

Caregiver Services

Programs Serving
Waseca Communities



Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

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- *Program Coord. Assistant- Jill Tobin
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*Wishing everyone a happy and safe holiday season
—From all of us at WACS*

Home For The Holidays - Aging in Place: The Benefits

Many older adults associate “aging in place” with positive attributes such as maintaining autonomy and independence in a community that offers social connections and access to services.

When an individual is able to age in their own home, they are granted a daily sense of familiarity, whether that consists of morning greetings from a household pet, contact with neighbors, or the ability to surround themselves with physical objects that represent cherished memories. A familiar environment and place can contribute to an older adult’s sense of identity, promotes successful utilization of neighborhood services, and helps one remain socially connected .

Health and financial considerations factor into the perceived benefits of aging in place. For many, the perceived financial advantages of aging in place are a motivator to delay or avoid institution-level care. While the costs of all forms of long term care continues increasing, research suggests that providing care at home may be a more cost-effective option.

The WACS programs and sevices are here to give everyone that lives in Waseca County: (Waseca, New Richland, Janiesville, Otisco, and Waldorf) the opportunity and support, as older adults, to age in place .

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9495472/>

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Volunteer of the Month

Pauline Dell



This month we are recognizing Pauline Dell. Since Pauline became a volunteer with us, she has been a tremendous help with our Some Time Away Program and In-Home Respite. When asked, what her favorite thing about volunteering is she said "I have always enjoyed being with people. Dementia/Alzheimer runs in my family. With volunteering I know what my dad and others are going through. I have always been a people person. I loved being a daycare provider from infants until they didn't need me. I love talking to older people. In Pauline's free time she enjoys volunteering at church, making quilts that are sent across America and even to places overseas. WACS would like to thank you for our help and being an outstanding volunteer.

You are appreciated!!

Upcoming Events\Training



- * In Home Respite
- * Out of Home Respite – Some Time Away
- * Caring Hands – Homemaker\Chores
- * Visiting

Hello Past, Present, and Future volunteers, Time to mark your calendar!! Please join us for Our Quarterly Luncheon and meeting.

Date: December 12th , 2023

Time: Noon-1:00

Where: Waseca Area Caregiver Services: 113 2nd St. NE Waseca, MN (across from the post office).



REST Training



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

WACS will be holding REST training for current volunteers and anyone else that would like to join on 12/5/2023. The training will be from 8:00AM-3:30 PM. Lunch will be provided!

REST (Respite Education and Support Tools) is an evidence-based respite-training program that prepares individuals to conduct respite training, equipping REST Companions to provide respite in order to support caregivers who are caring for people with disabilities and healthcare needs across the lifespan.

5 Holiday Tips for Caregivers

Reset the computer in your head.

That's right. Wipe out the hard drive that carries holiday memories of the past. The perfection you remember is likely skewed anyway. The circumstances back then were very different, and it's time to celebrate the holidays in a new way that fits your life as it is right now. There's nothing wrong with reminiscing, but drawing unfair comparisons between this year and past holiday seasons will only set you up for disappointment.

Watch a silly holiday movie.

I'm serious—laughter is therapeutic. Find a funny, imperfect and touching holiday movie like "Elf" or "National Lampoon's Christmas Vacation" and make it a part of your celebration each year. There's an important lesson there.

Be thankful.

In most cases, before we can be thankful, we have to accept where we are in life. Often there are circumstances that we would love to change and many that we never anticipated, but it's where we are. If we accept it, then we can work our way toward expressing some gratitude. Maybe this gratitude is only that we are learning and growing from our hardships and setbacks. But even slight feelings of appreciation can help improve our attitude and help us see what is really important.

Communicate with your loved ones.

Even small children can understand—if they are told in a loving way—that your time is short or you have to cut corners because Grandma and other family members rely on you, too. Communicate the same thing to the elder(s) in your care. Helping the entire family understand that each person's desires are important to you but that you have a lot on your plate can help keep their expectations more realistic. You'd be surprised how much a senior, even one who has dementia, can understand. The holidays are about giving and sharing out of love. Having this conversation with the family may even inspire them to lend a hand or cause your elders to encourage you to spend more quality time with your kids and grandkids.

Simplify your plans and enjoy what truly matters.

Forgive yourself for the scant decorations, the online shopping and the skipped Christmas cards. In fact, congratulate yourself! Remind yourself that your health and sanity are a gift to your loved ones. By skimping on some of the frills, they will have more quality time with you. That is far, far more important than a Norman Rockwell Christmas.

