



Community of Care

Summer 2018

WHAT DO OUR CLIENTS SAY ABOUT COMMUNITY OF CARE

We recently asked several of our clients two questions and recorded their answers. Here are just a few of their answers to the questions:

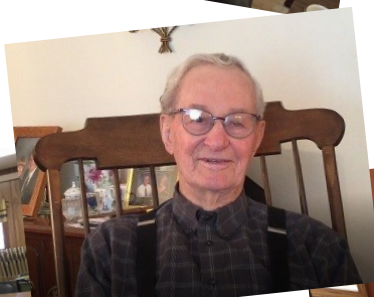
Why do you want to remain in your home and community?

- * *Because this is my home*
- * *I love my home, I have a lot of memories here*
- * *We have our church, we have our café.....we look out for one another*
- * *I like the independence of doing what I want to do. I like going outside, mowing the lawn and planting flowers when I'm able*
- * *It's where my family and friends are*
- * *I have a home that I'm very comfortable in*
- * *I like to prove to myself that I can take care of myself as long as I can*
- * *Because I like it*

What does Community of Care mean to you?

- * *They make you feel safer*
- * *They (rides) are a treasure...you can't beat that, it's unmatched*
- * *They are excellent...they are concerned about me and want to help me*
- * *That's the nicest thing that ever happened to a community*
- * *There are questions that come up that we don't know all the answers to....if they (Community of Care) don't know the answers, they find them*
- * *They are there for anything I ask of them*
- * *I have no one and now I know that I have someone that is just a phone call away*
- * *Community of Care is my family*
- * *My crutch is in Arthur and Casselton. I can depend on them for several things and it has eased my life*
- * *I trust them to deal with my things and be private about it*
- * *I enjoy the social part and the company (visits from Faith Community Nurse)*

A video with quotes from our clients is on our website www.communityofcarend.com



11TH ANNUAL TOTALLY TABLES A BIG SUCCESS!



Thank you to our thirteen \$1,000 table sponsors listed on the yellow insert. Your sponsorship is changing lives in rural Cass!



The 11th annual Totally Tables was the place to be on Friday, April 13th! Everyone enjoyed a great meal catered by the Page Café. Attendees viewed the tables decorated in 30 different themes, bid on auction items, watched a video from 8 of our clients, played the games and socialized with friends. **We were thrilled to have “hometown boy,” Governor Doug Burgum join us for the evening.** The best part of the evening? Knowing your participation is helping a “grandma or grandpa” continue to live in the rural Cass County home they love.

A big THANK YOU to everyone who sponsored a table, donated an auction item, played

the paddle game or wine grab, purchased an auction item or made a donation.

We are humbled by the generous support as we raised over \$40,000 for our mission in rural Cass County. The date for the 12th annual Totally Tables will be announced soon!



Table Photos courtesy of Steve Carvell Photography, Casselton: Top left — “People’s Choice Award” Winner West Funeral and Life Tribute Center; Lower Left— Best Friday the 13th theme table, Arthur Companies; Above— Myrna Hanson and Governor Doug Burgum;

BONE BUILDER EXERCISE CLASSES

These low-impact classes meet in 5 different communities. New members are always welcome. Attendees report improved balance, strength & mobility, but their favorite part is always the socialization.

Arthur (in chapel at Good Samaritan)

- ♦ Monday & Thursday, 9:45–10:45 AM

Casselton (at Casselwood)

- ♦ Tuesday & Friday, 1:30–2:30 PM

Harwood (in community center)

- ♦ Tuesday & Thursday, 1:00–2:00 PM

Hunter (in Hunter Grain building)

- ♦ Mon., Wed. & Friday—9:45–10:45 AM

Kindred (in city hall)

- ♦ Monday & Friday, 10:30–11:30 AM



Are you looking for some opportunities to gather with other rural Cass residents for some fellowship, laughter & fun? Our Care Coordinator, Lauren Prante, is planning some fun activities for older adults to gather together. Details on the events will be available through senior clubs, church bulletins, bone builder classes and on our Facebook page. Some ideas being explored include picnics, a movie at the Page theater, a RedHawks game, etc.



Bill Kent receives a ride from transportation volunteer, Bob Christiansen

We are looking for a few good men & women to provide transportation

Community of Care is always on the look-out for some additional transportation volunteers. We are especially looking for volunteers in the northern part of the county. If you would like to learn more, contact Rebecca Berg-Buss, Volunteer Coordinator, at 701/347-0032. Some volunteers drive twice a month and others drive twice a year, it is entirely up to the volunteer.

THANK YOU to our Board of Directors

Thank you to these three members of the Board of Directors who recently completed their terms:

- Margaret Mowery—Fargo
- Marcia Rose—Durbin
- Dick Sinner—Casselton



These people were elected to three year terms on the board:

- Lori Abraham—Page
- Joe Moore—Arthur
- Bobbie Paulson—Arthur

They join these current members of the Board of Directors:

- Tamara Anderson—Detroit Lakes
- Brian Arett—Fargo
- June Calderwood—Casselton
- Pam Nelson—Casselton
- Kevin Skunes—Arthur
- Susan Stibbe—Hunter

Thank you to all of our board members for your support of our mission and partnership in helping older adults continue to call rural Cass County home.

"One person caring about another represents life's greatest value."

