Caregiver Services

Programs Serving Waseca Communities

Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

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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

From all of us at WACS—Wishing everyone a happy and safe holiday season

Aging in Place: Growing Older at Home

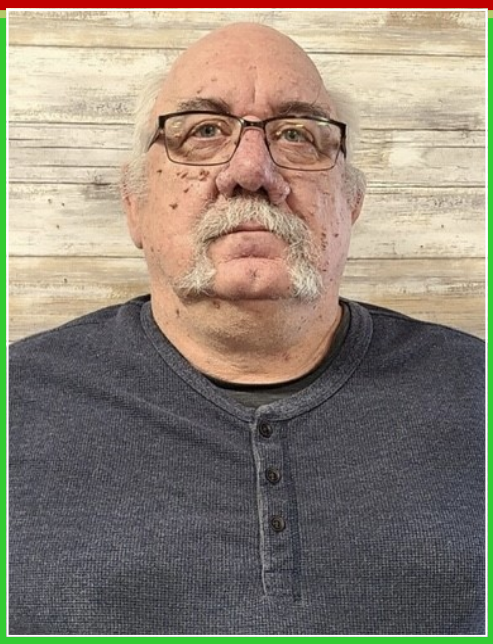
* The stairs are getting so hard to climb.
* "Since my wife died, I just open a can of soup for dinner.
* "I've lived here 40 years. No other place will seem like home.

These are common issues for older people. You may share the often-heard wish — "I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place."

*If staying in your home is important to you, have concerns about safety, getting around, or other activities of daily life. WACS is here with suggestions to help you to continue to live **independently**.

Volunteer of the Month

Tom Hindt



This month we are recognizing Tom Hindt as our volunteer of the month. Tom starting volunteering with WACS in March of 2021 and has been a huge help. He has helped WACS out with community out reach, fundraising, being a phone call away when we need help, and is also a part of our Vlolunteer Advisory Comittee which meets once a month. When asking Tom what his favorite part about volunteering is he said "I get a good feeling when I have been able to help somebody. I get to go home at night and feel good that I was able to help someone today." Besides volunteering with WACS Tom also spends time volunteering at the American Legion Post 228 and helping out family and friends when needed. Tom is a proud member of The Sons of the American Legion and has been a member for 12+ years. He also is the Chairman of the Parks Board and has been in that role for 3 years. In his free time Tom enjoys golfing, fishing, and helping out whenever needed. Tom, WACS would like to thank you for everything you have done to help!
We appreacite you a lot!

Easing the Hustle and Bustle of the Holidays for Our Aging Population

The holidays are a time of year when we strive to create happy memories. We take joy in organizing events for family and friends, socializing, exchanging gifts, and enjoying the company of those we love. Yet as our relatives age we may need to adjust our plans and expectations by taking into consideration the changes that come with aging. Changes related to aging may affect one's ability – or willingness – to participate fully in past traditions. Changes in eyesight and hearing, mobility, and memory loss are just a few conditions that might influence a senior's ability or desire to participate fully in all family events. Large group gatherings may be too stimulating, particularly for a relative with dementia. Many older folks find loud and crowded events overwhelming and stressful. Perhaps they can't physically navigate well through crowded rooms, or they may be uncomfortable struggling to recall a relative's name. These gatherings can put a great deal of unintended pressure on your senior. It may be necessary to arrange a few smaller and more intimate celebrations as alternatives to large gatherings. This is especially effective for elders who are experiencing memory loss or anxiety. Many seniors appreciate separate visits, shorter in duration, from family and friends throughout the holiday season. Or, propose briefer outings as alternatives, such as a holiday lunch or ride to see Christmas lights. Keep in mind that it is not uncommon for seniors to be apprehensive of traveling near or far. They may decline your invitations because they fear driving themselves and do not want to be a burden to others. Some will not want to disappoint you but are truly afraid of the traffic and weather. Pay attention to what they say and how they say it for clues as to their true feelings. Ask your older relative if they would like to be included in shopping, baking, church outings or larger gatherings and plan these events around their usual routine. Be cognizant of the amount of time you ask of them and keep it simple. We tire more easily as we age, and rest becomes important for maintaining mental and physical abilities. Above all, communicate with your senior prior to making plans. Ask how they would like to spend the holidays, and offer suggestions and options. Understand that sometimes we force our older relatives into parties and events because we want them to be there. It is important to consider what is best for them, especially for individuals with dementia. They may be more likely to enjoy a quiet visit, holiday music and a favorite desert versus a large gathering. Let us also not forget those older adults who are alone without family or friends for whatever reason, and take some time to reach out to them. Everyone enjoys a visit, a short conversation and a cookie or two. Embrace the true meaning of this time of year by taking the time to reflect on your blessings and share the holiday spirit with people you know, and those you don't.

7 Ways to look after your mental health this holiday season

- Eat Well: Christmas is typically a time of overindulgence, but what we eat can sometimes impact on how we feel
- Take a break: The holiday season is the perfect opportunity to take some time out of your day to day life and gain some perspective to reflect on the year
- Keep Active: Research shows that doing exercise releases chemicals in your body that can make you feel good
- Learn when to say “no”: Lots of us find ourselves inundated with invitations leading up to Christmas and in the week before New Year’s Eve, and it is very difficult to turn them down
- Drink sensibly: Some people drink to deal with fear or loneliness, but the effect is only ever temporary
- Ask for help: Your friends and family are there to lean on and to support you all you have to do is ask
- Care for others: The holidays are the perfect time to reach out to loved ones who you haven’t spent much time with in the past year and ask them how they are

It is our mission 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.

MINNESOTA RIVER
Area Agency on Aging®

- For some family caregivers, the holidays can be a joyful time when spirits are lighter.
- Focus on what is most meaningful. ...
- Simplify your holiday activities. ...
- Start new traditions. ...
- Adjust meals. ...
- Approach gift giving more efficiently. ...
- Anticipate holiday hot buttons. ...
- Mind your mindset. ...
- Keep self-care at the top of the list.

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 Funeral Homes
* 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 Company
* Dave's Body Shop
* Canine Central
* Waseca County Auto Sales
* Four Seasons Apparel
* Elm Homes
* Berry Pallets
* Waseca Smoke Shop
* Waseca Historical Society

Friends

* Kroeger's Koncept Salon
* Fessel's Wood Recycling
* Ace Hardware
* Waseca Senior Center
* Faith United Methodist Church
* Alzheimer's Association
* Waseca Chrysler
* Main Street Dental—New Richland
* P&G Construction
* Waseca Public Library