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Ace Redwood

MARCH

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.

SAVE THE DATE!

A.C.E. OF SW MN VOLUNTEER APPRECIATION EVENT

TUESDAY, MAY 17 • 5-7 PM

St. Catherines's Catholic Church
REDWOOD FALLS

IF YOU VOLUNTEERED IN 2020/21/22 YOU WILL BE RECEIVING A POSTCARD IN THE MAIL PRIOR TO THE EVENT

A.C.E. of SW Minnesota has a new logo!

We are also in the process of updating our website as well! Stay tuned for more information.



Practice Gratitude: A daily gratitude practice can improve your sleep, boost your immunity and increase your happiness.

1. Start each day by journaling 1 to 3 things for which you are grateful.
2. During dinner with your family, ask everyone to share one thing they are grateful for.
3. Start a gratitude jar. Find a glass jar and some pieces of paper. Each day, write down one new thing you are grateful for and put it in the jar.
4. Say "thank you" every opportunity you have.
5. Give back. Donate or volunteer to a cause you care about.

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