WACS Newsletter : May 2023

Caregiver Services

Programs Serving Waseca Communities

Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

Office Phone: (507) 833-0015

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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

MINNESOTA RIVER Area Agency on Aging®

Connect with us on LinkedIn

Happy Mother's Day! A big Thank you to all the moms out there who have poured your hearts and hard work into nurturing your children to create a better future for them and all of us.

Give Mom or the person in your life that you cherish the gift that keeps on giving all year long.

In- home- respite:

Companionship

Some Time Away:

Out of home group respite

Visiting:

Those who live alone and are isolated or are limited to enjoy socializing outside their home.

Education: for the caregiver and the care receiver

Caregiver Counseling: One-On-One support

Homemaker & Chore Services

Caregiver Club: Support Group for caregivers

Upcoming Fundraisers & Events

Upcoming Side-Walk Sale Fundraiser

*When? May 20th, 2023 at 8 AM till gone

*Where: 113 2nd Ave NE, Waseca, MN, 56093

*Cost? Free Will donation

*What? WACS will have clothing for all sizes and ages, furniture, household goods, etc.

*How can you help? WACS will be taking donations from people in the community to display and sell at our garage/sidewalk sale. Please contact the WACS office if you have some items you would like to donate!

American Legion Mother's Day Steak & Shrimp Fry

Join the American Legion, WACS, and all our Volunteers on for a delicious steak & shrimp fry !

Friday, May 12, 2023 from 5 PM—7:30PM - Food to be offered is:

***12oz Rib eye—$18.00** **8oz Sirloin & 3 shrimp—$15.00**

***8oz Sirloin Steak—$10.00** **6 shrimp—$10.00**

***All meals include a baked potato, salad, and dinner roll**

Bring your Mothers, Grandmothers, or whole family to enjoy the great food The American Legion has to offer!

tai ji quan *Moving for Better Balance®*

Reduce your risk of falls by improving balance, muscle strength, flexibility, and mobility through coordinated movements in a slow, circular, flowing motion.

Classes Start:
Date: Starting Monday, August 29, 2022
Times: 8-9AM, 10-11AM, 1-2PM, or 2-3PM
Location: Every Monday & Thursday for 23 weeks at 113 2nd Street NE, Waseca, MN 56093
Attire: Wear comfortable, cotton exercise clothing
Teachers: Kelly Boeddeker & Shanna Peoble
Prerequisites: No experience necessary!
Cost: Donations Accepted
To Register: Call the WACS office at (507)833-0015

Volunteer Spotlight

Quality Print

WACS wants to spotlight Quality Print for being a key stakeholder for WACS. Quality Print will print and donate all our monthly newsletters for us and are always there to lend a helping hand or opinions on our website, signs, new material, and more! A huge thank you to the Quality Print crew for your printing donation each month. It is greatly appreciated! QP has been around in Waseca since the late 60's and continues to be a great and growing business in Waseca.

Mental Health Awareness Month

10 Facts About Mental Health and Aging

As many as one in five older adults experience mental health concerns that are not a normal part of aging – the most common of which are anxiety or mood disorders including depression. In most cases, these mental health issues respond well to treatment. Sadly, far too often older adults do not seek or receive the help they need. Undiagnosed and untreated, mental health illnesses have serious implications for older adults and their loved ones. That's why it's important to understand these "10 Facts You Need to Know About Mental Health and Aging."

Mental health problems are not a normal part of aging.
While older adults may experience many losses, deep sadness that lingers may signal clinical depression. Similarly, an anxiety disorder is different from normal worries.

One in four American adults has a diagnosable mental disorder during any one year.
About six percent of older adults have a diagnosable depressive illness.

Mental health is as important as physical health.
Good mental health contributes greatly to an overall feeling of well-being. Untreated mental health disorders in older adults can lead to diminished functioning, substance abuse, poor quality of life, and increased mortality. Research has shown mental illness can slow physical healing.

Healthy older adults can continue to thrive, grow, and enjoy life!
Reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining social connections are good for your mental health, too.

Mental health problems are a risk for older adults, regardless of history.
While some adults go through life managing a chronic mental illness, mental health problems can also appear late in life. Sometimes mental health deteriorates in response to a stroke, Parkinson's disease, cancer, arthritis, or diabetes, and even some medications. Older adults without a history of substance abuse may abuse medications, alcohol, or drugs.

Suicide is a risk among older adults.
Older adults have the highest suicide rate in the country.

Those aged 85 and over have the highest suicide rate; those aged 75 to 84 have the second highest. Older adults' suicide attempts are more lethal. For those 65 and older, there is one suicide for every four attempts compared to one suicide for every 20 attempts for all other age groups.

These symptoms call for consultation with a health care professional:

Sadness that has lasted longer than two weeks.
Consistent worries about issues such as money, family and health.
Consistent trouble sleeping or concentrating
Frequent trouble remembering things or feeling confused in familiar places
Have more than one alcoholic drink a day or take more medication than prescribed.

Older adults can be helped with the same success as younger people.
Eighty percent of older adults recovered from depression after receiving treatment that included both psychotherapy and medication.

Our health system is not adequately helping older adults with mental disorders.
Medicare covers 80 percent of a physical health problem, but only 50 percent of a mental health problem. This is a barrier to treatment for many people.

Researchers estimate that up to 63 percent of older adults with a mental disorder do not receive the services they need.
75 percent of those who commit suicide have visited a primary care physician within a month of their suicide.

Misdiagnosis and avoidance are common.

Primary care physicians fail to diagnose depression 50 percent of the time.
Only half of older adults who discuss specific mental health problems with a physician receive any treatment.

Older adults have unique mental health care needs.
Changing bodies and chemistry, changes in family and friendships, and changes in living situations all have an effect on mental health and need to be considered in treatment.

Sometimes helping solve basic problems, like transportation, can lower stress, improve community connections, and improve outlook and mood.

If older adults take several medications for a variety of illnesses, drug interactions and side effects can affect mood and behavior.

Source: https://www.lifeseniorservices.org/seniorline

Waseca Area Caregiver Services offers visiting/companionship services as well as in-home respite and Caregiver Support Group services to assist in the isolation and mental health aspect of aging.

MEMORIAL DAY

REMEMBER AND HONOR

DAY OF REMEMBRANCE

Memorial Day is supposed to be a solemn day of remembrance of all those who died as members of the American Armed Forces.

3-DAY WEEKEND

The holiday was originally celebrated annually on May 30. The passing of the Uniform Monday Holiday Act in 1971 officially made Memorial Day the last Monday in May.

DECORATION DAY

Memorial Day used to be called Decoration Day, named for the practice of decorating graves and memorials with flowers, wreaths, and flags.

FIRST MEMORIAL DAY

The holiday first began after the Civil War as a way to honor and mourn the approximately 620,000 Union and Confederate soldiers who died.

3:00 P.M.

In 2000, President Bill Clinton signed the National Moment of Remembrance Act, designating 3:00 p.m. on Memorial Day as the National Moment of Remembrance.

NATIONAL CELEBRATION

Memorial Day is commemorated annually at Arlington Cemetery in Virginia. The President or Vice President traditionally lays a wreath at the Tomb of the Unknown Soldier in remembrance.

LAND OF THE FREE BECAUSE OF THE BRAVE

According to the VA, approximately 1,190,000 U.S. servicemembers have died in service from 1775 (American Revolution) to 1991 (Desert Shield).

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 Crema-tory
- Sweet Sommers VFW 1642
- Quality Print
- Lush Cakes
- Ace Hardware
- Morgan's Meat Mar-ket
- Edina Realty

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

Friends

- Kroeger's Koncept 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