



# 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

## WHAT IS IT LIKE TO WALK IN THE SHOES OF AN OLDER ADULT?

We've all heard the statement that to understand another person, we need to walk a mile in their shoes. Community of Care tries to put ourselves in the shoes of our older clients every day. For many older adults, they are faced with a variety of concerns and gradual losses.

- Maybe it's harder to climb stairs
- Maybe your vision has started to decline
- Maybe you've lost your life partner
- Maybe your kids live hundreds of miles away
- Maybe you are living on a fixed income and concerned about your finances
- Maybe it's gotten more difficult to open things like a jar or your medicine bottle
- Maybe you are feeling lonely, especially during this time of Covid-19
- Maybe you have a new health diagnosis
- Maybe your dear friends have moved to a nursing home or passed away

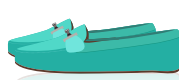
- Maybe you don't feel comfortable driving in Fargo anymore or you've chosen to give up your license
- Maybe your hearing has declined
- Maybe it's more difficult to understand physician's orders
- Maybe you have continual aches and pains
  - Maybe you have a hard time getting groceries and other supplies



Older adults have so much to offer to us. Their wisdom and lifetime of experience are a gift. We invite you to put yourself in the shoes of an older adult to understand some of the struggles they face every day. We also welcome your partnership in assisting the older adults of rural Cass County remain in the homes and communities they love. Will you join us on the walk?

***"Always put yourself in the others' shoes, if it hurts you, it probably hurts the other too."***

***- Rachel Grady***



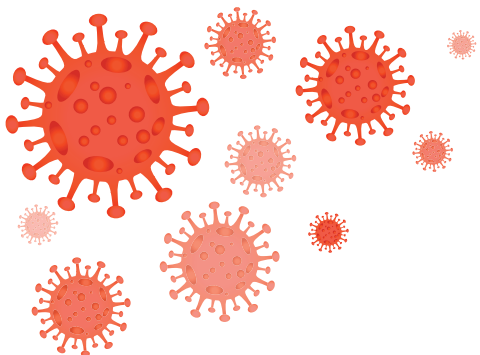
## HALLOWEEN PORCH PARADE VISITS IN KINDRED



Our staff is missing our clients from throughout rural Cass County. Our Bone Builder clients are missing their classes, the exercise and the socialization.



Just before Halloween, we made visits to some of the Bone Builder class participants in Kindred for a "reverse trick or treat." We wore masks and socially distanced while we brought them candy. It was wonderful to see a few of our clients. More visits are planned in other parts of the county, so you never know where the Community of Care staff might show up!



## COVID-19 UPDATE

*We continue to recommend that **EVERYONE** wear a mask when they are in public, wash your hands for 20 seconds and social distance.*



Community of Care continues to take every precaution for the health and safety of our clients, volunteers and staff. During Medicare Part D appointments, clients and staff wear masks, we have plexiglass shields on our desks, hand sanitizer is used and we sanitize after each appointment. Safety protocols are in place for transportation (once we resume services). Bone Builder classes are suspended

until it is safe to resume.

Our staff is in the office, but we only have one person working in an office at a time. Several volunteers have sewn masks that we have distributed to clients. If you, as an older adult, are in need of additional masks, please contact our office 347-0032.







Left to Right: Lauren, Gwen, Jan and Cindi

Our Care Coordinator, Lauren Prante, enjoys the fact that she never knows what her day at Community of Care might bring. Clients call or stop in the office with questions. These are just a few of the ways she assists clients:

- Care Coordination for yourself or an aging parent
- Medicare Part D drug plan enrollment
- Assistance with paperwork (food, fuel, prescription and medication assistance)
- Assistance arranging for supplies or in-home services
- You are turning 65 and need assistance regarding Medicare and Social Security

Jan Faught, our Volunteer Coordinator, facilitates rides to medical appointments. She recruits new volunteers, completes background checks, trains volunteers and schedules rides. She is the person you call to arrange a ride to your medical appointment. 347-0032. Jan also coordinates volunteer appreciation activities.

Community of Care suspended our transportation in mid-March due to Covid-19. Rides to essential appointment were resumed in August. We were sad to suspend rides again in mid-October due to the orange risk level. All of us look forward to resuming our transportation program once the risk level is lowered. Jan is always looking for new volunteers and would love to tell you about our transportation program. Give her a call to learn more.

Our Faith Community Nurses (FCN) provide outreach visits to assist older adults understand their health condition, medication or physicians orders. Gwen Fraase serves in Northern Cass County and Cindi Godbout serves in Casselton. During Covid, our FCNs have assisted clients through phone calls and socially distant porch visits (during summer months). Our nurses work with Health Cabinets to identify local needs and plan educational events for older adults.

