



COMMUNITY OF CARE 2024 ANNUAL REPORT

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

From The Executive Director

Community of Care continues to be a leader in assisting older adults to remain in their rural North Dakota homes. Since 2003, we have provided services **FREE OF CHARGE** for older adults throughout rural Cass County. Generous donor and grantors allow us to provide these services for Cass County residents. Programs and services continue to be provided based on local needs and the goal of enhancing the quality of life in order for older adults to remain in their rural Cass County homes as long as safely possible. In 2004, the Board of Directors took a leap of faith and added a 3rd part-time Faith Community Nurse (FCN) to serve in the Kindred/Davenport/Leonard areas. Charley Rose was hired in April 2024. The addition of a 3rd FCN has allowed us to increase our presence in that area of the county, serve more clients and greater needs. Other highlights of 2024 include: record number of cli-

ent contacts & clients served, Legacy Planning Events, Health Fair in Arthur, Wellness Screening Fair in Casselton, addition of 7th bone builder class and Medicare Part D appointments. Serving our clients is the most important highlight of any year. Alice lives in rural Cass. She and her husband received rides to medical appointments. Our Faith Community Nurse provided outreach visits to assist them understand health conditions, arrange for in-home equipment and services. Alice stopped in the office frequently to meet with our Care Coordinator for Medicare Part D plans, review of medical bills and completing fuel assistance and Medicaid applications. Staff also worked with Alice's adult children. After her husband Oscar passed away, staff provided emotional support and assistance with paperwork, etc. Alice is just one example of the holistic approach to assisting clients.

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Special points of interest

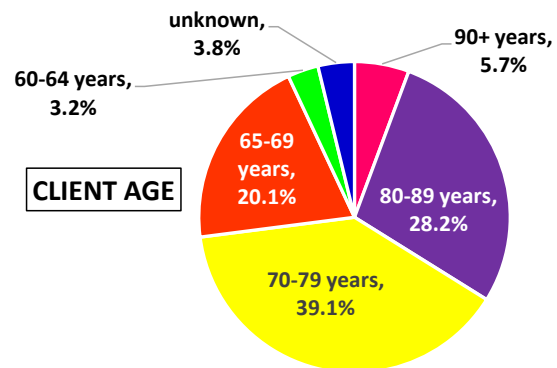
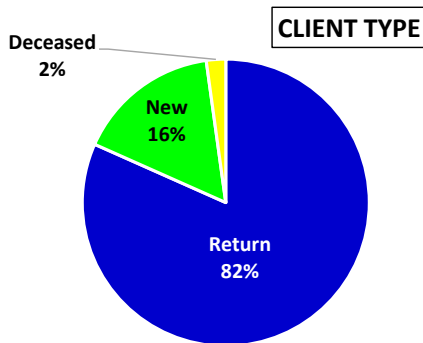
- 6,835 client contacts
- 688 clients served
- Facilitated 10.741 miles of volunteer transportation providing 174 trips
- Served 367 clients during Medicare Part D open enrollment. Also served clients turning 65 throughout the year

"The staff at Community of Care are very helpful for me. I am 88 years old so if I have any questions all I have to do is call them." - Community of Care Client

WHO ARE OUR CLIENTS?

Community of Care serves older adults in rural Cass County, ND. The majority of our clients are 65 & older. In 2024, of our 688 clients served, 111 of them were new to Community of Care. All of our services are provided free-

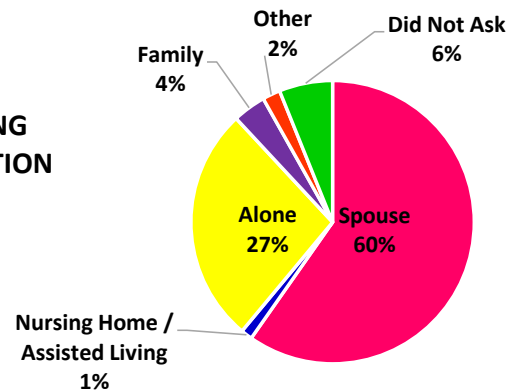
of-charge, regardless of a person's economic situation. It is very common for clients to receive multiple services—ex. ride to medical appointment, attendance at a Bone Builder class, review of their Part D and assistance with paperwork (food, fuel or prescription assistance, Medicaid, etc.)



