



Hours of Operation:

Monday—Friday 7 AM—4 PM

Contact Information:

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WACS Board Members:

- * Chair Larry Johnson
- * Vice Chair Joe Mitzuel
- * Treasurer Minerva Gomez
- * Secretary Robert Hunter
- * Board Member John Mansfield
- * Board Member Pastor Carolyn Doering
- * Board Member Kyle Tomlinson

WACS Staff:

- * Executive Director Kelly Boeddeker
- * Administrative Accounts Manager Beth Stankiewicz
- * Program Coordinator Amina Mungani
- * Technical Services Shawn Wyles
- * Volunteer Front Office Manager Garry Huckfeldt

April is Parkinson's Awareness Month!

Parkinson's disease (PD) is a type of movement disorder that can affect the ability to perform common, daily activities. It is a chronic and progressive disease, meaning that the symptoms become worse over time. It is characterized by its most common of motor symptoms—tremors (a form of rhythmic shaking), stiffness or rigidity of the muscles, and slowness of movement (called bradykinesia)—but also manifests in non-motor symptoms including sleep problems, constipation, anxiety, depression, and fatigue, among others.

What Causes Parkinson's?

The exact cause of Parkinson's is still unknown, but there is an enormous amount of research being done to learn more. This research has led scientists to formulate a number of theories on the cause of this disease.

How do I become diagnosed with Parkinson's?

While there is no definitive test that can be taken to determine whether a person has Parkinson's disease, movement disorder specialists look for symptoms and use brain imaging technology to accurately diagnose Parkinson's.

What are some symptoms associated with Parkinson's?

Even though Parkinson's is classified as a movement disorder—and its motor symptoms are the most discussed and well-known—there are many non-motor symptoms that display in people with Parkinson's as well.

Are there treatments for Parkinson's?

As of today, there is no cure for Parkinson's disease. But there are many ways in which the disease can be treated to make symptoms more manageable.

How do I live with Parkinson's?

It's possible to maintain an active and positive lifestyle through healthy choices, medical assistance, and support from your family, friends, and community.

Upcoming Volunteer Meeting

Calling all volunteers! WACS will be holding a volunteer meeting for new and current volunteers! The details are as shown below:

When? Wednesday, April 28th, 2021 at
12:00 PM

Where? 113 2nd Ave NW, Waseca, MN
56093 (the WACS office)

Lunch will be provided for all our volunteers. The meeting is planned to last about an hour. Come with all your great ideas!

Connect with us on



Upcoming City Wide Garage Sale Fundraiser

- * When? May 15th, 2021 from 8 AM—7 PM
- * Where: 113 2nd Ave NW, Waseca, MN, 56093
- * Cost? Free Will donation
- * What? WACS will have clothing for all sizes and ages, furniture, household goods, etc.
- * How can you help? WACS will be taking donations from people in the community to display and sell at our garage/sidewalk sale. Please contact the WACS office if you have some items you would like to donate!



Wanting to give back and volunteer within your community?

Waseca Area Caregiver Services is seeking volunteers today!

How can you help?

- * Respite to help provide companionship to our aging adults (training is provided)
- * Promotion—help us hang flyers and spread the word of our non-profit in the community
- * Helping at fundraisers and light office cleaning

Waseca Area Caregiver Services Upcoming Class

Join us on Tuesday, May 10th, 2021 at 10 AM for a one hour class on "Understanding Alzheimer's and Dementia".

Join us to learn about:

- * The impact of Alzheimer's
- * The different between Alzheimer's and dementia
- * Disease stages and risk factors
- * Current research and treatments available to address some symptoms

Register to attend at: <https://bit.ly/Waseca-May4>

Please register for login information for the Zoom Meeting



Volunteer of the Month

Devin Stankiewicz

Devin has shown compassion and patience when lending a hand for our Caring Hands program. Our aging adults, staff, and other volunteers have appreciated and are overjoyed with the conversation they have had with him. Waseca Area Caregivers appreciates everything you do for WACS. Devin Stankiewicz has been a volunteer with WACS since November of 2019. As a volunteer Devin has helped within our Carings Hands Program by moving equipment, moving furniture in office and at client's homes, hanging signage, and helping with clean-up and repairs. Devin is a senior at Waseca High School and will be graduating this coming June. In his free time he enjoys hunting, fishing, riding snowmobile, and spending time with family and friends. When asked what Devin enjoys most about volunteering he said "I enjoy helping the community and helping people in need". Thank you Devin for all the help and support you have invested in Waseca Area Caregiver Services. You are very much appreciated.

JOURNEYS

Minnesota Can End Deep Poverty

Nearly 250,000 Minnesotans live in deep poverty, which means they make no more than 50% of the federal poverty level. That's \$888 per month or less for a family of three or \$517 or less for a single adult. Think about trying to live on that much. Children and adults living in deep poverty die at a rate two times higher than their peers, and adults in deep poverty experience 40% more preventable ER visits. Among adults age 18-64 enrolled in MinnesotaCare and Medical Assistance (Minnesota's version of Medicaid) 44% of American Indians and 43% of African Americans report income within the deep poverty range, compared with 36% of all enrollees. And more than 25% of people in these populations of enrollees also report being homeless in the past year, compared with 11% of all enrollees. On average, about 30,000 families a month receive temporary income support through The Minnesota Family Investment Program (MFIP) — though we've seen that number increase during the past year. Roughly 72% of enrollees are children. Parents tell us that they use MFIP for basic necessities — especially for things like diapers and wipes for young children, but also food, rent, utilities and transportation. Most parents who turn to MFIP are recently unemployed workers who worked in retail, hotels/restaurants, health care or temp work — all industries we know have been particularly hard-hit by the COVID-19 pandemic. When asked what they would do with an extra \$100, MFIP parents told us they would use the money for necessities. One woman, who lives in a rural area with her boyfriend who is disabled and their two children, told us she would use the money to buy clothes for her girls: "Warm clothes for the winter, cool clothes for the summer. Just the necessities. ... You don't ever want to cut your kids short because of how much money you have, it's your job as a parent to make sure they have everything they need in that moment in time."

