



Together We Can!

LIVE UNITED United Way

Community of Care Newsletter

Serving Rural Cass County, ND



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



What Impact Is Community of Care Making In the Lives of Your Family, Friends, and Neighbors?

“Living far away from a family member with chronic health issues or disabilities can be agonizing. Even with regular phone calls and tracking needs and services from afar, we can find ourselves feeling guilty about not being there and not being really sure if our loved one is OK. And trying to help to help from afar, while tending to one’s own growing family, can take a toll on the ‘long distance caregiver’.



“Community of Care is a God send!”

Enter Community of Care: Having Melissa and Community of Care on our family support team with regular companion visits, supporting healthy routines, and providing regular feedback and suggestions has been a true blessing. Our entire family system has benefited from the services we receive through Community of Care.” -Story from a family member of a CoC client.



According to Ken Torgenson, a Community of Care client, he felt all was lost when he became disabled. *“It took me a long time to get back to normal until I found Community of Care. They take all the worries and anxiety out of going to the doctor. The volunteers who take me are a great comfort to me and are very understanding. Much to my surprise, when it comes to the things I can no longer do around my home I was very pleased with the volunteer who mowed my seven acres of lawn. It was a godsend to me. In my position I don’t think there is a more worthwhile cause than Community of Care.”*



Day of Action & Day of Caring

On Wednesday, July 20th, Community of Care (CoC) partnered with United Way of Cass Clay (UWCC) to participate in the Day of Action. Three volunteers from Choice Financial, one volunteer from Microsoft, and 2 CoC staff members built three raised garden beds. These beds were donated to Casselwood and Casselton Manor in Casselton and the Good Samaritan Home in Arthur. Residents can enjoy planting and caring for flowers at wheelchair or walker heights. Thanks to Casselton Lumber for the discount on supplies and space to build the garden beds and to Ace Hardware for plants and soil.

On Thursday, October 20th, CoC again partnered with UWCC to participate in the Day of Caring. Volunteers from Microsoft, Casselton Bremer Bank and 2 CoC staff washed windows, did yard work, and cleaned cupboards for 12 local residents. Kindred FFA, First Lutheran Youth in Hunter and Northern Cass Philanthropy in youth groups assisted 8 local residents. Two volunteers also helped residents in Page on Oct. 26th.



Choice Financial Volunteers, Myrna Hanson, and Melissa Oberlander.



Scott Wolff, President of Bremer Bank in Casselton and CoC Board Member washes windows for a local senior. Thanks to Scott for encouraging his employees to volunteer alongside him.



Senior Day 2011

Community of Care partnered with the Casselton Business Association for their annual Senior Day. One hundred ten Cass County seniors enjoyed the noon meal, displays, and presentations. CoC organized these presentations: Nutrition for Senior Bones by Rita Ussatis, Cass County Extension Service, Guarding Against Scams by Deputy Patti Wasmuth, Cass County Sheriff's Department, and Bone Builders by Theresa Huff, RSVP+.

Thank you to all our presenters and those who provided displays! Displays from 9 organizations provided a variety of information for seniors. As a follow-up to Deputy Wasmuth's presentation, here is some important information:

- **Code Red Weather Sign-up:**
Call 701-476-4068 or
www.casscountynd.gov
- **Do Not Call List:**
Call 888-382-1222 or
www.donotcaa.gov



Community of Care Board of Directors

Nancy Satrom
Board President
14016 – 11th Street SE
Galesburg, ND 58035

Kathy Nelson
Board Vice President
Casselton Drug
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Amenia, ND 58004

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Board Secretary/Treasurer
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Fargo, ND 58104-7606

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Good Samaritan Society
Director of Operations
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Greg Wilcox
Good Samaritan Society
Vice President
PO Box 5038
Sioux Falls, SD 57117

Scott Wolff
Bremer Bank
President
11 Langer Ave N
Casselton, ND 58012

Donations & Contributions

July 1, 2011- November 10, 2011

A sincere thank you to all who have generously donated through Membership, Giving Hearts Day, Totally Tables, Lenten Offering, and all other charitable contributions! Your partnership to Community of Care is vital and very much appreciated. Thank You!

