



Redwood County NEWSLETTER

*Engaging communities by educating, connecting and advocating with an
emphasis on volunteerism and independent living.
January, 2017*

ACE of SW MN

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Just One Little Random Act of Kindness in 2017!

Anyone who gave a Christmas gift to someone else in the past couple of weeks probably understands the satisfaction of making someone happy.

That same feeling can be replicated all year long if we make the right New Year's resolutions. Vowing to lose weight, eat healthier, manage time better and other personal resolutions are admirable, but what if we thought beyond ourselves.

What if we vowed to commit one random act of kindness for someone else in 2017? **One random act in a whole year isn't much of a commitment, but what if everyone committed to just one?**

Redwood County population is around 16,000. That number includes children and disabled adults, but just think – if all the able bodied people participated that would be thousands of kind acts.

The world could use major improvements. That doesn't mean we can't resolve to be better on a personal level. And it doesn't have to cost money. If we're shoveling snow, we can surprise the neighbors by shoveling theirs too. If we're making a pot of chili, we can make a double batch and share it with the family up the street. You may want to visit someone who may be lonely and needs their spirits lifted. If we have money to spare we can take someone out to lunch or pick up the lunch tab of someone across the dining room at a local restaurant. Residents of nursing homes would love to have you visit.

If we're able to do more on a larger scale—either by volunteering or by donating money—there are dozens of wonderful causes to help. And they are right here in Redwood County. Wondering where to start? A.C.E. of SW MN office has many opportunities. **Let's make it a great year.**



Have You Reported Your Volunteer Hours for 2016?

Many times when I visit with volunteers, they tell me that they have volunteered throughout the year but haven't yet reported their hours? Some feel it is just not important. It's not too late and is important to our program.

You ask why? Tracking volunteer hours is a valuable tool in highlighting how volunteers impact a community. . Your volunteer hours are also reported to the federal, state, and county officials who provide funding for our program. These hours along with stories about what volunteers are doing provide a "snapshot" of the volunteer work that is happening in Redwood County.

It also indicates that you are a volunteer and that you will receive an invitation to our annual volunteer appreciation held in the spring.

Wondering if you reported your volunteer hours, give us a call. We keep track of your hours by your name & month and also the station you volunteer at. Call us at 627-1016, send us an e-mail at ace.redwood@co.redwood.mn.us or send your hours in the mail to A.C.E. of SW Minnesota, 1011 E. Elm St. #221, Redwood Falls, MN 56283



Pictured (front left) - Kathy Stokesbary, Gloria Ellingson, Karen Christensen (accepting check for RADAN), Karen Gegner. (Back left) Bernard Zeug, Theresa Zeug, Char Carlson, Donald Noon, Grace Gluth, Lee Gluth.

Thank you to Westside Clothing Center

Many thanks to the Westside Clothing Center for their donation of \$1000 to the Redwood Area Dementia Awareness Network (formerly ACT on Alzheimer's). This donation will be used to bring education, awareness & resources to the communities of Redwood County.

Share the Spirit



Pictured above are just a few of the over 100 volunteers who helped to make the Share the Spirit event a great success in Redwood County. 232 families received food for a Christmas dinner and 529 children received gifts through the Lamberton & Redwood Falls Share the Spirit event. 450 fruit baskets were delivered to those referred people who might need a gift or friendly visit. The program is in its 39th year. Thank you to the many volunteers who helped at this event.



Collaboration is a beautiful thing! The Redwood Area Bike Rodeo is a collaboration of the Redwood Area Hospital, Monsanto, and Redwood Falls Police Department, and North Ambulance.

Bike Rodeo volunteers collected used bike donations in 2016. These bikes were then cleaned, refurbished, made safe and provided along with helmets to children in the redwood area. They had a surplus of bike donations and were able to offer bikes to the Share the Spirit families. Thank you!!



Fill the Truck

The Redwood County Salvation Army Unit, along with volunteer help from Andy Regnier's 7th graders collected 102 toys for Share the Spirit during the Fill The Truck event on Saturday, December 10th. Pictured is Rachel Anderson, a seventh grader at Redwood Valley Schools. Thanks to all who donated and volunteered.



Putting Your Affairs in Order – What you Family Needs to Know

Wednesday, February 1 at 1 PM Garnette Gardens Activity Room (2nd Floor)

Presenter: Gail Radke, Minnesota River Area Agency on Aging; Karen Christensen, A.C.E. of SW MN

What would happen if you suddenly became sick or disabled? Would your family be easily able to take care of all of your affairs? Would all of your important paper be easy to find? Learn how to organize your important phone numbers, and personal information, investments, contracts, insurance policies, bank accounts, instructions on your memorial and burial desires and more.

This is a repeat presentation given during the Healthy Living presentation at the Redwood Area Community Center and the Wabasso Library during October.

Registration is required so that we can prepare materials for the event. Please call the A.C.E of SW Minnesota office at 627-1016 or e-mail us at ace.redwood@co.redwood.mn.us by Monday January 31. There is no charge for this event.

FREE

healthy LIVING



Winter Blues

Wednesday, January 11, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Kathleen Raml, SWA - Western Mental Health Center

"Winter Blues" got you feeling down? If you notice that you are more irritable, sleep more, have a lack of energy, or have gained weight during the winter months, you may be experiencing the "Winter Blues." Learn what it is, what the symptoms are, who it affects and what you can do about it.



