

Community of Care

"Caring for our older adults by partnering with rural communities"

COMMUNITIES SERVED

Absaraka Alice **Amenia Argusville** Arthur Avr **Buffalo** Casselton Chaffee **Davenport** Durbin **Embden** Erie Gardner Grandin Harwood Hickson Horace Hunter **Kindred** Leonard Lynchberg **Mapleton** Page **Prosper Tower City** Wheatland

A LOYAL VOLUNTEER TRANSITIONS TO BEING IN THE PASSENGER SEAT

Bill Kent was one of the first volunteers when Community of Care started our transportation program in 2005. When asked why he volunteered, Bill said, "I was looking for something to do with my time. When I was asked to volunteer, it seemed like a good way to use my time while helping others." He grew up being busy, crediting his dad with instilling his work ethic from a young age.

Bill drove for Community of Care for 10 years, making dozens of trips bringing older adults to their appointments in Fargo. He was our "go to driver" when someone needed a ride to Sanford Broadway. Bill is a veteran and was always more than willing to provide transportation for fellow veterans.

Bill said volunteering provided benefits for him as he had something important to do and it was a benefit to those he drove so they could attend their appointments.

Bill remembered many of the people he drove, even providing directions to a home in rural Cass County where he picked up a client several times. Our guess is that many clients have fond memories of rides with Bill to their medical appointments.





When Bill was in his 80s, he called the office and told Myrna Hanson he had decided he shouldn't be giving rides to Fargo anymore. He was willing to provide rides in Casselton, so for a couple years, he drove people to the bank, hairdresser or post office.

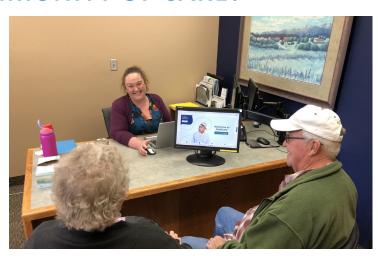
Bill is 92 and has now become a transportation client. When asked how it felt to be in the passenger seat he said, "Well, it's different." He is glad that Community of Care volunteers are available to provide rides to appointments in Fargo, especially on days his sons are busy and can't drive him.

Community of Care has 45 trained and dedicated volunteers who are ready and willing to help provide rides to medical appointments. Give our Volunteer Coordinator Tammy a call to request a ride (347-0032). If you are like Bill and looking for something important to do with your time, give Tammy a call to join our volunteer transportation team. Maybe you can be like Bill and provide rides for 10—15 years before you become a client and ride in the passenger seat.

WHY SHOULD YOU CALL COMMUNITY OF CARE?

Community of Care serves older adults in rural Cass County with the goal of assisting them to remain in their homes as long as safely possible. These are some of the services we provide, give us a call at 967-8502 (Arthur) or 347-0032 (Casselton) to learn more.

- Facilitating a ride to your medical appointment
- Care Coordination to assist in finding resources and services
- Visits with our Faith Community Nurses to help understand your medical concerns
- Assistance reviewing your Medicare Part D drug plan during open enrollment
- If you are turning 65, give us a call for help to select your Part D plan
- Assistance finding information and resources to care for your aging parents
- Help completing a fuel assistance form
- Exercise classes to improve strength, mobility and balance







DO YOU HAVE A STORY OF HOW COMMUNITY OF CARE HAS IMPACTED YOUR LIFE OR A LOVED ONE'S LIFE?

We are gathering stories of the ways Community of Care has impacted the lives of older adults in rural Cass County. Are you a client or adult child of aging parents who would be willing to share how Community of Care has impacted your life or that of your family. We regularly hear how grateful clients and families are for the services Community of Care provides and want to gather those stories in writing.

If you are willing to share your story, call 347-0032 or email mhanson@communityofcarend.com

You can share the story anonymously if you prefer. These stories will be used in marketing materials (website, Facebook, newsletter, etc.) to share the impact of our programs and services.



