



Community of Care Newsletter

S U M M E R 2 0 1 6

COMMUNITIES SERVED

ABSARAKA

ALICE

AMENIA

ARGUSVILLE

AYR

BUFFALO

CASSELTON

CHAFFEE

DAVENPORT

DURBIN

EMBDEN

ERIE

GARDNER

GRANDIN

HARWOOD

HORACE

HUNTER

KINDRED

LEONARD

MAPLETON

PAGE

TOWER CITY

WHEATLAND

Volunteering has "changed my life's purpose"

"We often take for granted the very things that most deserve our gratitude." This quote by Cynthia Ozick best describes my volunteer experience through Community of Care.

After five years of retirement, I had become very comfortable in my easy, carefree life. Even though I was familiar with Community of Care and its work, I still did nothing to pursue how I could help.

This past February, on Giving Hearts Day, I decided to put my name in for volunteer services. **This has been the most meaningful and rewarding experience I have had since retirement.**

After my very first day, I could not put into words the gratitude I felt for Community of Care



and its work. I felt so fortunate to be a volunteer and it made me think of my own parents.

I came from a small rural community where nothing like Community of Care existed. **I know my parents would have enjoyed a longer life had they been able to stay in their own home with the help of Community of Care and the volunteers.**

This experience has given me so much. It has

shown me what I have taken for granted and it has **given me a reason to "Care" for others** less fortunate than I am.

I am so grateful for the community in which I live and for Community of Care. **You have provided me with an opportunity that has changed my life's purpose.** For this I am forever grateful.

Anne N.— Volunteer

To learn more about our services,
www.communityofcarend.com
www.facebook.com/communityofcarend

We are looking for a few (more) good volunteers!



Do you have a heart for older adults and do you have a few free hours? We are always looking for additional transportation drivers. In 2015, we saw a 30% increase in the number of requests for rides to medical appointments. In order to continue meeting those needs, we are looking to increase our volunteer pool. If you are interested in learning more, contact Rebecca Berge-Buss at 701/347-0032.

WHAT SERVICES DOES COMMUNITY OF CARE PROVIDE?

- ◆ A ride to your medical appointment
- ◆ Assistance reviewing your Medicare Part D drug plan
- ◆ Help finding information and resources to care for your aging parents
- ◆ Help completing a fuel assistance form
- ◆ A Faith Community Nurse visit to discuss your medical concerns
- ◆ Exercise classes to improve strength, mobility and balance
- ◆ Care Coordination to assist you to remain safely in your home
- ◆ Minor home repairs or friendly visits

With your support, these are just some of the services we provide for rural Cass residents. **Call our offices if you, a friend or family member could benefit from our services.**



In a recent conversation with Deb at Hunter Café, she had this to say about Community of Care, ***"I think Community of Care is the Angie's List of rural Cass County. They help you find the resources you need. They are also a family for people who don't have family living here. I hope Community of Care is here when I reach the age where I need help."***

Deb is pictured with the senior lunch crew in Hunter

"I wouldn't be making my trips to Fargo for appointments without Community of Care. The people are very nice, I am making new Friends."

- Nadine from Page

TOTALLY TABLES #9 A RECORD BREAKING SUCCESS!

The tables were **creatively decorated**, the food **served by Page Café was great**, the room was filled with **excitement** and attendees were **very generous!** Those are just a few of the ways to describe Totally Tables #9. If you were one of the 240 people in attendance, you know it was a marvelous evening! Community of Care is overwhelmed by the support at Totally Tables, including the record 11- \$1,000 table sponsors (logos on donors insert). Through the generous support, we raised over \$40,000 (gross) for our mission—a **record breaker!** Thank you to EVERYONE who participated in Totally Tables #9! It was a wonderful evening and we are **VERY GRATEFUL** for the support and partnership in caring for rural Cass residents. **Mark you calendars for Totally Tables #10 on April 21, 2017!**



Above: People's Choice Winner—Hunter Café

Below: Mary's Market (Arthur) Table



Shelle Palmer and Ola Andersson face off in the Paddle Game Final



Titan Machinery centerpiece

Photos courtesy of Steve Carvell Photography
More pictures available on our website.



