



Community of Care

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

COMMUNITIES

SERVED

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

SOCIAL ISOLATION AND LONELINESS



During the past 15 months, we have heard a lot about Social Isolation and Loneliness. Social Isolation is defined as the lack of social contacts and having few people to interact with regularly. Loneliness is the distressing feeling of being alone or separated. Older adults are at a higher risk due to changes in health and social connections that can come with aging, such as hearing, vision and memory loss, mobility issues, living alone, living in a rural area, etc. (source: National Institute on Aging at National Institute of Health). Loneliness and social isolation can be as damaging to health as smoking 15 cigarettes a day (source: Health Resources and Services Administration).

Heather Fuller, PhD, NDSU Human Development and Family Science, conducted a phone survey this past year regarding older adults' experiences with social distancing and their level of coping during the pandemic. Dr. Fuller and graduate students interviewed 76 older adults (procedures approved by the Institutional Review Board of NDSU). A few Community of Care clients were included in the research study. Dr. Fuller and her colleagues identified resiliency as a key factor among participants in their coping processes.

The initial findings from the first round of interviews found three coping strategies. (source: Fuller & Huseeth, *The Gerontologist*, 2020):

- *Staying Busy*—focus on activities, normalcy and routine
- *Seeking Social Support*—increased communication with family & friends, connecting to new or infrequent social partners and learning new communication technologies
- *Having a Positive Mindset*—acceptance, optimism, emotional resiliency and faith

Overall, research suggests that connections among people can help improve well-being, especially for older adults.

What might you do to connect with an older adult in your life? How might you help reduce social isolation & loneliness for an older neighbor? Here are some ideas to safely connect with an older family member, friend or neighbor:

- Use technology to play an online game with friends or family—your kids can be involved helping them learn how to play
- Invite an older adult to go for a short walk, have a picnic in the backyard or a visit on the porch
- Become a "phone a friend" - make a regular phone call to an older friend or neighbor
- Kids and puppies, they bring a smile to all of us. Stop by when you are out for a walk with your kids or your friendly puppy
- Bring a flower or plant to an older adult to brighten their day
- Ask an older adult to teach you something—maybe they can share their knowledge about gardening, quilting or baking

These small steps will make a difference for an older friend, family member or neighbor. We are quite sure these relationships will also make a difference in your life.

I DON'T KNOW ANYTHING ABOUT COMMUNITY OF CARE....WHAT DO YOU REALLY DO & WHO DO YOU SERVE?

We get this question fairly often, even though we will celebrate our 18th anniversary in September. We know that many people might know who we are, but they do not know about all the services we provide until they are in need for themselves or a family member. Our primary demographic is older adults, age 65 and older. Our services are provided free of charge, regardless of a person's economic situation. These might be some of your concerns:

- Do you need a ride to your medical appointment?
- Do you want to visit with our Faith Community Nurses about your medical condition, medications or doctor's orders?
- Do you need help completing an application for food, fuel, prescription assistance, Medicare or Medicaid?

- Are you looking for a safe exercise program to improve your balance & mobility?
- Are you turning 65 and need to select a Medicare Part D plan?
- Do you need to complete or update your advanced care plan?
- Are you an adult children or an aging parent and don't know where to turn?
- Do you need to complete the annual review of your Medicare Part D plan?
- Are you looking for some socialization events?

Call our office to find out how our Care Coordinator, Faith Community Nurses and Volunteer Coordinator are able to assist you or a family member. Arthur (967-8502) Casselton (347-0032)



Our volunteer transportation program was suspended for several months due to Covid risk levels. We are excited to be open once again to provide safe rides for our clients. Volunteers like Bob are once again providing rides for clients like Bud.

Thank You

to Martin's Lutheran Church in Casselton. We appreciate having been able to hold many socially distant meetings in their church the past several months.



Thank you to the 7th grade class from Central Cass for doing spring clean-up for six older adults in Casselton on May 12th.



Totally Tables is normally held in late April, but in 2021, our signature fundraiser is on Thursday, August 5th, at St. Leo's Spirit of Life Center.

