



# Community of Care

*“Caring for our older adults by partnering with rural communities”*

## YOUR GIFTS HAVE ALLOWED US TO EXPAND OUR PROGRAM

### 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

For several years, Community of Care’s vision has been to expand our Faith Community Nurse services in the Kindred, Leonard & Davenport areas. **Thanks to the generous support of our donors, we added a 3rd part-time Faith Community Nurse (FCN) in that area.** Charley Rose started as the Kindred area FCN in mid-March. Charley works Mondays & Thursdays from 10–4. His office is located in the Alsager Meat building at 446 Elm Street in Kindred. As licensed RNs and Faith Community Nurses, Charley, Gwen & Cindi provide personalized visits with older adults to help them understand their health conditions, physician’s orders & medications. FCNs cannot do invasive procedures, but rather assess, educate & refer. The FCNs work with our Care Coordinator & Volunteer Coordinator to provide holistic care to meet clients needs. Our Faith Community Nurses also facilitate Bone Builder classes in 7 locations in rural Cass. The class schedule is listed on page 4.

When we added part-time Faith Community Nurses in Northern Cass in 2012 and Casselton in 2020, we were able to serve more clients and greater needs. We are excited to see



the growth in Kindred, Davenport and Leonard as Charley joins our staff.

Karen Hertsgaard, a new board member from the Kindred area had this to share, *“I see the need to care for older adults in our community. I’m excited to be a part of the addition of a Faith Community Nurse to serve in the Kindred area. The efforts to serve folks in the Kindred area will help to expand Community of Care’s mission.”*

**As with all of our programs, the Faith Community Nurse services are provided Free-Of-Charge. YOUR donations allow us to provide a wide-range of services for older adults throughout rural Cass County.**

[communityofcarend.com](http://communityofcarend.com)  
[facebook.com/communityofcarend](https://facebook.com/communityofcarend)

## SUMMER IS A TIME FOR SOCIALIZATION EVENTS!



Lauren Prante is busy planning Summer Socialization Events for older adults in rural Cass. Activities & dates will be promoted at local senior events & on our Facebook page. These are the events being planned for summer 2024:

- June 27th, 2 PM —Bingo and Dessert in Kindred (come meet our new Faith Community Nurse Charley)
- July 11th —RedHawks Baseball Game—we will have 40 free tickets to the 12:30 game
- August 14th —the annual Page Theater Outing

## BOARD OF DIRECTORS

**Susan Stibbe—Chair, Hunter**  
**Jill Roden—Vice Chair, Casselton**  
**Joe Moore—Treasurer, Arthur**  
**Mary Gohdes—Secretary, Arthur**  
**Stacey Cramer—Casselton**  
**Paula Glasow—Davenport**  
**Karen Hertsgaard—Kindred**  
**Scott Kroeger—Arthur**  
**Adele Smith—Tower City**  
**Pam Stirling—Gardner**

## HEALTH FAIR IN ARTHUR



The Northern Cass Health Cabinet, along with Faith Community Nurse Gwen Fraase, are planning a Health Fair on Wednesday, July 17th, at the Arthur United Methodist Church.

The event runs from 10 AM—1 PM and includes displays from several agencies serving older adults. There will be presentations from Valley Senior Services and Sanford Health about the frozen meal program, nutrition and food resources. There will also be a light lunch served. For more information, contact Gwen at 701/967-8502 or [gwen@communityofcarend.com](mailto:gwen@communityofcarend.com)



### COMMUNITY OF CARE STAFF (L TO R):

CINDI GODBOUT, NATALIE KELLER,  
LAUREN PRANTE, GWEN FRAASE, CHARLEY ROSE,  
TAMMY SCHEMP, AND MYRNA HANSON



# 17TH ANNUAL TOTALLY TABLES FILLED WITH FUN, EXCITEMENT & “SCHOOL SPIRIT”

St. Leo’s Spirit of Life Center was buzzing with excitement on Friday, April 12th for the 16th annual Totally Tables. Many tables joined in the “School Spirit” contest theme—schools from throughout rural Cass County and beyond were highlighted.

