

*It's not happiness that brings us gratitude.
It's gratitude that brings us happiness.*



Community of Care



The Season of Gratitude

Give thanks with a grateful heart.

You have probably sung those words dozens of times. These words remind us of the many blessings in our life. In this season of Thanksgiving, **Community of Care gives thanks with a grateful heart.** As we continue to serve residents of rural Cass County, we give thanks for the many partners in our mission. Community of Care is a recipient of peoples' **Gratitude as an attitude of the heart.** We COULD NOT provide the service we do without **YOU** – our volunteers, donors and supporters who share of their hearts each and every day.

This story, written by Becky, the daughter of a client, demonstrates the impact your support is making in the lives of rural Cass County residents.

Gary was a relatively healthy father and grandfather until the Christmas of 2014 when life changed overnight for him and his family. Renal failure set in and the family found themselves faced with the life changing idea of dialysis. Gary started dialysis, which requires him to

travel to and from Fargo 3 times a week. The treatment that he undergoes makes him very weak and unable to drive himself and that is where this passenger story begins.....

In the beginning Gary and his family were determined that his wife and family could make this work and they wouldn't need help from others. With Gary's wife Mary still working and with the working lives of his children there were times someone just wasn't available. The idea of Community of Care was brought up and Mary contacted them for some assistance. They were more than willing to help the family out.

Community of Care currently is set up to take him on Tuesdays and Thursdays and a family member would pick him up. The volunteers that give Gary rides are wonderful. They lift his spirits as dialysis is "an outing" for him and he enjoys the conversations and interactions with all of them. Gary was very depressed in the beginning of this journey and

Community of Care and their volunteers definitely made a strong impact and a difference in lifting his spirits. Now he waits for their arrival and is excited to see them and enjoys his rides to dialysis.

Gary and his family can't thank Community of Care and its dedicated volunteers for all their efforts and dedication to this great organization.



Mary and Gary Blixt with their daughter Becky Siverson

www.communityofcarend.com

facebook.com/communityofcarend

Why Should You Call Community of Care?

Community of Care became a teenager in September - we turned 13! In those 13 years, we have served hundreds of clients in rural Cass, thanks to the support of local community members, businesses and organizations.

We continue to meet people who do not know what we do or why they should call us. We know that often times, until there is a need for yourself, a family member or a friend, you might not be aware of the services we provide. Here are just a few of the reasons **YOU** should call Community of Care.

- ◇ *You need a ride to your medical appointment*
- ◇ *You are looking for information to help care for your aging parent(s)*
- ◇ *You need help completing a fuel or food assistance form*

- ◇ *You are looking for home management or personal care*
- ◇ *You have been hospitalized and would like to visit with our Faith Community Nurse*
- ◇ *You want to review your Medicare Part D drug plan during open enrollment*
- ◇ *You are a caregiver looking for information or support*
- ◇ *You are turning 65 and need to select a Medicare Part D drug plan*
- ◇ *You would like to participate in the Music & Memory program*

- ◇ *You are concerned about a family member or friend and wonder what assistance is available*
- ◇ *You want to participate in an exercise class to improve your strength, mobility & balance*
- ◇ *You want to make a difference in someone's life by serving as a transportation volunteer*

These are just a few of the reasons YOU should contact Community of Care.



I'M GRATEFUL FOR...

- Our clients and their families who place their trust in us
- The TREMENDOUS support we receive from volunteers, our board, donors and local community members
- Our staff who give of their hearts to serve our clients each and every day

Myrna Hanson
Executive Director



"Be grateful for small things, big things and everything in-between. I'm grateful for family, home, health and a community that opens their hearts and lets Community of Care enter and in return we as volunteers gain more."

*June Calderwood,
Board Chairperson and
Transportation Volunteer
pictured with
Phyllis Peterson*

CAR/BIKE CRUISE 2016



1958 Impala

Steve and Sharon Miller from Durbin enjoyed cruising and showing off their newly restored '58 Chevy Impala.



Story on KVRN News

Dean Rust, Harwood, revs up his bike for a reporter from KVRN who happened upon our cruise.

FAST FACTS

17,134 miles

Miles of transportation facilitated bringing rural Cass residents to medical appointments in the first 9 months of 2016

316 rides

Number of rides facilitated in the first 9 months of 2016. This is more rides than in all twelve months of 2015!

\$1,323

Average savings per person during 2015 Medicare Part D open enrollment appointments



Dale and Bonnie Erickson from Hunter enjoyed riding their bike on the cruise. Dale and Bonnie also serve as Community of Care volunteers.

5th Annual Classic Car & Bike Cruise - July 24, 2016

A beautiful July day greeted the participants of the 5th annual Classic Car & Bike cruise. A change to July and a 2nd registration stop in lakes country allowed more people to participate. **THANK YOU to our cruise sponsors – you will find their names listed on the donor insert.** Your support helps promote our mission as we

"Drive Miss Daisy" and "Serve Grumpy Old Men."

A reporter from KVRN happened upon our cruise and did a story during their evening newscast. You can watch the story on our website.

Mark your calendars for the 6th annual cruise on Sunday, July 30th, 2017! THANK YOU to our committee members and those who "cruised" with us!

STAFF UPDATE

Debra Ball-Kilbourne joined the staff in July as our Care Coordinator. Debra assists clients with care coordination, referrals, assistance with paperwork, Medicare Part D enrollment and information. Debra comes to us with a wide range of experience working with disaster response with the United Methodist Church.



