

CASS COUNTY, ND

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

RESPECT

COMPASSION "Caring for our older adults by partnering with rural communities" TREAT WITH DIGNITY FREE-OF TN OF CARE VAL OLDER ADULTS HAVE



Scan to visit our website!

At a recent strategic planning meeting, the board of directors and staff identified these values to guide our mission. We are dedicated to treating older adults with **RESPECT, COMPASSION & DIGNITY**, while recognizing they have WORTH & WISDOM. Ensuring they are **SAFE** in their homes and providing services FREE OF CHARGE are key values to our mission.

YOUR SUPPORT HELPS OLDER ADULTS LIKE HELEN REMAIN IN THE RURAL HOME THEY LOVE.

At Community of Care, we provide holistic care for older adults like Helen. You might wonder what that means for Helen and others living in rural Cass County. Helen receives assistance through all of our programs. Our Faith Community Nurse, Cindi, visits her to help Helen understand her health conditions and doctor's orders. Many dedicated volunteers provide transportation to medical appointments—all facilitated by our Volunteer Coordinator, Tammy. Helen is very grateful for the rides and the wonderful service provided by our volunteers. She also visits with our Care Coordinator, Lauren, to review her Medicare Part D drug plan and complete applications for things like fuel assistance and help with her medications. When asked what Community of Care means to her, Helen replied "It means I can stay in my home. I appreciate all you do for me. This year l've had many rides to appointments, the volunteers are all so good and kind. My family appreciates the rides too. They can't take off work to bring me to all my appointments. I'm thankful for everything you do for me."

YOUR donations provide services for Helen & older adults throughout rural Cass FREE OF CHARGE!

Helen is just one example of the clients we serve in rural Cass. She, like many clients, receive assistance in all of our program areas. Others receive assistance in one or two program areas. *Regardless of how many services we provide, they remain FREE OF CHARGE to help older adults continue to say, "There's no place like HOME in rural Cass County!"*





VOLUNTEER TRANSPORTATION TEAM

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. Do YOU have a heart to volunteer, time to provide a ride and a reliable vehicle? We would love to add you to our Volunteer Team. Give our Volunteer Coordinator, Tammy a call at (701) 347-0032 to learn more. You can volunteer as your schedule allows. We would LOVE to add some farmer's to our team during the winter months to fill in for our snowbirds! At our strategic planning session in July, the Board of Directors and Staff updated our Vision Statement.

Community of Care provides Advocacy, Compassion and Empathy so older adults feel respected and remain in their homes as long as safely possible (our ACE in the hole).

What does that mean for our clients:

- ADVOCACY we are a voice for older adults to ensure they are heard. We are also a role model for North Dakota to care for older adults.
- **COMPASSION** we recognize the needs of older adults and provide programs & services to meet those needs.
- EMPATHY we serve with patience and understanding to validate their needs. We treat seniors as we would want our own parents to be treated.



Our "ACE" in the hole

HEALTH CORNER

At the annual CBA Senior Day, our speaker Tim Peterson encouraged attendees to "take a trip through their home." As a licensed Occupational Therapist, Tim Peterson, shared information about things to consider in and around your home to keep you safe. He provided a checklist to review for safety concerns in your home. These are a few items to consider:

- Are there broken or uneven steps
- Is there adequate overhead lighting
- Do you have handrails on both sides of the stair & are they securely attached
- Are there throw rugs causing fall hazards
- Do you have grab bars in the bathroom and non-slip rubber mat on the floor of the tub or shower

The checklist is available on our website or by contacting our office. A few simple upgrades and changes can provide safety for you in your home and prevent falls. Adult children of aging parents, you will find the checklist beneficial to care for your parents.

FUN ACTIVITIES THIS SUMMER & FALL

Bingo in Kindred, RedHawks Game & Movie at the Page theater provided fun outings for area residents.



The annual Casselton Business Association (CBA) Sr. Day was held on October 1st. The day included displays from local agencies



serving older adults, lunch provided by CBA & door prizes. Tim Peterson, Occupational Therapist

presented on "Safety Concerns for Your Home" & Roxanne Wells from ND Assistive presented on "Adaptive Equipment for Your Home" to the 110 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, nursing



& pharmacy students from NDSU, Social Work students from

MSUM, Dietetics students from Concordia and Physical Therapist, Amanda Gunkel, provided a wide range of screenings for attendees.