The evening was filled with fun, laughter, socialization, silent auction, wine wall, paddle game, live auction and the Fund-A-Need auction....all to support Community of Care’s mission in rural Cass. **For 20 years, our services have been provided Free-Of-Charge. Totally Tables has always played an important role in our ability to provide our services and help older adults continue to say, “There’s no place like HOME in rural Cass!”**



Thank you to everyone who made the event a success—our committee, table sponsors, our auctioneer Max Steffes, photographer Steve Carvell, servers from Just for Kix and of course....**EVERYONE WHO ATTENDED!**

**MARK YOUR CALENDARS FOR THE 17TH ANNUAL TOTALLY TABLES ON FRIDAY, APRIL 25, 2025!!**



**ABOVE TOP: PEOPLE’S CHOICE—HAGEN DENTAL DECORATED BY REBECCA RYGG**

**ABOVE CENTER: BEST USE OF THE SCHOOL SPIRIT THEME—DECORATED BY MARY GOHDES & ADELE SMITH**

**BELOW RIGHT: MOST CREATIVE—DECORATED BY LINDA FIEDLER, MYRNA HANSON, SHARON NELSON & CARLENE PAULSON**

*MORE PICTURES AVAILABLE ON OUR WEBSITE*

# BONE BUILDER EXERCISE CLASSES

Each week, approximately 90 individuals in rural Cass gather twice a week for one of our 7 Bone Builder classes. New members are always welcome to join this low-impact class which focuses on mobility, strength and balance. The favorite part of the class is always the SOCIALIZATION!



- Arthur (United Methodist Church) - Monday & Thursday from 9:45—10:45 AM
- Casselton (City Hall) - Tuesday & Thursday from 2:00 to 3:00 PM
- Davenport (Old School) - Monday & Thursday from 9:30—10:30 AM
- Harwood (Community Center) - Tuesday & Thursday from 1:00—2:00 PM
- Horace (Senior Center) - Monday & Thursday from 10:00—11:00 AM
- Hunter (Hunter Grain Building) - Monday & Thursday from 10:00—11:00 AM
- Kindred (City Hall) - Monday & Friday from 10:30—11:30 AM

## MARK YOUR CALENDAR FOR THESE FALL EVENTS

**Casselton Business Association Senior Day is Tuesday, October 1st at St. Leo's Spirit of Life Center.** The day includes displays from organizations serving older adults, presentations, flu shots, blood pressure checks, lunch and door prizes. The event is from 10:00 AM—1:15 PM. Older adults from throughout rural Cass are invited to attend—plan now to bring your senior group!



**The Casselton Health Cabinet is sponsoring a Health Screening Fair on Tuesday, October 15th, from 10 AM to 2 PM at Martin's Lutheran in Casselton.** This is a come & go open house event and will include the following screenings provided by nursing, pharmacy, social work, physical therapy & dietetics students from NDSU, MSUM, & Concordia:

- **Fall Risk** • **Blood pressure, oxygen, sugar & pulse screening** • **Medicine Review**
- **Memory and Hearing Screening** • **Healthy meal suggestions for 1 or 2**





## YOU CAN LEAVE A LEGACY TO SUPPORT OUR MISSION

Are you looking for a way to make a meaningful impact in rural Cass County? There are many ways you can support Community of Care's mission through your charitable giving and estate planning.

- *If you are 70 1/2, an **IRA Charitable Roll-over** is a way you can support our mission and also receive tax benefits*
- *You can **designate Community of Care as a beneficiary** on your retirement, investment & life insurance policy. This can potentially reduce the burden of taxes for your family.*
- *Do you have a **donor advised fund**? You can designate Community of Care as a recipient of the yearly distribution*
- *You can name Community of Care as a **beneficiary in your will or trust***
- *You can take advantage of the **North Dakota 40% tax credit** through your gift to the Community of Care Endowment*
- *As a farmer, you can **donate commodities to our Crops for Care Program***

**Visit with your attorney and tax advisor to learn more. You can also contact Myrna at 701/347-0032 for more info.**



## DID YOU KNOW....

Community of Care facilitates transportation to medical appointments for older adults



Our dedicated volunteers provide these important rides for older adults to receive their medical care.

If you are 65+, living in rural Cass County and need a ride to your doctor appointment, give us a call at (701) 347-0032. Our Volunteer Coordinator, Tammy Schempp, will do her best to arrange a ride.

You must be able to independently transfer in and out of the vehicle. There is paperwork to complete prior to the ride and we do request a one week notice to arrange transportation.

