



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  
Embsen  
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.**



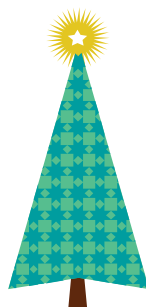


## Senior Day 2011

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](http://www.casscountynd.gov)
- Do Not Call List:  
Call 888-382-1222 or [www.donotcaa.gov](http://www.donotcaa.gov)



### Community of Care Board of Directors

Nancy Satrom  
Board President  
14016 – 11<sup>th</sup> Street SE  
Galesburg, ND 58035

Kathy Nelson  
Board Vice President  
Casselton Drug  
15549 – 27<sup>th</sup> St SE  
Amenia, ND 58004

Margaret Mowery  
Board Secretary/Treasurer  
1524 Sundance Square S  
Fargo, ND 58104-7606

Jane Lindemann  
Cass County Electric  
Executive Assistant  
3312 42<sup>nd</sup> St S STE 200  
Fargo, ND 58104

Dawn Moore  
Community Leader  
PO Box 67  
Arthur, ND 58006

Brian Arett  
Valley Senior Services  
Executive Director  
PO Box 2217  
Fargo, ND 58108

Pat Kelly  
Good Samaritan Society  
Director of Operations  
PO Box 5038  
Sioux Falls, SD 57117

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
Wade & Michelle Anderson	Victoria Marvel	Ruben Braaten
Mike & Tracy Anderson	Richard & Mary Marvel	Harold & Janet Brorson
Brian Arett	Robert McDonagh	Arnold & Barbara Buhr
Vince & Bea Bachmeier	Ilene McLean	Larry & Ronna Discher
Mark & Becky Backstrom	Cathy Merhiy	Marie Dooley
Gail Bakko	Sandy Metzger	Constance Dullum
Art & Beth Buchholz	Linda Miller	Don & Betty Eckert
Dave & Becky Burchill	Patty Monilaws	Oscar England
Julie Burgum	Donna Monteith	Roy Faught
Cass County Electric	Joel & Dawn Moore	Thomas Fischer
John & Mona Daigle	Beth Moore	Margaret Mowery
Leola Daul	Harvey & Mary Morken	Marlin Foss
Pat & Cindy Downs	Ron & Gwen Mueller	Sadie Gohdes
Scott & Becky Dunker	Rodney Nelson	Jane Grage
Bill & Mary Beth Engelke	Kathy Nelson	Duane Gulland
Michael Faught	Jay & Melissa Oberlander	Hagen Dental
Jessica Fonderer	Clyde & Jeanne Olson	Myrna Hanson
Greg & Deb Gebeke	Don & Mary Jane Paul	Ken & Cindy Hejl
Terry & Barbara Gebeke	Glenn & Ruth Pueppke	Don & Elaine Holm
Denise Geritz	Bob & Anne Pyle	Hunter Presbyterian WOW
Michelle Gilley	Mike & Nancy Satrom	Noel Iwen
Donald Grage	Galen & Josephine Satrom	Paul Jensen
Arlene Gran	Russ & Jeannie Seeley	Jerome & Faye Johnk
Rodney & Lorie Grindberg	Larry & Linda Sell	Merry Kellerman
Kenneth Habiger	Dale & Marie Shields	Don & Ardella Kensok
Loretta Heuer	Bernie & Bonnie Sinner	Bill Kent
Edvina Hill	Richard & Irene Sinner	M Donald Larsen
Keith & Pat Hochgraber	Tom & Lois Sinner	Joeseeph & Rhonda Lindseth
Dennis & Kathy Hogan	Margaret Stibbe	Gerald & Jackie Marcks
Harold & Kathryn Holm	Loren & Ellen Sterner	Mary McPherson
Noel Iwen	Marvin Stibbe	Linda Sue Miller
Jody J. Burgum	St. John Lutheran Church	Deane & Betty Moen
Mary Jensen	Jane Strommen	Mable Morse
Harvey & Mary Kempel	Julie M. Tillberg	Dorothy Moum
Ronald & Lorraine Kensok	Ron & Barb Viestenz	Adeline Murch
Linus & Margaret Kensok	Imogene Viestenz	Cleo Natvig
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

Deb Tarvestad  
Genevieve Westland  
Greg & Gail Wilcox  
Adeline Williams  
Scott & Kerri Wolff

## Charitable Contributions

Lucille Albert  
Arthur United Methodist Church  
Lenten Offering  
Arnold & Barbara Buhr  
Eleanor Bjerke  
Casselwood Ladies  
Wayne & Nadine Cole  
Marie Dooley  
Louise Flemmer  
Loretta Gosling  
Darvin & Judy Hauff  
Ila Vey Kickertz  
M Donald Larsen  
Robert McDonagh  
Leon & Kathy Plantz  
George Prochaska  
Cora Ridder  
William Roney  
Charles & Joyce Ross  
Cleone Runck  
Steven & Maxine Rust  
Sharon Toop

## Grants:

Dakota Medical Foundation  
FM Area Foundation Women's  
Fund Endowment  
SERVE Foundation  
ND Department of Health & Human  
Services

Have you  
made a bequest  
to Community of  
Care?