Giving Hearts Day:

| | | | |
|---------------------------|--------------------------|---------------------------|--|
| Lori Abraham | Larry & Patricia Martin | Janice Boyce | Deb Tarvestad |
| Wade & Michelle Anderson | Victoria Marvel | Ruben Braaten | Genevieve Westland |
| Mike & Tracy Anderson | Richard & Mary Marvel | Harold & Janet Brorson | Greg & Gail Wilcox |
| Brian Arett | Robert McDonagh | Arnold & Barbara Buhr | Adeline Williams |
| Vince & Bea Bachmeier | Ilene McLean | Larry & Ronna Discher | Scott & Kerri Wolff |
| Mark & Becky Backstrom | Cathy Merhiy | Marie Dooley | |
| Gail Bakko | Sandy Metzger | Constance Dullum | <u>Charitable Contributions</u> |
| Art & Beth Buchholz | Linda Miller | Don & Betty Eckert | Lucille Albert |
| Dave & Becky Burchill | Patty Monilaws | Oscar England | Arthur United Methodist Church |
| Julie Burgum | Donna Monteith | Roy Faught | Lenten Offering |
| Cass County Electric | Joel & Dawn Moore | Thomas Fischer | Arnold & Barbara Buhr |
| John & Mona Daigle | Beth Moore | Margaret Mowery | Eleanor Bjerke |
| Leola Daul | Harvey & Mary Morken | Marlin Foss | Casselwood Ladies |
| Pat & Cindy Downs | Ron & Gwen Mueller | Sadie Gohdes | Wayne & Nadine Cole |
| Scott & Becky Dunker | Rodney Nelson | Jane Grage | Marie Dooley |
| Bill & Mary Beth Engelke | Kathy Nelson | Duane Gulland | Louise Flemmer |
| Michael Faught | Jay & Melissa Oberlander | Hagen Dental | Loretta Gosling |
| Jessica Fonderer | Clyde & Jeanne Olson | Myrna Hanson | Darvin & Judy Hauff |
| Greg & Deb Gebeke | Don & Mary Jane Paul | Ken & Cindy Hejl | Ila Vey Kickertz |
| Terry & Barbara Gebeke | Glenn & Ruth Pueppke | Don & Elaine Holm | M Donald Larsen |
| Denise Geritz | Bob & Anne Pyle | Hunter Presbyterian WOW | Robert McDonagh |
| Michelle Gilley | Mike & Nancy Satrom | Noel Iwen | Leon & Kathy Plantz |
| Donald Grage | Galen & Josephine Satrom | Paul Jensen | George Prochaska |
| Arlene Gran | Russ & Jeannie Seeley | Jerome & Faye Johnk | Cora Ridder |
| Rodney & Lorie Grindberg | Larry & Linda Sell | Merry Kellerman | William Roney |
| Kenneth Habiger | Dale & Marie Shields | Don & Ardella Kensok | Charles & Joyce Ross |
| Loretta Heuer | Bernie & Bonnie Sinner | Bill Kent | Cleone Runck |
| Edvina Hill | Richard & Irene Sinner | M Donald Larsen | Steven & Maxine Rust |
| Keith & Pat Hochgraber | Tom & Lois Sinner | Joseph & Rhonda Lindseth | Sharon Toop |
| Dennis & Kathy Hogan | Margaret Stibbe | Gerald & Jackie Marcks | |
| Harold & Kathryn Holm | Loren & Ellen Sterner | Mary McPherson | <u>Grants:</u> |
| Noel Iwen | Marvin Stibbe | Linda Sue Miller | Dakota Medical Foundation |
| Jody J. Burgum | St. John Lutheran Church | Deane & Betty Moen | FM Area Foundation Women's |
| Mary Jensen | Jane Strommen | Mable Morse | Fund Endowment |
| Harvey & Mary Kempel | Julie M. Tillberg | Dorothy Moum | SERVE Foundation |
| Ronald & Lorraine Kensok | Ron & Barb Viestenz | Adeline Murch | ND Department of Health & Human |
| Linus & Margaret Kensok | Imogene Viestenz | Cleo Natvig | Services |
| Terry & Shari Kensok | Diane Wade | Brian & Kimberly Nelson | |
| Mike & Kathy Killoran | Peggy Ward | Ralph & Barb Nelson | |
| Robert & Lucille Kingsley | Greg Wilcox | Wayne & Bonita Oberlander | |
| Lloyd & Deloris Knight | Barbara Williams | Judy Orvik | |
| Janice Langdahl | Dan & Mary Zimmerman | Merton & Shelle Palmer | |
| Dale & Phyllis Lincoln | | P.Y. Petersen | |
| Tyler & Jane Lindemann | | Phil & Ann Rieniets | |
| David & Patsy Madsen | | David & Karen Sinner | |
| | | Jane Sinner | |
| | | Duane & Marlow Smith | |