The safety of our guest is of the utmost importance—we will continue to monitor COVID numbers and state health regulations. The evening will include all the

same fun events—tables decorated in a wide variety of themes, a silent auction, wine wall, paddle game and live auction by Max Steffes. The fund-a-need auction that was started in 2019 will again be included in the evening. Start planning your table now. Each table includes 8 tickets - contact your table guests and have them mark their calendars. **To sponsor a table, call or email our Care Coordinator, Lauren, at 701/967-8502 or lauren@communityofcarend.com**

Totally Tables is always the “Place to Be” in rural Cass each April. This year, it’s going to be the “Place to Be” on August 5th. **You will have a fun evening, but more importantly, you will help an older adult continue to say, “There’s no place like HOME in rural Cass County!”**



BIG NEWS FOR THE COMMUNITY OF CARE MODEL



Community of Care’s vision has always been to replicate our model to serve older adults in other communities in North Dakota. **We do not want to operate offices in other locations, but rather to share what we have learned during our 18 year history of serving older adults in rural Cass County.** Community of Care believes we have a model that could and should be replicated elsewhere in North Dakota.

In January, NDSU Extension received a grant through the North Dakota Department of Human Services to explore replication of the Community of Care model in two other counties in North Dakota. Myrna Hanson, Executive Director, has been involved in these efforts, along with Jane Strommen, NDSU Extension Gerontology Specialist. Jane was instrumental in developing Community of Care and served as the first Executive Director. Jane and Myrna have been meeting virtually with steering committees from the Lisbon area and Morton County. Both areas are moving forward in hiring staff to develop and launch a volunteer transportation program.

The Ransom County program will serve the area of the Lisbon School District and the Morton County program will serve in Glen Ullin and Hebron. As part of the grant, Community of Care is being reimbursed for the consulting services Myrna is providing. NDSU Extension has applied for additional grant funding to support the development of these programs.



BONE BUILDER CLASSES

We resumed class in May following a 15 month suspension. New class participants are always welcome. You will need to sign an informed consent and have your doctor complete a medical clearance form for participation.



Bone Builder participants report improved mobility, strength and balance. Their favorite part is the socialization. Class participants were anxious to get back to meeting together for exercise and socialization.

The classes meet at these days and times:

- **Arthur—Monday & Thursday,**
9:45 at Arthur United Methodist Church
- **Casselton—Tuesday & Thursday,**
2 PM at old Martin's Lutheran
(through August 5th then return to City Hall)
- **Harwood—Tuesday & Thursday,**
1 PM at Community Center
- **Horace— Monday & Thursday,**
10 AM at Senior Center
- **Hunter — Monday & Wednesday,**
9:30 AM at Hunter Grain
- **Kindred Monday & Friday,**
10:30 AM at City Hall

Call our Faith Community Nurses with questions.
Cindi—347-0032 and Gwen—967-8502

HOW CAN YOU PARTNER WITH COMMUNITY OF CARE'S MISSION?

- Make a donation in the enclosed envelope
- Become a transportation volunteer
- Sponsor a table for Totally Tables
- Join us on our annual Car/Bike Cruise
- Be a cheerleader and tell others about our programs and services



Senior Day, sponsored by the Casselton Business Association, is Tuesday, October 12th, at St. Leo's Spirit of Life Center. Seniors from throughout the county are invited to attend. The event will include displays from organizations serving seniors, presentations on scams, lunch and door prizes. Watch for more information in September at your local senior club meeting or in the Reporter.



BOARD OF DIRECTORS

Susan Stibbe, Chair—Hunter
Joe Moore, Vice Chair—Arthur
Kevin Skunes, Secretary—Arthur
Brian Arett—Fargo
Stacey Cramer—Casselton
Paula Glasow—Davenport
Pam Nelson—Casselton

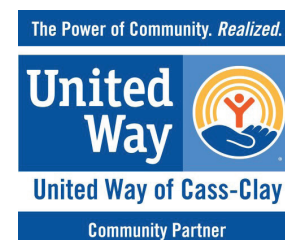
Thank you to these board members who are completing their terms on the board of directors.

Lori Abraham—Page
Lori Satrom—Ayr

New board members will be elected at our June board meeting.

THANK YOU FOR GRANTS RECEIVED IN THE LAST 12 MONTHS

- North Dakota Department of Human Services
- Alex Stern Foundation
- Casselton Community Foundation
- Operation Round-up Cass County Electric
- Johnson-Iwen Community Fund for Arthur Area
- Caring Foundation Blue Cross Blue Shield of North Dakota



Have you included Community of Care in your Estate Planning?