To prepare for the hustle and bustle of the Holidays; remember The Waseca Area Care Area Caregiver Services is here for you, to lend a hand with Chores and Homemaker tasks or being a companion for your loved one while you shop for family and friends. We are here to listen and educate at our Caregiver Club Support group or having a caregiver consultation with you and/or family members to make your holiday with family and friends joyful for you!!

Reminder about Annual Medicare Open Enrollment

Medicare Open Enrollment ends at midnight on December 7, 2023. Before that date, ask yourself these questions about your coverage to ensure your current plan will still meet your needs in 2024.

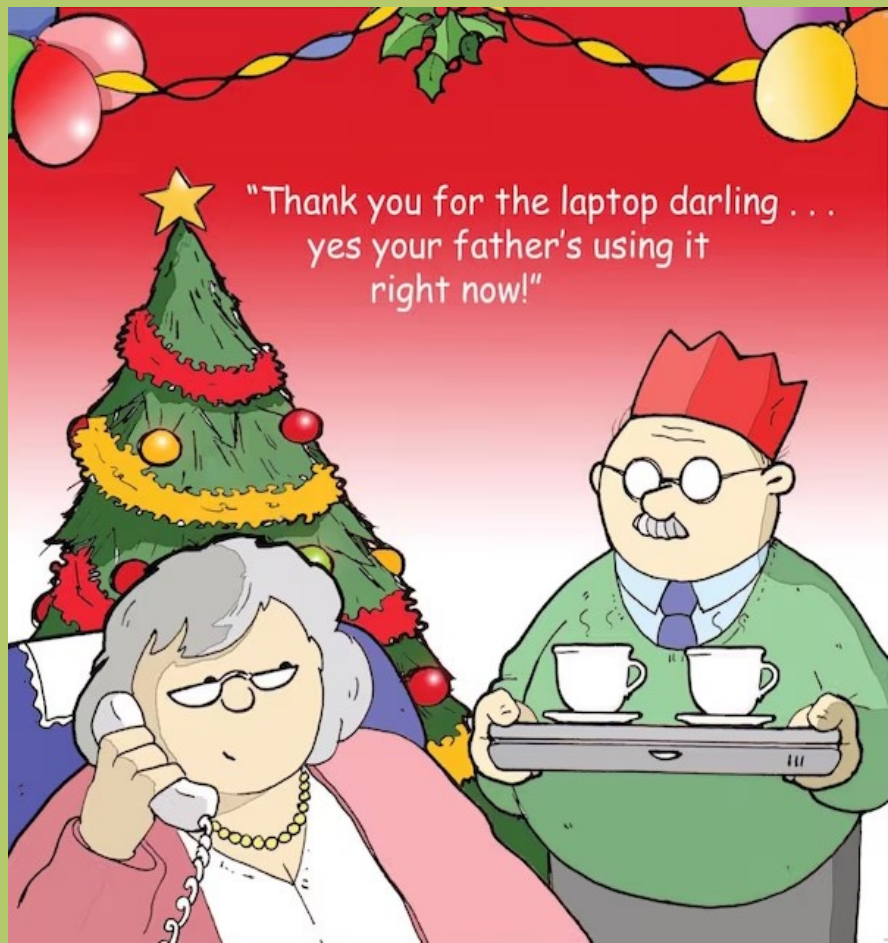
- **Are all of your drugs covered?**
- **Do your providers still participate with the plan?**
- **Can you afford the premiums, deductibles, coinsurance and copayments?**
- **Do your pharmacies participate with the plan?**

If you answered no to any of these questions, review your options before December 7. If you do not make changes to your Medicare coverage, you will need to stay with your current plan next year, unless you are enrolled in an Advantage Plan or qualify for a special enrollment period.

Giving the Gift of Communication....

The best way to approach older adults about the benefits of technology is to show them. Walk them through the simple steps in viewing photos of their grandchildren on their smart phones or tablets. Demonstrate how easy it is to talk to a friend or relative they haven't seen in years through FaceTime or Skype. Or help them send a text or an email and see their face light up when a reply comes in seconds or minutes. As with any new activity, it may take several tries before they get it. Taking it slow and writing the necessary steps down in a notebook will also help. With persistence and patience, before they know it, your aging parent or relative will be more connected to the outside world.

Source: <https://www.parentgiving.com/blogs/mobility-safety/helping-seniors-get-connected-through-technology>



"Thank you for the laptop darling . . . yes your father's using it right now!"

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
- *DRS. Akre & Clark Family Eye Care
- *Waseca County Sheriff

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
- *Knights of Columbus
- *Waseca County Auto Sales
- *Four Seasons Apparel
- *Elm Homes
- *Berry Pallets
- *Waseca Historical Society
- *Maple Terrace

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