



Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

Office Phone: (507) 833-0015

Direct Line: (507) 201-7033

Email: wasecacs@outlook.com

Address: 113 2nd Street NE

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



Thank You

for being such a
dedicated caregiver.



Waseca Area Caregiver Services is here for YOU!!

Come join our ever-growing support group of Caregivers.

We meet every first Wednesday of the month here at Waseca Area Caregiver Services.

1st Wednesday from 12:45 to 1:45.

All Caregivers for Aging Adults welcome. See you at the Club House!



Together we find ways to:

- * Reduce your stress.
- * Learn to set boundaries
- * Share ideas with other caregivers
- * Be OK with accepting and asking for help from others
- * Practice letting go of the things we cannot change
- * Take time for ourselves with No Guilt!

**Contact Kelly Boeddeker for more information,
or stop in at Waseca Area Caregiver Services.**



Volunteer of the Month

Elaine Spain



Elaine is a dedicated individual who has been a part of WACS since 2012. When asked what she enjoys most about volunteering she said “The thing I enjoy most is working with Kelly on grant writing and volunteering at fundraising events.” Elaine has done volunteer driving, assisting with fundraisers, helping with grant writing, and promoting WACS. Outside of WACS Elaine has served on Boards of Directors for Non-profits, has been active in her church. In her free time Elaine enjoys traveling around the United States, hanging out with family and friends, and spending time with her two dogs Cody and Poppy.

Her hobbies include reading, flower gardening, and traveling. A fun fact about Elaine is that she finished her Bachelor's Degree in Social Work at the age of 41.

Upcoming fundraisers /



ACTIVE AGING PROGRAMS
Catholic Charities of Southern MN

Events

Try Your Luck & Drop a Buck

Stop in to the “Ward House Brewery” and try your luck to guess how many gold coins are in the jar! Also enjoy pizza, pop, and homemade brewed beer. Drop a buck in, write your guess, and the winner will be announced on

St. Patrick's Day (March 17th)

- ◇ 1st Place Winner: \$50 gift certificate & the jar of chocolate gold
- ◇ 2nd Place Winner: \$35 gift certificate
- ◇ 3rd Place Winner: \$10 gift certificate



Are you **caring** for a family member, friend or neighbor?

Have you felt **angry, guilty or depressed?**

Powerful Tools for Caregivers

A class to help caregivers take better care of themselves, while caring for others!

Powerful Tools for Caregivers (PTC) is a workshop that provides caregivers with tools and strategies to better handle the unique challenges that caregivers face.

PTC helps caregivers develop skills and confidence to better care for themselves while caring for others. This six-week series offers weekly topics that include: challenges of caregivers, identifying signs and sources of caregiver stress, dealing with anger, guilt and depression, benefits of good communication, power of optimism, and benefits of making an action plan. Participants who complete the program show improvement in self-care behaviors, management of emotions, self-efficacy (confidence), and the use of community resources. Join us and learn how to thrive as a caregiver!

Contact with questions or to register:
(507) 450-1518

Marlene Levine, Active Aging Programs Administrator
mlevine@ccsommn.org

February 28 – April 4, 2023

MEETS ON TUESDAYS FOR 6 SESSIONS

1:00 P.M. – 2:30 P.M.

Waseca Area Caregivers Services

113 2nd Street NE

Waseca, MN

FREE OF CHARGE

Please pre-register by 2/21

Email: mlevine@ccsommn.org

Or telephone: Marlene at 507-450-1518

In Partnership with

Waseca Area Caregivers Services

Caregiver Services

Programs Serving
Waseca Communities

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
Every Monday-Wednesday
10:00 AM to 2:00 PM.

Location
Waseca Area Caregiver Services
113 2nd Ave NW
Waseca, MN 56093



\$42.00 per 4/Hr Session
Sliding Fee Scale Available
Includes Noon Meal

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.



Caring Hands

The Caring Hands program is here to connect volunteers with aging adults to assist with home-maker support and minor home repair chores.



There are individuals with greater need for Chore and Homemaker services that may struggle with tasks that can include light housework, yard work, and/or who may struggle with meal preparation and other activities of daily living that Caring Hands can provide services for. We have seen an increasing number of older adults beginning to downsize their current homes and are seeking to relocate to a more manageable living space.

WACS has developed a service that will assist aging homeowners in making this change. We will provide needed support for the individuals that have chosen to change to more manageable living arrangement.



Find out How You can Help

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Caring Hands

is made possible in part under the Federal Older Americans Act through an award from the

MINNESOTA RIVER Area Agency on Aging®

under an Area Plan approved by the Minnesota Board on Aging



Follow Us On Facebook @

Waseca Area Caregiver Services

Fair Trade Gifts

TEN THOUSAND VILLAGES IS MORE THAN A STORE

They are "a global maker-to-market movement that addresses economic injustice. Because every handcrafted object has a life of meaning behind it. We're a way for you to shop with intention for ethically-sourced handcrafted wares - and to share in the joy of empowering makers in ten thousand villages."

That is why Waseca Area Caregiver Services and its volunteers continue supporting this mission. We all can give back locally and to villages around the world. Stop in from 7 AM-4 PM Monday-Friday to see and purchase the beautiful hand crafted pieces of art, made from these artisans around the world.

FAIR TRADE GIFTS

Ethically Sourced Crafts from around the World

Artisan Crafted Goods

From the Artisans Themselves



Brought to you by
Waseca Area
Caregiver Services

All inventory
purchased through
10,000 Villages

Cotton Microwave Pouch



Wrap up a potato in the Cotton Microwave Pouch from Guatemala for a quick and easy snack. This pouch is handcrafted from recycled cotton skirt fabric in assorted colors by artisans working with Ruth and Naomi. Formed to create jobs for women widowed by civil war, the group continues to provide economic and educational opportunities for the community.

- Recycled cotton skirt fabric and muslin
- Assorted multi-colored (oranges, yellows, greens, blues, pinks and purple) striped skirt fabric
- 10.5L x 7.75W inches; Envelope style with a 2 inch overlap
- Handcrafted in Guatemala

Ruth & Naomi

The weaving cooperative Ruth and Naomi is located in Chontola, near Chichicastenango. The project emerged out of the terror and desperation of Guatemala's civil war. With the help of a local Methodist pastor and his wife, some widows banded together to support their families through sales of the community's traditional woven crafts. Of the initial group of 15 women, all had lost husbands, fathers, or both to the government's "scorched earth" policy of the 1980s. The name was chosen because it spoke of two widows from the Bible who were without resources, but who worked and survived. Scholarships make it possible for teens to complete high school in Chichicastenango while living in the project compound. Some have gone on to complete university degrees. The project has also started a health and nutrition center. Ten Thousand Villages has purchased products from Ruth and Naomi since 1993.





"He'll take a dozen long-stemmed roses."



Caregiving is a serious responsibility requiring physical and emotional energy and commitment. Caregiving is also the knowledge that caring for a family member with chronic illness such as Alzheimer's disease or any

physical illness is a long-term marathon, not a short-term sprint. Finding or keeping a sense of humor can help a caregiver maintain their physical, mental, and emotional health.



Resource: <https://familycaregiversonline.net/keeping-your-sense-of-humor-as-a-family-caregiver/>

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

Friends

- * Kroeger's Konzept 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