



COMMUNITY OF CARE 2025 ANNUAL REPORT

*“Caring for older adults by partnering
with rural communities”*

From The Executive Director

Community of Care marked our 22nd year of service in 2025. We continue to provide services Free Of Charge, as we have since 2003.

In 2025, we saw increased number of client contacts, clients served, rides to medical appointments, savings through Medicare Part D drug plan review and faith community nurse visits. Each of these services assisted older adults to remain in their rural Cass County homes.

At the 2025 legislative session, we received an increase in funding for the 2025—2027 biennium. This increase in funding sustains our services and allows us to make a bigger impact in rural Cass County.

Our client software was designed specifically for us in 2013. Fatal security risks were identified in the fall of 2025. A generous grant from the Clarence Johnson & Eunice Iwen Endowment Fund for Arthur allowed us to have new client software

developed. This process began in late 2025 & new software will launch in the first months of 2026. Client software is vital to our reporting, grant applications & program evaluation.

Our clients continue to be the most important highlight of any year. Esther and Stan live in a rural Cass community & she was diagnosed with cancer. Faith Community Nurse & Care Coordinator did a home assessment & arranged for in-home equipment. Care Coordinator assisted them to complete applications for fuel & food assistance. Faith Community Nurse provided regular contacts to assist as Esther’s health declined. Staff assisted their adult children to navigate the health system & eventually to arrange for hospice. After Esther’s passing, Care Coordinator assisted Stan with paperwork . They are just one example of the holistic care we provide for older adults in rural Cass County.

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Special points of interest

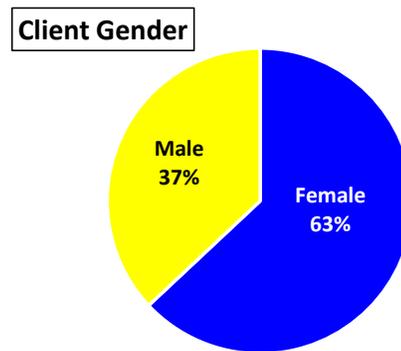
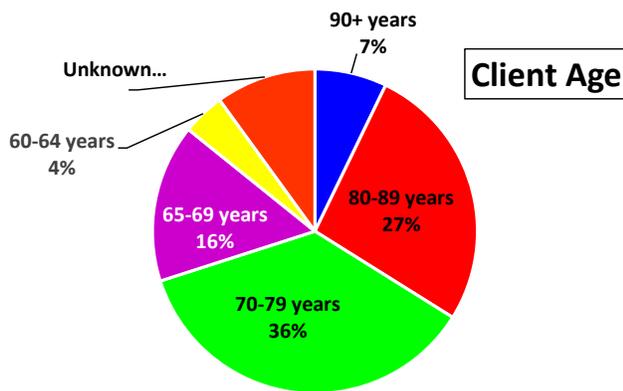
- 6,951 client contacts
- 711 clients served
- Facilitated 15,668 miles of volunteer transportation providing 309 trips
- Served 365 clients during Medicare Part D open enrollment. Also served clients turning 65 throughout the year

*“Community of Care
shows Care for those
who need help. A Great
Service! Thanks for
Caring! “
- Community of Care
Client*

WHO ARE OUR CLIENTS?

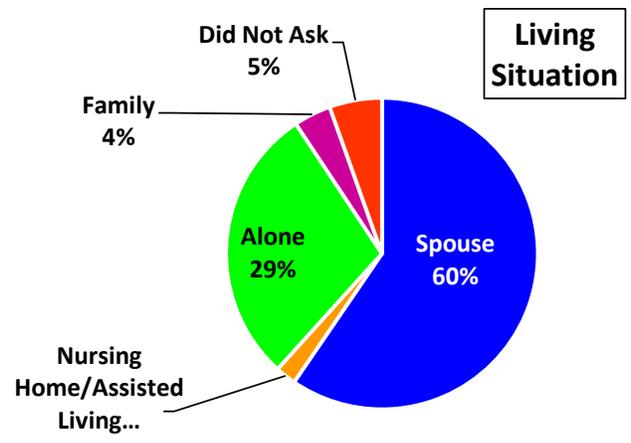
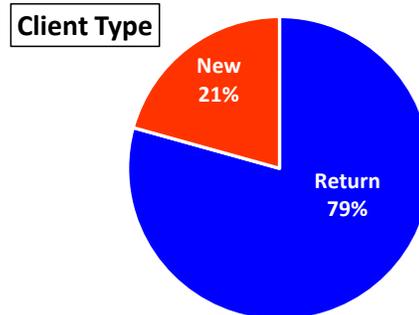
Community of Care serves older adults in rural Cass County, ND. The majority of our clients are 65 & older. In 2025, of our 711 clients served, 147 of them were new to Community of Care. All of our services are provided free-

