



Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

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Waseca, MN 56093

WACS Board Members

- *Chair - Kasondra Kubat
- *Vice Chair - Jeff Parkinen
- *Treasurer - Minerva Gomez
- *Secretary - Sarah E. Miller
- *Board Member - Preston Mansfield
- *Board Member - Pastor Jon Schultz
- *Board Member - Jenna Ferris

WACS Staff

- ◇Executive Director - Kelly Boeddeker
- ◇Accounts Manager - Pam Rudolph
- ◇Program Coordinator \ Administrative Assistant - Tammi Reller
- ◇VOL. Program Coord. Assistant - Jill Tobin
- ◇VOL. Direct Support - Gail Myers
- ◇IT Services - Shawn Wyles

National Volunteer Month

National Volunteer Month is an annual celebration dedicated to honoring volunteering efforts around the world — recognizing and becoming people who selflessly devote their time, skills, and energy to support various causes.

Have you ever wondered if your simple act of kindness, no matter how small, has the power to create a ripple of positivity across communities? When your kindness connects with the kind acts of others, real change is possible.

***From All of Us at the Waseca Area Caregiver Services
Thank you for all your help throughout the years!
You are APPRECIATED!***

BE THE CHANGE

VOLUNTEER & MAKE THE DIFFERENCE



In Home Respite:

This program is a break given to a family caregiver by someone else who provides care to an aging adult with special healthcare needs—can be a welcome solution. We provide respite care in the home. Your loved one will be actively engaged in activities they want to do.

<https://wasecacaregivers.com/>

Follow us on :



Connect with us on **LinkedIn**



Volunteer of the Month



Mike Singlestad

Mike Singlestad is a great help maintaining our building and volunteering his time at our fundraiser events. When asked what is your favorite part of volunteering? He said, "Getting to know the clients and staff, making them smile and having a good time helping them out anyway I can." In Mike's free time he enjoys going to wine tasting events, golfing, traveling and spending time with family and friends.

**Thank you for all your help.
You are APPRECIATED!**

Some Time Away

Some Time Away is a group program great for the person with mild to moderate memory loss and those who spend most of their time alone.

It's social time for them and a chance

to have some time away from home.

It also gives YOU

(the caregiver) some free time to do the things you want or need to do.

This service is offered from

10:00 AM to 2:00 PM

every Monday and Wednesday

Participants will enjoy a variety of structured,

age-appropriate activities designed to promote social, intellectual, physical, emotional and spiritual well-being and to enhance their quality of life.

Program Location

Waseca Area Caregiver Services

113 2nd Ave NE

Waseca, MN 56093

Upcoming Educational Opportunity

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

**Monday, April 7
2:15 p.m. - 3:15 p.m.**

**Waseca Area Caregiver Services
113 2nd St NE
Waseca, MN 56093**

**Kelly Boeddeker
wasecacs@outlook.com
507-833-0015**

Visit alz.org/CRF to explore additional education programs online and in your area.

Five Ways to Ease Caregiver Stress

Caregiver stress is real. Here are five techniques to protect your health and happiness while caring for a loved one.

This is a game of inches.

It's less about the big self-care moves — like taking a vacation, or even a yoga class, and more about doing small things that help, and doing them consistently. Maybe the goal isn't to be capital *H*appy — but just a little happier across the board.



1. Seize small victories

Given the immensity of the burden on many caregivers, it's tempting to dream about a solution that could eliminate a big chunk of stress all at once. Maybe your difficult sibling will show up and do their part. A rich cousin might whisk you away to a spa. Needless to say, those scenarios rarely occur.

2. Take more time

Time is the Holy Grail of caregivers everywhere. What wouldn't you give to break free of competing priorities for a day? For those who can manage the unpaid aspect of unpaid leave, the Family Medical Leave Act does provide eligible workers with up to 12 weeks of time off to care for a family member — including a sick or elderly parent (not just a new baby).

3. Breathe

For time-pressed caregivers is to take 30 seconds — when you're in the shower, sitting in the car, or listening to your mom recite her medication list (again) — and try box breathing. Breathe in for a count of four. Hold your breath for a count of four. Breathe out for four. Hold for four. Repeat. Just a few rounds of breathing will enable you to slow down, even a little, which in turn can lower stress hormones. The added oxygen is also beneficial and can help you relax. It doesn't seem like a big deal, but when you do it consistently, the impact is incredible.