Did you know you can donate your Required Minimum Distribution (RMD) from your retirement account to Community of Care? Did you know there are tax benefits with an IRA charitable rollover? Naming Community of Care as the beneficiary of your life insurance or IRA has tax benefits for your heirs. Contact your IRA manager or Myrna Hanson, Executive Director for information. Your legacy gift will continue to enhance the quality of life for older adults and the rural Cass County communities they call HOME.



Thank You

*to everyone who
supported our mission! Your financial
gifts are at work caring for older
adults in rural Cass.*



DONATIONS & CONTRIBUTIONS

October 17, 2020 - April 30, 2021

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Mary McIntyre's Birthday

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Honor of
Roger & Karen Egeberg

James and Barbara
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James & Kristen Williams
John & Megan Williams
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Ackerman
Peggy Williams
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Robin Capouch
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by Lynn Bartholomay
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Calderwood

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Myrna Hanson

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by Marie and Velora
Robertsdahl

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by Carol Radermacher

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Becky Camas
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Bessie Hohnadel
Beth Moore
Betty Barker
Bev and Dave Gravdahl
Bill and Marlo Janson
Bill and Mary Beth Engelke
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Bill Grieve family
Bill Kent
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Bob and Marge Volk
Bob Miller
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Brian Verkuehlen
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Butch and Cindy Erickson
Butch Huwe
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Carlene Paulson
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Casselton Drug, INC.
Casselton Lions Club
Casselton United
Methodist Church
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Chaffee Lions
Char Gust
Charlene Blumhardt
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Cindy Larson-Casselton
Cindy Yeager
Cody Holt

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Constance Lerew
Corey Hoglund Household
Cory Oberlander
Dakota Medical Foundation
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Dale and Bonnie Erickson
Dale and Jo Lako
Dale Shields
Dallas & Paula Glasow
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Dan Weber
Darin Ziemer
Darlye and Vicki Teske
Dave Burchill Household
David and Cheryl Rostad
David and June Calderwood
David and Norma Warrey
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David Heard
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Kimberly Nelson
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Linda Bakke
Linda Schultz
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Waslien/Cramer Agency
Wayne and Bonnie
Oberlander
Western States Bank

HONORARIUMS GIVING HEARTS DAY 2020

Dean & Lanette Johnson
In Honor of **Evelyn Johnson**
Donna Monteith In Honor of
Gwen Fraase

Kendra Krueger In Honor of
Lauren Prante

Judith Swezey Patterson
In Honor of **Myrna Hanson**

Scott & Karen Kost and
Amanda & Jim Schauer In
Honor of **Pam Nelson**

MEMORIALS GIVING HEARTS DAY 2020

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by Erin Olstad

Bob & Kate Monilaws
by Tom and Patty Monilaws

Dr. Clayton Jensen
by Karen Lietz
Paul & Julie Jensen

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by Donald Holm

Frank & Ramona Sattler
by Jeanette Haugen

Frank Volk
by Sheryl Mears

Gary Blixt
by Mark and Cindy Voss

Inez Orthmeyer
by Stephanie Kohl

Ione Ringdahl
by Myrna Hanson

Lynn & Nancy Nelson
by Karen Kensok

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by Tamara Anderson &
Parker Thilmony

Merlyn Anderson
by Brian and Peggy Ward
Douglas Anderson

Mary Eberhardt
by Elise Eberhardt

Noel Wodrich
by Tim and AJ Wodrich

Orel Hursman
by Heart & Hands Massage

Paul Muscha
by Greg and Verna
Alverson

Robert & Lorraine Kapaun
by Renee Kapaun

**Thank You
TO EVERYONE
WHO HELPED MAKE
GIVING HEARTS DAY**

**2021
A RECORD
BREAKING Year!**





**41 Langer Ave S
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10TH ANNUAL CAR & BIKE CRUISE

Mark your calendars for
SUNDAY, JULY 25TH
that's the date for our
10th Annual Car & Bike Cruise!

The Cruise Committee is still working out the details on the route. The tentative plan is for registration at the Casselton Reservoir (north side off Highway 10) at 9:30 AM with kickstands up at 10 AM on Sunday, July 25th. The cruise is open to anyone—you just need to be able to travel 60 mph with your car or bike.