<https://minnesotareformer.com/2021/02/24/minnesota-can-end-deep-poverty-lets-start-with-common-sense-changes/>

Mental Health

Fortunately, increased attention and research has been focused on children's mental health in recent years, especially in the case of autism. The Percentage of children ages 5-17 years who have been diagnosed with autism increased from 0.1% in 1997 to 1.0% in 2010.¹⁶ Environmental implications are not clear, though there is a likely connection between genetics and environmental factors.¹⁸ A recent study featured in the Journal of the American Medical Association linked folic acid in mothers to reduced rates of autism.¹⁹ Additional research is ongoing and needed to help unravel the causes of the increasing prevalence of Autism. Attention deficit/hyperactivity disorder (ADHD), is the most commonly diagnosed neurobehavioral disorder of childhood and rates have been rising. Recent research suggests there may be a partial environmental component such as exposure to certain chemicals such as lead and PCBs, however as in the case of autism, more research is needed to really understand its origins.²⁰

<https://www.health.state.mn.us/communities/environment/childenvhealth/emerging.html>

American Legion Burger Fry Fundraiser!



A big thank you to the American Legion Post 228 for hosting and helping with our Burger Fry fundraiser. There was great turn out. Awesome live music, and a lot of fantastic volunteers that made the night a huge success!

April and Umbrellas by Marlus Garnes



“The History of the Umbrella” by Ayssa Mortes

We all know the phrase, “April showers bring May flowers” but did you know April comes from the verb “aperire” which means “to open”? Seems Appropriate because of all the “springing” that happens in the month of April. This will be the

first year without our big tree in front of my office window. No watching buds opening, birdies flying from nests, or squirrels scooting among the branches. Oh, I will miss that big old tree. Along with the April showers we will Need our umbrellas. Umbrellas have been around since 1000 B.C.—thanks to the Egyptians use of feathers and leaves. Around 206 BC the ancient Chinese used silk to create protection for their rulers from the sun. Oil paper and bamboo wer eused for their designs. By 1750, Jonas Hanway in London created an umbrella with a modern day design for a man to carry. In 1830, James Smith founded an umbrella shop this is still in existnece in London to this day. There are now many different styles of umbrellas. Fold-able ones, beach ones, drink ones, drone ones, and digital ones to let you know when it will rain.

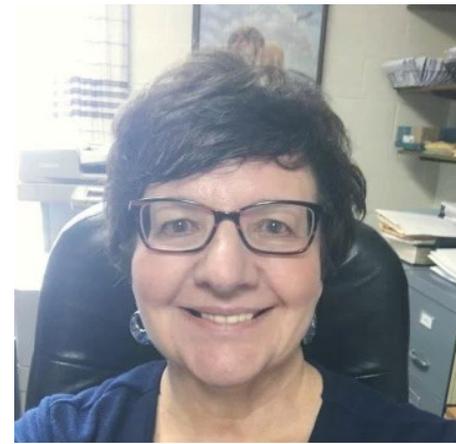
Be prepared—you will need an umbrella to protect you from those April Showers or the hot Spring sunshine.

Welcome to our newest WACS board members!

They are fiduciaries who steers the organization towards a sustainable future by adopting sound, ethical, and legal governance and financial management policies, as well as by making sure the nonprofit has adequate resources to advance its mission.



Kyle Tomlinson



Pastor Carolyn Doering

Movers & Shakers

- * MN Department of Human Services
- * MN River Area Agency on Aging Inc
- * Waseca Area Foundation
- * Rosennau Funds
- * Private Donation

Bridge Builders

- * Patton Hoversten & Berg PA
- * Farm Bureau—Monte Dufault
- * Waseca Round Bank
- * Kubat CPA
- * Walmart
- * Juniper
- * Ward House Brewery
- * Waseca Area Chamber of Commerce

Community Connections

- * Dennis Funeral Homes
- * Faith United Methodist Women
- * Kwik Trip Sweet Sommers VFW Post 1642
- * American Legion Post 228
- * Waseca Lions Club
- * Waseca Music Company—Kozy Kozan
- * Personalized Printing & Apperal
- * Dave’s Body Shop
- * Waseca County Auto Sales
- * Elm Homes
- * Canine Central
- * Berry Pallets

Friends

- * Kroeger’s Konzept Salon
- * Fessel’s Wood Recycling
- * Ace Hardware
- * Waseca Senior Center
- * Waseca Public Library
- * Faith United Methodist Church
- * Alziemers Assosiation
- * Four Seasons Apperal
- * Morgan’s Meat Market
- * Waseca Chrysler
- * Main Street Dental—New Richland
- * Quality Printing