BOARD OF DIRECTORS

Susan Stibbe, Chair—Hunter
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Stacey Cramer—Casselton

Paula Glasow—Davenport
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Kevin Skunes—Arthur
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HEALTH SCREENING FAIR

Our Casselton Faith Community Nurse, Cindi Godbout, and the Health Cabinet sponsored a Health Screening Fair in September. Nursing & Pharmacy students from NDSU, Speech Therapy students from MSUM and Physical Therapy Students from Jamestown College, along with the Casselton Lions,



provided screenings for area residents. Attendees visited several stations for health screenings and left with health screening information they could share with their physician. The event was well received by the students, instructors and participants. We plan to make this annual event to provide health information for older adults.



A RIDE TO THE DOCTOR CAN HELP AN OLDER ADULT REMAIN IN THEIR RURAL CASS HOME

For many of our clients, the rides we facilitate to provide transportation to medical appointments is a key factor in their ability to remain in their rural Cass homes. If you are 65 +, live in rural Cass County and need of a ride to a medical appointment, contact our Volunteer Coordinator, Tammy, at 347-0032. We can't guarantee a ride, but Tammy will make every effort to arrange for a volunteer driver. Prior to receiving a ride, we have paperwork which needs to be completed. We also ask for a oneweek notice to give ample time to arrange for a driver. In our most recent transportation survey, 87% reported the ride to their medical appointment assisted them to remain in their rural home.

We are also always looking for a "few good men and women" to join our volunteer transportation team. Maybe you are a local farmer who has some time to volunteer during the winter months.



Volunteers complete a background check and short orientation with Tammy prior to driving. You can volunteer on your schedule, as often as you prefer. Volunteers use their own vehicles; Community of Care provides supplemental insurance and gas cards to help defray your costs. Will you consider joining our team?







CAR & BIKE CRUISE

Our 11th annual Car & Bike Cruise traveled through rural North Dakota—including stops at Sibley Crossing and the Bald Hill Dam. The day ended with lunch and a tour at the Nome School House. Everyone enjoyed a drive on their bike or in their car on a beautiful July day. Special thank you to our sponsors, who are listed on page 10.





MEMORY BOXES AT CASSELTON LIBRARY

We are partnering with the Casselton library to develop Memory Boxes to be checked out. The boxes are designed for caregivers to use with individuals with memory deficits or Alzheimer's. They help facilitate conversations and bring back memories. Grandparents might also want to use them to make new memories with their grandchildren.

The two boxes are Farming/Gardening and Baking/Cooking. Each box contains items to touch & smell, along with puzzles or items related to the theme. Stop at the Casselton Library to check out the boxes. They are available for people throughout rural Cass County to check out—visit the library to get your card.



3 WAYS TO GIVE SMARTER..

Increase your impact and likely reduce your taxes

Gifts of appreciated stocks, bonds or mutual fund shares

• Can be tax-advantaged way to give

IRA Qualified Charitable Distribution

- Must be 72 or older
- Avoid federal tax on the distribution
- Can be used to satisfy your required minimum distribution (but isn't limited to your RMD amount)

Make Community of Care a beneficiary of your IRA

- Reduce or eliminate federal estate and income taxes
- Designate part or all of your IRA to make an impact

Contact your financial advisor or tax preparer to learn how to leave a legacy to help older adults remain in the rural Cass County homes and communities they love.



Farming/Gardening Memory Box







CASSELTON BUSINESS ASSOCIATION SR. DAY

On October 19th, area residents gathered for the annual Casselton Business Association Sr. Day. They visited with representatives from various agencies & businesses at displays, heard presentation on "Current Scams & How to Avoid Them" from Detective Joe Gress, Cass County Sheriff's Department, and "Mental Health Concerns for Older Adults" from Emily Kinkade, PhD student at NDSU. The day included lunch and door prizes from Casselton Businesses.

Community of Care looks forward to sponsoring or partnering with other organizations to provide additional educational events.





JOIN A BONE BUILDER CLASS

New members are always welcome to join one of our Bone Builder classes. Participants report improved mobility, strength and balance. The favorite part is always SOCIALIZATION. You will need to complete simple paperwork when you start the class.

Two different Bone Builder class attendees who recently had surgery credited their participation as contributing to a speedier recovery. We can't guarantee those results, but building strength and improving balance have health benefits for everyone who participates. Come check out a class.