Cindi, Gwen and Lauren have each completed training to assist client complete their Advance Care Plans. It is recommended to update your Advance Care Plan every 10 years or when you have a significant life event or change in your health situation. Contact our office for assistance in completing an Advance Care Plan.



**WE SERVE OLDER ADULTS IN RURAL CASS COUNTY — PRIMARILY INDIVIDUALS 65 AND OLDER. GIVE US A CALL IF YOU ARE LOOKING FOR ASSISTANCE FOR YOURSELF, A FRIEND, NEIGHBOR OR LOVED ONE.**



## BOARD OF DIRECTORS

**Susan Stibbe, Chair—Hunter**

**Joe Moore, Vice Chair—Arthur**

**Kevin Skunes, Secretary—Arthur**

**Lori Abraham—Page**

**Brian Arett—Fargo**

**Stacey Cramer—Casselton**

**Paula Glasow—Davenport**

**Pam Nelson—Casselton**

**Lori Satrom—Ayr**





The 9th annual Car & Bike cruise was held on September 12th. Thank you to our sponsors and all those who participated. Our first stop was at the Nome School and we ended our cruise with lunch in Mcleod. Even though it was a cold and rainy day, everyone had a great time cruising through SE North Dakota.



## TOTALLY TABLES WENT VIRTUAL IN 2020

The 13th annual Totally Tables was scheduled for May 1st. As with so many things in 2020, our event needed to move online in July. We were very grateful to be able to host a event. Special thank you to:

- Steffes Auction Group for hosting our online auction
- BankNorth for hosting our event in their conference room
- Steve Carvell for all of his technical work to make the event a reality
- Max Steffes for being our host of the online event
- Our \$1,000 table sponsors, even when we didn't actually have tables. Sponsors are listed on page 7
- Everyone who donated an auction item, placed a bid, won the auction or made a donation through the Fund-A-Need auction. Your support is vital to our mission

***We look forward to hosting the 14th annual Totally Tables in-person in 2021.***



***Normally there are 240 people at Totally Tables. This year's virtual event included 9 people at the live event.***



Community of Care sponsored Parking Lot Bingo in Arthur in July. KFGO Parking Lot Bingo came to Casselton in August— we shut down an entire street for the event. United Way of Cass Clay Emerging Leaders volunteered for both events. These socially distant events allowed for fun evenings in the midst of a pandemic.





Dear Friends,

**If you are like us, you have spent more time at your home in 2020. Maybe you've spent more time eating dinner as a family or maybe you've completed some projects around your home. Have you joined the board game, puzzle or quilting craze?** All of us know an older adult who **wants to remain in their home and community**. It might be your parents or grandparents, a favorite aunt, a cherished friend or neighbor. Community of Care exists to help older adults remain in the rural Cass County homes they love.

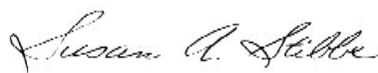
2020 has caused all of us to do things differently. **Our "porch visits" have been important for clients and staff alike, as we brought a little treat and a smile to our clients' faces.** Seeing them at the door to their home reinforced our dedication to assisting older adults remain in their home. Throughout this year, our staff have continued to care for the needs of older adults in rural Cass. We've gotten creative and adapted the ways we meet those needs, but we remain dedicated to our mission, just as we have for the past 17 years.

**Community of Care is a community owned organization.** The partnership we share with individuals, organizations, businesses and stakeholders are the reasons we are able to care for the older adults of rural Cass. **THANK YOU** for your continued partnership.

**We ask for your support as a 2021 MEMBER.** Membership has no requirements, but it does come with the joy in knowing you are helping a Grandma, Grandpa, neighbor or friend remain safely in the rural Cass County home they love. A membership envelope is enclosed for your convenience. You can also make your donation online at [communityofcarend.com](https://communityofcarend.com) (click on the blue donate button).

Each of us will be making our year-end charitable giving plans in the next few weeks. 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 allow them to continue doing the things they love while living in the home they love.**

Sincerely,



**Susan Stibbe**  
Board Chairperson



**Myrna Hanson**  
Executive Director

**PS. The Cares Act includes a clause allowing non-itemizers to deduct up to \$300 of their cash donations to charitable nonprofits. Will you consider making a larger membership donation to Community of Care in 2020 to maximize the Cares Act deduction?**