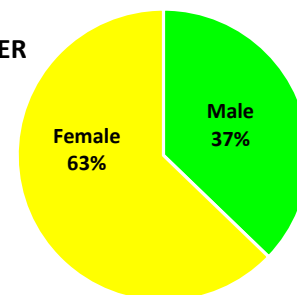
Service to Clients 2024

Client type	Number	Percentage
Active / Well	566	82.3%
Functional Decline	49	7.1%
Other	6	0.9%
Frail Elderly	20	2.9%
Adult Child	5	0.7%
Chronically Ill	14	2.0%
Disabled	19	2.8%
Professional	2	0.3%
Short - Term Ill	4	0.6%
Terminally Ill	3	0.4%

LIVING SITUATION



CLIENT GENDER



“Community of Care is an excellent resource and offers so many great events.” - C of Care Client

2024 Client Survey Results

Top Five Concerns—2024

- 1) Exercise
- 2) General Health
- 3) Medicare Part D
- 4) Blood Pressure Screenings
- 5) Transportation

Top Five Interventions—2024

- 1) Health Assessment
- 2) Exercise
- 3) Medicare Part D
- 4) Education
- 5) Transportation

Bone Builder Exercise Classes

- 82.2% reported improved mobility
- 71.2% reported improved strength
- 74% reported improved balance
- 80.8% reported increased socialization
- 56.2% reported improved cognitive abilities
- 46.6% reported the exercise classes assist them to remain in their homes
- 28.8% answered they didn't know if class assists them to remain in their homes

Medicare Part D Drug Plan

- 98.3% reported peace of mind
- 92.2% reported the service was beneficial or very beneficial
- 41% changed their plans as a result of review—of those who made a change
 - 90.5% to save money
 - 12.6% because meds changed
 - 38.9% because plan changed
- 79.3% reported independence
- 19% reported they wouldn't review their plan without this service
- 56% reported the services assist them remain in their home
- 100% reported they will return in 2024

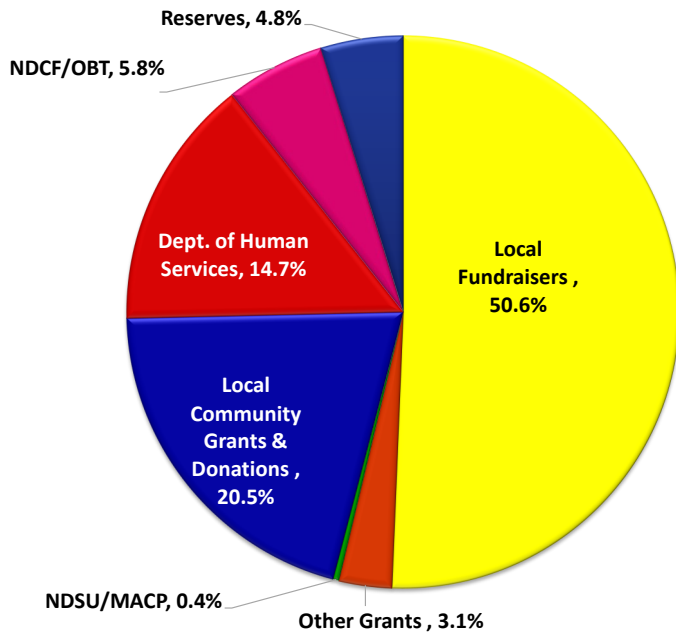
Transportation Client

- 37% reported they do not drive
- 21% reported they do not drive in Fargo
- 31.6% reported they would not attend their medical appointment without the ride
- 90% reported reduced stress
- 65% reported increased social interaction
- 85% reported peace of mind
- 60% reported independence due to ride
- 83% reported the ride assists them to remain in their home

Economic Impact Survey

- 11.3% of singles & 3.2% of couples reported income is below the poverty line
- 43.5% of singles & 20% of couples reported income between 100% & 200% of poverty line
- 45.2% of singles & 76.8% of couples reported income above 200% of poverty line
- Poverty line for 2024 was \$15,060 for singles & \$20,440 for couples

