WACS Newsletter April 2023

Caregiver Services
Programs Serving Waseca Communities

Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

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Waseca, MN 56093

WACS Board Members

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

WACS Staff

- Executive Director - Kelly Boeddeker
- Program Director/Accounts Manager -
- Program Coordinator\ Administrative Assistant - Shanna Peoble
- Program Assistant - Jill Tobin
- IT Services - Shawn Wyles

https://wasecacaregivers.com/

Connect with us on LinkedIn

Aging And Health - Bringing in Spring

What to Know

Those who garden tend to be a healthier weight, exercise more, and eat more fibrous fruits and vegetables, which reduces risk for cancer and improves heart health.

The communal aspect of the activity could also play an important role in preventing cancer and chronic diseases and reducing stress and mental health disorders.

Researchers recruited non-gardening study participants, giving them a free community garden plot, some seeds and seedlings, an introductory gardening course and monitored their nutritional intake and mental health for 1 year.

Within 6 months, the new gardeners were averaging two to three visits to the community garden a week, eating on average 1.4 g more fiber per day, had upped their physical activity by around 42 minutes per week, and saw their stress and anxiety levels decrease.

Gardening is beneficial for older people because it:

- is an enjoyable form of exercise
- increases levels of physical activity and helps mobility and flexibility
- encourages use of all motor skills
- improves endurance and strength
- helps prevent diseases like osteoporosis
- reduces stress levels and promotes relaxation
- provides stimulation and interest in nature and the outdoors
- improves well-being as a result of social interaction
- can provide nutritious, home-grown produce.

Safety tips that older people (and their caregivers) should follow include:

Secure gates and fences if memory loss is an issue.

Ensure that paths and walkways are flat and non-slip.

Warm up before gardening and encourage frequent breaks.

Prevent sun exposure by working in the garden early in the morning or late in the day. Wear a hat and apply sunscreen frequently.

Drink water or juice, and avoid alcohol.

Wear protective shoes, lightweight comfortable clothes that cover exposed skin, a hat and gardening gloves.

Resource: https://www.medscape.com/https://www.betterhealth.vic.gov.au/

Upcoming Side-Walk Sale Fundraiser

* When? May 20th, 2023 at 8 AM till gone
* 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?

* Caring Hands for Caregivers - In Home Respite to help provide companionship to our aging adults (training is provided)
* Out of Home Respite - Some Time Away
* Caring Hands - Homemaker\Chores, Education, Training & Visiting

Call Us Today! **(507) 833-0015**

Upcoming Events & Fundraisers

American Legion Valentine's Day Steak Fry

Join the American Legion, WACS, and all our volunteers on **Friday, May 12, 2023 from 5 PM—7:30PM** for a delicious steak fry and a live band!

Food be to offered is:

***12oz Ribeye—$18.00** **8oz Sirloin & 3 shrimp—$15.00**

***8oz Sirloin Steak—$10.00** **6 shrimp—$10.00**

***All meals include a baked potato, salad, and dinner roll**

Bring your sweetheart, friend, or family to enjoy the great food The American Legion has to offer!

Volunteer of the Month

Sherry Scholljegerdes

Former WACS Chairmen Of The Board, Sherry was a Registered Nurse. She worked for many years as a Women's Healthcare Nurse Practitioner. Through her efforts and those of others, Waseca Area Caregiver Services became a reality in 2012. Sherry now enjoys volunteering with our Some Time Away Program, helping out at fundraisers, gardening around the WACS building, and much more! In her free time Sherry enjoys gardening, travelling, and quilting.

Sometimes more is more.

Elderly individuals who socialize almost daily may live significantly longer than those who socialize less.

Correlations between socializing and survival were detected regardless of baseline health status, suggesting that physicians should be recommending daily socialization for all elderly patients.

These findings align with an array of prior studies reporting physical and mental health benefits from socialization, and negative impacts from isolation, the investigators wrote in the Journal of Epidemiology & Community Health.

From baseline to 5 years, each socialization tier was significantly associated with prolonged survival, suggesting a general benefit. Compared with no socialization, socializing sometimes but not monthly was associated with 42% longer survival, at least monthly socialization was associated with 48% longer survival, at least weekly was associated with 110% longer survival, and socializing almost every day was associated with 87% longer survival. The benefit of daily socialization was detected regardless of a person's health status at baseline.

"No matter if elderly participants had chronic diseases or not, [and] no matter if older people had good self-rated health or not, the survival benefits of frequently participating in social activity were the same,"

"We have known that engagement is essential for successful aging and that isolation is toxic. It's fair to say that socialization is good for your health – for everyone but especially for older adults."

"A physician may not know this unless they are asking routinely about socialization the way we might ask about diet and exercise. How much is enough? No one knows, but anything is better than nothing and likely more is better."

Personalization is key

"Physical and emotional health may limit the ability to socialize, so not everyone can engage all the time, socialization can look different for different people. Technology allows for socialization even if an individual has trouble leaving their home. I especially worry about this issue for older adults that are also caregivers. Those individuals also need time for themselves" and on way to fulfill that need is by socializing with others.

Resource: https://www.medscape.com/viewarticle/989312?src=wnl_edit_tpal&uac=87219SZ&impID=5227627&faf=1

Please reach out to us if you, or someone you know is socially isolated. We provide regular visits to isolated, homebound, or institutionalized elderly to reduce their isolation and loneliness through letter writing, reading letters, conversation and typical activities of friendly visitors.

Reminder Taxes due by April 15th

Thank You !

WACS is so thankful in receiving a Walmart Community Grant. In receiving this grant, we are part of the long history of Walmart's commitment to giving back to our community. We appreciate the continued support in furthering our mission of providing a holistic approach in supporting aging adults and their family caregivers with the goal of maintaining community living and a positive quality of life.

Movers & Shakers

- MN Department of Human Services
- MN River Area Agency on Aging
- Private Donations
- Waseca Area Chamber of Commerce
- Waseca Area Foundation
- Keen Bank
- Waseca MinnWest Bank
- Patton Hoversten & Berg PA
- EF Johnson
- Walmart

Bridge Builders

- Kubat CPA
- Farm Bureau-Monte Dufault
- American Legion Post 228
- The Mill
- By The Way Gas & Groceries
- Kwik Trip
- Dennis/Steffel/ Omtvedt- Funeral Homes and Crematory
- Sweet Sommers VFW 1642
- Quality Print
- Lush Cakes
- Ace Hardware
- Morgan's Meat Market
- Edina Realty

Community Connections

- Faith United Methodist Women
- Ward House Brewery
- Waseca Lions Club
- Waseca Music Co.
- Dave's Body Shop
- Waseca County Auto Sales
- Four Seasons Apparel
- Elm Homes
- Berry Pallets
- Waseca Smoke Shop
- Waseca Historical Society
- Maple Terrace

Friends

- Kroeger's Koncept Salon
- Fessel's Wood Recycling
- Waseca Senior Center
- Faith United Methodist Church
- Alzheimer's Association
- Waseca Chrysler
- Main Street Dental—New Richland
- Waseca Public Library