

Community of Care

"Caring for our older adults by partnering with rural communities"

COMMUNITIES SERVED

Absaraka Alice **Amenia Argusville** Arthur Avr Buffalo Casselton Chaffee **Davenport** Durbin Embden Erie Gardner Grandin Harwood Hickson Horace Hunter Kindred Leonard Lynchberg **Mapleton** Page **Prosper Tower City** Wheatland Did you know that when we provide services, such as a ride to a medical appointment, it makes a difference for our clients, their families and our volunteers? Carolyn Lewis receives rides from Community of Care. When asked what it means to her, this was her response, "It mean's the world to me, because my children can't always take me where I need to go and I need Community of Care. They are wonderful."

Ken Astrup is one of our volunteers, and also recently joined the Board of Directors. Ken's reply to why he decided to volunteer was, "I did some research on Community of Care and I liked what they are doing. I enjoy the people I get to travel and meet with, we get to visit on the ride. It's surprising how small the world is with the people we both know."

element in older adults ability to remain in their home. Without that ride, they might not receive the medical care they need, or they might have to move from A ride to the appointment is also a social

build relationships as they travel down

the highway together. Carolyn was asked

A ride to a medical appointment is a vital the rural home and community they love. outing. Our clients and volunteers visit and



about our volunteer Ken and she quickly

replied, "He is irreplaceable!" That is a very similar response to what Community of Care hears about all of our volunteers. The services we provide, including the rides, make a difference for family members too. Carolyn's daughter Kathy had this reply when asked what C of Care mean's to them, "As adult children, we try to be there for our parents, but we can't always be there. Without Community of Care, I don't know what choices we might have. We are incredibly blessed to have Community of Care in our community!" Kathy's response is similar to many adult children and it doesn't just represent rides to medical appointments. Many adult children tell us they don't know where to turn to care for their aging parents and they are very grateful for all the services Community of Care provides.

WHY SHOULD YOU CALL COMMUNITY OF CARE

- You are an older adult living in northern Cass, Casselton or Kindred area
- You need a ride to a medical appointment
- You are turning 65 and would like help with Medicare or Medicare Part D drug plan enrollment
- You would like help completing an application form for fuel or fuel assistance or an advanced care plan
- You are an adult child of an aging parent and don't know where to turn for information
- You, or someone you care for, needs assistance with home mangement or personal care
- You are a caregiver looking for information and support
- You are looking for a Bone Builder class to improve your strength, balance & flexibility
- You want o review your Medicare Part D Drug Plan during open enrollment
- You are concerned about a family member,
 friend or neighbor and wonder what help might be available

We provide our services FREE OF CHARGE for older adults in rural Cass County

www.communityofcarend.com 701-347-0032 (Casselton office)





DO YOU HAVE A HEART TO VOLUNTEER, TIME TO PROVIDE A RIDE AND A RELIABLE VEHICLE?

For many of our older adult clients, a ride to a medical appointment is a vital element in their ability to remain in their rural home. In our most recent client survey, 83% of our clients reported the ride assists them to remain in their rural home. January through October



2025, we have facilitated 239 rides to medical appointments. This includes 12,796 miles driven and 862 hours of volunteer

services. We could not provide this important services without our dedicated volunteers. Kenny Hochhalter from Arthur is one of our dedicated volunteer drivers. We are always looking for more volunteers to provide these rides. Volunteers drive when it fits their schedule. To learn more give our Volunteer Coordinator Natalie a call 701-347-0032. She would love to visit with you about our transportation program! Ken Astrup (pictured on the front page) had this to say about volunteering, "I get the satisfaction of knowing I'm helping somebody. It's enjoyable to visit and meet new people, it gives me something to do."



CALL US TO LEARN
HOW YOU CAN
BECOME A PART
OF OUR VOLUNTEER



TRANSPORTATION TEAM!



Ready or not, winter is going to arrive in the Red River Valley. Most of us have experienced many winters, but it is always a good idea to

be reminded of some winter safety issues to consider. Here are a few things to review for yourself or an older adult in your life:

- Stay indoors during bad weather or extreme cold
- Keep your cell phone charged for when you are in the car, but also when you are at home in the event your landline stops working
- Keep a winter safety kit in your vehicle boots, gloves, scarf, warm clothes, blanket, snacks, etc.
- Make sure you are adequately dressed for winter conditions (warm coat, gloves, boots, hat)
- Listen to local weather reports before leaving home and while on the road. All of us know weather can change quickly in North Dakota
- Let someone know your travel plans, even if just to town for appointments or errands
- Add grippers to your shoes or walking device to help prevent falls on ice and snow
- If you use a walker or cane, be sure to use them for your safety walking on snow on ice
- Make sure you have extra food and medication at home in the event you are stranded in your home
- Have flashlights available and extra batteries in event of power outage
- If you are on oxygen, have a back-up plan for a power outage
- If you have a power recliner or lift chair, how will you get out of the chair in a power outage

We want everyone to be safe this winter. A reminder that Community of Care facilitates rides to medical appointments for older adults. Call our office to request a ride 701-347-0032. If you are a new transportation client, you will need to complete paperwork prior to receiving a ride.

