



Caregiver Services
Programs Serving Waseca Communities



June is Alzheimer's and Brain Awareness Month!

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
- *Accounts Manager - Pam Rudolph
- *Program Coordinator\ Administrative Assistant - Shanna Peble
- *Program Assistant - Jill Tobin
- *IT Services - Shawn Wyles



MINNESOTA
2023 ALZHEIMER'S STATISTICS

NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S

YEAR	TOTAL
2020	99,000
2025	120,000

ESTIMATED % INCREASE

21.2%

PREVALENCE

84

OF GERIATRICIANS IN 2021

221.4%

INCREASE NEEDED TO MEET DEMAND IN 2050

107,500

OF HOME HEALTH AND PERSONAL CARE AIDES IN 2020

24.1%

INCREASE NEEDED TO MEET DEMAND IN 2030

WORKFORCE

UNPAID CAREGIVERS (2022)	CAREGIVER HEALTH (2021)
163,000 # OF CAREGIVERS	53.1% OF CAREGIVERS WITH CHRONIC HEALTH CONDITIONS
225,000,000 TOTAL HOURS OF UNPAID CARE	29.8% OF CAREGIVERS WITH DEPRESSION
\$5,259,000,000 TOTAL VALUE OF UNPAID CARE	8.4% OF CAREGIVERS IN POOR PHYSICAL HEALTH

CAREGIVING

HOSPICE (2017)	HOSPITALS (2018)
5,339 # OF PEOPLE IN HOSPICE WITH A PRIMARY DIAGNOSIS OF DEMENTIA	21% HOSPICE RESIDENTS WITH A PRIMARY DIAGNOSIS OF DEMENTIA
1,467 # OF EMERGENCY DEPARTMENT VISITS PER 1,000 PEOPLE WITH DEMENTIA	21.6% DEMENTIA PATIENT HOSPITAL READMISSION RATE
\$905M MEDICAID COSTS OF CARING FOR PEOPLE WITH ALZHEIMER'S (2020)	20.1% PROJECTED CHANGE IN COSTS FROM 2020 TO 2025

MEDICARE
\$25,834 PER CAPITA MEDICARE SPENDING ON PEOPLE WITH DEMENTIA (IN 2022 DOLLARS)

HEALTH CARE

OF DEATHS FROM ALZHEIMER'S DISEASE (2019)
2,552

MORTALITY

More than **6 million Americans** are living with Alzheimer's, and over **11.5 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$345 billion** in 2023, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century.

For more information, view the **2023 Alzheimer's Disease Facts and Figures** report at alz.org/facts. © 2023 Alzheimer's Association® All Rights Reserved. Alzheimer's Association is a not-for-profit 501(c)(3) organization.



MINNESOTA RIVER Area Agency on Aging®

Connect with us on **LinkedIn**

Volunteer of the Month



Garry Huckfeldt



Garry Huckfeldt has been a volunteer with Waseca Area Caregiver Services since November of 2019. Garry has been a huge help in many aspects of volunteering. He helps out with maintenance around the office, volunteers to help at all the fundraisers, cooks for our Quarterly Volunteer Meetings and Lunches, and is a member of our Volunteer Advisory Committee. Garry works and volunteers at the Waseca Food Shelf and spends a lot of his time there helping others. When he is not working he enjoys doing upholstery projects, hanging out with his bird Frank, and volunteering whenever he can. Garry also served in the Army for 6 years as a Sergeant. Garry, thank you for all your help that you have given WACS in the past 3 1/2 years. You are so APPRECIATED!

Upcoming Class



Date: Starts Tuesday, August 23, 2023

Times: 8-9 AM, 10-11 AM, 1-2 PM or 3-4 PM

Location: Every Tuesday & Thursday, for 12 weeks. On-site classes are held at Waseca Area Caregiver facility.

Attire: Wear comfortable, cotton exercise clothing; dress light

Cost: Donations Accepted

Teachers: Kelly Boeddeker & Shanna Peoble

Where: 113 2nd St. NE Waseca, MN 56093

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 June 23, 2023 8:00 - 3:30 at Waseca Area Caregiver facility, 113 2nd St. NE Waseca, MN 56093
Materials and Lunch will be Provided

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.



www.restprogram.org



WACS Programs

Come join us in office for our programs or we can bring our in-home programs too you!

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 a 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 Wednesday** in Waseca at **113 2nd St NE.**

In Home Respite/Visiting

Although rewarding, care giving 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).

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.

Takes Place **Monday–Friday**

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



Caregiver Club

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!

All Past, Present and Future volunteers please join us for our quarterly lunching and meeting

Tuesday, June 6th, 2023 from Noon -1:00. 113 2nd St. NE Waseca MN, 56093



Congratulations to the Class of 2023!

"Never be afraid to try something new..."

Although it is unknown who originally said this quote, it is a great reminder to not let anyone hold you back from something you really want to do. The quote states that Noah's ark was built by amateurs, but the ill-fated Titanic was built by professional ship builders. You can do anything, if you're willing to try.



From the Executive Director's Desk



WACS is happy to announce we were awarded the Round 2 Capacity Grant for Rural and Underserved Communities. With these funds we will continue helping caregivers by providing in-home and out of home support to allow care receivers (regardless of income) to remain in their own homes for as long as possible through 2 programs: Caring Hands, a chore and home maker program allows individuals to continue to live well at home and Sometime Away (STA) group respite program offered twice a week for those with mild to moderate memory loss to engage in a four-hour program at our facility, giving their caregivers a break. Grant funds will also allow expanding staff hours to work in our Caring Hands and STA programs and will allow the purchase of needed supplies and equipment for our Sometime Away program. Several volunteers are fluent in Spanish and Somali languages and will be able to provide interpretation.

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

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
- *Edina Realty

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