## WHY SHOULD YOU CALL COMMUNITY OF CARE?

- *Care Coordination and assistance finding resources for yourself or your aging parents*
- *Request a visit from Faith Community Nurses regarding your health condition, physicians' orders or meds*
- *Arranging a ride to the doctor*
- *Review of your Medicare Part D drug plan or to sign up as you turn 65*
- *Assistance with paperwork for food, fuel or Medicaid applications*



# TOTALLY TABLES \$1,000 SPONSORS



The Arthur Companies



**BANKNORTH**  
VALUES-BASED BANKING



# THANK YOU TOTALLY TABLES FUND A NEED MATCH DONORS

## HARVEST SPONSORS

Anonymous  
Doug and Kathryn Burgum  
Glen and Melissa Grommesh  
Michael and Katie Howe  
Prairie Vision Investors



## BUSHEL SPONSORS

Aim Ag and Drainage  
Zesty Pelican  
First Western Bank & Trust  
Lako Drilling  
Casselton Community Med Foundation  
Fredrickson-Boulger Funeral Chapel  
Anonymous  
ND Soybean Processors

## ACRE SPONSORS

Agveris  
Doug & Nancy Rensvold  
Casselton Drug & Floral Dakota  
Heritage Bank  
Erickson Tax Service Gordy's  
Hunter Insurance JTD  
Construction  
Hickson Community Club

## SPROUT SPONSORS

Killoran Brokerage

# 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  
Kindred Community Foundation  
Midco Foundation  
Operation Round-up (Cass County Electric)



# MEMORIALS & HONORARIUM

October 16, 2023 through April 30, 2024 (including memorials given on Giving Hearts Day)

Thank you to everyone who donated in honor or memory of someone. All other donations from November 1, 2023 through October 31, 2024 will be included in the winter newsletter.

**In Memory of Alice Stenjem**  
Dallas & Paula Glasow

**In Memory of Allan Wang**  
Carol Radermacher

**In Memory of Alvin Wolfe**  
Roland & Karen Priewe

**In Memory of Beth Moore**  
Kevin Moore

**In Memory of Betty Hersch**  
Jayne Krabbenhoft

**In Memory of Bob Steffes**  
Alan & Katie Lako  
Alan Butts  
Art and Beth Buchholz  
Brad and Erin Olstad  
Brad Kosir Family  
Brent and Boots Montgomery  
Brian & Kim Nelson  
Buth & Corinne Jirak  
Carol Meyers  
Carole Meyers  
Chuck Shields  
Dan and Mary Zimmerman  
David and Ardell Strand  
David Gronlie and Kimberly Staples  
Dawn & Joe Moore  
Doug and Kathryn Burgum  
Eric & Char Pueppke  
Floyd & Louise Longlet  
Gerald Marcks  
Glen and Jan Nelson  
James & Judith Bradshaw  
James and Barbara Williams  
James and Carolyn Steele  
Jayne Krabbenhoft  
Jeff and Sheila Turner  
Joe & Carlene Rothschilder  
John and Stacy Bergquist  
Joseph and Germaine Paul  
Julie Burgum  
Julie Williams Barner  
Ken & Lois Ewertz  
Ken and Cindy Hejl  
Kevin & Lee Ann Kingsley  
Kevin & Lee Ann Kingsley  
Livestock Marketing Association  
Mike & Ann Faught  
Mike Sjursen  
Nicholas Olson  
Randy Schwartz  
Randy, Paul & Dean Olstad  
Richard and Susan Thoreson  
Rick and Jody Burgum  
Robert & Sharon Stevens  
Ron and Faye Kingsley  
Scott Kroeger  
Shelly Weidner  
Susan Stibbe  
Tammy Miller  
Thomas Kosir  
Tim and Julie Keckler  
Vertin Company

**In Memory of Bob Volk**  
Carol Radermacher

**In Memory of Bobbie Baumgaretn**  
Rhiannon Tweed

**In Memory of Candy Kempel**  
Bob and Tammy Shempp

**In Memory of Cleone Runck**  
Bob Runck  
Dale and Loree Halverson  
Judy Orvik  
Scott and Stacey Cramer

**In Memory of Dallas Lehman**  
Jayne Krabbenhoft

**In Memory of Dewey Salter**  
Marcene & Bill Hoffmann

**In Memory of Dick Sinner**  
A Jane Sinner  
Amy Bush  
Bill & Cheryl Sinner  
Bob and Anne Pyle  
Bob and Tammy Schempp  
Brad and Sue Braaten