CHECK OUT ONE OF THESE CLASSES IN YOUR AREA:

ARTHUR (METHODIST CHURCH)
Mon & Thurs.— 9:45 AM

CASSELTON (CITY HALL)
Tues. & Thurs.— 2 PM

HARWOOD (COMMUNITY CENTER)
Tues. & Thurs.— 1 PM

HORACE (SENIOR CENTER)
Mon. & Thurs.— 10 AM

KINDRED (CITY HALL)
Mon. & Fri.—10:30 AM



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The annual Volunteer
Appreciation Event was
held in September.
We are VERY THANKFUL
for all the ways volunteers
assist in our mission.
Our volunteers are a vital part
of our team!

We love 10UR -Volunteers



PARTNERSHIPS WITH LOCAL SCHOOLS



Community of Care is partnering with local schools for two fun projects. The Pen Pal/Journal Project connects local students and area seniors for a writing project. Northern Cass students are involved this fall and Central Cass students will be repeating the project after Christmas.

Northern Cass students are also providing "Fun With Tech" assistance for area residents. Each week, three to five older adults meet with students and Darin Eller, Director of Technology for one-on-one assistance. If you would like assistance with your cell phone, tablet or laptop, contact Gwen at 701/967-8502 to get on the schedule. We hope to expand the technology program to Central Cass next year.



CROPS FOR CARE

Local farmers, did you know you can support our mission with a donation of your crop? David Piper at Piper Tax Services, Inc. continues to share the benefits of the gifting of bushels of your crop. Your gift will help an older adult remain in their rural Cass County home, but will also provide tax benefits for you. Contact Dave Piper at 701/347-4363 to learn more. You can also visit with your local elevator or tax preparer. Your bushels will "will plant seeds" to improve the quality of life for your friends and neighbors in rural Cass.

Dear Friends,

We recently received a note from family members, sharing memorials given for their Mom. The note included this message, "Mom appreciated everything you did for her and her family was comforted that you were located in her community." For this family and their mom, remaining in her rural Cass County home was very important. Their mom lived in this community her entire lifetime and her home was the place where she and her husband raised their children. You no doubt know an older adult who wants to remain in their home and

We believe rural Cass County is a great place to live, no matter what your age. Will you help an older adult remain in the home & community they love?

community. That person might be your parent, grandparent, aunt, uncle, friend or neighbor. Their home might be the place where your family built cherished memories. Community of Care exists to help older adults remain in the rural Cass County homes they love as long as safely possible.

Community of Care is a community owned organization. The partnership we share with individuals, organizations, businesses and stakeholders are the reasons we are able to care for older adults in rural Cass. THANK YOU for your continued partnership in improving lives throughout rural Cass County.

We ask for your support as a 2022 MEMBER. Membership has no requirements, but it does come with the joy in knowing you are helping a Grandma, Grandpa, neighbor or friend remain safely in the rural Cass County home they love. A membership envelope is enclosed for your convenience. You can also make your donation securely online **communityofcarend.com** (click on the blue donate button).

As we approach the end of 2022, each of us will be making our year-end charitable giving plans. We ask you to consider a tax-deductible end-of-the year gift to support our mission. You can make your gift on our website or by using the enclosed envelope. You can also donate bushels of your crop at your local elevator, or you can donate your IRA's Required Minimum Distribution (there are tax benefits for these methods). Your gift will enhance the quality of life for older adults living in rural Cass County and allow us to continue providing our services free-of-charge. Your gift will assist them to continue living in the home and community they love. Your gift will also help provide peace of mind for older adults and their families.

Sincerely,

Susan Stibbe

Board Chairperson

Lusan a Stille

Myrna Hanson

Executive Director

PS. Your donation will help older adults continue to say, "There's no place like HOME in rural Cass County!





DONATIONS & CONTRIBUTIONS

October 16, 2021 - October 31, 2022

THANK YOU to everyone who has supported our mission during the last year. In this newsletter, we are reporting donors in categories based upon the level of their total giving the last 12 month (this is a new way of reporting donations). For each category, names are listed alphabetically. Donations include Totally Tables, Giving Hearts Day, Car & Bike Cruise, Charitable Contributions, Crops for Care and Memorials. The memorials donated since May are listed separately on page 9, previous memorials were listed in the summer newsletter.