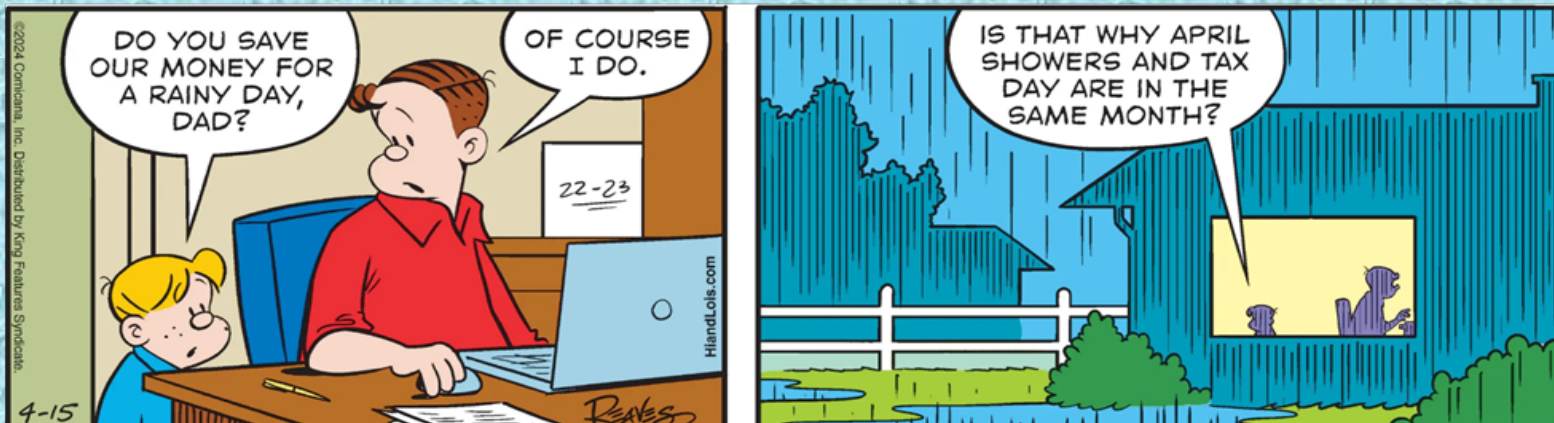
4. Change your mind

When you have a recurring thought about what you should have or could have done, mentally list the positive things you did instead: We had a nice dinner. We didn't fight in the car. The kids cleaned up the kitchen. This technique comes from cognitive behavioral therapy (CBT). It's a good way to get our brains to think differently.

5. Learn to say yes

The truth is, we all need help. And asking for help can start with small things. Even tiny things. If someone asks you if you need anything from the store, say, 'Yes, could you pick up some bread?' Once you've broken the ice, it becomes easier to ask for and accept help in other ways, — and maybe offer help in return. There are 53 million family caregivers, that's about one in five adults. Everyone is taking care of somebody.

Reminder Taxes due by April 15th



The WACS provides service and payment options available within the public and private long term care industry. We will help older adults navigate the system, provide resources that are available through WACS and connect people to other local resources including but not limited to; Waseca County elderly wavier programs, and how to pay for long term care services.

Caregiver Consultation

The WACS provides this service that can help caregivers develop strategies to achieve a balanced lifestyle, allowing the caregiver to provide both good care and protect their own health. It is offered throughout Minnesota by professionals who are certified Caregiver Consultants. Consultants are certified by the Minnesota Board on Aging by meeting basic standards and completing training. Caregiver Consultation involves identifying a caregiver's strengths, needs and goals, and developing a plan with the caregiver.



Movers & Shakers

- *MN Department of Human Services
- *MN River Area Agency on Aging
- *Waseca County Sheriff Jay Dulas
- *Waseca Area Chamber of Commerce
- *Waseca Area Foundation
- *Keen Bank
- *Waseca MinnWest Bank
- *Patton Hoversten & Berg PA
- *DRS. Akre & Clark
- *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
- *Ace Hardware
- *Morgan's Meat Market
- *Private Donations

Community Connections

- *Faith United Methodist Women
- *The St. John Lutheran Church WELCA
- *Ward House Brewery
- *Waseca Lions Club
- *Dave's Body Shop
- *Waseca Chrysler
- *Berry Pallets
- *Waseca Smoke Shop
- *Waseca Historical Society
- *Maple Terrace
- *Lush Cakes

Friends

- *Kroeger's Konzept Salon
- *Fessel's Wood Recycling
- *Waseca Senior Center
- *Faith United Methodist Church
- *Alzheimer's Association
- *Main Street Dental—New Richland
- *Waseca Public Library
- *Edina Realty
- *Waseca Music Co.