



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

Horace

Hunter

Kindred

Leonard

Mapleton

Page

Tower City

Wheatland

ADULT CHILDREN OF AGING PARENTS ALSO BENEFIT FROM COMMUNITY OF CARE SERVICES

We know our services make a difference in the lives of our clients, but they also make a difference for their adult children. We asked two of our client's adult children, both of whom live hundreds of miles away from rural Cass County,

"What does it mean to you knowing Community of Care is providing services for your mom or dad when you can't be here?"

Gaylon from New York said, "Community of Care is a god-send. Even though I cannot be present because of distance, a distance that makes it difficult to be aware of or address the needs of my mom in real time, your presence in the community bridges that gap. Because of the regular contact and attention, I know my mom is being looked after and cared for. From the visits by nurses, all the transportation and assistance provided by the volunteers, and the in-home services arranged, it makes it possible for my mom to remain in her home and live as independently as possible, given her health concerns. The work you do

makes a real difference, and for that we are thankful."

Ann from Montana said, "My brother and I both live quite a ways from Casselton where our dad Vince lives. Community of Care has provided our family with such peace of mind knowing he has someone to help coordinate rides to Fargo for his VA appointments. I remember the first time he "had" to take a ride into Fargo about ten years ago. He was so mad because he couldn't drive himself to cardiac rehab. He called me afterwards and said guess who took me to Fargo. It was someone from church which was

so comforting to him. Dad wants to continue to live in Casselton and wouldn't be able to do that if he didn't have this service to get him into Fargo. The staff is always responsive and they have helped in other areas such as explaining medical insurance questions, finding medical equipment, and keeping an eye on the elderly so they can continue to live independently in the community of their choice."

Together, we are changing lives for older adults in rural Cass, but we also assist their adult children care for their parents.



VINCE AND SON, ROBERT, GRANDSON, LUCAS, DAUGHTER-IN-LAW, LISA AND DAUGHTER, ANN. (L TO R)

COMMUNITY OF CARE FAITH COMMUNITY NURSE IN CASSELTON

The Community of Care Board of Directors has approved adding a 12 hour/week Faith Community Nurse (FCN) to serve the City of Casselton. A Faith Community Nurse is a licensed RN who focuses on preventative care to assist older adults remain in the rural Cass County home. The FCN will provide health assessments, information and referrals for older adults in Casselton. The FCN will also facilitate Bone Builder classes and blood pressure screenings.



GWEN FRAASE, FCN IS PICTURED TAKING A CLIENT'S BLOOD PRESSURE. GWEN SERVES COMMUNITIES IN NORTHERN CASS COUNTY

Outreach visits and educational events are part of the FCN position.

The FCN will establish a Health Cabinet in Casselton to assist with identify needs, planning health related events, etc.

We are currently accepting applications for the Casselton FCN position. If you are a licensed RN interested in the position, contact Myrna Hanson, Executive Director at 701-347-0032.



ONE EXERCISE CLASS—SIX LOCATIONS

Participants in our Bone Builder classes report improved mobility, strength and balance as a result of the exercises. Their favorite part of the class continues to be the socialization. In a recent client survey, one participant stated, "I like the exercises, but also seeing the dedication of our class participants and physical improvements, and seeing their socialization at the classes!" New members are always welcome to the classes.

Arthur (Good Samaritan) - Mon & Thur at 9:45 AM
Casselton (City Hall) - Tue & Thur at 2 PM
Harwood (Community Center) - Tue & Thur at 1 PM
Horace (Senior Center) - Mon & Thur at 10 AM
Hunter (Grain Office) - Mon, Wed & Fri at 9:45 AM
Kindred (City Hall) - Mon& Fri at 10:30 AM



Census Day is Wednesday, April 1, 2020!

Be sure to be counted during Census 2020. For each person counted in North Dakota, our state receives \$1,910 per year in federal aid. An error of 0.1% in the count of North Dakota results in a loss of \$1.5 million per year. This means less funds for roads, education, Medicaid, SNAP, etc. **It is important for everyone to be counted.**

The census workers will wear a uniform and a badge with their name, photo and US Dept of Commerce watermark. They DO NOT need to enter your home to complete the census information. Census workers will NEVER ask for your Social Security number, bank or credit card account information or financial donations. If you suspect fraud, call the Sheriff's office.