HARVEST

TOTAL DONATIONS OF \$1,000+

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BUSHEL

TOTAL GIFTS OF \$500 - \$999

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John and Sarah Hejl

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Northern Cass Ecumenical Parish

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OnSharp

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Sonia Jensen

St. Leo's Parish

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Troy Gust & Wendy Moore

ACRE

TOTAL GIFTS OF \$250 - \$499

4 Corners Senior Citizens

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Buffalo Senior Citizens

Casselton Cold Storage Charities Aid Foundation of America

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Daniel Vandrovec

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Puklich Chevrolet Buick GMC

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Ronald and Shirley Sell

Russell & Jovce Hest

Scott and Karen Kost

Steve Weber

The Benevity Community Impact Fund Thrivent Financial

Veterans Incorporated

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Westminster Presbyterian Church

SPROUT TOTAL GIFTS OF \$100 - \$249

Accountability LLC Agveris Inc

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Carol & Joey Nilles

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Cindy Yeager

Cory Oberlander Cote Mechanical

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Jim Guy Jim Torkildson

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John McConnell & Ina Ashcraft

Jon & Betty Heyerman Jon and Connie Carley Juanita Hodgson Judith Ryan Judy Lee Karen Jewett

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- Tom Nowak Noel Iwen Norma Peltier Ohnstad Twichell P.C.

Our Savior's Lutheran WELCA - Page

Pam and Tim Utt Pamela Burkhardt

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Robert and Mary Lynne Snyder Roger & Catherine Rand Ronald and Gloria Porter Ronald and Lorraine Kensok Ronna and Larry Discher Saeger Family Fund Scott & MaryJane Nipstad Scott and Lucy Wagner Shannon Bueche Shear Advantage Salon Steve & Joan Carvell

Terry Kensok Tim and Anna Wodrich

Tim Timian

Todd and Ann Ellison

Todd Sears Tracy Bender

Trichelle and Kent Kirchenwitz

TruCore Fitness **Unity Seed Company** Velora Robertsdahl Waslien Cramer Agency Wayne and Sharon Olson

SEED

TOTAL GIFTS OF \$1 - \$99

4E Winery Abigail Cramer Alex and Mary Richard Alfred & Ethel Dewan Alice Morrison Alvin and Lana Kaufman

Alvin Nagel

Amber Ruzicka Amy King **Anchor Ingredients** Andrea Haugen Andrea Nelson Ann Cederberg Ann & Mike Faught **April Sinner** Ardene Myers Arlo & Doris Anderson

Arnold and Julie Bankers

Audrey Roach August & Marlys Pfingsten Austin & Carmen Laeger Barbara Rude

Ben and Evonne Amundson

Bernice Peihl Beth Moore

Bev and Dave Gravdahl Bill & Patricia Motter Bill & Sonia Buchholz Bill and Kathy Rutz Bill Carlson

Bill Kent BlackBaud Giving Fund Bob & Diane Weber **Bob & Jean Steffes** Bob and Marge Volk

Brad & Rochelle Sinner

Brad Sessler Brandy & Nick Pyle **Brandy Sprunk** Brenda Nitschke

Bonnie Zieske

Brenda Nitschke and Mitch Yoney

Brenda Schmid Brian & Kim Nelson Brian and Peggy Ward Brianna Stock

Bruce Johnson

Bruce & Diane Thorsrud Bruce & Gladys Jorgensen

Butch Huwe Carmen Sorenson Carol Johnson Carolyn Pfeifer Carolyn Prante Catherine Engh Char and Craig King Charlene Blumhardt Charles Larson Cheryl Donegan