2024 Funding

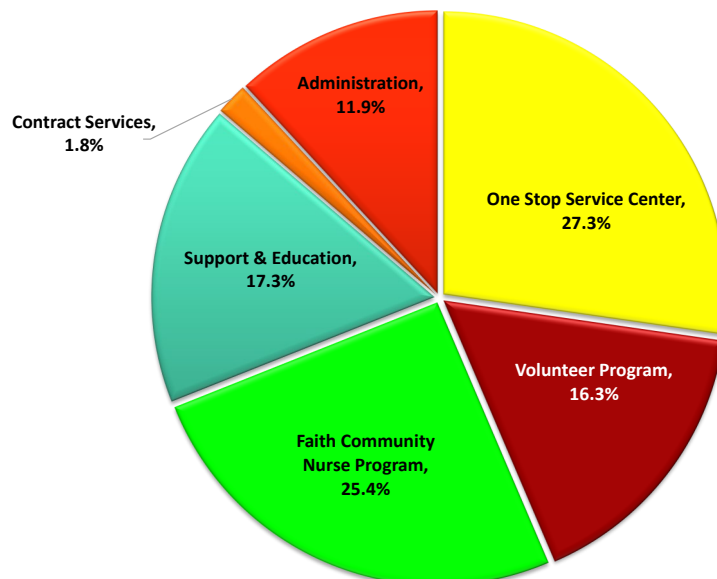


Grants Received in 2024

Alex Stern Foundation—\$5,000
 Arthur Area Foundation—\$20,000
 BCBS Caring Fdn—\$2,500
 Casselton Community Fdn.—\$1,000
 Dakota Medical Fdn.—\$2,000
 Casselton Medical Fdn.—\$7,500
 FM Area Foundation—\$5,000

Medica Foundation—\$10,000
 ND Dept. of Human Services—\$60,0787
 NDCF/OBT—\$23,750
 Rural Dev. Finance Corporation—\$1,000
 NDSU Ext./MACP Consulting—\$1,570
 Kindred Community Fdn.—\$1,000
 Operation Round Up—\$4,000
 Ottertail Power Fdn—\$1,000

2024 Program Budget





The average cost of a nursing home in North Dakota in 2024 was \$147,164 (source: ND Dept. of Human Services)

ONE STOP SERVICE CENTER

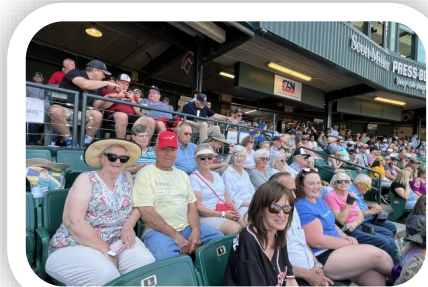
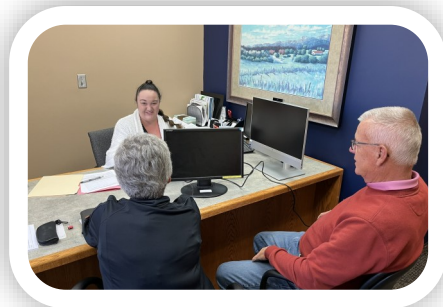
Lauren Prante, Care Coordinator, assists clients with a wide range of concerns. She provides information, referrals, help with paperwork (food/fuel/prescription assistance & Medicaid), advance care plans, care coordination, assistance arranging for in-home services/equipment & assistance for adult children of aging parents.

Lauren and a trained volunteer/retired pharmacist provided Medicare Part D enrollment appointments in Arthur, Casselton and Horace. During 2024 Medicare Part D open enrollment, they provided the following services:

- 367 clients served
- Total savings was \$114,871
- Average savings was \$313/client

Lauren assists numerous clients during the year as they turn 65 and make choices regarding Social Security, Medicare and Medicare Part D.

Socialization is important for the health of older adults. In summer 2024, Lauren planned Bars & Bingo in Kindred for socialization and to educate local residents on Community of Care programs and services. She also coordinated an outing to a RedHawks baseball game, and the Page Theater outing. Older adults from throughout rural Cass attend the socialization events.



“You have a great staff and they are an asset to the community. Staff are very professional, answer all your questions and help you pick a plan that is best for you.”

- Medicare Part D Client

VOLUNTEER PROGRAM

Volunteers are essential to our ability to serve our clients' needs. Volunteers served in multiple ways in 2024 (listed in article on page 8). Transportation is the most utilized aspect of the volunteer program. A ride to their medical ap-



pointment is a vital element in older adults' ability to remain in their rural Cass homes. Without the ride, they would

likely not receive the medical care they require or they would have to move from their rural Cass home.