Membership 2011:

Marilyn Barnby
Clarence & Margaret Baumler

**Have you
made a bequest
to Community of
Care?**

Memorials

Lois Albert

By Milt & Grace Petersen

Clarence Baumler

By Wade & Michelle Anderson

Harold & Dolly Fisk

Delores King

Myrna Hanson

Charlotte

By Don & Elaine Holm

Betty Feller

By Richard & Irene Sinner

Harriet Hanson

By Wade & Michelle Anderson

Margaret Baumler

Mike & Nancy Satrom

Gary Haugen

By Cass County Electric Coop

Bud Hovland

By Lloyd & Lila Hutchinson

Ralph & Helen Punton

Donald King

By Stephen & Delores King

Viola Kleinsasser

By Ralph Wollman

Bob Monilaws

By Scott & Becky Dunker

Roger Moseson

By Lloyd & Lila Hutchinson

Everett Murch

By Don & Elaine Holm

Vivian Nesemeier

By Harvey & Mary Morken

Richard & Irene Sinner

Rudy Opp

By Clyde & Jeanne Olson

Connie Tate

Bruce Pearson

By Don & Elaine Holm

Ethel Roesler

By Ruby McCann

Greg Steffess

By Alvin & Carol Lien

Hans Weber

By Linus & Margaret Kensok

Ruby McCann

Lester Wick

By Mark & Launa Wick



Benefits of Membership

The 2012 Community of Care Membership Drive has begun. Please take note of the enclosed letter and contribution envelope.

Membership has benefits. Your membership will provide:

- Transportation for seniors or others in need to medical appointments
- Medicare Part D comparison and enrollment
- Dignity and safety to seniors in rural Cass County
- Stronger family cohesiveness for adult children caring for their parents.

Be one of 370 members in 26 communities to help seniors and others in need remain safely in their homes and communities!

NEWS!



NEWS!



NEWS!

Community of Care has received grants from the SERVE Foundation of Cass County Electric, and the F-M Area Foundation Women's Fund Endowment Fund.

Community of Care has just recently received a \$5,000 matching grant from the Dakota Medical Foundation.



Christmas Gifts

Do you have a difficult time finding gifts for elderly parents, grand-parents, friends or neighbors?

How about a donation to CoC in their honor? Your contributions will assist CoC in serving seniors in rural Cass County . . . Perhaps those very parents, grandparents, friends and neighbors.



Volunteer Corner

Do you enjoy helping other people?

Do you have an **hour or two a month** that you could volunteer to assist a friend or neighbor? Community of Care is always looking for more volunteers to help rural Cass residents in a variety of ways:

- *Transportation to Medical Appointments*
- *Minor Home Repair or Yard Work*
- *Friendly Visits or Phone Calls*
- *Write Letters or Help Put Addresses on Christmas Cards*

Volunteers of all ages are needed from throughout Cass County. Call Lucille Kingsley, Volunteer Coordinator, at 347-0032 or 1-866-347-0032 to learn more about the opportunities available or to sign up to be a Community of Care Volunteer.

Thank you to our current volunteers! We cannot provide services to your friends and neighbors without your partnership.



GIVING HEARTS DAY 2012

The annual Dakota Medical Foundation Giving Hearts Day is Tuesday, February 14th. Contributions can be made to Community of Care at www.impactgiveback.com on February 14th.

If you would like to participate, but are uncomfortable using a computer, we have two options. Checks sent to CoC by Friday, February 10th with a Giving Hearts Day designation will be contributed on your behalf. CoC will also have “open houses” at our Arthur and Casselton offices on Tuesday, February 14th. Stop by between 8 - 3:00 p.m. and a staff member will assist you in completing your online donation. You can enjoy some Valentine’s Day Goodies, see our offices and meet our staff at the same time.

A portion of the contribution made on Giving Hearts Day will be matched by the Dakota Medical Foundation.

Do You Need Your Blood Pressure Checked?



Lucille will be doing Blood Pressure Screenings the 4th Thursday of the month in Casselton from 9-12:00 and 1- 3:00 p.m.

