



Community of Care

www.communityofcarend.com

Summer 2014

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

A letter from a client's daughter



This is our Mom and Dad, Jim and Bessie Hohnadel. They met in 1953 and were married after knowing each other a whole 3 months!

They raised their six kids and have called Casselton their home for almost 60 years. I am Teri, their oldest daughter, and I wanted to share how wonderfully spirited, friendly, helpful and sincere the folks at Community of Care have been to my folks and to me. Five of us live in a 100 mile radius and we take turns taking Mom and Dad to their appointments, including hospital stays. But all of us work full time and when we needed to get Mom to daily infusions in Fargo for over two weeks, Myrna, Melissa and Sandy were lifesavers!

I saw their brochure last fall after volunteers had come by and washed my parent's windows. I sent an email to Myrna, looking for transportation ideas to help give my folks some freedom now that Dad had to give up driving. Myrna was right there with offers to get my Dad to his "coffee with the boys." Now I just need to get my Dad to call, he's still a little sore about not driving anymore, I think.

I know my Mom feels comfortable after her daily rides from volunteer drivers that Sandy and Myna arranged for her in January this year. She was nervous about riding with strangers at first, but the volunteers were so very helpful and friendly, and some of them weren't strangers at all. Since then she's called for a ride on her own, to their eye appointments; for them being independent is so important.

That is not all that they do, which was wonderful in itself, but they assist with errands, minor home repairs, yard work and sometimes they are just friendly visitors! I found their advice and education through various resources to be very helpful. They put me in contact with health care professionals that provided information, that thankfully after Mom's surgery; I didn't need to call on. I really can go on and on about how impressed I was by this group of volunteers from the Casselton area. Because of them, my brothers and sisters can let Mom and Dad stay in their home for as long as they can and that is what's most important. And I know just a simple email or call, puts me in contact quickly with one of the volunteers, which is very handy in a very busy world.

So thank you to the volunteers that make up Community of Care! Without you, seniors like my folks, would have very few options to remain independent. And we can't thank you enough!

Bless you always,

Steve Hohnadel –Fargo, ND

Teri (Hohnadel) Fillmore -Detroit Lakes, MN

Linda Hohnadel – Casselton, ND (Not pictured)

Kathy (Hohnadel) Rodney – Houston, TX

Michelle (Hohnadel) Rustad – Kindred ND

Brad Hohnadel –Jamestown, ND

And of course,
Mom
and
Dad





Do you need information, referrals for in-home support or care coordination for yourself or a family member?

Melissa Oberlander, our Care Coordinator, is a licensed Social Worker and can assist with a variety of concerns. She also assists people with Medicare Part D drug plan enrollment throughout the year. Call our Arthur or Casselton offices for assistance.

We “Drive Miss Daisy!”

We are always recruiting additional transportation volunteers. To learn more about volunteering, call Sandy at 701/347-0032.



Would you like to leave a legacy so your friends & neighbors in rural Cass might continue to receive care?

Contact Myrna Hanson, Executive Director at 347-0032 if you would like more information about our Endowment Fund or including Community of Care in your estate planning.

“CROPS FOR CARE” PROGRAM



Community of Care’s 2nd annual “Crops for Care” program continues in 2014. Farmers are asked to donate bushels of their crop to support our mission. Check with your accountant about the tax savings. Local elevators have agreed to facilitate your commodity donation. Your donations support our programs and services to assist an older adult to continue living safely in their rural Cass County home. **Will you share your commodities to assist us in caring for your friends & neighbors?**

SINCE YOU ASKED....

Recently, some local residents have asked how Community of Care uses the funds we raise at events such as Totally Tables and why it is necessary to have fundraisers. As a nonprofit business, all the funds we raise are used for our mission to serve rural Cass County residents. Like any business, we have expenses to provide our services. Some of those expenses include two local offices (rent, internet, phone), insurance, business expenses (computers, postage, letterhead, software, ink, etc.), staff (salaries, benefits & travel) & contract staff (bookkeeping, audit & tax preparation).

These are some of the services we are able to provide thanks to the funds we receive through local fundraisers, grants, North Dakota Department of Human Services funding and donations:

- ◆ Care coordination to assist with daily living
- ◆ Help completing fuel, food or prescription assistance forms
- ◆ Blood pressure screenings on a regular basis
- ◆ Our Volunteer Coordinator facilitates transportation to medical appointments. This includes recruiting & training volunteers, completing background checks and coordinating the transportation (taking calls from clients and arranging for volunteers to provide the rides)
- ◆ Our Care Coordinator helps residents with their Medicare Part D drug plans (during open enrollment & as people turn 65)
- ◆ Our Faith Community Nurse coordinates exercise programs and provides health education for local seniors
- ◆ Adult children receive information & referrals to assist in caring for their aging parents



Thank you to Nancy Satrom, Page, and Scott Wolff, Casselton, for serving on the Board of Directors. Nancy served on the Community of Care board for 6 years and Scott served 3 years. We appreciate their dedication, leadership and commitment to the mission of Community of Care.