Right: Volunteer Ken Astrup walks his passenger back to her apartment, Gwen Fraase checks a blood pressure in the Arthur Mall & Charley Rose checks a clients blood pressure in Kindred.

A FEW REASONS WHY YOU SHOULD CALL COMMUNITY OF CARE

- You are an older adult or adult child of an aging parent in rural Cass County
- To visit with a Faith Community Nurse about your health condition, physician's orders or medications
- To visit with our Care Coordinator to review your Medicare Part D, receive help with paperwork (food, fuel, Medicaid applications) or to secure in-home equipment/assistance
- To receive a ride to your medical appointment
- Assistance completing an Advance Care Plan
- Help to find resources to care for your aging parents







4

JOIN A BONE BUILDER CLASS AT ONE OF THESE LOCATIONS. NEW MEMBERS ARE ALWAYS WELCOME



- Arthur Methodist Church—Monday & Thursday at 9:45 AM
- Casselton City Hall—Tuesday & Thursday at 2 PM
- Davenport Old School—Monday & Thursday at 9:30 AM
- Harwood Community Center— Tuesday & Thursday at 1 PM
- Horace Senior Center—Monday & Thursday at 10 AM
- Hunter Insurance Building—Monday & Thursday at 10 AM
- Kindred City Hall—Monday & Friday at 10:30 AM





The 13th annual Car & Bike Cruise was held on July 28th. We cruised to Bergeson Nursery near Fertile, MN. THANK YOU to everyone who participated and to our sponsors listed on page 10.



www.communityofcarend.com

www.facebook.com/ communityofcarend

Volunteer Appreciation was held on September 19th at the Leonard Country Club. The evening is an opportunity to thank our volunteers for their important role in our mission. We have volunteers serving in multiple capacities—board of directors, transportation, bone builder leaders, health cabinets, Medicare Part D enrollment, fundraising committee, newsletter assistance and spring clean-up.

Thank you volunteers for all you do for our clients!!







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

- Make a donation to our Rural Cass Roots Campaign—will you invite someone with Rural Cass "roots" to join you in supporting older adults "back home"
- Make a donation to our CROPS FOR CARE PROGRAM—area growers can donate bushels of your crop to Community of Care. Check with your tax preparer to learn about the tax benefits from a commodity donation
- Is it challenging to find a birthday or Christmas gift for an older adult in your life—make a donation in their honor
- Donate a gift of appreciated stocks, bonds or mutual fund shares—talk to your financial advisor to learn about the tax advantages
- Make a Qualified Charitable Distribution—if you are 73 or older, you can make a donation from your IRA directly to a charity (this can meet your Required Minimum Distribution requirement). This type of donation provides tax benefits for you or your family in your Legacy Planning
- Make Community of Care a beneficiary of your IRA or life insurance—you can reduce or eliminate federal estate and income taxes for your family by donating directly to a charitable organization. You can designate part or all of your IRA or life insurance
- Make a donation to Community of Care's Endowment—North Dakota residents can receive credits for your state taxes through donations to qualified endowments

Contact your financial advisor or tax preparer to learn how to leave a legacy to help older adults remain in the rural Cass County homes and communities they love.

BOARD OF DIRECTORS

Seated: Karen Hertsgaard - Kindred, Paula Glasow - Davenport, Susan Stibbe - Co-chair Hunter, Jill Roden- Vice chair Casselton, Adele Smith-Tower City. Standing: Mary Gohdes - Secretary Mapleton, Pam Stirling - Grandin, Scott Kroeger - Co-chair & Treasurer Arthur, Stacey Cramer - Casselton, Kristi Richman - Argusville, Michelle Thompson - Page



CommunityofCareND

Dear Friends,

"Roots" are important for crops, gardens and flowers. "Roots" are also a part of us as individuals. **Our "roots" helped to shape our values, traditions, friendships and sense of belonging.**

Community of Care's "roots" are firmly planted in rural Cass County, they run deep! For 21 years, we have been establishing and strengthening our "roots". **Community of Care's "roots" include our clients, volunteers, donors, local cheerleaders, and all who have helped us grow and thrive for 21 years!** <u>YOU</u> are part of our "roots" in rural Cass.

Community of Care's values are also part of our "roots". Our VALUES guide our mission– Serve with <u>Compassion & Respect</u>, Services remain <u>Free-Of-Charge</u>, Ensure <u>Safety</u> for our clients, Treat Clients With <u>Dignity</u> & Recognize <u>Older Adults Have Worth & Wisdom</u>.

