

Community of Care

SUMMER 2019

“Caring for older adults in rural Cass County—one person at a time”

Some words from our Volunteers...



(Top left) Bill receives a ride from Bob.

(Bottom Left) Beth checks Ina's blood pressure.

(Top Right) Melissa provides a ride for Delona.

- *“Ever since my parents passed away, I had been looking for ways to give back to other moms and dads of their generation. Community of Care gave me the perfect opportunity to do just that by giving rides to those who need it.”*
- *“I know that everything I do is helping the folks stay in the community longer.”*
- *“I haven't had one yet (client) who hasn't thanked me over and over for giving them a ride.”*
- *“If we can provide the services they need, then they get to stay in the home they love and their kids grew up in and that's really important.”*
- *“It's been a blessing and an honor to be a part of this program.”*
- *“I would tell anyone thinking about volunteering for Community of Care to just go for it. They wouldn't find any more rewarding work than this.”*

What are some of the programs Community of Care offers?

- ◇ **Transportation to medical appointments**
- ◇ **Bone Builder exercise classes**
- ◇ **Assistance completing an Advance Care Plan**
- ◇ **Outreach visits from Faith Community Nurse in northern Cass**
- ◇ **Review of Medicare Part D plan**
- ◇ **Socialization events**
- ◇ **Assistance arranging for in-home services**
- ◇ **Assistance for those turning 65**
- ◇ **Help completing a food, fuel or prescription assistance form**
- ◇ **Care Coordination for yourself or adult parent**

12th Annual Totally Tables

Totally Tables was the place to be on Friday, April 26th. The St. Leo's Catholic Church Spirit of Life Center was filled with energy and excitement. The competition was intense for the best tables. Thank you to all the table sponsors and the \$1,000 sponsors (listed on page 7). Pictures of the tables are on our website. Thank you to Hunter Café for the delicious food and the Casselton FCA for the wonderful service. The silent auction, wine wall and paddle game were fun. Max Steffes did a wonderful



(Top) - People's Choice, Arthur United Methodist Church. (Left) - Most Elegant Table, Ken and Cindy Hejl. (Bottom right) - Most Creative, Elm River Credit



job with the live auction.

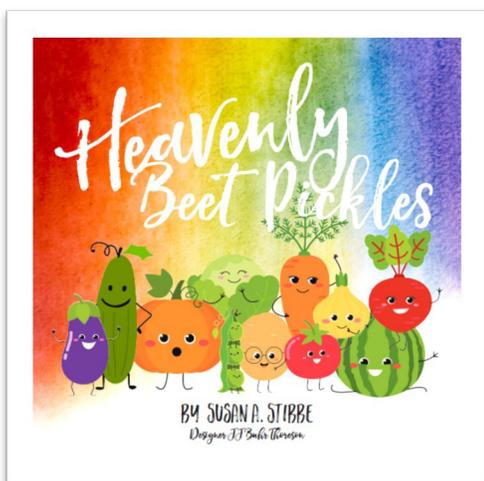
The new addition in 2019 was the **"Fund A Need" auction.**

Attendees raised their bidder cards to sponsor their chosen level of sponsorship, from a



week down to an hour of Community of Care services.

The big surprise of the night was the debut of "Heavenly Beet Pickles," the children's book written by Susan Stibbe, designed by JJ Buhr Thoreson and sponsored by Eric Richman of Short Printer. Copies of the book are still available for \$10 each. Call our office to reserve your copy.



The 12th annual Totally Tables was a record-setting year. **THANK YOU** to everyone who sponsored a table, donated an auction item, purchased an auction item or provided a "Fund a Need" donation. **We are VERY GRATEFUL FOR THE TREMENDOUS SUPPORT AND PARTNERSHIP IN OUR MISSION!** The tentative date for the 13th annual Totally Tables is Friday, April 17, 2020! Mark your calendars and start planning your tables.

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



We know that socialization is important for all of us, including the “grandmas and grandpas” of rural Cass County. Our Care Coordinator, Lauren Prante, is planning summer events for older adults. Details will be announced at local senior centers, in the Reporter, on our website and Facebook pages. Plans are underway for picnics, a Page theater outing, etc.



Lauren Prante, Care Coordinator, and Gwen Fraase, Faith Community Nurse are trained to assist you in completing your Advance Care Plan. Contact them at 701/967-8502 to set up an appointment.

Did you know you can donate your Required Minimum Distribution (RMD) from your retirement account to Community of Care? Did you know there are tax benefits with an IRA charitable rollover? Contact your IRA manager or Myrna Hanson, Executive Director for more information.

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Special thanks to June Calderwood who just completed 7 years of service on the board, most recently as Board Chair. **THANK YOU for your dedication to our mission June.**



The first “Fun With Health” was held in Hunter on April 7th, complete with a presentation by Deb Gebeke and the Hotdish & Jello competitions. The winners & judges are pictured. **The next event is Wednesday, June 12th at Arthur United Methodist** with picnic provided by Community of Care, salad & dessert competitions. Jane Strommen is the guest speaker in June. **The 3rd event is Wednesday, August 14th at Hunter Presbyterian** with appetizer competition. Peggy Ward is the guest speaker in August.

Donations & Contributions

October 16th, 2018 - May 16th, 2019

Thank you to everyone who supported our mission.
Your financial gifts are at work caring for older adults in rural Cass.

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\$1,000 TOTALLY TABLES SPONSORS



8th Annual Car & Bike Cruise



Mark your calendars for July 28th & ride in the 8th annual Car & Bike Cruise.

Join Dale and Loree Halverson (pictured) and others for a Sunday afternoon cruise

to support our mission. Registration begins at Casselton Veterinary Clinic (south side of town) at 10 AM. Pedals down & kickstands up at 10:30 AM. All cars & bikes are welcome, you just need to be able to travel 60 mph.

Watch for more details on our website and Facebook pages. Invite your friends and plan to join us!

BONE BUILDER EXERCISE CLASSES

Join a Bone Builder Exercise class in one of these communities. New members are always welcome. Participants report improved strength, mobility and balance.

- **Arthur (Good Samaritan)—Monday & Thursday at 9:45**
- **Casselton (location moving to City Hall Auditorium this summer) - Tuesday & Friday at 1:30**
- **Harwood (Community Center) - Tuesday & Thursday at 1:00**
- **Horace (Sr. Center) - Monday & Thursday at 10:00**
- **Hunter (Grain Office) - Monday, Wednesday & Friday at 9:45**
- **Kindred (City Hall) - Monday & Friday at 10:30**

Community of Care
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Arthur, ND 58006

STAFF

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Lanette Johnson, Bookkeeper
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Casselton Office

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Casselton, ND 58012
701/347-0032

Arthur Office

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(In the mall)
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