Community of Care Board of Directors

Jane Lindemann, President—Fargo

Margaret Mowery, Vice Pres., Fargo

Dawn Moore, Secretary—Arthur

Brian Arett—Fargo

June Calderwood—Casselton

Carrie Hagen—Casselton

Jennifer Hetterscheidt—Casselton

David Rostad—Kindred

Dick Sinner—Casselton

Ashley Ylitalo—Arthur

Benefits of Community of Care Services

Community of Care's goal is to keep people in their homes and communities as long as safely possible. We believe our services provide our clients with peace of mind and an improved quality of life. Our services also provide an economic impact for residents and their families by keeping people in their rural homes. The following are the 2014 average costs for long-term

care in North Dakota:

- \$87,216 average cost of nursing home care per person per year (source: ND Dept. of Human Services)
- \$13,281 average Social Security payment in North Dakota (source: AARP)
- \$74,172 average private pay or Medicaid cost remaining after Social Security & monthly allowance

2013 Special Points of Interest

- ♦ 1,829 client contacts, a 54% increase in client contacts
- ♦ 429 individuals served
- ♦ 13,144 miles of volunteer transportation to medical appointments
- ♦ 211 total volunteers
- ♦ 2,138 volunteer hours
- ♦ 246 individuals assisted with Medicare Part D drug plan enrollment—total savings of \$101,317 or \$411 per client

2nd Annual Community Wellness Fair



The 2nd Annual Community Wellness Fair in partnership with the UND College of Nursing & Professional Disciplines was held on Saturday, April 12th. UND students & faculty led sessions on health related topics & provided a variety of health screenings. A participant listens to the heart beat of the "dummy" used to train Nurse Anesthetist students (left) and a local resident has his glucose level checked by a UND nursing student (right).



Community of Care selected as promising practice by AARP Foundation



Myrna Hanson, Executive Director, was invited to participate in the AARP Rural Services Delivery Effective Practices convening in Washington, DC April 28—30. In March, she participated in a webinar with individuals from throughout the country serving rural seniors. From those participants, 30 groups were invited to Washington, DC to participate in the convening at the National AARP Foundation, which covered all expenses. Myrna

was very honored to represent C of Care at this national discussion. Participants were impressed by the services we provide. When Myrna shared that our services are provided free of charge, with no eligibility requirements, the other participants were very impressed and intrigued with Community of Care's programs and services.

7th Annual Totally Tables a great success!



Left: St. Leo's Catholic Church Social Concerns Table

Right: First State Bank of North Dakota table



Where else can you have dinner under the Big Top, on the golf course, at an elegant banquet, on a picnic with ants, at a burger night or surrounded by Lego statues? The 7th Annual Totally Tables of course! The Spirit of Life Center at St. Leo's Catholic Church in Casselton was the place to be on Friday, April 25th, as people gathered at 30 tables decorated in unique, creative and fun tables. The evening included table viewing, wine samples from Maple River Winery, silent auction, Community of Care presentation and the live

auction. Scott Steffes provided great entertainment as our auctioneer, Page Café prepared a delicious meal, the Casselton Dance Troupe did a great job serving and Steve Carvell was busy taking pictures of the evening. A new addition this year was the paddle game. Thank you to First State Bank of ND for the \$1,000 match donation during the final game.

The evening raised \$30,059 for the mission of Community of Care! Thank you to everyone who supported the event. All the funds raised assist

Community of Care in our mission to care for rural Cass County residents. **We continue to be humbled by and grateful for the overwhelming support at Totally Tables.**

Community of Care received a two-year match grant from the Otto Bremer Foundation. The first \$20,000 raised at Totally Tables are being matched dollar for dollar by the Bremer Foundation.

Check our website for additional pictures from Totally Tables.



Burger Night from Hunter Café

Thank you to these \$1,000 Table Sponsors

- Arthur Companies
- Casselton Community Medical Foundation
- EEE, Inc.—Page
- First State Bank of ND
- RDO—Casselton

Community of Care

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Casselton, ND 58012
701/347-0032

Arthur Office

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Arthur, ND 58006
701/967-8502

**Do you
have a
tractor
that is at
least 50
years old?**

**Do you
have an interest in antique tractors?
Then Page is the place to be on Friday,
June 13th! Community of Care is
sponsoring a TRACTORCADE at the
Page Community Days to raise aware-
ness of our programs and services.
Registration at 3 PM at the Page Ball
Park, run starts at 4 PM. Call Sandy
Dooley in our Casselton office for
more information (347-0032).**



3rd Annual Classic Car/Bike Cruise

Mark your calendars for Saturday, September 6th! Our 3rd annual classic car & bike cruise begins at the Casselton Vet's Club. Registration begins at 8 AM. Pedals down & kick-stands up at 9 AM for an approximately 155 mile trip. We will end with lunch in Page at approximately 12:30.

Check our website for more information and to pre-register. All bikers & car enthusiasts are encouraged to join us for our ride this September. **All proceeds will support our goal to care for rural Cass residents in order for them to remain in their homes & communities as long as safely possible.**

