



Are you someone who makes “to do lists”? Maybe you have shopping lists, lists of what to take on vacation, invitation lists for a special event or a list of things to accomplish this weekend. We can even keep track of our lists with the help of an app on our phone or by telling Alexa to add it to our shopping or to do list.

How about a list of the things to tell your adult children as you grow older? If you are an adult child, do you have a list of things to ask your parents or things to do to help them stay in their home?

Community of Care works every day to help older adults remain in the homes they love and cherish as long as safely possible. We certainly do not have all the answers, but we do have a variety

of resources to help people remain in their homes. Our staff have all been in the role of an adult child of aging parent(s). We have personally struggled to find answers to care for our parents sometimes. Give us a call and we will work to find the resources you need to care for Mom and Dad.

Our goal is to help people “Age in Place.” Three basic areas to consider related to “Aging in Place” are home safety, your medical care and financial/legal issues.

Many resources are available to consider for you or your parents. **The checklists on page 5 of the newsletter are just the “tip of the iceberg” of some questions to ask and issues to consider in caring for your aging loved one.**

Community of Care’s role is not to provide medical or legal advice. These are simply some

Community of Care



items to consider in helping a loved one “Age in Place.”

Community of Care has a more



extensive checklist available on our website. Some other resources you will find

helpful include the NDSU Extension Service. You will find a Home Safety Checklist and a Home Evaluation checklist on their website. AARP has a wide range of caregiver resources. Assistive Technology (formerly IPAT) has a wide range of assistive technology. **Call our office to learn more about these resources and many others. Check our website for links to these organizations.**

www.communityofcarend.com

Community of Care
Arthur (in the mall)

701/967-8502

Casselton (in Bremer Bank)

701/347-0032

10th Annual Totally Tables a big success!

Where can you enjoy dinner while dining at a Dr. Seuss table or a table dressed with the finest china? The 10th Annual Totally Tables of course! This year's event was another marvelous success. Over \$40,000 was raised to support our mission in rural Cass County. The silent and live auctions had a wide variety of items donated by businesses and organizations from the area. Max Steffes was our auctioneer again this year—he did a great job of entertaining the crowd while helping to raise funds to care for “grandmas & grandpas” in rural Cass.

THANK YOU to everyone who sponsored a table, donated



an item or purchased an item. The names of the \$1,000 table sponsors are listed on the enclosed donor insert.



Pictures courtesy of Steve Carvell Photography
 Top – People's Choice winner – Hagen Dental table
 Left – Max Steffes during the live auction
 Above – First State Bank of North Dakota table

Photos of all tables at
www.communityofcarend.com or
facebook.com/communityofcarend

Music & Memory Program continues to grow

When you hear a song from your past, does it bring back memories of high school or singing in choir or going to dances? Does a favorite hymn bring you comfort? Music can stir memories and calm chaotic brain activity. Several clients have received iPods loaded with music from their personalized listening list as part of the Music and Memory program. Some of the music on the iPods are:

Elvis Presley	Glenn Miller Big Band	How Great Thou Art
Frank Sinatra	John Philip Sousa	Beethoven
Organ music	Sound of Music	Bluegrass

Recently, a client going through chemo received an iPod. They reported that for the first time, they relaxed and fell asleep during their treatment while listening to their music list.

Another person was hesitant to receive an iPod, because they do not like wearing headphones. Once we connected the iPod to a small speaker, they are thrilled with their personalized music and asked to have more songs added to their iPod.

A client with dementia starts smiling and singing along while listening to their music. They become more relaxed and communicative.

If you know someone who would benefit from the Music & Memory program, contact our office. We will do an interview to determine their personalized music list & load the iPod.



Phyllis & Merle Widley of Hunter receive their iPods from Gwen Fraase. Phyllis is a retired church organist and piano teacher. Her iPod is loaded with music she played on the keyboards. Merle's is loaded with the Country Western music that he loves.

FAST FACTS

21,635 miles

Miles of transportation facilitated bringing rural Cass residents to medical appointments in 2016 – a 26% increase from previous year

404 rides

Number of rides facilitated in 2016 – a 30% increase from previous year

\$442/client

Average savings per person during 2016 Medicare Part D open enrollment

I'M TURNING 65... WHAT SHOULD I BE DOING?

You have a period of 3 months before your birthday, the month of your birthday and 3 months after your 65th birthday for the "Initial Enrollment Period."

- ✓ Contact Social Security to select Medicare Part A (hospital coverage) & Medicare Part B (medical coverage)
- ✓ Register for a Medicare Part D drug plan
- ✓ If you are a railroad retiree, contact Railroad Retirement Board

Contact Debra at Community of Care for more details, assistance or contact information. She can assist you to select a Medicare Part D plan as you turn 65.