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 2025

Client Type	Percentage
Active/Well	80.00%
Functional Decline	6.40%
Other	1.50%
Frail Elderly	3.50%
Adult Child	1.50%
Chronically Ill	2.80%
Disabled	2.60%
Professional	0.04%
Short-term Ill	1%
Terminally Ill	0.10%
Spouse	0.30%
Other Family	0.30%



*“They have helped me so much. SO glad we have them here.”
- C of Care Client*

2025 Client Survey Results

Top Five Concerns—2025

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

Top Five Interventions—2025

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

Bone Builder Exercise Classes

- 89.7% reported improved mobility
- 71.8% reported improved strength
- 82.1% reported improved balance
- 64.1% reported increased socialization
- 84.6% reported improved cognitive abilities
- 64.1% reported the exercise classes assist them to remain in their homes

“It’s fun & improves my quality of life & balance”

- Bone Builder participant

Medicare Part D Drug Plan

- 99% reported peace of mind
- 93.9% reported the service was beneficial or very beneficial
- 46% changed their plans as a result of review—of those who made a change
 - 72% to save money
 - 20% because meds changed
 - 47% because plan changed
- 80% reported independence
- 21.1% reported they wouldn’t review their plan without this service
- 58.2% reported the services assist them remain in their home
- 96.9% reported they will return in 2024

Transportation Client

- 35% reported they do not drive
- 55% reported they do not drive in Fargo
- 30% 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
- 75% reported the ride assists them to remain in their home

Economic Impact Survey

- 9.6% of singles & 5.7% of couples reported income is below the poverty line
- 54.8% of singles & 25.7% of couples reported income between 100% & 200% of poverty line
- 35.6% of singles & 68.6% of couples reported income above 200% of poverty line
- Poverty line for 2024 was \$15,560 for singles & \$21,150 for couples

The average cost of a nursing home in North Dakota in 2025 was \$146,635
(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 2025 Medicare Part D open enrollment, they provided the following services:

- 365 clients served
- Total savings was \$402,228
- Average savings was \$1,130/client



Lauren assists numerous clients during the year as they turn 65 and make choices regarding Social Security, Medicare and Medicare Part D. One Medicare Part D client stated *“They go out of their way to help in many ways and questions answered. Don’t know what I’d do with them”*.

Socialization is important for the health of older adults. In summer 2025, Lauren planned picnic and bingo in Leonard 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. Community of Care partners with the Casselton Business Association to sponsor Sr. Day each fall. We coordinate the programming & displays.



“Community of Care is so important to our aging community. They have helped me with my mother getting her setting up with health insurance and other situations.”

- Adult Child of Aging Parent

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 appointment 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 2025, a total of 289 individuals volunteered in some aspect of our programming.

The following Volunteer Program services were provided in 2025:

- 15,668 miles & 1,106 hours provided for medical transportation
- 309 rides facilitated to medical appointments
- 10,000 miles & 3,087 hours provided by board of directors and other volunteers
- Total economic impact of Volunteer Services in 2025 was \$159,392.

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 outreach visits, FCNs assist clients understand medical conditions, physician's orders and medications. They assist to secure in-home services or equipment, provide blood pressure checks & Advance Care Plans. FCNs facilitate Bone Builder exercise classes in 8 locations—Arthur, Casselton, Davenport, Harwood, Horace, Hunter & Kindred. A class was added in Tower City in 2025. Each week 90 older adults gather twice a week for exercise classes. Survey results are listed on page 3. FCNs

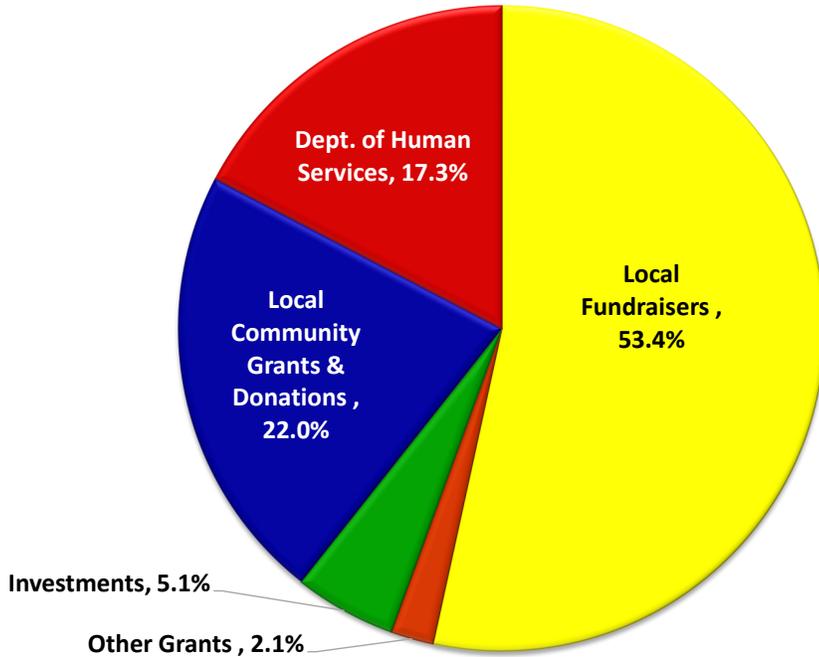


coordinate Pen Pal/Journal project with Central Cass, Kindred & Northern Cass school students and Fun With Tech with Northern Cass School. Health Cabinets in each services area work with FCNs to

assist in identifying local needs and planning local events. In July 2025, 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 2025. 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.