FUN ACTIVITIES THIS SUMMER & FALL

Picnic and Bingo in Leonard, a RedHawks Baseball Game and the annual Movie at the Page theater provided fun outings



The annual Casselton Business Association (CBA) Sr. Day was held on September 30th. The day included displays from local agencies



serving older adults, lunch provided by CBA & door prizes. Abby Husar from Memory Café presented

on "Navigating Cognitive Changes" and Tiana Thomas from BankNorth presented on "Frauds and Scams" for the 128 seniors in attendance.

The Health Fair in Arthur & Wellness Screening Fair in Casselton provided important information for area residents. In Arthur,

organizations serving older adults provided displays to share information. At the Casselton Wellness Screening Fair, pharmacy students



from NDSU, Speech Therapy students from MSUM, Rita from NDSU Extension, local RNs and Physical Therapist, Amanda Gunkel, provided a wide range of screenings for attendees.





Medicare Part D Drug Plan Open Enrollment appointments are available through Friday, December 5th. We encourage everyone 65+

to review their plans every year. Plans change, medications change or pharmacy contracts change.



Our goal is to ensure you are on the most cost-effective plan. Call our office TODAY to schedule your appointment 701-347-0032. Appointments are filling up FAST!



Three of our staff members are trained to assist individuals complete their Advance Care Plans. This document is a gift so others know your wishes. It provides peace of mind and guidance for others to express your desires if you cannot speak for yourself. Contact our office to set up an appointment to begin the process of completing your Advance Care Plan.

BOARD OF DIRECTORS

Scott Kroeger—Chair, Arthur
Michelle Thompson—Vice Chair, Page
Ken Astrup—Treasurer, Amenia
Mary Gohdes—Secretary, Mapleton
Scott Cramer—Casselton
Paula Glasow—Davenport
Karen Hertsgaard—Kindred
Kristi Richman—Argusville
Jill Roden—Casselton
Adele Smith—Tower City
Pam Stirling—Grandin

FOR 22 YEARS, COMMUNITY OF CARE HAS PROVIDED OUR SERVICES FREE OF CHARGE FOR RURAL CASS COUNTY RESIDENTS. We have been able to do that because of generous donor and grantors.

YOU CAN HELP OLDER ADULTS REMAIN IN THEIR HOME WITH YOUR GIFT TODAY OR AS PART OF YOUR LEGACY

Contact your financial advisor to learn more about these donation options, many of which provide tax benefits or you or your heirs. A donor-advised fund (DAF) can be used to make yearly or legacy contributions.

BENEFICIARY DESIGNATIONS

With your beneficiary designations, you can support

the causes you care about and reduce the burden of taxes on your heirs.



These accounts have beneficiary designations

- Retirement assets—IRA, 401(k), 403(b) plans, pensions & other tax-deferred plans.
- Insurance policies—many people find protection offered by insurance policies is no longer needed later in life. Name a charity as the beneficiary can be an ideal tool for charitable giving.

CHARITABLE BEQUESTS

A charitable bequest is one of the easiest and most flexible ways to leave a gift to your favorite charities.

- Name a charity in your will (you can specify a piece of property, a percentage of your total estate, or a gift contingent on certain events)
- You leave a lasting legacy for your favorite charities while lessening the tax burden on your heirs





You can transfer funds from your IRA directly to charity while reducing your taxable income. In 2025, you can avoid taxes on transfers up to \$108,000 per person. Qualified Charitable Distributions can meet your Required Minimum Distribution requirement if you are 70 1/2, while providing tax benefits.

NORTH DAKOTA 40% ENDOWMENT TAX CREDIT

ND residents who make a donation of \$5,000 or more to a qualified endowment receive a state tax credit, which can be carried over for 3 tax years. The maximum donation per year is \$10,000 per individual and \$20,000 per couple.

Community of Care has an endowment that qualifies for these donations. Contact Myrna to learn how YOU can make a donation to our endowment. 701-347-0032







BONE BUILDERS KEEP ON EXERCISING

Community of Care sponsored classes meet at these locations and times. New members are ALWAYS welcome to join the classes.

- Arthur Methodist Church—Mon & Thurs at 9:45 AM
- Casselton City Hall—Tues & Thurs at 2 PM
- Davenport Old School—Mon & Thurs at 9:30 AM
- Harwood Community Center—Tues & Thurs at 1 PM
- Horace Senior Center—Mon & Thurs at 10 AM
- Hunter Insurance Building—Mon & Thurs at 10 AM
- Kindred City Hall—Mon & Thurs at 10:30 AM
- Tower City Community Center—Tues & Thurs at 9 AM











Volunteer Appreciation was held on September 11th at the Arthur Community Center. This is just a small way to say thank you to our volunteers for the important role they play in our mission. Volunteers serve in many roles—board of directors, transportation, bone builder leaders, health cabinets, Medicare Part D enrollment, fundraising committee, newsletter assistance and spring clean-up.





Dear Friends,

In late October, I dug up my calla lily bulbs. Each year I plant them in the spring, enjoy the beautiful flowers and foliage in the summer and dig them up in the fall. They spend the winter at in a cool spot in a friends farm home.