Brenda and Scott Radloff  
Buffalo Area Quick Response Unit  
Carol Nilles  
Casselton Rural Ambulance District  
Dain Miller  
Dale & Loree Halverson  
Dane & Kris Larsen  
David and June Calderwood  
David and Stephanie Baasch  
Dawn & Joe Moore  
Donald & Mary Ellen Nilles  
Duane & Paula McIntyre  
Eugene & Jane Piper  
Gail Bakko  
Gary and Delores Grommesh  
Gary and Joan Lee  
Gerald Marcks  
Glen and Melissa Grommesh  
Irene Sinner  
Jack and Betsy Dalrymple  
Jim & Jody Nelson  
Jim and Paulette Schmitt  
Joe and Robin Morken  
John and Jan Irby  
Judy Orvik  
Julie Wanzek  
Keith Rindy  
Keith and Barb Marschke  
Keith and Mary Gohdes  
Ken and Toni Eraker  
Lana Kaufman  
Linda Sell  
Lynn Madsen  
Margaret Sinner  
Marlyce Pyle  
Marlys Giermann  
Matthew Miller  
McIntyre Pyle, Inc  
Michelle Rieniets  
Mike and Pam Nelson  
Mike Krabbenhoft  
Myrna Hanson  
Pamela Offerdahl  
Pat & Brenda Nistler  
Paul and Susan Knoll  
R.J. & Sarah Kinkhammer  
Raymond Miller  
Richard and Sandy Knight  
Robert Bye  
Robert Sell  
Ron & Gwen Mueller  
Ronna & Larry Discher  
Scott and Stacey Cramer  
Sinner Bros. & Bresnahan  
Steve & Joan Carvell  
Tim and Kerri Schneider  
Tim and Stacey McLean  
Tom and Jill Roden  
Virgil and Darcy Schulz  
Wayne and Bonnie Oberlander  
Gail Halland

**In Memory of Don Eckert**  
Jayne Krabbenhoft

**In Memory of Duane Turchin**  
Joan Turchin

**In Memory of Erik Davis**  
Renee Kapaun

**In Memory of Evelyn Richtsmeier**  
Alan & Katie Lako  
Susan Stibbe

**In Memory of Gayle Anderson**  
Susan Stibbe

**In Memory of Gen Niskanen**  
Ellen Sterner  
Judy Orvik

**In Memory of Gene Belling**  
Jayne Krabbenhoft

**In Memory of Gladys Jorgenson**  
Carol Radermacher

**In Memory of Gloria Pfeifer**  
Dave & June Calderwood

**In Memory of Greg Wilcox**  
Judy Orvik  
Marcene & Bill Hoffmann  
Paul and Francie Strand

**In Memory of Herb Buchholtz**  
Dallas & Paula Glasow  
Gary and Joan Lee  
Carol Meyers

**In Memory of James Schmitt**  
Lana Kaufman  
David and June Calderwood  
Lynn Madsen

**In Memory of Janice Muscha**  
Greg and Verna Alverson  
Jayne Krabbenhoft  
Richard Muscha

**In Memory of Jean Irby**  
Dave & June Calderwood

**In Memory of Jean Tabor**  
Virginia Schobinger

**In Memory of Jerry Flom**  
Susan Stibbe

**In Memory of Jerry Hatlestad**  
Marcene & Bill Hoffmann

**In Memory of Joan Murray**  
Don & Mary Ellen Nilles

**In Memory of Joan VanLae**  
Carol Radermacher

**In Memory of Karen Brayton**  
Dallas & Paula Glasow

**In Memory of Kathy Mehus**  
Dallas & Paula Glasow

**In Memory of Ken Ronging**  
Dave & June Calderwood

**In Memory of Kyle Badger**  
Ben Olson  
Bev & Mike Zelinski  
Brad and Mary McIntyre  
Brenda and Scott Radloff  
Carol Nilles  
Char and Craig King  
Dale & Loree Halverson  
Dan and Carol Weber  
Dave Nilles  
David and Ardell Strand  
David and June Calderwood  
Dawn & Joe Moore  
Don & Cindy Thorstad  
Don and Karen Giermann  
Elwood and Mary Lou Gunderson  
Eugene & Jane Piper  
Gary and Joan Lee  
George and Connie Blank  
Jerry & Kim Fletschock  
Jerry's Excavating  
Jim & Jody Nelson  
Joe and Robin Morken  
John and Jan Irby  
Julie Burgum  
Keith and Barb Marschke  
Keith and Mary Gohdes  
Lana Kaufman  
Linda Sell  
Mary and Cole Jendro  
Mert & Shelle Palmer  
Mike and Pam Nelson  
Mike Krabbenhoft  
Pierce & Stephanie Novak  
Randy & Jeanne Mewes  
Ron and Faye Kingsley  
Ronna & Larry Discher  
Ryan Toop  
Sandra Blixt  
Scott and Stacey Cramer  
Scott Kroeger  
Sharon Mischke  
Sharon Toop  
Teresa Duffy  
Tim and Kerri Schneider  
Tom & Roxi Bresnahan  
Virgil and Darcy Schulz  
William and Darla Jackson  
Pamela Offerdahl

