



Your local VOICE for Aging Services & Volunteer Opportunities

JANUARY

2022

Redwood County Newsletter

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

PLEASE SHARE THIS NEWSLETTER AND OUR PROGRAMS WITH YOUR VOLUNTEERS.

HAPPY NEW YEAR!



THANK YOU to WESTSIDE THRIFT STORE for the donation to the DEMENTIA/ALZHEIMER'S FOUNDATION!



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Ace Redwood

A.C.E. of SW Minnesota Offers a Variety of classes!

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 for as long as possible.

A Matter of Balance (MoB)

This class helps participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change behavior to reduce fall risk factors; and exercise to increase strength and balance. This program is comprised of eight - two hour sessions.

Living Well with Chronic Conditions (CDSMP)

80% of adults have a chronic condition such as hypertension, arthritis, lung disease, diabetes, depression or anxiety. This is a six-week series designed to help persons with chronic disease better manage their health conditions. This program is comprised of six - two hour sessions.

Living Well with Diabetes (DSMP)

This is a six-week series designed to help people with diabetes better manage their health condition. This program is comprised of six - two hour sessions.

If you or anyone in your community is interested in any of these classes (in Redwood County) please let us know. We are more than happy to come to your area to teach one of these classes.

A minimum of 8 people are needed to have the class. These classes are FREE, however donations are accepted. If interested, please contact Ann LeBrun at 507-627-1016 for more information.



ADVOCATE · CONNECT · EDUCATE

GET FIT!

Bone Builders (Osteoporosis Prevention and Reversal Program)



This class is an effective combination of balance, weight training, and stretching exercises, with nutritional information and support for all stages of osteoporosis. This helps to protect against fractures caused by osteoporosis by increasing both muscular strength and bone density. Benefits of these Bone Builders classes include improved balance and poise, increased energy and mobility, and decreased blood pressure.

Bone Builders classes are offered in Redwood Falls, Belview, Wabasso and Lamberton. Please call for locations and times.

GET INVOLVED

BE A VOLUNTEER AND REAP THE REWARDS!

A.C.E. of SW Minnesota offers volunteer experiences for people age 18 to 98. As the program sponsor for the AmeriCorps Seniors Retired and Senior Volunteer Program (RSVP) in southwest Minnesota, we have a true passion for helping people age 55+ share their skills, talents, and life experiences through local volunteer opportunities that benefit their communities. We have many volunteer stations throughout Redwood County. Please contact Ann LeBrun for more information.

BE SAFE IN 2022: THINGS TO CONSIDER WHILE ONLINE OR CHECKING EMAIL

SLOW DOWN, LOOK AND THINK

MOUSE OVER EMAIL ADDRESS to see if it is a verifiable/recognizable address - DO NOT OPEN

CHECK GRAMMAR/SPELLING

GENERIC GREETING - DEAR CUSTOMER, SIR ECT

VERIFY EMAIL ADDRESS/LOGO

BE SKEPTICAL (ALL EXPENSES PAID TRIP ECT)

EMOTIONS - FEAR TACTICS/EMERGENCIES (your grandson/daughter is in jail/trouble)

GOVERNMENT AND SOCIAL SECURITY WILL NOT SEND EMAILS

DO NOT ASSUME - IT MAY LOOK LIKE AN EMAIL FROM PERSON YOU KNOW

REQUEST FOR MONEY

USE A TWO FACTOR AUTHENTICATION - PASSWORD PLUS A TELEPHONE NUMBER

Upcoming Bloodmobile: Redwood Area Community Center January 17th and January 18th