## DONATIONS & CONTRIBUTIONS

May 23 - October 16, 2020

### CHARITABLE CONTRIBUTIONS

Alvin Nagel  
BankNorth  
Becky Siverson  
Bernice Peihl  
Beth Moore  
Betty Lou Stallman  
Bill & Patricia Motter  
Bill Kent  
Bob & Jean Steffes  
Cole and Mary Jendro  
Ed & Janet McConnell  
Eugene & Jane Piper  
Gary & Diane Bommersbach  
Hank Weber  
Harlan and Sandy Volk  
Harvey and Mary Morken  
Jan Nelson & Stanton Andrist  
Jeff and Jill Zaun  
Jerry & Rhonda Lindseth  
Joanne Erickson  
John Mrozla  
Judith Ryan  
Justin Bemis  
Leon & Carol Roesler  
Lila Hutchinson  
Linda Hohnadel  
Margaret Sinner  
Marlin Foss  
Patsy Herrmann  
Richard Voeller  
Robert & Marie Tanner  
Ronald and Lorraine Kensok  
Shannon Bueche  
Steve & Sharon Miller  
Terry & Lisa Nelson  
The Benevity Community  
Impact Fund  
Todd & Marsha Weber  
U S Bank Trust

### HONORARIUMS

**KARI MCLEAN'S 58TH BIRTHDAY**  
Steven & Maxine Rust

**CROPS FOR CARE**  
David Piper

### MEMORIALS

**BARBARA BAUMGARTEN**  
Carol Radermacher  
David and June Calderwood  
John & Margaret Olson

**CALVIN JOKSTAD**  
Betty Barker

**DEBBIE KELLY**  
Dick and Irene Sinner

**DONALD GILL**  
Judy Orvik

**EILEEN MARESH**  
Betty Barker

**ETHEL WISCHER**  
Ken and Cindy Hejl

**HARVEY COON**  
David and June Calderwood

**JIM BEATTIE**  
Arnold and Barbara Buhr

**JOHN WOELL**  
Carol Radermacher  
David and June Calderwood  
Ken and Cindy Hejl

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**MARY ANN MODEROW**  
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**OLGA PRIEWE**  
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**OREL HURSMAN**  
Eric & Char Pueppke  
Judy Orvik  
Julie Burgum  
Myrna Hanson

### MEMORIALS

**PEGGY RUNCK**  
David and June Calderwood

**PHYLLIS BAUMGARTEN**  
Bill & Sonia Buchholz

**REUBEN BRAATEN**  
A Jane Sinner  
Dale & Loree Halverson  
Judy Orvik

### MEMORIALS

**RUSSELL LEWIS**  
Carol Radermacher  
Ellen Sterner

**SHARON OTTO**  
Ken and Cindy Hejl

**TIM RADLOFF**  
Arnold and Barbara Buhr

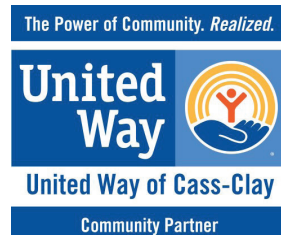
### THANK YOU FOR GRANTS RECEIVED IN THE LAST 12 MONTHS

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



**FM Area Foundation**  
Connecting people and purpose.



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

## 2020 CAR / MOTORCYCLE CRUISE

## TOTALLY TABLES \$1000 SPONSORS

## \$1000 SPONSORS



## \$500 SPONSORS

Earl's Repair  
Jerry's Excavating, Inc.

## \$300 SPONSORS

Veterans Incorporated

## \$250 SPONSORS

Casselon Cold Storage  
Chaffee Lions  
Cody Holt Landscaping  
Howe Seed Farm  
Hunter Grain Company

## \$100 SPONSORS

Casselon Veterinary Service, Inc.  
Davis Chiropractic  
Harley Davidson of Fargo  
Luther Family Ford  
Polar Communications

## DOOR PRIZE SPONSORS

Gordy's Service Center  
Hardware Hank  
Sturdevant's  
Tammy Hursman





**41 Langer Ave S  
Casselton, ND 58012**

### **Staff**

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

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

**Jan Faught, Volunteer Coordinator**  
jan@communityofcarend.com

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

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

**Lanette Johnson, Bookkeeper**  
ljohnson@communityofcarend.com

### **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

**communityofcarend.com**

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## **GIVING HEARTS DAY IS FEBRUARY 11, 2021**

**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. 11th?**

**Mark your calendar and watch  
for more details in early 2021.**



**The first 50 individuals, couples or organizations  
who make a donation of \$50 or more to Community  
of Care after Thanksgiving will receive a free gift.**

Deb and Greg Gebeke from Our Family Farm have authored 5 books about life on the farm. The Gebekes have donated 50 sets of their books as gifts to our first 50 donors (\$50 or greater donations online, in the mail or at our office). The books are bright and colorful and tell about life on the farm. They would make a great Christmas gift. Thank you to the Gebekes for your partnership.

**Will you join our "\$50 and over Club."**