Facebook

Dean K., UND (right)
With the tractor she bought during the live auction.



Volunteer Corner

One of our clients, Joanne Erdman said, "It's wonderful to have this kind of thing (transportation) for older people because if they can't drive, they can't get to medical appointments. I can't drive in Fargo so I'm kind of up a creek without a paddle."



In 2012, we coordinated these volunteer services:

- Volunteers served 668 hours and drove 12,481 miles taking people to medical appointments
- Other volunteers served 672 hours & drove 3,317 miles doing yard work, minor home repair, friendly visits, led exercise programs, college internships, etc.
- Board members served 416 hours & drove 9,764 miles for meetings, trainings and fundraisers
- **The total economic impact of volunteer services in 2012 was \$48,462.23**

WOW-Widow and Widowers

"Clarence" became a widower 3 years ago after being married to "Katherine" for 55 years. "Clarence" had a difficult time getting used to eating alone, going to church by himself and finding ways to pass the time in the evenings. Many of his friends are still blessed to have their spouse, so it was difficult to find someone who understands, they are busy with their own lives.

"Clarence" heard about a Widow and Widowers group that met once a month at a local restaurant. He decided to attend to see what the group was all about. The group met for a meal together, played card games, and a few planned to meet for a movie the following week. "Clarence" couldn't remember the last time he had laughed so much. "Katherine" was gone, but he needed to keep living and find ways to enjoy his life without her.

WOW- Community of Care is starting a WOW Group!

Join us for our 1st meeting

WHEN: Wednesday, June 12th

TIME: 6:00 p.m.

WHERE: To Be Announced

RSVP: Call Melissa Oberlander at
701-967-8502

CofC Services

The services and programs of Community of Care are offered **free** of charge to **all** rural Cass residents, regardless of an individuals' income level. If you, a family member or neighbor are in need of information or services to keep someone in their homes or communities, contact our offices for assistance.

www.communityofcarend.com



Spring Clean UP

On Wednesday, May 8, if you were driving through Casselton, you might have seen Community of Care staff and volunteers working with the Central Cass 7th graders to clean the yards of several older adults. The partnership provided assistance for local residents and a valuable service opportunity for students. Jackie Wruck, Housing Manager: Casselwood Senior Living, said, *"THANK YOU 7th graders and teachers for the wonderful job you did at Casselwood! The residents are very happy we are weed-less and turning green!"*

Community of Care hopes to expand this program to the other schools in rural Cass County.



BONE BUILDERS

Community of Care offers Bone Builder classes at the Arthur Good Samaritan on Monday and Thursdays from 10-11 AM. This low-impact exercise program is open to anyone. Here is what some of the participants are saying about the class:

"My favorite part is the socialization and I think I even think clearer because of the class." - Dorothy

"My favorite part of the is the socialization and I've noticed my balance is better." - Mary

"I thought it would be a good idea at my age to stay as limber as possible and I've noticed that I'm stronger in my shoulders and arms." - Betty

"I like to come to a class because we have fun, it isn't boring and no one cares if you do it wrong." - Delores

Faith Community Nurse Program

Our grant from Sanford Health includes a goal to reduce hospital readmission rates. A goal of our Faith Community Nurse Program is to visit Medicare eligible patients living in northern Cass County within 72 hours of their discharge following a hospitalization. **We need your assistance in notifying our office when you, a family member, or friend is hospitalized.** Contact Jess Jantzen (FCN) at 701-967-8502 or JJantzen@communityofcarend.com.



Sandy Dooley
Volunteer Coordinator



**Jess Janzten, Myrna Hanson, Michelle Anderson,
Lucille Kingsley, & Melissa Oberlander**

After serving as the Volunteer Coordinator at Community of Care since 2004, Lucille Kingsley retired the end of January. We thank Lucille for her dedicated service to local residents. Many individuals have received rides to their doctor appointments thanks to Lucille's coordination.

Sandy Dooley (above) is the new Volunteer Coordinator and started work on March 17. She works part-time in the Casselton office facilitating volunteer services. If you are in need of transportation, minor home repair, yard work, friendly visits, etc., give Sandy a call at 347-0032 or stop by our office in Bremer Bank.



Back Row: Ashley Ylitalo (Arthur), Greg Wilcox (Sioux Falls, SD), Brian Arett (Fargo), June Calderwood (Casselton).

Front Row: Jane Lindemann (Fargo), Nancy Satrom (Page), Dawn Moore (Arthur), and Margaret Mowery (Fargo).

Not Present: Scott Wolff (Casselton), Dick Sinner (Casselton), and David Rostad (Kindred).

The Community of Care board of directors is a dedicated group of individuals who bring a variety of insight and professional experience.

We want to give **special thanks** to **Pastor Greg Wilcox** for his years of service to our mission. We will miss his insight and sense of humor at our board meetings. Greg served as a Good Samaritan Society representative on the original steering committee and board of directors for the past ten years.





Community of Care
335 1st St
PO Box 187
Arthur, ND 58006

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

Caring for Rural Communities - One Person At A Time



Events & Information

- Community of Care is **10 Years Old in September**. Watch for information about our celebration of this milestone!
- 2nd Annual Classic Car/Motorcycle Cruise** - is Saturday, September 14th, 2013! Mark your calendars and plan to join us for this fun event! Watch our website for additional information throughout the summer.
- Medicare Part D** - enrollment runs from October 15 - December 7th. Contact our offices beginning in early October to schedule an appointment.



Arthur Office:

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(In the Mall)
PO Box 187
Arthur, ND 58006

Phone: 701-967-8502
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Casselton Office:

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(In Bremer Bank)
PO Box 73
Casselton, ND 58012

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Toll Free: 866-347-0032

Staff:

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Care Coordinator

Sandy Dooley
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