



Program Manager Ann LeBrun 507-627-1016 ace.redwood@ co.redwood.mn.us

Executive Director

Michelle Baumhoefner

Advisory Board

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302 3rd Street East PO Box 130 **Redwood Falls MN** 56283

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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 RECEVING 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.

ADVOCATE · CONNECT · EDUCATE

GETINVOLVED

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.

Bridge Street Bargains is looking for a Volunteer!

One Saturday a month.

9 am - 2:00 pm

Please call or email Margaret Palan at UCAP for more details:

507-537-1416

margaret.palan@unitedcapmn.org

Join Us for Caregiver Support Group

Support groups are a safe place for caregivers to meet and develop a mutual support system. We meet the first Friday of every month at the Redwood County Courthouse - basement meeting room from 10 am - 11 am. Please contact Ann LeBrun at 507-627-1016 for more information.





American Red Cross

Upcoming Bloodmobiles: MARCH 25th, Redwood Area Community Center