Know Your Medicine, Know Your Pharmacist

Wednesday, February 8, 2017 - 9:30 a.m. Redwood Area Community Center

Presenters: Larry Leske, Guidepoint Pharmacy

Pharmacists are medicine experts and we as consumers might underestimate their ability to help us improve and manage our health. Larry Leske will help us learn more about medications, both prescription and over the counter, how they work and how they interact with one another.



Adding Ability to Arthritis

Wednesday, March 8, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Ryan C. Pope, PT, DPT, WCC, Rehab. Services Department - Redwood Area Hospital

Osteoarthritis (OA) is the most common cause of disability in the U.S. adult population. Ryan Pope will give a general overview of OA and provide tips and resources focused on supporting abilities to help overcome the disabilities associated with arthritis.



Your Health Care Directive

Wednesday, April 12, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Joleen Johnson, LSW, Social Services Department - Redwood Area Hospital

Healthcare providers and families often struggle to make difficult healthcare decisions when patients are unable to speak for themselves. By putting your wishes in an advance directive, others will not have to feel responsible for tough decisions in an already difficult time. Information and forms will be available.



Signs and Symptoms of Stroke: Act Fast!

Wednesday, May 10, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Marley Braun, RN and Nicole Paulson, RN - Redwood Area Hospital

Learn more about what stroke is, what the risk factors for stroke are, and lifestyle modifiers to prevent stroke. You will also learn symptoms of a stroke, what to do if you have stroke-like symptoms, and about Redwood Area Hospital's Telestroke program.



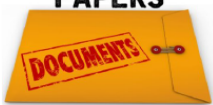
Strength Training for Seniors

Wednesday, September 13, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Polly Bowen - Redwood Area Community Center

Strength training can help counter the loss of muscle that comes with the aging process and provide many benefits for the body including increased metabolism, reduce arthritic pain, reduced resting blood pressure and relieved depression among many other things. Come learn how easy it is to start a strength training program.

IMPORTANT PAPERS



Legal Representative

Wednesday, October 11, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Ray Becakel, Attorney

Learn about Southern Minnesota Regional Legal Services, which includes free, high-quality legal help to low income people in critical civil matters. For more than 100 years, they have helped individuals and families secure and protect their basic needs, maintaining freedom from hunger, homelessness, sickness, and abuse. Legal Services will answer questions about Wills and Trusts.



Law Enforcement and Safety for Seniors

Wednesday, November 8, 2017 - 9:30 a.m. Redwood Area Community Center

Presenter: Mark Dressen - Redwood Falls Police Department

For more information contact Wendy Dahl, Redwood Area Hospital 637-4527





It's a New Year...Are You Looking for a New Volunteer Opportunity?

If you have the winter blahs and are looking for ways to keep busy or you would just like that good feeling you get from helping others, we have many volunteer opportunities.

- The Redwood Falls Home Delivered Meal program is in need of volunteers to deliver meals for the entire month of February. There are two routes needing one or two people for each route. There are 8 – 10 deliveries on each route. Pick up is at 10:40 at the Hockey window at the Redwood Area Community Center. A.C.E. of SW MN will be doing the scheduling of volunteers for the HDM program. Please call our office at 627-1016 between 8 AM & 4:30 pm to volunteer or e-mail us at **ace.redwood@co.redwood.mn.us**
- Do you want to change the community we live in? Volunteer with **Community Action Tax Clinic** and see the immediate financial impact of your time! We provide free tax preparation and financial services to low-income families, often boosting their yearly income by 40%. We are in need of volunteer tax preparers. Previous tax knowledge is not required. Contact **lori.oleary@wcainc.org** or **507-637-2187 x 2158** to learn more about how you can get involved.
- **Redwood Hospital Adult Day Services** is looking for people or groups that can play music or would like to sing or other activities (no piano). Call Adult Day at 637-4579.
- **Ruby's Pantry** needs volunteers for their once a month distribution. Distribution is held the 3rd Tuesday of the month beginning around 4 PM. Call 507-430-3437 and leave a message to volunteer.
- Volunteer at the **Redwood Area Animal Shelter**. Volunteer are needed to socialize cats and walk dogs. The shelter is open Monday – Friday, 3 – 7 PM and Saturday from 11 AM – 1 PM. Call Michelle at 644-3853 to volunteer.
- The residents at the area nursing homes would love to have a visit from you. Come to play games or cards, or visit one-to-one with residents.
- **Community Transit Program of Western Community Action** is in need of **volunteer drivers**. Trip requests include rides for a variety of reasons such as medical appointments, jobs, day care, or helping people who need to shop or connect with programs or businesses in their community. You set your own schedules. Volunteers are reimbursed at the going IRS rate. **Call Cathleen at 507- 658-2448 ext. 1124 to volunteer or our office at 627-1016.**

Reporting Your Hours

Reporting your hours is important to us. Did you know you can report your hours several ways. If you are volunteering at a station that is registered with us you can record your hours on their Station Timesheet. We also welcome phone calls at 627-1016, e-mail us at **ace.redwood@co.redwood.mn.us** or you can complete the timesheet below and mail or drop off at 1011 E. Elm St. #221, Redwood Falls, MN 56283.

REDWOOD COUNTY VOLUNTEER TIME SHEET

Month: _____ **Volunteer Signature** _____

Where did you volunteer? _____

Date _____ Number of Hours volunteered _____

Where did you volunteer? _____

Date _____ Number of Hours volunteered _____

Where did you volunteer? _____

Date _____ Number of Hours volunteered _____

Where did you volunteer? _____

Date _____ Number of Hours volunteered _____

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Date _____ Number of Hours volunteered _____

Please submit your hours by the 5th