COMMUNITY OF CARE STAFF

Myrna Hanson, Executive Director
Debra Ball-Kilbourne, Care Coordinator
Rebecca Berge-Buss, Volunteer Coordinator
Gwen Fraase, Faith Community Nurse
Lanette Johnson, Bookkeeper

mhanson@communityofcarend.com
debra@communityofcarend.com
rebecca@communityofcarend.com
gwen@communityofcarend.com
ljohnson@communityofcarend.com

Are you an Adult Child of an Aging Parent?

Community of Care continues to see increasing requests from adult children of aging parents. Our staff have personal experience with that role. Debra and Gwen are currently in the role of caring for their aging Mothers. Myrna and Rebecca were both adult children of aging parents in caring for their mothers before they passed away. We know the joys and challenges of caring for our aging parents. We wondered where to turn, who to trust and how best to care for our aging parents.

If you are an adult child looking for information to care for your aging parents, give us a call. We can provide information, referrals or a listening ear.

Our staff recently learned about these resources you might want to check out...

Mom, Dad....Can We Talk? by Dick Edwards, a retired Mayo Clinic Eldercare Specialist (available on Amazon)

www.missing seniorsnetwork.com An online tool to alert "your network" if your loved one wanders from home



*Teresa Buntrock and
her dad, Gene Jordheim*

Community of Care

Arthur Office (in the mall)

701/967-8502

Casselton Office (in Bremer Bank)

701/347-0032

How Can You PARTNER with Community of Care? Call our office for information 701/347-0032

*Become a
transportation
volunteer – we
are looking for
additional
drivers.*

Does your employer match charitable contributions? Recently we received matching donations from John Deere Foundation, Xcel Energy and Microsoft.

*Did you know you
can donate your
required minimum
distribution from
your IRA tax free to
Community of
Care?*

Are you a Thrivent Member? You can select Community of Care as the recipient of your Thrivent Choice dollars?

Would you like to leave a legacy in rural Cass County? Make a donation to the Community of Care endowment. With a donation of \$5,000 or more, you will receive a 40% credit on your North Dakota taxes.

Include Community of Care in your estate planning. Contact your financial advisor & attorney for details.

GRANDMA AND GRANDPA'S HOUSE

Many of us remember spending time at our grandma and grandpa's house when we were growing up. Grandma and Grandpa's house is a place we love. Our memories bring a smile to our face and a warmth to our heart. At Community of Care, we know many Grandmas and Grandpas want to continue to live in the homes they love and cherish. Those homes are filled with memories and possessions and familiarity. **We also know Grandmas and Grandpas might need some assistance to remain in their rural home.**

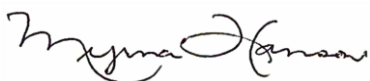
Your support and partnership assists Community of Care to help Grandmas and Grandpas in rural Cass County remain in their homes as long as safely possible. Your membership provides peace of mind and independence for an older adult in rural Cass County. ***Your gift ensures people like Phil receive a ride to the doctor or a visit from the Faith Community Nurse after his recent hospitalization. Phil receives help completing a fuel assistance application and reviewing his Medicare Part D drug plan. He participates in a Bone Builder class to improve his health, but also for socialization. His adult children receive help arranging for in-home services for their dad. The services your gift provides allow his grandchildren to continue visiting Grandpa's house, while making more memories.***

We are asking for your support through a 2017 membership. Becoming a member, or renewing your membership, is simple. You can use the enclosed envelope, or you can go online to make your donation www.communityofcarend.com (click the donate button and select membership). Membership is \$25/person or \$50/couple.

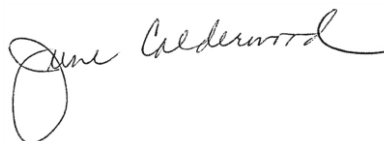
In 2017, we are asking you to consider a sustaining gift. Would you consider making a donation of \$10 per month to partner in our mission. Your sustaining gift can be made through our website – click the box on the bottom of the membership page and your credit card will be charged each month.

During this season of gratitude, we give thanks for the Grandmas and Grandpas we have the privilege of serving at Community of Care. We give thanks for the many individuals, organizations and businesses who partner in our mission. **Your support and membership allow families to continue making wonderful memories at Grandma and Grandpa's house!**

Sincerely,



Myrna Hanson
Executive Director



June Calderwood
Board Chairperson

PS. Would you invite a friend or family member with rural Cass County "roots" to join you in becoming a member?

SAVE THE DATE....



Medicare Part D drug plan enrollment continues through December 7th. Call our office to set up your appointment – 701/347-0032. We encourage everyone 65 and older to review their Part D plan every year.



*2016 Peoples' Choice Winner –
Hunter Cafe*

Our 10th Annual Totally Tables is Friday, April 21, 2017

at St. Leo's Spirit of Life Center. *You will want to be a part of the fun at our 10th annual Totally Tables.* Watch for more details about table sponsorship in February.

Giving Hearts Day is Thursday, February 9th. This one day on-line giving event is an opportunity for you to **GIVE FROM YOUR HEART!** Like us on Facebook to stay informed. **Would you invite someone with "Rural Cass Roots" to join you in supporting our mission on Giving Hearts Day?**

Community of Care
PO Box 187
Arthur, ND 58006