In 2024, a total of 303 individuals volunteered in some aspect of our programming.

The following Volunteer Program services were provided in 2024:

- 10,721 miles & 479 hours provided for medical transportation
- 174 rides facilitated to medical appointments
- 10,473 miles & 2,375 hours provided by board of directors and other volunteers
- Total economic impact of Volunteer Services in 2024 was \$109,250.

FAITH COMMUNITY NURSE PROGRAM

Gwen Fraase, Cindi Godbout & Charley Rose serve as part-time Faith Community Nurses (FCNs) in northern Cass, Casselton and Kindred/Davenport/Leonard. Through personalized visits, FCNs assist clients understand medical conditions, physician's orders and medications.



FCNs facilitate Bone Builder exercise classes in 7 locations—Arthur, Casselton, Davenport, Harwood, Horace, Hunter & Kindred. Each week 90 older adults gather twice a week for exercise classes. Survey results are listed on page 3. Faith Community Nurses also provide blood pressure screenings, Advance Care Plans & coordinate the Pen Pal/Journal project with Central Cass & Northern Cass school students and

Fun With Tech with Northern Cass School.

Each Faith Community Nurse works with a Health Cabinet representing their area to assist in identifying local needs and planning local events with the FCN. In July 2024, the Northern Cass Health Cabinet sponsored a Health Fair with displays & presentations from agencies serving older adults. The Casselton Health Cabinet sponsored a Wellness Screening Fair in October 2024. Nursing, Pharmacy, Physical Therapy, Dietetics & Speech Therapy students from local colleges provided screenings. Casselton Faith Community Nurse facilitated a monthly Alzheimer's support group in Casselton. FCNs and Care Coordinator installed lifelines for clients and assisted to arrange for in-home equipment, supplies and services.



GIVING HEARTS DAY, TOTALLY TABLES, CAR/BIKE CRUISE & RURAL CASS ROOTS CAMPAIGN

Community of Care's programs & services are provided Free-Of-Charge. Donations are received from individuals, businesses, organizations and granting agencies. The funding received local donors and grantors provided 62% of our income in 2024.

We had 386 donors on Giving Hearts Day, which included \$33,000 in match donations from 10 individuals & groups.

The 17th annual Totally Tables included thirteen \$1,000 table sponsors and \$19,700 in Fund-A-Need matching funds.

Our 12th annual car & bike cruise received sponsorship from 27 sponsors.

Our Rural Cass Roots Campaign raised \$36,654 towards our mission. In addition, we received \$14,657 in charitable contributions in 2024 (memorials, donations, etc.)

Community of Care Staff

Myrna Hanson—Executive Director

Lauren Prante—Care Coordinator

Cindi Godbout—Casselton Faith
Community Nurse

Charley Rose—Kindred area Faith
Community Nurse

Gwen Fraase—Northern Cass Faith
Community Nurse

Tammy Schempp—Volunteer
Coordinator

Natalie Keller—Bookkeeper

Pictures:

- **Below**—A client & her daughter promoting Giving Hearts Day.
- **L to R** : Totally Table's Best Use of Theme winner and Car & Bike Cruise participants



VOLUNTEER APPRECIATION—September 2024



Volunteers serve in our mission in multiples ways: Board of Directors, Medicare Part D reviews, Transportation, Health Cabinets, Fundraising Committees, Newsletter Assembly, Bone Builder Class Leaders, Spring Clean-Up, Fun With Tech, Wellness and Health Fairs, and Pen Pal Project. The annual Volunteer Appreciation Event is a small way to say thank you for their partnership in enhancing the quality of life for older adults and assisting them to remain in their homes.



COMMUNITY OF CARE BOARD OF DIRECTORS

Seated (L to R): Karen Hertsgaard—Kindred, Paula Glasow—Davenport, Susan Stibbe—Hunter, Jill Roden—Casselton, Adele Smith—Tower City

Standing (L to R): Mary Gohdes—Mapleton, Pam Stirling—Gardner, Scott Kroeger—Arthur, Stacey Cramer—Casselton, Kristi Richman—Argusville, Michelle Thompson—Page

