



Your local VOICE for Aging & Volunteer Services

OCTOBER

2020

# Redwood County Newsletter

*Creating strong, involved communities focusing on volunteerism and active living programs for adults 55 & above, and care partners of all ages.*

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## Staff

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## Joint Powers Board

Dave Forkrud

# A.C.E. of SW MN to offer online “virtual” Classes

Serving SW MN, the following classes will be offered online:

**Non-Evidence Based Program - Powerful Tools for Caregivers (PTC)**

Tuesday’s October 13<sup>th</sup> – November 17<sup>th</sup> from 5:30p–7:00p

**Living Well with Diabetes (DSMP)**

Session 0 = Monday October 26<sup>th</sup> from 1:00p–2:00p

Sessions 1-6 = Monday’s November 2<sup>nd</sup> – December 7<sup>th</sup> from 1:00p–3:30p

**Pre-Registration is required –CALL TODAY**  
**Call 507-627-1016 or 1-855-215-2147**  
**to register**

**For more details on all of our services, visit our website at [www.aceswmn.org](http://www.aceswmn.org) or for more information call Ann LeBrun at (507) 627-1016**

# Happy Fall!



## Bone Builders is now back in session and offering classes.

Check the KLGR Community Calendar at

[www.myklgr.com](http://www.myklgr.com) and click on community calendar or call 507-627-1016 for locations, dates and times.

**Get Movin’!**



# What does A.C.E. of SW MN do for you?

## Advocate, Connect and Educate

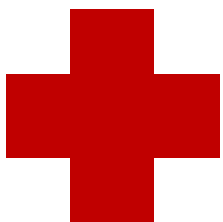
The programs and services we offer are founded on advocating, connecting, and educating the citizens of southwest Minnesota. Our resources and supports help to enable adults to live safely and independently in their own home for as long as possible. We also help meet community needs by matching volunteers age 55 and older with activities that fit their interests, schedules, and experience.

We are here to support those 55 and older by offering **FREE** classes throughout Redwood County that can help individuals live a longer, healthier and independent lifestyle. If you are not 55 yet, you have parents, grandparents or friends that can benefit from our resources.

The following programs and services support the senior population of southwest Minnesota and their Caregivers, by helping them remain independent and safe in their own homes as long as possible:

- Alzheimer's Disease and/or Dementia Services and Support
- Bone Builders
- Caregiver Respite, Caregiver Counseling, Caregiver Support Group
- Evidence Based Health Promotion Programs
- Friendly Visiting
- Telephone Reassurance

In collaboration with other organizations in the community we distribute food, offer support groups for those needing a safe place to meet, offer rides, present classes on changes in Medicare, bring awareness to the community about dementia and provide caregivers with valuable resources and information, offer tax assistance and sponsor Healthy Living Education Series (cancelled until 2021) - which is designed with the goal of enhancing the aging process and reducing stress while offering a variety of health-related topics.



## Upcoming Bloodmobiles

*Redwood Falls: October 19th & 20th*

*Wabasso: October 14th*