COMMUNITY OF CARE STAFF

Myrna Hanson, Executive Director
mhanson@communityofcarend.com
 Debra Ball-Kilbourne, Care Coordinator
debra@communityofcarend.com
 Rebecca Berge-Buss, Volunteer Coordinator
rebecca@communityofcarend.com
 Gwen Fraase, Faith Community Nurse
gwen@communityofcarend.com
 Lanette Johnson, Bookkeeper
ljohnson@communityofcarend.com

BONE BUILDER CLASSES NOW MEET IN FIVE DIFFERENT COMMUNITIES

80 participants are meeting every week in these locations for Bone Builders classes. Call our office for information or just attend one of the classes for low-impact exercise to improve your mobility, strength and balance. The classes are also important social outings for the participants.

Arthur - Monday & Thursday, 9:45 – 10:45 at Arthur Good Samaritan Chapel

Casselton – Tuesday & Friday, 1:30 – 2:30 PM at Casselwood Senior Living

Harwood – Tuesday & Thursday, 1 – 2 PM at Harwood Community Center

Hunter – Monday & Wednesday, 9:45 – 10:45 at Hunter Grain

Kindred – Monday, 10:30 – 11:30 & Friday, 3:30 – 4:30 at Kindred City Hall



Imagine that your aging parent lives in rural Cass County and you live in Fargo. What might it cost to bring them to their doctor appointment?

\$48.15 – 90 miles - Fargo to Casselton to Fargo for appointment back to Casselton and home to Fargo

\$85.60 – 160 miles - Fargo to Hunter to Fargo for appointment back to Hunter and home to Fargo

\$80 - ½ day of work bringing them to appointment at \$20/hour

\$160 – full day of work bringing them to appointment at \$20/hour

A ride for your mom or dad from a trained Community of Care volunteer

PRICELESS!!!

Thank you to Carrie Hagen, Casselton, and Dawn Moore, Arthur, for their service on the board of directors. They completed their terms in May and we are very grateful for their dedicated service. We welcome Tamara Anderson and Pam Nelson to our board. Tamara grew up in Hunter, lives in Detroit Lakes and her father is a client. Pam lives in Casselton.

How can YOU partner in our mission?

- Become a transportation volunteer
- Make a donation with the enclosed envelope
- Donate your IRA minimum distribution tax free
- Select C of Care for your Thrivent Choice dollars
- Donate your employer matching funds
- Leave a legacy gift by donating to our endowment
- Include Community of Care in your estate planning. Contact your financial advisor & attorney for details.

Questions to ask your aging parents.... (a starting point)

HOME SAFETY CONCERNS

- ☐ Do you have throw rugs on the floor?
- ☐ Are there handrails on both sides of the stairs & adequate light?
- ☐ Do you need support when using the bathroom or shower?
- ☐ Does the entrance to your home have an outdoor light?
- ☐ Are the doors wide enough to accommodate a walker/wheelchair?
- ☐ Are light switches easy to reach and turn on & off?
- ☐ Do you have working smoke and carbon monoxide detectors?
- ☐ Do you have a secure stepstool?
- ☐ Do you have a phone within reach of your bed?

MEDICAL ISSUES

- ☐ Who are your doctors?
- ☐ What medicines are you taking?
- ☐ Who is your pharmacist?
- ☐ Where are your medical records?
- ☐ Do you have a lifeline?
- ☐ Who is your health insurance company?
- ☐ Who is your Part D insurance company?
- ☐ Do you have long-term care insurance?
- ☐ Do you have disability insurance?
- ☐ Is your Advanced Care Plan up to date?

FINANCIAL AND LEGAL ISSUES

- ☐ Where are your bank accounts and investment accounts located?
- ☐ Do you have a Power of Attorney?
- ☐ Do you have life insurance?
- ☐ Do you have a safety deposit box and who has the key?
- ☐ Where do you keep your important papers?

MARK YOUR CALENDAR...

The 6th Annual Classic Car & Bike Cruise is Sunday, July 30th!

The route & starting time are still in the planning stages. Watch our Facebook page and our website for updated information. Gather your group of riders, shine up your bike or car and plan to ride with us on July 30th. Who doesn't want to go on a ride on a summer day, especially when you can help Community of Care continue to "Drive Miss Daisy!"



Medicare Part D drug plan enrollment October 15th – December 7th

We recommend that **EVERYONE 65+** review their plans each year to make sure you are on the most cost-effective plan. Schedules & locations of appointments will be publicized in September.



**MEDICARE
PART D**

Community of Care
PO Box 187
Arthur, ND 58006

