



Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

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WACS Board Members

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- \* Vice Chair- Joe Mitzel
- \* Treasurer- Minerva Gomez
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WACS Staff

- ◇ Executive Director- Kelly Boeddeker
- ◇ Accounts Manager- Pam Rudolph
- ◇ Program Coordinator \ Administrative Assistant- Tammi Reller
- ◇ Program Coord. Assistant- Jill Tobin
- ◇ Direct Support - Gail Myers
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7 Tips for Caring for Your Aging Parents:



**1. Assess their needs.**

Start by understanding your parents' specific needs across all facets of their lives. This should span from family support, home safety, medical requirements, cognitive health, mobility, personal care, meal prep, social interaction and exercise.

**2. Consider your capacity.**

You should assess your own health, proximity, living preferences and relationship quality with your significant other. Being able to acknowledge when you are not the appropriate caregiver is just as important as acknowledging when you are the right person.

**3. Involve your parents.**

It is an important step to not make decisions in a vacuum. You should absolutely, assuming they're able, include your parents in these discussions. It is safe to say they are likely to have some opinions on the who, what and where of their aging needs.

**4. Understand their finances.**

What are the estimated future costs of their needs? What do their current finances look like? Is anyone in your family going to assist financially if needed?

**5. Ensure their home safety.**

You will want to "parent-proof" your parents' home to prevent accidents. This can entail home modifications, de-cluttering, installing grab bars, improving lighting and making general accessibility enhancements where needed. This is an important step and one that can enable your loved ones the dignity to stay in their own home for as long as possible.

**6. Facilitate communication.**

You will want to make sure your parents have the appropriate accessible communication devices to reach out in times of need. Take time regularly to reach out and check in on these special people.

**7. Explore care options.**

Even if you're not ready to utilize the options today, it is important to know where you are going to turn if/when the comes. The WACS can help along the way. Consider what you are capable of and what you are not. Use help, involve your family and handle it with care.

*Resource: Andrew Rosen, CFP®, CEP President, Partner and Financial Adviser, Diversified, LLC*



# Volunteer of the Month



Linda Heslin

Linda Heslin is a great help to our In-Home Respite and Some Time Away Programs. She is always there to lend a hand. When asked what her favorite part of volunteering is? She said, "I've always loved being around our senior generation. I love helping them, listening to their stories, and making their day a little brighter." When not volunteering

Linda enjoys attending her grandkids activities, singing in church, counted cross stitching, riding her E-Bike, and walking. Linda, thank you for all the help that you have provided.

YOU are APPRECIATED!

## Fundraisers/Educational Opportunities



### ENTER TO WIN!!!! THE QUILT

This piece of art was donated to the **Waseca Area Caregiver Services** by the

**STICHERS IN TIME QUILTING GUILD, WASECA, MN.**

This beautiful piece of artistry is now looking for a home to display it!!!

**Purchase tickets at the WACS facility  
\$3.00 per ticket or 2 for \$5.00**

WINNER will be contacted by phone April 22nd, 2024!!!!

ALL proceeds will be received by the WACS for our continuing mission to provide services to Caregivers and Care Receivers!!!



Hello Past, present, and future volunteers, Time to mark your calendar!! Please join us for Our quarterly Luncheon, presentation and meeting.

**Date: March 19th, 2024**

**Time: Noon-1:00**

**Where: Waseca Area Caregiver Services  
113 2nd St. NE Waseca MN. (Across from USPS).**

Please help us share for those that may not have Facebook. WACS's mission is to provide a holistic approach in supporting aging adults and their family caregivers with the goal of maintaining community living and a positive quality of life.



# Become a REST Companion™



Delivering education and support to those offering a break to caregivers.

**REST, Respite Education and Support Tools,** is a unique, interactive training program, where you will receive the education and tools needed to be confident and successful in providing respite care to adults and children.



## Upcoming REST Training Location

There will be a volunteer training for the REST program on **March 26, 8:00-3:30** at the **Waseca Area Caregiver Services (113 2<sup>nd</sup> St. NE Waseca, MN.)** Lunch and materials will be included. Professionals seeking CE credits, Fee for session is **\$20.00 for Materials/Lunch.**

For Information, Contact

Kelly Boeddeker at 507-833-0015

Reserve your spot today.



**FEELING OVERWHELMED?  
NEED SUPPORT OR SOME TIPS ON HOW  
TO FIND BALANCE IN YOUR LIFE?**

## **Caregiver Club**

Do you ever feel like you're "sandwiched" between caring for your older adult family members and the younger people in your care? The Caregiver Club support group meets the first Wednesday of the month and the third Monday of each month at 12:45.

**Together we find ways to:**

- \* Deal with your stress
- \* Set boundaries
- \* Share ideas with other caregivers

## WACS Programs



### Caring Hands

The **Caring Hands program** is here to connect volunteers with aging adults to assist with homemaker support, minor home repair chores, removing unneeded items, or assistance with downsizing from their current home to a more manageable living space.

**This program happens Monday–Friday**

- \* **Chore and Homemaker Services**
  - \* Light Housework
  - \* Yard Work
  - \* Meal Preparation
- \* **Daily Living Activities**
- \* **Home Downsizing**

### In Home Respite

Although rewarding, caregiving can be demanding and stressful. Caregivers need help.

**Companion Respite Care**—a short 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.

**Waseca Caregivers utilizes REST (Respite Education Support Tools).**

We provide 2 hours of respite care in the home. Your loved one will be actively engaged in activities they want to do.

### Visiting

We provide regular visits to isolated, home-bound, or institutionalized elderly to reduce their isolation and loneliness through letter writing, reading letters, conversation and typical activities of friendly visitors.

# National Nutrition Month

National Nutrition Month is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets and even home food safety and storage practices. It also describes the various ways we eat not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and be-



**"The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!"**

## Movers & Shakers

- \*MN River Area Agency on Aging
- \*MN Department of Human Services
- \*Private Donations
- \*Keen Bank
- \*Waseca MinnWest Bank
- \*Patton Hoversten & Berg PA
- \*DRS. Akre & Clark
- Family Eye Care
- \*Waseca Sheriff - Jay Dulas
- \*Waseca Area Chamber of Commerce
- \*Waseca Area Foundation
- \*Walmart

## Bridge Builders

- \*Kubat CPA
- \*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
- \*Lush Cakes
- \*Waseca Music Co.

## Community Connections

- \*Faith United Methodist Women
- \*Ward House Brewery
- \*Waseca Lions Club
- \*Dave's Body Shop
- \*Knights of Columbus
- \*Southside Marina and More
- \*Berry Pallets
- \*Waseca Historical Society
- \*Maple Terrace
- \*Farm Bureau-Monte Dufault

## Friends

- \*Kroeger's Konzept 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
- \*Waseca Smoke Shop
- \*Waseca County Auto Sales
- \*Four Seasons Apparel