Our "roots" run deep in rural Cass County! Those "roots" continue to produce a "bountiful harvest" of helping older adults remain in their homes as long as safely possible. **Thanks to the support of our donors, an exciting new additions to our "roots" in 2024 was the addition of a 3rd part-time Faith Community Nurse in the Kindred, Davenport & Leonard area.** The addition of this position is producing wonderful results and strengthening our "roots" in the southern portion of rural Cass County. On page 4, you will find a list of some of the other programs your Rural Cass Roots campaign donation supports.

In 2023, we transitioned from the annual Membership Drive to our Rural Cass Roots campaign as our annual drive to support Community of Care. We invite you to join in the Rural Cass Roots campaign, we have several giving options:

- Mail a check in the enclosed envelope
- Click the blue DONATE button at <u>www.communityofcarend.com</u>
- Scan the QR code to donate online
- Text the word Roots to (701) 645-6848
- YOUR partnership will ensure our programs and services are Free-Of-Charge for older adults in rural Cass.

Our Rural Cass Roots Campaign is running from now through the end of 2024. Our goal is to raise \$40,000 to ensure our services remain Free-Of-Charge

We anticipate serving 650+ adults from throughout rural Cass County in 2024. YOUR partnership helps them remain in the homes and communities they LOVE.

Sincerely,

Myrna Hanson

Executive Director

myna Hansor

Susan a. Stille

Susan Stibbe

Board Co-Chair

Second Knoeger

Scott Kroeger Board Co-Chair

PS. We ask you to tell others with "roots" in rural Cass to join you in helping older adults remain in the homes they love. They can support friends, family, and neighbors "back home" in rural Cass!





WINTER 2024

DONATIONS & CONTRIBUTIONS October 16, 2023 - October 15, 2024

THANK YOU to everyone who has supported our mission during the last year. In this newsletter, we are reporting donors in categories based upon the level of their total giving the last 12 month (this is a new way of reporting donations). For each category, names are listed alphabetically. Donations include Totally Tables, Giving Hearts Day, Car & Bike Cruise, Charitable Contributions, Crops for Care and Memorials. The memorials donated since May are listed separately on page 9, previous memorials were listed in the summer newsletter.

HARVEST

TOTAL DONATIONS OF \$1.000+ Anonymous AgCountry Farm Credit Services Alex Stern Foundation Anonymous BankNorth James and Barbara Williams **BCBS Caring Foundation** BJ and Wade Wilson Bob and Anne Pyle Bob Miller Bob Runck **Border States Electric** Brad and Mary McIntyre Bryan and Jane Strommen **Cass County Electric Cooperative** Cass County Electric - Rural Development Finance Corporation Cass County Farm Bureau Casselton Area Community Foundation **Casselton Community Medical Center** Cathy Merhiy Clarence Johnson & Eunice Iwen Community Foundation Connor Larson Dacotah Bank Dakota Medical Foundation Dan and Mary Zimmerman Dave and Marie Piper David and Jan McNair Dawn & Joe Moore Derek Flaten Doug and Kathryn Burgum Duane and Paula McIntyre Essentia Health Marketing FM Area Foundation Glen and Melissa Grommesh Good Samaritan Society Arthur Hagen Dental Horace Lions Club Jerry & Brooke Cook Jerry's Excavating Jim & Gwen Howe Julie Burgum Julie Williams Barner Keith and Cathy Peltier Kevin and Betty Skunes Kyler Peterson - Edward Jones Lester & Jody Hensley St. John's Lutheran Maple River Grain & Agronomy, LLC Mark & Joan Ottis Marlyce Pyle Medica Foundation Michael and Katie Howe Myrna Hanson ND Dept. of Human Services Operation Round-Up (CCEC) Otto Bremer Trust Petro Serve USA Polar Communications Prairie Scale Systems, Inc. Rick and Jody Burgum Sanford Health Scott Kroeger Sonja Jensen Susan Stibbe Swanks Car Club Titan Machinery (West Fargo) Veterans Incorporated Waslien Cramer Agency West Funeral Homes & Life Tribute Center

BUSHEL

TOTAL GIFTS OF \$500 - \$999 Agri Valley Insurance Aim Ag and Drainage Alan and Katie Lako Alex and Mary Richard Andrea & Tom Nelson Bill and Marlo Janson Bonanza Agronomy Services

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Travis Tuinstra Zesty Pelican Seasoning, LLC

