W A C S Newsletter - MARCH 2023

Caregiver Services

Programs Serving Waseca Communities

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

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- Vice Chair - Joe Mitzel
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9 Tips for creating a home that is safe for aging in place

It's never too early to start thinking about how your home can adapt to meet your changing needs over time, as well as what modifications might be required to make it safer, easier to use and more accessible. A safe home will increase its value and be more comfortable and more accessible for you, for other seniors who visit you, and for family members of all ages.

Incorporate a zero-threshold entry

Zero-threshold entries — which have no steps — streamline the look of a space and minimize the risk of injury.

Widen doorways

Your doorways should be at least 34 inches wide; 36 inches is even better.

Wheelchairs vary from 25 to 36 inches wide, so doorways need to be wider to accommodate them.

Pick low-maintenance flooring

If you prefer carpet, pick a tight pile installed over a firm, thin padding that will support walking. If hardwood is your style, choose a material with a lot of texture to cut down on slipping. Area rugs should have thin, firm pads with a nonskid back, and carpet tape securing corners and edges to the floor.

Brighter is better

Allow sunlight into sitting areas. Darker colors absorb light, making it more difficult to see. Lighter colors naturally reflect light to create a brighter space. Add lamps in various places around the room to create better ambiance and also provide light where it's needed. Stick with long-lasting LED lights, which can help decrease the need to use a ladder to swap out bulbs, another safety hazard.

Contrast is your friend

Choose a countertop color or material that dramatically differs from your floors. If investing in new counters is cost-prohibitive, you can always paint existing ones. The same goes for furniture that is the same color as the flooring, and ensure the color of handrails contrasts with the walls to make them easier to see.

Incorporate voice-activated technology

Technology is constantly changing, but there are a few features that are worth including. Make sure you have remote controls for lighting and ceiling fans, and add a video doorbell, so you can see who's there without getting up. A thermostat you can control by voice or app is another good option. Also, consider a product with access to a virtual assistant, which can allow you to control many things in your home (door locks, lights, etc.) from one device.

Opt for drawers over cabinets

Consider installing drawers rather than cabinet doors and pullouts. Drawer-pull handles are also easier for aging hands to grasp than cabinet doorknobs. (Side-by-side or French-door-style refrigerators also provide better visibility of contents than top/bottom models.) ...Cont. on Pg2

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Make switches easier on hands (and eyes)

A rocker light switch — a seesaw-like device you can use with your palm or elbow — can be easier to use than a traditional toggle switch. Additionally, consider installing light switches and electrical outlets of a color that will contrast with the walls. For doors, lever handles are easier to manipulate than knobs.

Consider outlet and switch height

Adjust the outlet and switch heights. Standard outlet placement is 12 inches above the floor, but placing them between 15 and 48 inches off the ground can make them safer and more comfort able to use . It can also be worth placing light switches lower, so they are reachable from a wheelchair.
Resource: https://www.washingtonpost.com/home/2023/02/06/home-age-in-place

Kelly Parkinen

Volunteer of the Month

Kelly Parkinen is a great help to our In-home respite and Some Time Away Programs. She is always there to lend a hand at events or fund-raisers. When asked, What is your favorite part of volunteering? She said, "Volunteering in community makes me feel good about myself and be able to give back my time. It is nice being able to interact with other volunteers and program participants. Kelly has been a registered nurse for over 18 years. When not working, she enjoys quilting, playing with her dogs Addie and Archie, and taking trips with her husband.

Kelly, thank you for all the help that you have provided.
You are APPRECIATED!

Upcoming Fundraisers/Educational Opportunities

WARD HOUSE BREWERY

Try Your Luck and 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

Hello Past, Present, and Future **Volunteers**, Time to mark your calendars!! Please join us for **Our quarterly luncheon and meeting.**

Presentation: Sarah Ward: Social Worker: Mayo Client Health Systems & Treatment/hospice.

Date: Tuesday March 14th, 2023

Time: Noon

Where: Waseca Area Caregiver Services ,113 2nd St. NE Waseca MN. (Across from USP).

Please help us share for those that may not have Facebook. WACS's mission is 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.

DEPARTMENT OF HUMAN SERVICES

MINNESOTA RIVER Area Agency on Aging®

Become a REST Companion™

rest®
RESPITE EDUCATION & SUPPORT TOOLS

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.

TRAINING OPPORTUNITY!

Upcoming REST Training Location

There will be a volunteer training for the REST program on **March 21, 8:00-3:30** at the **Waseca Area Caregiver Services (113 2nd St. NE Waseca, MN.)** Lunch and materials will be included. 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

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.

This program happens **Monday—Friday**

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

In Home Respite/Visiting

Although rewarding, caregiving 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).

We provide 2 hours of respite care in the home. Your loved one will be actively engaged in activities they want to do.

Tai Ji Quan: Moving for Better Balance

We are offering 2 sessions of **Tai Ji Quan: Moving for Better Balance** in March!! Reduce your risk of falls by Improving balance, muscle strength, flexibility and mobility through coordinated movements in a slow, circular, flowing motion.

Date: Starts Monday, March 6, 2023

Times: 8-9 AM or 11:00-12:00 Every Monday & Thursday

Location: Waseca Area Caregiver facility.
113 2nd Ave. NW Waseca, MN

Attire: Wear comfortable, cotton exercise clothing; dress light

Cost: Donations Accepted

Teachers: Kelly Boeddeker, Shanna Peoble

Prerequisites: No experience necessary! These exercises can be done in an armless chair or with support of a chair.

To Register: please call **507-833-0015** or email at **wasecacs@outlook.com**

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 from 10:00 AM to 2:00 PM, every Monday and Wednesday.

FEELING OVERWHELMED?
NEED SUPPORT OR SOME TIPS ON HOW TO FIND BALANCE IN YOUR LIFE?

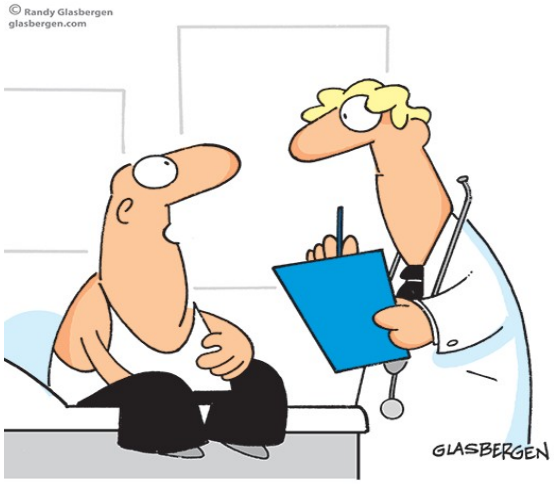
Caregiver Club

Do you ever feel like you're "sandwiched" between caring for your older adult family members and the younger people in your care? The Caregiver Club support group meets the first Wednesday of the month at 12:45.

Together we find ways to:

* **Deal with your stress**
* **Set boundaries**
* **Share ideas with other caregivers**
* **Be OK with accepting and asking for help from oth-**

National Nutrition Month encourages consumers to "Go Further with Food" by using these key strategies:



"I try to eat healthy. I never sprinkle salt on ice cream, I only eat decaffeinated pizza and my beer is 100% fat free."

1. Regularly include a variety of healthful foods from all of the food groups in your diet.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes.
5. Find activities that you enjoy and aim to be physically active most days of the week.

Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences, and health-related needs. *Resource: https://www.seniorlivingsystems.org/national-nutrition-month/*

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 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