For the first time, individuals can complete the census online. If older adults want assistance completing your census online, contact the Community of Care office.

Over 100 area seniors attended the Casselton Business Association Sr. Day on Oct. 9th. Displays from 14 organizations and speakers on “Healthy living for our brain and body,” “The 2020 Census” and “Medicare Advantage Plans” provided a wide variety of information for older adults.



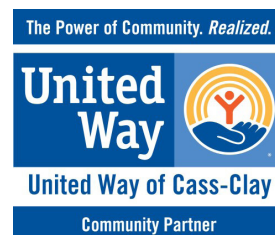
THANK YOU

to everyone who participated in the 8th Annual Car & Bike Cruise! Sponsors and those who participated assist older adults remain in their rural Cass homes. The sponsors are listed on page 7.



THANK YOU FOR GRANTS RECEIVED IN LAST 12 MONTHS

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



DID YOU KNOW?

- You can donate your Required Minimum Distribution (RMD) from your retirement account to Community of Care?
- There are tax benefits with an IRA charitable rollover?

Contact your IRA manager or Myrna Hanson, Executive Director for information.



HOW DO I BECOME A VOLUNTEER DRIVER?

Have you thought about becoming a volunteer driver for Community of Care? We are always looking for new volunteers to assist with our transportation program throughout rural Cass.

For many of our clients, a ride to their medical appointment is a crucial element in their ability to continue living in their rural Cass County home. The rides provided by our volunteers make a big difference for our older clients, but our volunteers also receive blessings from their service.

When asked why she is a volunteer driver for Community of Care, one of our dedicated volunteers, Marcia, said, “As a Christian, I feel the need to help others. Providing transportation, for Community



of Care members, for medical appointments, etc., is one way I can serve. It feels good, knowing I am helping people stay in their homes, if they are unable to drive, or just don't feel safe driving in Fargo. The visits during the ride, are quite enjoyable for me.

I have met a lot of nice people through volunteering, both the clients and other volunteers, as

well as the Community of Care staff. Another plus is that I often have time, during their appointments, to run short errands for myself.”

If you are interested in becoming a Community of Care volunteer driver, contact Rebecca Berge-Buss, Volunteer Coordinator, at 701-347-0032.



BOARD OF DIRECTORS

Susan Stibbe—Chair, Hunter

Joe Moore—Vice Chair, Arthur

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Lori Abraham—Page

Brian Arett—Fargo

Stacey Cramer—Casselton

Paula Glasow—Davenport

Pam Nelson—Casselton

Lori Satrom—Ayr

VOLUNTEER APPRECIATION was held October 15th at Cottonwood Golf Club. THANK YOU to ALL of our volunteers. You are a vital part of our mission and we are grateful for your partnership!



“If there’s one thing I’ve learned in my years on this planet, it’s that the happiest and most fulfilled people are those who devoted themselves to something bigger and more profound than merely their own self-interest.”

- John Glenn

Dear Friends,

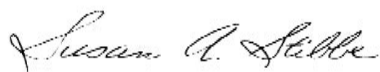
When you hear the words, “Grandma and Grandpa’s House,” what comes to mind? Is it a memory of a favorite meal shared as a family, doing a project with Grandpa, making cookies with Grandma or a place where you felt loved? For many of us, the memory of Grandpa and Grandma’s house brings a smile to our face and warms our heart.

At Community of Care, we know hundreds of older adults, many of whom are Grandmas and Grandpas, others who are a cherished aunt, uncle, neighbor and friend. These older adults want to remain in the rural Cass County homes they love and cherish. You probably know many older adults who fit that description – they might be that cherished friend, your mom and dad or your grandma and grandpa. Community of Care works every day to help those cherished older adults continue to live in the rural Cass homes and communities they love.