ADULT CHILDREN OF AGING PARENTS

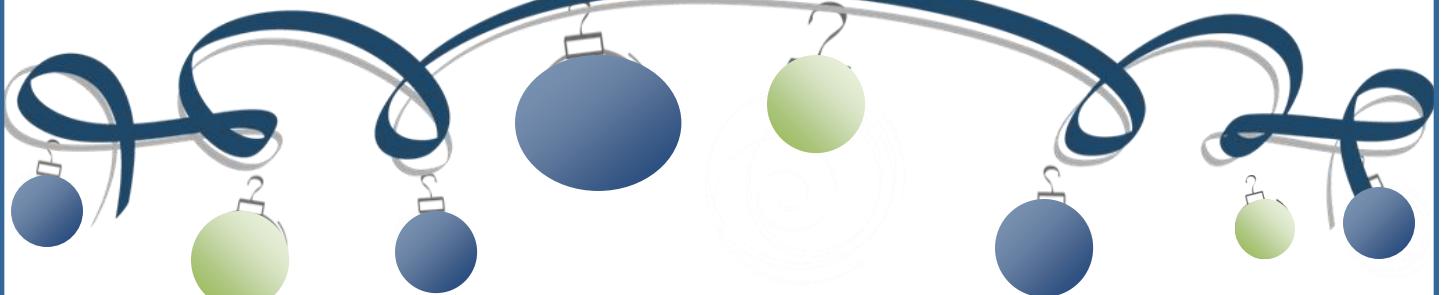
Community of Care is exploring the option of sponsoring a seminar for Adult Child of Aging Parents. Does that describe your situation and are you looking for resources to help your parents or grandparents? If you are interested in an event such as this, please email coc@communityofcarend.com and let us know what topics would be especially helpful.

Medicare Part D Enrollment

Medicare Part D enrollment is in full swing!

Enrollment finishes earlier this year -

December 7th. Schedule your appointment today by calling Melissa at 1-877-815-8502 or 1-866-347-0032.



November 2011



Dear Friends,

In the words of one of our clients, *“It was a godsend to me. In my position I don’t think there is a more worthwhile cause than Community of Care.”* The Board of Director’s and Staff of Community of Care want to **thank you for your support** of our mission to serve older adults in rural Cass County. Our goal is to assist your family members, friends and neighbors remain in their homes and communities as long as safely possible.

The contributions of many **individuals, businesses and organizations** allow us to continue caring for those older residents of rural Cass County. We are asking for your partnership in our **2012 annual membership drive**. As a community-based organization, the contributions of local residents are essential for Community of Care as we continue offering our services in the same quality manner. We rely on the concept of **neighbors helping neighbors**.

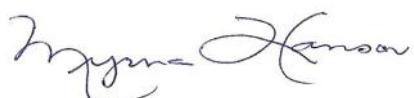
Community of Care asks you to join your fellow community members in making a difference in the lives of your family members, friends and neighbors. Membership has no obligations, other than your financial support of our mission. An envelope is enclosed for your convenience. **Please mail your 2012 membership contribution** in today.

As 2011 draws to a close and you make your plans for yearend giving, we ask you to consider a tax deductible membership contribution to Community of Care. **Can we count you among our 2012 members?**

Sincerely, *Nancy Satrom*



Nancy Satrom
Board President



Myrna Hanson
Executive Director

P.S. Dakota Medical Foundation will match membership gifts of \$50 or more, with a maximum of \$1,000 per donor.





Community of Care
CASS COUNTY, ND
Together We Can!

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Arthur, ND 58006

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Staff:

Myrna Hanson
Executive Director

Melissa Oberlander
Care Coordinator

Lucille Kingsley
Volunteer Coordinator

DMF and Impact Foundation Help Donors Give Big

To encourage greater and more effective charitable giving, Dakota Medical foundation and Impact Foundation are giving individuals who donate online at

www.impactgiveback.org an opportunity to win one of ten \$500 grants to an approved nonprofit organization of their choice. Between now and December 31, 2011, every person who makes a charitable online contribution will get their name entered into a drawing for one of the \$500 grants. Each individual contribution receives an entry into the drawing. Qualifying organizations are found under the “donate what I can” section of the website.

Looking Ahead to 2012



- The 5th annual Totally Tables event is **Friday, April 20th**, 2012 in the St. Leo's Catholic Church Celebration Hall. Call our offices to reserve your spot as a table sponsor.
- **Guarding Against Scams for Seniors**—we are working with the Consumer Protection Department of the North Dakota Office of the Attorney General to sponsor a 3 hour presentation on protecting yourself against scams. Watch the Cass County Reporter, church bulletins, senior centers, and the CoC website for details next spring.
- We are working with the Cass County Sheriff's Department to sponsor **“Coffee with a Cop”** in several communities. Watch the Cass County Reporter and local senior centers for announcements of days and times.