**Lois Albert**

By Milt &amp; Grace Petersen

**Clarence Baumler**

by Wade &amp; Michelle Anderson

Harold &amp; Dolly Fisk

Delores King

Myrna Hanson

**Charlotte**

By Don &amp; Elaine Holm

**Betty Feller**

By Richard &amp; Irene Sinner

**Harriet Hanson**

By Wade &amp; Michelle Anderson

Margaret Baumler

Mike &amp; Nancy Satrom

**Gary Haugen**

By Cass County Electric Coop

**Bud Hovland**

By Lloyd &amp; Lila Hutchinson

Ralph &amp; Helen Punton

**Donald King**

By Stephen &amp; Delores King

**Viola Kleinsasser**

by Ralph Wollman

**Bob Monilaws**

By Scott &amp; Becky Dunker

**Roger Moseson**

By Lloyd &amp; Lila Hutchinson

**Everett Murch**

By Don &amp; Elaine Holm

**Vivvian Nesemeier**

By Harvey &amp; Mary Morken

Richard &amp; Irene Sinner

**Rudy Opp**

By Clyde &amp; Jeanne Olson

Connie Tate

**Bruce Pearson**

By Don &amp; Elaine Holm

**Ethel Roesler**

By Ruby McCann

**Greg Steffess**

By Alvin &amp; Carol Lien

**Hans Weber**

By Linus &amp; Margaret Kensok

Ruby McCann

**Lester Wick**

By Mark &amp; 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.

## 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](mailto: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.



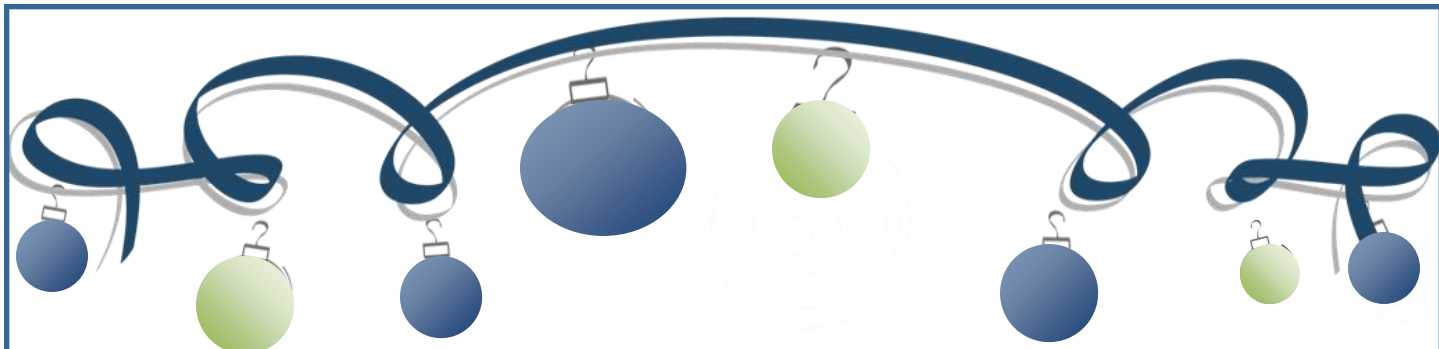
## GIVING HEARTS DAY 2012

The annual Dakota Medical Foundation Giving Hearts Day is Tuesday, February 14th. Contributions can be made to Community of Care at [www.impactgiveback.com](http://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.





**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*

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  
335 1st St  
PO Box 187  
Arthur, ND 58006

### Arthur Office:

335 1st Street  
(In the Mall)  
PO Box 187  
Arthur, ND 58006

Phone: 701-967-8502  
Toll Free: 877-815-8502  
Fax: 701-967-8470

### Casselton Office:

11 Langer Avenue N  
(In Bremer Bank)  
PO Box 73  
Casselton, ND 58012

Phone: 701-347-0032  
Toll Free: 866-347-0032  
Fax: 701-347-0105

### Email:

mhanson@communityofcarend.com  
moberlander@communityofcarend.com  
lkingsley@communityofcarend.com  
coc@communityofcarend.com

### 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](http://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.