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SEED

TOTAL GIFTS OF \$1 - \$99 4e Winery Aaron Larson Carol Radermacher Alex and Mary Richard Alfred & Sharon Johnson Alisha Ankers Alvin and Carol Lien Alvin Nagel Amy Bush Anchor Ingredients Andrea Haugen Andrew and Danielle Fraase April Nesemeier Ardith Brunt Arlo & Doris Anderson Arnold and Barbara Buhr Art and Beth Buchholz Audrey Roach August & Marlys Pfingsten Barbara Rude Barry & Laurel Bowman Bea Bachmeier Ben Olson **Bernice** Peihl Bethany & Tommy Reinhardt Betty Fraase Betty Lou Stallman Bev & Dave Gravdahl Bev & Mike Zelinski **Bev Jager**

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WINTER 2024

Michael G Rasmusson Michael Haves & Lana Waters Michelle Murray Michelle Rieniets Mike & Ann Faught Mike & Michelle Reitan Mike & Nancy Satrom Mike and Jodee Aafedt Mike Chaussee Mike Krabbenhoft Nancy Eley Nancy Holm Nancy Schroeder Nicholas Olson Nola Satrom Norman and Elaine Heidorn Pamela Offerdahl Pat & Janelle Stahl Patsy Herrmann Paul and Carolyn Thoen Paul and Francie Strand Paul and Susan Knoll Paul Grindeland Peggy Sue Paul Phillip and Natalie Keller Phillip Keller R.J. & Sarah Kinkhammer Ralph & Barb Nelson Randolph & Barbara Peterson Randy & Jeanne Mewes Randy Schwartz Raymond Miller Rebecca Crooks Rebecca Holm Rebecca Kingsley Red River Valley Fair Regina Timmerman Renae Howe Renee Kapaun Richard & Sharon Krabbenhoft Richard & Teresa Norwig **Richard Butler** Robert Bye Robert Sell Robert and Mary Lynne Snyder Robin & Tim Williams Rodney Mathison Roger & Carol Iwen Roger & Karen Egeberg Roger Feist Roland Blixt Ron & Gwen Mueller Ron and Shirley Sell Ronald and Gloria Porter Ronald and Lorraine Kensok Ryan Toop Sadie Gohdes Sandra Holmstrom Sandra Kleinknecht Sandra Nystrom Sarah & Eric Christl Scott and Becky Dunker Scott Peterson Sharon Query Sharon Mischke Sharon Toop Sheila Krueger Shelly Weidner Sheryl Mears Shirley Johnston Sinney Johnston SK Management & Consulting Stacie Loegering Stephen & Delores King Steve & Eileen King Steven Vogel Tanya Schatzke Teresa Tallackson Terry & Shari Krchnavy Terry Meyer Terryl Miller Thomas Kosir Tim and Kerri Schneider Tim and Marcia Rose Tim and Stacey McLean Tish Skarloken Tom & Roxi Bresnahan Tom and Patty Monilaws Tracie Zaun Van Hal Financial Virginia Schobinger Wade & Michelle Anderson Wanda Borchert Wayne and Bonnie Oberlander Weber Insurance Agency Wendy Conner William and Darla Jackson Zachary & Lauren Prante

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\$125 SPONSORS

Bud's Electric Car Doctor Casselton Veterinary Service, Inc. CG designs Davis Chiropractic DJ Plumbing Foss Shop Polar Communications Unity Seed Company

THANK YOU FOR THE GRANTS RECEIVED IN THE LAST 12 MONTHS

North Dakota Department of Human Services Alex Stern Foundation BCBS Caring Foundation Cass County Electric - Rural Development Finance Corporation Casselton Area Community Foundation Clarence Johnson & Eunice Iwen Community Foundation Kindred Community Foundation Medica Health Plans Foundation ND Community Foundation/Otto Bremer Trust Operation Round-Up (Cass County Electric)