Cindy Turchin Clayton & Marion Nedrebo Colleen & Neal Dimmer

Colleen Buhr Colleen Dimmer Connie Hanson Constance Dullum Constance Lerew

Cheryl Suhr

Cooper and Kara Anderson Curt & Ardyth Steel Cyd Gullickson Cynthia Schatzke Dale & Phyllis Lincoln Dale and Bonnie Erickson Dan & Jeanette Krueger Darlve and Vicki Teske David & Susan Schmidt David and June Calderwood David and Norma Warrev David Petersen

Dawn Helmowski Dean & Eva Fercho Dean & Lanette Johnson

Deb Davis Deborah Kaul

Debra and Gary Ball-Kilbourne

Deloris Knight Denise Hager

Donald & Joann Murch **Donald Anderson** Donald Holm Donna Myers **Donna Preston** DonorDock **Dorene Nelson** Doug and Christy Leier Doug and Donna Convers

Duane Gulland

DuWayne & Jane Ellison

Eleanor Bjerke Elizabeth Georgeson Ellen Sterner Ellyce Haves Erik Kiesz Erin Baumgarten Esther Suhr **Ethel Grieger** Eva Vining

Evan and Marie Moe Father James Ermer Floyd & Louise Longlet

Fred Williams

Gary and Delores Grommesh Gerald and Arlys Ohe Greg and Verna Alverson Greg Wilcox Household

Hank Weber Harold Timmerman Harriet Griffin

Heart & Hands Massage

Heidi Domier Helen McMaster Helen Morris

Hunter Friendship Club Jan Nelson & Stanton Andrist

Jan Sinner

Jane and Eric Sassenfeld

Janell Johnson Janelle Stahl Janice Diemert Janice Horgeshimer Jay and Deanna Prante Jean & Greg Wilcox Jean Johnson Jeana Marshall Jeanette Haugen Jeanne Paulson Jenae Hansen Jessica Offerman Jill Moore Jillian Stansbery Jim and Deb Tarvestad Jim and Jen Thompson

Jim Wilcox Joan Eberhardt Joann Radermacher Joanne Erickson John Mrozla John & Diane Boyle John & Sylvia Siverson John and Diane Boyle John and Teresa Gulleson

Jim and Paulette Schmitt

Jim and Sharon Geyer







Community of Care •

John Reichert Jon and Toni Watt Judith Johnson Berg Judith Swezey Patterson Judy Ruzicka

Julie Heller Julie Wanzek

Julie/John Tillberg/Pederson

Karen Peterson Karen Roach Kathleen Stelton Kathy & Anthony Hurst Kathy Wold

Keith & Sharon Monilaws Keith Marschke Household

Kelly Perez Kelly Perhus Kendra Krueger

Kenneth and Bonnie Hochhalter Kenneth and Linda Astrup

Kent & Tammy Costin Kim and Dave Scheer Kim Parkhouse Kristi Dixon

Larry & Lois Gangnes Larry & Ronna Discher

Laura Frey

Lauren and Zachary Prante

LaVerne Seefeld Lenora Foell Leon & Carol Roesler Lesly Havelange Liana Hoffman Lina Eide Linda Sell Linda Thomas Lisa Undem

Lois Titus Lori and Calvin Fosse

Lori Schmidt Lorna Mougey Lunde Auto Center/Kia of Fargo

Lynn Madsen Maggie Foster Marcia Paulson Marilyn Barnby Marilyn Beck Marilyn Henderson Marilyn Thompson Mark and Cindy Voss

Marlin Foss Marlow Smith Martha Kapaun

Martin's Lutheran Widows Group

Mary Kempel

Matthew and Quaya Ackerman

Max Kringen Melissa Wolf Michael Rasmusson Michelle Martin Mike Chaussee Mike Krabbenhoft Mike Utt

Molly Sinner Monique Brandvig Nadine Swee

Norman and Elaine Heidorn

Patricia Gegelman Patrick Schmit Patty Glennon

Peggy Sue Paul

Paul and Francie Strand

Pennie Ellingson Phillip and Natalie Keller Rachel Holzwarth Ralph & Barb Nelson Rand and Anne Nyberg **RDO** Equipment Rebecca Holm Rebecca Kingsley Renee Kapaun

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Ryan Sinner Ryan Toop Sadie Gohdes Sally Frantz Sandra Blixt Sandra Holmstrom Sandy Bowles

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Cass County Reporter Central Cass School Dave and Erinn Hakstol Emma Swenson FM Redhawks Gloria Larson **HOM Furniture Hunter Cafe** Jake and Emily Dahl Martin's Quilters Minnesota Twins Minnesota Vikings

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HAVE YOU **INCLUDED** COMMUNITY **OF CARE** IN YOUR **ESTATE** PLANNING?