COMMUNITY OF CARE BOARD OF DIRECTORS

Left to Right: Brian Arett—Fargo, Dick Sinner—Casselton, Carrie Hagen—Casselton, June Calderwood—Casselton, Dawn Moore—Arthur, Susan Stibbe—Hunter

Not Pictured: Margaret Mowery—Fargo, Marcia Rose—Durbin, Kevin Skunes—Arthur.



What does Community of Care mean to our family....

Peace of mind knowing our dad is able to get rides to Dialysis several times a week. A great comfort to know that caring people are picking him up and spending time with him when we can't be there. Community of Care has been a great resource and a "life saver" for our family. Thank you!

Becky—daughter of client in Casselton

Would you like to leave a legacy in rural Cass County?

YOU could make a difference in the lives of your friends and neighbors for years to come with a gift to the Community of Care Endowment. Your gift will also provide tax savings, and who doesn't like that? **For North Dakota residents, gifts of \$5,000 or more provide a 40% tax credit on your state income taxes.** With the tax savings, your gift of \$5,000 actually costs approximately \$1,600. In addition, **all gifts to the endowment between now and December 31, 2017 will be matched by Dakota Medical Foundation.**

If you would like more information on how you can leave a legacy gift, contact Myrna Hanson, Executive Director at 701/347-0032.

How can I be a partner in Community of Care's mission?

You can partner with us in many ways to help older adults remain in the homes & communities they love as long as safely possible.

- Become a transportation volunteer (See article on page 2)
- Volunteer to do yard work, friendly visits, assist with a fundraiser, be on the health cabinet, etc.
- Encourage a friend or family member to use our services
- Become a member (\$25/year)
- Make a donation using the enclosed envelope
- Make a Qualified Charitable Donation from your IRA
- Leave a legacy through a donation to the Community of Care Endowment

Music and Memory Program



Were you one of the 80,000 people who attended a Garth Brooks concert in May? Did you find yourself singing along to songs from several years ago? **Imagine being an older adult and hearing music from when you were in high school, or maybe the music you and your spouse danced to when you were dating or perhaps a favorite hymn that has always provided comfort.** Those are just some of the types of music that are part of a personalized music playlist for our clients. As part of the Music & Memory Program, we have begun conducting interviews and creating personalized playlists for our clients. Research shows that music is a powerful tool that can trigger memories and bring calm to anxious minds.

These are some of the reactions from four different clients when they received their iPod and personalized playlist:

- *The first song that played was very meaningful for the client. They asked if they could listen to the entire song. As they did, they started to sniffle and*

the tears started to flow. The music reminded them of how important this song has been in their life.

- *As the C of Care staff left, they heard another client singing along to the songs on their new iPod*
- *A couple received an iPod and were able to listen to the music together. The husband listened intently and began to sing along to the music and name the song. The wife smiled and began singing along to a couple of the songs.*

We will continue providing iPods with personalized playlists for area residents. **If you would like an iPod and personalized playlist for yourself, a family member or neighbor,** contact Myrna Hanson at 701/347-0032 or mhanson@communityofcarend.com You can learn more about the program at www.musicandmemory.org

Staff Changes at C of Care

Gwen Fraase joined C of Care as the Faith Community Nurse. She works Wednesdays and Thursdays in our Arthur office and focuses on preventative care. **Welcome Gwen!**

After five years with C of Care, **Melissa Oberlander** resigned as Care Coordinator. Melissa provided assistance for hundreds of rural Cass County residents. **She impacted people's lives and will be missed. Thank you Melissa!**

We are in the process of hiring a new Care Coordinator.



Left—Melissa Oberlander, Care Coordinator

Right—Gwen Fraase, Faith Community Nurse.

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STAFF

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5TH ANNUAL CLASSIC CAR/BIKE CRUISE

Mark your calendar and plan to join us for our 5th annual classic car & bike cruise. **This year's cruise is SUNDAY, JULY 24TH, during Summerfest.** Registration is at 10:30AM at the Casselton Vet's Club. Pedals down & kick-stands up at 11AM. Our cruise will head towards Minnesota lakes country. **A second registration will take place at noon at Cormorant Lutheran Church on County Highway 4.** If you are "lake person," plan to join us at Cormorant Lutheran and ride the 2nd half of the cruise with us. We will have a meal at Pit 611 in lakes country. For more information, check out our Facebook page and website www.communityofcarend.com

What a great way to spend a Sunday afternoon in July.....go for a ride in your classic car or on your motorcycle while you help us "Drive Miss Daisy!"