I love these flowers, but more importantly I do this each year because they were my moms and she loved them! Each year, she faithfully planted them on the north side of our farm home. Our friends at home still tell me they think of Harriet when they see a calla lily.



My guess is you have a memory or do something special because it was important to your parents or grandparents. For many of you, those memories were formed in a small town or farm home. We know those memories are important, they are part of our "roots". When I dig up my calla lilies each year, it amazes me how deeply the roots run. The same can be said for our own "roots". The people, places and experiences of our life help to shape our "roots".

Community of Care's "roots" have been growing deep for 22 years. Every day, we work to provide care for older adults throughout rural Cass County to remain in those rural homes and communities they love as long as safely possible. For 22 years, we have **provided those services FREE OF CHARGE**, thanks to grantors and generous donors like you.

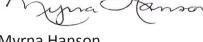
We are asking you to help us continue to strengthen our "roots" as we care for our friends in rural Cass. YOUR Rural Cass Roots gift will provide care coordination, faith community nurse services, volunteer transportation to medical appointments and education events for older adults. YOUR gift will also ensure these services continue to be provided FREE OF CHARGE.

You can make your gift in several ways:

- Mail a check in the enclosed envelope
- Click the blue DONATE button at www.communityofcarend.com
- Text the word Roots to 701-645-6848
- Scan the QR code
- YOUR gift will improve lives in rural Cass and continue to help older adults "roots" run deep.

Our Rural Cass Roots campaign is running now through the end of 2025. Our goal is to raise \$40,000 to ensure our services remain FREE OF CHARGE.

We anticipate service 700 adults from throughout rural Cass in 2025. YOUR partnership will make a difference in the lives of these older adults and will improve their quality of life. Sincerely,



Myrna Hanson Executive Director

PS. We would love to have you invite others with rural Cass "roots" to join you in providing care for older friends back home.





DONATIONS & CONTRIBUTIONS

October 16, 2024 - October 17, 2025

THANK YOU to everyone who has supported our mission during the last year. In this newsletter, we are reporting donors in categories based on the level of their total giving the last 12 months. For each category, names are listed alphabetically. Donations include Totally Tables, Giving Hearts Day, Car & Bike Cruise, Charitable Contributions, Crops for Care, Membership & Memorials The memorials from May 1, 2025 - October 17, 2025 are listed on page 11.

HARVEST TOTAL DONATIONS OF \$1.000+ AgCountry Farm Credit Services Anonymous Arthur Companies BankNorth Barry Foundation Bob and Anne Pyle **Bob Miller Bob Runck** Border State Electric Foundation Brad and Mary McIntyre Brett & Katie Itterman **Brooks and Taylor Burgum** Cass County Farm Bureau Connor and Alexis Larson Craig & Cheryl Suhr Dallas & Paula Glasow
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ACRE

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TOTAL GIFTS OF \$1 - \$99

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Kelly Olson

Kendra Krueger Kenneth & Bonnie Hochhalter Kevin Sweeney Kim & Dave Scheer

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Mary Knight
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Sheila Krueger
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Shirley Berg
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Thread Boutique
TruCore Fitness

Unity Seed Company

MEMORIAL GIFTS CAN BE GIVEN IN MANY WAYS

Send a check to:

PO Box 73 Casselton, ND 58012

Donate online at:

community of carend.com click the blue **DONATE** button

Text Memorial to:

701-345-6848



THANK YOU FOR THE GRANTS RECEIVED IN THE LAST 12 MONTHS

ND Dept. of Health & Human Services
Alex Stern Foundation
Casselton Area Community Foundation
Clarence Johnson & Eunice Iwen Community
Endowment Fund
Kindred Area Community Foundation
Norman Lutheran Church Foundation
Operation Round-Up - Cass County Electric
Otter Tail Power Foundation







MEMORIALS & HONORARIUM

May 1, 2024 through October 17, 2025

Thank you to everyone who donated in honor or memory of someone.

In Memory of Anna Mae Hoebing John and Margaret Olson In Memory of Anthony Frison Mike Krabbenhoft

In Memory of Ardyth Steele

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In Memory of Betty Beck Floyd & Louise Longlet

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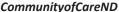
In Honor of Volunteer Drivers

Paul Puhr

Thanks for Central Cass Student Spring Clean -Up

Mike Krabbenhoft







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Do YOU have a GIVING HEART?

On Feb. 12th, <u>YOU</u> can make a gift to help older adults remain in the rural Cass County homes they love. Watch for more details early in 2026 on how YOU can make a donation and be a Giving Heart for Community of Care!

MARK YOUR CALENDARS FOR THE 19TH ANNUAL TOTALLY TABLES!

FRIDAY, APRIL 24, 2026

St. Leo's Spirit of Life Center - Casselton

"THANK YOU for being a friend" is how we feel about our donors & volunteers. It is also the theme for the 2026 Totally Tables. Start planning your table now and invite your guests to add it to their calendars now! You will want to be a part of the excitement on April 24th! It's not too early to reserve your table now, contact Lauren at 701-967-8502.