Jim Rohn

Community of Care Celebrates our 15th Anniversary

In September, Community of Care will be celebrating our 15th anniversary. An idea that began in 2003 has continued to grow and expand. **We have added programs and services during those 15 years, but most importantly, we have continued to serve a great number of older adults and client needs in rural Cass County.** It is very common for our clients to receive multiple services. They might review their Medicare Part D, receive help completing a fuel assistance form, attend a Bone Builder class and receive a ride to their medical appointment. **Your gifts and donations these past 15 years have allowed older adults to say, "Theres no place like home in rural Cass County!"**



In honor of our 15th anniversary, we are asking you to make a \$15 donation to support the "grandmas and grandpas" of rural Cass County. Sometimes it's hard to know what to give an older adult. Your \$15 donation to Community of Care is a wonderful gift to help someone continue to live in the rural Cass County home and community they love.

"Caring for people by partnering with rural communities"

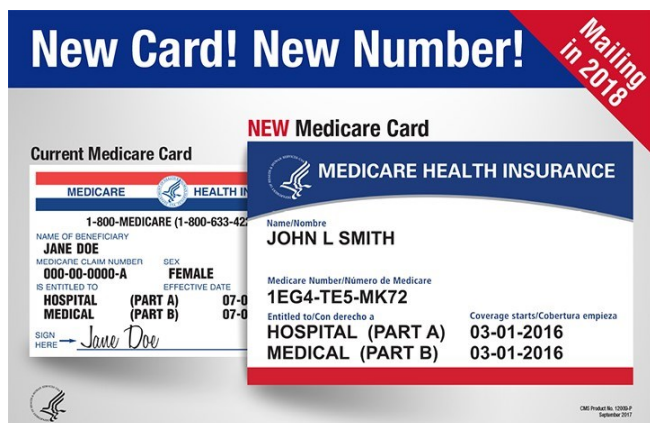
What do I need to know when I turn 65?

Are you turning 65 and wondering what you need to do regarding Medicare? Here are some helpful pointers:

- 1) Medicare has 4 letters for your coverage
 - Part A covers hospitalization, surgery, etc.
 - Part B covers doctor visits, some preventative services, etc.
 - Part C is an Advantage Plan (not commonly selected)
 - Part D covers prescription drugs
- 2) You have a 7 month time frame for your Medicare Initial Enrollment Period
 - The 3 months before you turn 65
 - The month you turn 65
 - The 3 months after you turn 65



- 3) You should contact the Social Security office to sign up for Medicare and Social Security
- 4) A supplement plan assists in covering the hospitalization. Talk to your insurance agent about supplement plans
- 5) You will need to select a Medicare Part D plan for 2019 during open enrollment (Oct. 15th—Dec. 7th). Community of Care will be providing appointments during open enrollment in Arthur, Buffalo, Casselton, Harwood, Horace and Kindred.
- 6) Do you have questions? Contact Lauren Prante, our Care Coordinator, at 701/967-8502 or lauren@communityofcarend.com



New Medicare cards are being mailed to all beneficiaries (started in April). Some important information to remember:

- The cards are automatically mailed, you do not need to do anything to receive your card

- Your new card will include a randomly assigned Medicare Beneficiary Identifier made up of 11 letters and numbers. Your Social Security number will no longer be listed on the Medicare Card
- Your benefits will not change with the new card
- When your new card arrives, be sure to update your information with your doctor
- If you receive a phone call asking for personal information to authenticate or verify your card, **DO NOT GIVE OUT PERSONAL INFORMATION—HANG UP.** Medicare already has that information and will not call you.

The Estate Planning SMARTS webinar from Nov. 2017 with Susan Johnson-Drenth is available on our website.
www.communityofcarend.com

Community of Care
PO Box 187
Arthur, ND 58006

STAFF

Myrna Hanson, Executive Director
mhanson@communityofcarend.com

Lauren Prante Care Coordinator
lauren@communityofcarend.com

Rebecca Berge-Buss Volunteer
Coordinator
rebecca@communityofcarend.com

Gwen Fraase, Faith Community Nurse
gwen@communityofcarend.com

Lanette Johnson, Contract Staff/
Bookkeeper
ljohnson@communityofcarend.com

<u>Casselton Office</u>	<u>Arthur Office</u>
PO Box 73	PO Box 187
(In First State Bank of ND)	(In the mall)
Casselton, ND 58012	Arthur, ND 58006
701/347-0032	701/967-8502

7th Annual Car & Bike Cruise



Do you enjoy going for a ride through lakes country? **Join us for our 7th annual Car & Bike cruise on Sunday, July 29th.** We will begin in Casselton, travel to lakes country, enjoy lunch and a ride around the lakes. The

event is open to everyone—you can drive a 1950 Chevy, a 2015 Ford or a motorcycle. Your cruising will provide care for a “grandma or grandpa” in rural Cass County remain in their home. **Check out Facebook & website for info!**



Would you like to be a part of Totally Tables in 2019?

Table sponsorship is open to anyone. A table for 8 people is \$240—it's a great opportunity to gather your friends, decorate a table, enjoy the fun & help a “grandma or grandpa” remain in their home.

Start planning now for 2019.

We are always looking for new table sponsors.

We will continue to ask businesses and organizations to be \$1,000 sponsors in 2019.

Watch our Facebook for details in early 2019.