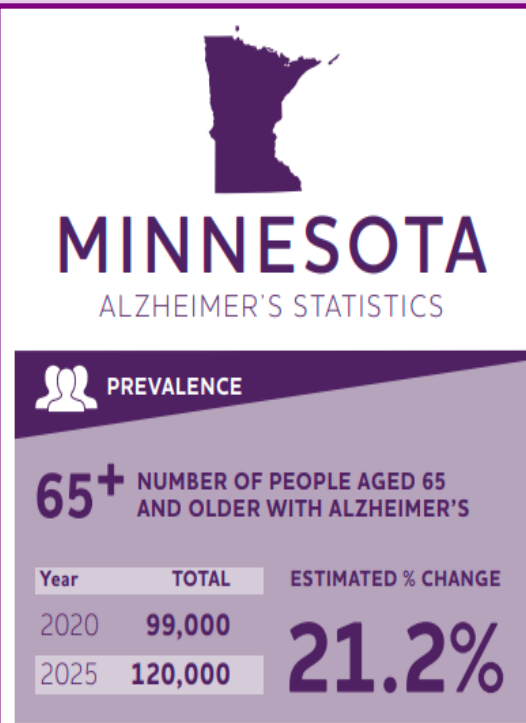




June is Alzheimer's and Brain Awareness Month!

What is Alzheimer's?

Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms.



Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

Office Phone: (507) 833-0015

Direct Lane: (507) 201-7033

Email: wasecacs@outlook.com

Address: 113 2nd Ave NW,
Waseca, MN, 56093

WACS Board Members

- ◇Chair Larry Johnson
- ◇Vice Chair Joe Mitzuel
- ◇Treasurer Minerva Gomez
- ◇Secretary Robert Hunter
- ◇Board Member John Mansfield
- ◇Board Member Kyle Tomlinson
- ◇Board Member Pastor Carolyn Doering

WACS Staff

- ◇Executive Director Kelly Boeddeker
- ◇Administrative Accounts Manager Beth Stankiewicz
- ◇Program Coordinator Amina Mungani
- ◇Technical Services Shawn Wyles
- ◇Patricia Mims Senior Community Service Employment Program

COVID- 19 Restrictions Lifted! Come join us in office for our programs!

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 Wednesday in Waseca at 113 2nd Ave NW.

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!



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 Amina and Beth and seeing their enthusiasm for working for a non-profit and in the field of aging.” 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, and volunteered often at the Waseca Food Shelf. 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 Class



Date: Starts Monday, August 23, 2021

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

Location: Every Monday & Thursday, for 12 weeks. On-site classes are held at Waseca Area Caregiver facility. 113 2nd Ave. NW Waseca, MN

Attire: Wear comfortable, cotton exercise clothing; dress light

Cost: Donations Accepted

Teachers: Kelly Boeddeker, Beth Stankiewicz

Where: 113 2nd Ave NW, Waseca, MN 56093

“Drop a Tag—Win a Flag”

Winner: Larry Born

Larry has been a member of the American Legion for 51 years! Thank you, Larry, for your service and congratulations on your new flag kit!

A big thank you to M Peters Enterprise Inc. for donating the flag kit!



JOURNEYS

“The term of lifelong learning stands for a consistency in learning over one's life in and beyond formal educational settings that means there are many common ways in which learning takes place. Like children and adolescences that have developmental needs as learning needs, adults do too. Today, there is an increasingly important need to continue education and acquire necessary skills to adapt to the ever-changing world.”

<https://www.sciencedirect.com/science/article/pii/S1877042814009069>



Whether you are in high school, working on your GED or wanting to attend college, Journeys helps you set and progress toward your educational goals.

At Journeys we work with you to address and overcome any barriers by:

- ◇ Advocating for you at school
- ◇ Helping you complete GED and other coursework
- ◇ Preparing for higher education applications
- ◇ Filing for financial aid including FAFSA



Affordable Housing in Waseca

- ◇ There are 10 low income housing apartment communities offering 358 affordable apartments for rent in Waseca, Minnesota.
- ◇ Waseca features 287 income based apartments. Tenants of income based apartments typically pay no more than 30% of their income towards rent and utilities.
- ◇ There are 71 rent subsidized apartments that do not provide direct rental assistance but remain affordable to low income households in Waseca.
- ◇ On average, Section 8 Housing Choice vouchers pay Waseca landlords \$400 per month towards rent. The average voucher holder contributes \$300 towards rent in Waseca.

- ◇ Green Leaf Properties—204 19th Ave NE
- ◇ Wend-Don Apts— 1605 4th Street NE
- ◇ Summit on Second— 1301 2nd Street NW
 - ◇ Northridge Plaza—300 15th Ave NE
 - ◇ Normany Apartments—208 14th Ave NE
 - ◇ Maple Terrace—308 2nd Ave NW
 - ◇ Parkview Estates—421 Johnson Ave SW
- ◇ Charter Oaks Townhouses—221 Lake Street NW
 - ◇ B&R Apartments—108 14th Street NE
 - ◇ North State Apartments—116 14th Ave NW





Would I be Imposing?

By: Marlys Garness



My cousin emailed me the other day, asking if he could bring lunch to hubby and me. He wondered if it would be an imposition. My response to him, "Dear one, come". My sister-in-law called to ask if she could come and spend time with us—just to visit. She wondered if it would be an imposition. My response to her, "Dear one, come". A dear friend called to find a time when we could visit. She wondered if it would be an imposition. My response to her, "Dear one, come". I appreciate the concern for imposing, but more than that I appreciate the thought, for thinking of us. If it is a bad time—we will let you know, still being very grateful for the call. With all this happening in our world these days, we need to call, to email, to write, to send flowers, and to share food with short visits. A little imposing may be appreciated by many of your friends and neighbors. Share your love!

Congratulation to the Class of 2021!



"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.



Movers and Shakers

- ◇MN Department of Human Services
- ◇MN River Area Agency on Aging Inc.
- ◇Waseca Area Foundation
- ◇Rosennau Funds
- ◇Private Donations

Bridge Builders

- ◇Patton Hoversten & Berg PA
- ◇Farm Bureau—Monte Dufault
- ◇Waseca Round Bank
- ◇Kubat CPA
- ◇Walmart
- ◇Juniper
- ◇Ward House Brewery
- ◇Waseca Area Chamber of Commerce

Community Connections

- ◇Dennis Funeral Homes
- ◇Faith United Methodist Women
- ◇Kwik Trip
- ◇Sweet Som mers VFW Post 1642
- ◇American Legion Post 228
- ◇Waseca Lions Club
- ◇Waseca Music Company
- ◇Dave's Body Shop
- ◇Canine Central
- ◇The Mill
- ◇Waseca County Auto Sales

Friends

- ◇Kroeger's Konzept Salon
- ◇Fessel's Wood Recycling
- ◇Ace Hardware
- ◇Waseca Senior Center
- ◇Waseca Public Library
- ◇Faith United Methodist Church
- ◇Alzheimer's Association
- ◇Four Seasons Apperal
- ◇Morgan's Meat Market
- ◇Waseca Chrysler
- ◇Main Street Dental