**In Memory of Larry Martin**  
Maggie Foster

**In Memory of Leo Welk**  
Carol Radermacher

**In Memory of Lillian VonBank**  
Richard & Karen Smith

**In Memory of Lois Dahl**  
Dallas & Paula Glasow

**In Memory of Mary Burgard**  
Rolland & Karen Priewe

**In Memory of Norma Peltier**  
Bryan and Jane Strommen  
Dan and Mary Zimmerman  
Dianne Moore  
Judy Ruzicka  
Kathy Wold  
Louis & Rae Rieke  
Maggie Foster  
Regina Timmerman

**In Memory of Norma Warrey**  
Dallas & Paula Glasow

**In Memory of Pearl Radloff**  
Jayne Krabbenhoft

**In Memory of Peggy Williams**  
Jayne Krabbenhoft  
Norman and Elaine Heidorn

**In Memory of Rachel Dahl**  
Ronald & Gloria Porter

**In Memory of Ramona Fraese**  
Marcene & Bill Hoffmann

**In Memory of Richard Timian**  
Craig and Karen Hertsgaard  
Mike Sjursen  
Myrna Hanson  
Ken and Cindy Hejl  
Nola Jorgensen  
Rick and Jody Burgum  
Tamara Anderson & Parker Thilmony

**In Memory of Rick Keller**  
Dale DeKrey  
Dani Barriault  
Jane & Jerry Christiansen  
Megan Wiens  
Mike & Michelle Reitan  
Renaee Howe  
Wendy Conner  
Aaron Larson  
Gary & Julene Kluzak  
Jesse Werner  
Jodi Dube  
Julie Wiens  
Louis & Rae Rieke  
Marilyn Vetter  
Terry & Shari Krchnavy

**In Memory of Russel Muscha**  
Greg and Verna Alverson  
Jayne Krabbenhoft  
Mike Krabbenhoft  
Richard Muscha

**In Memory of Susan Richard**  
Mike & Pam Nelson

**In Memory of Tom Wallner**  
Paul & Francie Strand





**PO Box 187  
Arthur, ND 58006**

NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
FARGO, ND  
PERMIT NO. 117

ECRWSS

**Staff**

**Myrna Hanson, Executive Director**  
mhanson@communityofcarend.com

**Lauren Prante, Care Coordinator**  
lauren@communityofcarend.com

**Tammy Schempp, Volunteer Coordinator**  
tammy@communityofcarend.com

**Gwen Fraase, Faith Community Nurse - Northern Cass**  
gwen@communityofcarend.com

**Cindi Godbout, Faith Community Nurse-Casselton**  
cindi@communityofcarend.com

**Charley Rose, Kindred Area Faith Community Nurse**  
charley@communityofcarend.com

**Natalie Keller, Bookkeeper**  
natalie@communityofcarend.com

LOCAL POSTAL CUSTOMER

**Casselton Office**

PO Box 73  
(inside BankNorth)  
Casselton, ND 58012  
701.347.0032

**Arthur Office**

PO Box 187  
(inside the Arthur Mall)  
Arthur, ND 58006  
701.967.8502

**Kindred Office**

PO Box 141  
446 Elm St  
Kindred, ND 58051

**communityofcarend.com**

Printed By **SHORTPRINTER**

# 13th ANNUAL CLASSIC CAR & BIKE CRUISE

Mark your calendar and plan to join us for our 13th annual classic car & bike cruise. **This year's cruise is SUNDAY, JULY 28TH, during Summerfest.**



Registration is at 8:45AM at the Casselton Veterinary Clinic (south side of town on Hwy 18). Pedals down & kickstands up at 9:30AM. Any vehicle is welcome to participate, you must be able to go 60 mph. This "giant game of follow-the-leader" is a fun Sunday drive to help older adults remain in their rural Cass homes! **The tentative route will take us to Bergeson Nursery near Fertile, Minnesota—watch our Facebook page and website [www.communityofcarend.com](http://www.communityofcarend.com) for details.**

**Communityofcarend.com**



**CommunityofCareND**