Community of Care’s mission is “caring for older adults by partnering with rural communities.” We exist because of the PARTNERSHIP we share with individuals, organizations and businesses who support our mission. **THANK YOU for your partnership in enhancing the quality of life for older adults in rural Cass County.** Community of Care is a community-based organization. We rely on the concept of Neighbor Helping Neighbor. *YOUR partnership provides care for people like Ethel, one of our many clients over the age of 85. Ethel is a widow living in rural Cass County. She continues to be involved in her community. A visit from our Faith Community Nurse, participation in a Bone Builder class, a ride to her medical appointment, help completing a fuel assistance form and reviewing her Medicare Part D are some of the Community of Care services assisting her to remain in her home.*

We ask for your support as a 2020 MEMBER. Membership has no requirements, but it does come with the blessing of knowing you are helping a Grandma, Grandpa, neighbor or friend remain safely in their rural Cass County home. A membership envelope is enclosed for your convenience. You can also complete your membership at communityofcarend.com.

As you make your year end charitable giving plans, we ask you to consider a tax-deductible gift to Community of Care. **Your gift will help enhance the quality of life for older adults in rural Cass County and will ensure that special memories continue to be made at “Grandpa and Grandma’s” house.**



Susan Stibbe
Board Chairperson



Myrna Hanson
Executive Director

PS. Can we count on you to help change lives in rural Cass County?



DONATIONS & CONTRIBUTIONS

May 17- October 15, 2019

CHARITABLE CONTRIBUTIONS

April Masters-Chizek
Benevity Community Impact Fund
Bill Kent
Chamber Leadership Group
Char-Marie Flood
Darwin & Judy Hauff
Daryl McSparron
David Petersen
DeLona Lervik
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Jason & Sharon Kaseman
Jerry & Rhonda Lindseth
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Richard & Marilyn Holman
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William Roney

CROPS FOR CARE

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HONORARIUMS

NORMA PELTIER 90th Birthday
Gina Timmerman

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Brad & Mary McIntyre
Mike Krabbenhoft
Ronald & Shirley Sell

MARYANN SUNDQUIST

Doug & Beth Vetter
Nancy Schroeder
Ralph & Barb Nelson

Thank You

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

MEMORIALS

MERLYN ANDERSON

Betty Barker
Butch Huwe
Connie Tate
Dale Shields
Dean & Lanette Johnson
Dennis & Jennie Schmidt
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Phyllis Petersen Estate

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RUTH OPP

Clyde & Jeanne Olson
Evelyn Johnson

CLASSIC CAR/MOTORCYCLE CRUISE

\$1000 SPONSORS



CLASSIC CAR/MOTORCYCLE CRUISE (CONT)

\$500 SPONSORS

Jerry's Excavating, Inc.

\$250 SPONSORS

Casselton Cold Storage
Chaffee Lions
Howe Seed Farms Household
Hunter Grain Company
Kaufman Construction
Prairie Winds Veterinary Center
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\$150 SPONSORS

Car Doctor
Holt Landscaping
Luther Family Buick GMC

\$100 SPONSORS

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Casselton Veterinary Service, Inc.
Davis Chiropractic
DJ Plumbing
Farmers Union Insurance
- Waslien & Cramer
Harley Davidson of Fargo
Hometown Community Bank
Polar Communications
Unity Seed Company

DOOR PRIZE SPONSORS

Gordy's Service Center
Hardware Hank
Pastor Donna Monteith
Sturdevant's
Tammy Hursman
- Heart & Hands Massage





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Rebecca Berge-Buss, Volunteer Coordinator
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Gwen Fraase, Faith Community Nurse
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Lanette Johnson, Bookkeeper
ljohnson@communityofcarend.com

Casselton Office

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Casselton, ND 58012
701.347.0032

Arthur Office

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

communityofcarend.com

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LOOKING AHEAD TO 2020



**Giving Hearts Day is
Thursday, February 13, 2020!**

**Will you say #CountMe to
support Community of Care on
Giving Hearts Day.**

**Can we COUNT on you to ask
a friend or family member to
join you in donating on Feb.
13th?**



**Medicare Part D drug plan
enrollment appointments
continue through December 7th.**

Call our office (701-347-0032)
to schedule your appointment.

If you have a Part D plan, we
encourage you to review your
plan annually to ensure you are
on the most cost effective plan.

**We are LOOKING AHEAD to our
13th annual Totally Tables on
May Day, Friday, May 1st, 2020!**

We already have some reservations
for 2020 table sponsors. Start
planning your table, let your guests
know and give us a call if you want to
get on the "early bird" table list for
this 21 & older event.