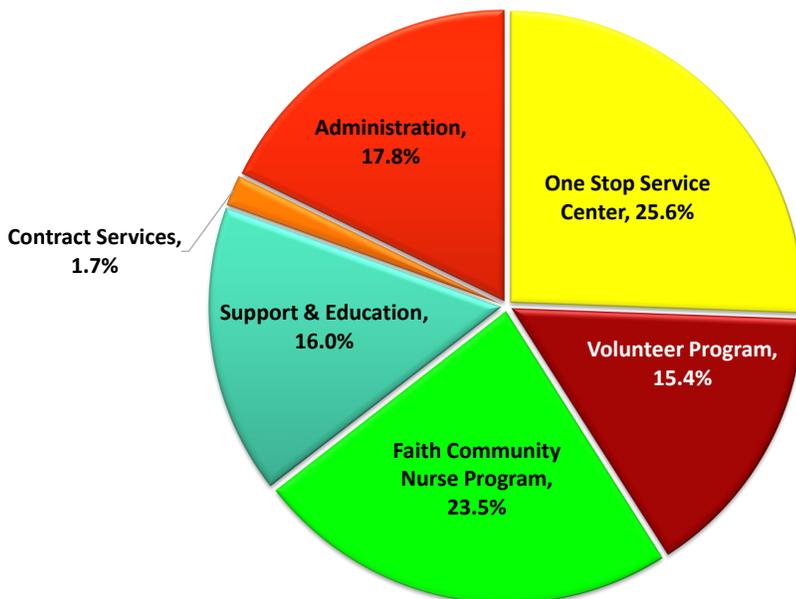


2025 Funding



Grants Received in 2025

Alex Stern Foundation—\$5,000	ND Dept. of Human Services—\$80,674
Clarence Johnson & Eunice Iwen Community Endowment Fund—\$60,000	Casselton Community Fdn.—\$2,000
BCBS Caring Fdn—\$3,000	Kindred Community Fdn.—\$1,000
Dakota Medical Fdn.—\$2,000	Operation Round Up—\$4,000
Casselton Medical Fdn.—\$7,500	
FM Area Foundation—\$5,000	



2025 Program Budget

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 from local donors and grantors provided 75.4% of our income in 2025.

We had 440 donors on Giving Hearts Day, which included \$30,000 in match donations from ten individuals & groups.

The 18th annual Totally Tables included eleven \$1,000 table sponsors and \$24,800 in Fund-A-Need matching funds.

Our 13th annual car & bike cruise received sponsorship from 28 sponsors.

Our Rural Cass Roots Campaign raised \$32,804 towards our mission. In addition, we received \$17,529 in charitable contributions in 2025 (memorials, donations, etc.)

Community of Care Staff 2025

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

Natalie Keller—Bookkeeper and Volunteer Coordinator

COMMUNITY OF CARE BOARD OF DIRECTORS

Scott Kroeger—Chair, Arthur

Michelle Thompson—Vice Chair, Page

Ken Astrup—Treasurer, Amenia

Mary Gohdes—Secretary, Davenport

Scott Cramer—Casselton

Paula Glasow—Davenport

Karen Hertsgaard—Kindred

Kristi Richman—Argusville

Adele Smith—Tower City

Pam Stirling—Gardner



*“For so many years the people of community of care have been always willing to give their time to me in my hour of need. The kindness that they have shown me over the years. I strongly trust every one of them for what they have added to my life”
- Client who has received services for over 20 years*

VOLUNTEER APPRECIATION—September 2025



Volunteers are central to our mission & serve in many ways—Board of Directors, Medicare Part D review, Bone Builder leaders, Health Cabinet, Fundraising Committees, Newsletter Assembly, Spring Clean-up, Fun With Tech, Wellness & Health Fairs and Pen Pal/Journal Project. The annual Volunteer Appreciation event held each fall is a small way to say thank you to these dedicated volunteers. Their volunteer efforts improve lives for older adults in rural Cass County.



Pictures:

- **Right:**—Client and Executive Director, Myrna Hanson, as part of the Carpool CARE-A-OKE video
- **L to R :** Totally Table's Best Use of Theme winner and Car & Bike Cruise participants