MEMORIALS & HONORARIUMS

In Memory of Bessie Hohnadel

Brad Hohnadel
Donald & Mary Ellen Nilles
Gary & Ilana Meiklejohn
Laura Frey
Pamela Burkhardt
Renee Kapaun
Steve and Bobbi Miller

In Memory of Bill Grieve

Lila Hutchinson Roland & Karen Priewe Virginia Schobinger

In Memory of Chuck Ross

Floyd & Louise Longlet

In Memory of Connie KingsleyPaul Kingsley

In Memory of Danny Schatz
Mike and Pam Nelson

In Memory of Dean Merhly Kelly Perhus

In Memory of Dean Saewert

Alvin and Lana Kaufman Dale & Loree Halverson Don & Karen Giermann

In Memory of Donald Holm

Floyd & Louise Longlet Greg & Deb Gebeke Joe & Dawn Moore Ken & Bonnie Hochhalter Mike & Dawn Holm4

In Memory of Donald Kvant

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In Memory of Duane Gulland

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In Memory of Ina Kempel Bob and Tammy Schempp Judy Orvik **In Memory of Jerry Emery**Bob and Tammy Schempp

In Memory of Jim Snyder

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In Memory of Joanne IwenBob and Tammy Schempp

Bonnie Zieske Maggie Foster Dawn and Mike Holm Dorene Nelson Floyd & Louise Longlet

Karen Jewett

Kenneth and Bonnie Hochhalter Norman and Elaine Heidorn Robert & Sharon Stevens

In Memory of Kathy Nelson

Keith Marschke Household

In Memory of Linus Kensok

Paul Kingsley

In Memory of Lloyd Hutchinson

Lila Hutchinson

In Memory of Lloyd Knight

Harvey and Mary Morken Linda Sell

In Memory of Maggie Smith

Paul Kingsley

In Memory of Marlys Grindberg

Dallas & Paula Glasow

In Memory of Marlys Steinman

Dale & Loree Halverson

In Memory of Maynard Helgaas

Susan Stibbe

In Memory of Pastor Mike Jacobson

Judy Orvik

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Myrna Hanson

In Memory of Paul Spooner

Margaret Kensok

In Memory of Robert Bakkern

Maggie Foster

In Memory of Russell Strand

Char and Craig King Paul & Jan Faught

In Memory of Ruth Dose

Maggie Smith Susan Stibbe

In Memory of Shirley Jermstad

Dallas & Paula Glasow

In Memory of Violet Monson

Norman and Elaine Heidorn

In Memory of Phyllis Widley

Alice Morrison

HONORARIUMS

In Honor of Larry Sell's birthday (Deceased)

Ronald and Shirley Sell

CROPS FOR CARE

David and Marie Piper

THANK YOU FOR GRANTS RECEIVED IN THE LAST 12 MONTHS

North Dakota Department of Human Services

Alex Stern Foundation

Casselton Community Foundation

Casselton Community Medical Foundation

Johnson-Iwen Community Fund for Arthur Area

Operation Round-Up (Cass County Electric)

















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communityofcarend.com

LOCAL POSTAL CUSTOMER





Help someone.

GIVING HEARTS DAY IS THURSDAY, FEBRUARY 9, 2023!

Mark your calendar and watch for more details in early 2023. Will you invite a friend or family member to join you in being a GIVING HEART? Think of someone with rural Cass County ties.



SAVE THE DATE FOR THE 16TH ANNUAL TOTALLY TABLES

Friday, April 14, 2023 St. Leo's Spirit of Life Center in Casselton

It's not too early to start planning your table theme and inviting your guests. Totally Tables is the place to be in rural Cass each spring. You can reserve your table now by contacting Lauren at 967-8502.





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