MEMORIALS & HONORARIUM May 1, 2024 through October 15, 2024

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

In Memory of Beverly Webster Margaret Kensok In Memory of Bill Zimmerman Norman and Elaine Heidorn Kenneth & Bonnie Hochhalter Floyd & Louise Longlet In Memory of Bob Von Bank David and June Calderwood **Richard & Karen Smith** Lauryl & Marvin Morlock In Memory of Brian Johnson Virginia Schobinger In Memory of Charolette Hagen Mert & Shelle Palmer Arnold and Barbara Buhr In Memory of Donna Linke Dallas & Paula Glasow In Memory of Dorothy Johnson Virginia Schobinger In Memory of Dorothy Langer **Roland & Karen Priewe** In Memory of Duane Grieger **Roland & Karen Priewe** Floyd & Louise Longlet In Memory of DuWayne Ellison Larry & Lois Gangnes Pamela Offerdahl Larry and Margaret Hoffmann Ilene and Ken McLean Keith and Mary Gohdes Tom and Jill Roden Duane & Paula McIntvre Dane & Kris Larsen **Roland & Karen Priewe** Gail Bakko Jane & Jerry Christiansen Mike & Ann Faught Mike & Pam Nelson Dale & Loree Halverson In Memory of Ernie Krabbenhoft Dale & Phyllis Lincoln In Memory of Garnet DeVine Susan Stibbe In Memory of Gene Belling **Butch Huwe** In Memory of Glenda Abel Lila Hutchinson In Memory of Hans Wallen Kenneth & Bonnie Hochhalter In Memory of Harriet Dimmer Teresa Tallackson In Memory of Janet Welk Dale & Loree Halverson In Memory of Janice Boyce Brett & Loree Jegtvig Mike and Pam Nelson In Memory of Joe Hand Sr. Dale & Loree Halverson

In Memory of John Whittier Susan Stibbe Maggie Foster Jim & Gwen Howe In Memory of Joseph Harbeke Arnold and Barbara Buhr Carol, Brian, Tori, Eowyn & Desmond Harbeke Jim & Gwen Howe Susan Stibbe In Memory of Judy Ortez Mert & Shelle Palmer In Memory of Kathy Hawken James and Barbara Williams In Memory of Larry Pietsch Lynn Bartholomay In Memory of Lucille Kingsley Dale & Loree Halverson Don and Karen Giermann Lynn Bartholomay **Richard & Karen Faught** Mark & Jane Kingsley David Warrey Duane & Paula McIntyre Eva Vining Barry & Laurel Bowman Ilene and Ken McLean Rebecca Kinsley **Dorene Nelson** Ron and Faye Kingsley Ed & Janet McConnell Margaret Kensok Grace Peterson **Robert & Sharon Stevens** Harvey and Mary Morken Myrna Hanson Larry and Margaret Hoffmann Mike and Pam Nelson In Memory of Lynn Kensok Donald & Mary Ellen Nilles In Memory of Marlon Smith Margaret Kensok In Memory of Marvin Ries **Richard and Karen Smith** Virginia Schobinger In Memory of Richard Forderer Dale & Loree Halverson In Memory of Rick Keller Cindee Ness Mark & Brendy Jossund Randolph & Barbara Peterson Greg & Diana Lanz Rick & Beth Mohan **Kylee Lisburg** Michael Hayes & Lana Waters In Memory of Sherri Johnson Bob and Tammy Schempp In Honor of Kent and Patty Smith's 50th Anniversary

MEMORIAL GIFTS CAN BE GIVEN IN MANY WAYS

Send a check to: PO Box 73 Casselton, ND 58012

Donate online at:

communityofcarend.com click the blue **DONATE** button

> **Text Memorial to:** 701-345-6848



Mike Krabbenhoft



PO Box 187 Arthur, ND 58006

Staff

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Lauren Prante, Care Coordinator lauren@communityofcarend.com

Tammy Schempp, Volunteer Coordinator tammy@communityofcarend.com

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

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

> Natalie Keller, Bookkeeper natalie@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 Kindred Office PO Box 141 446 Elm St Kindred, ND 58051

communityofcarend.com



GIVING HEARTS DAY IS THURSDAY, FEBRUARY 13, 2025!

Mark your calendar and watch for more details in early 2025. We invite YOU to invite others to join you in being a Giving Heart. It might be your neighbors, family or friends who live in rural Cass or have rural Cass County roots. Invite them to support HOME!

Communityofcarend.com

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

ECRWSS

LOCAL POSTAL CUSTOMER

SAVE THE DATE FOR THE 18TH ANNUAL TOTALLY TABLES

FRIDAY, MAY 2, 2025 St. Leo's Spirit of Life Center—Casselton

The theme for our 2025 Totally Tables is "There's No Place Like Home." Get your creative juices flowing to plan your table. Home can mean many things place, sport, movie, etc. You will want to be a part of the fun at our signature fundraiser. If you want to reserve your table now, contact Lauren at 967-8502.





CommunityofCareND