

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

WACS Board Members

- *Chair - Kasondra Kubat
- *Vice Chair - Jeff Parkinen
- *Treasurer - Minerva Gomez
- *Secretary - Sarah E. Miller
- *Board Member - Preston Mansfield
- *Board Member - Pastor Jon Schultz
- *Board Member - Jenna Ferris

WACS Staff

- ◊Executive Director - Kelly Boeddeker
- ◊Accounts Manager - Pam Rudolph
- ◊Program Coordinator \ Administrative Assistant - Jill Tobin
- ◊Program Coord. Assistant - Gail Myers
- ◊VOL. Direct Support - Beth Stankiewicz
- ◊IT Services - Shawn Wyles

June Is



While only 4 in 10 Americans talk to their doctor right away when experiencing early memory or cognitive loss,



7 in 10 would want to know early if they have Alzheimer's disease if it could allow for earlier treatment.

Recognize early signs and symptoms

Take Charge! Be proactive and advocate for yourself...

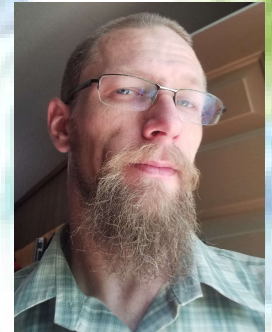
Early diagnosis of Alzheimer's helps both the affected individual and their family adjust to changes in functioning and plan for the future. It also gives people a better chance of benefiting from treatments that can slow progression of the disease. That's why it's so important to recognize the early signs and symptoms that may be associated with Alzheimer's or dementia.

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Volunteer Spotlight

All of our special volunteers and Staff



Your time, expertise, generosity and dedication are what make the mission possible. This organization couldn't have been this successful for this long without your involvement. Thank you so much for volunteering, and know that you are all individually special. We appreciate you and everything you do.

Words alone cannot express how grateful we and the community are for your contributions.

Your generosity means the world to the people we serve.

You are all Appreciated!

Cont. From Front..

10 Early Signs and Symptoms of Alzheimer's and Dementia

There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor, and a caregiver consultation with us.

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality
- Get checked. Early detection matters.



If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior.

Upcoming Education & Events



MAYO CLINIC
HEALTH SYSTEM
Nicholas (Nic) L. Rudolph, P.T., D.P.T.
Physical Therapist
Physical Medicine and Rehabilitation
Waseca
501 North State Street
Waseca, Minnesota 56093

Mayo Clinic Health Systems Waseca, Physical Therapist - Nicholas Rudolph will partner with the Waseca Area Caregiver Services (WACS) to conduct a community-wide educational session for caregivers and aging adults. No cost or registration is required! Free will donations will be accepted.

Topics of this Edu. Session will be:

- Reduce pain
- Improve or restore function and mobility
- Reduce the need for long-term prescription medication use and surgery
- Prevent re-injury
- Maximize physical ability
- Extend independent living
- Programs & Services offered through the WACS to live well at home while aging in place.

Where: Waseca Area Caregiver Facility: 113 2nd St. NE (across from the USPS)
When: Thursday, June 26th 2025 from 10:00 to 11:00 AM.

For More information about the WACS



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

Relax and have fun with Tai Chi!

On-site classes

Date: Starts Tuesday, August 26, 2025

Times: 9:00-10:00 AM Every Tuesday & Thursday, for 12 weeks.

Location: Waseca Area Caregiver facility, 113 2nd Street NE, Waseca, MN

Attire: Wear comfortable, cotton exercise clothing; or dress light

Cost: \$ 90.00

Teacher: Kelly Boeddeker

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

To Register: Please, stop in at 113 2nd St. NE Waseca MN 56093, OR call 507-833-0015 or email at wasecacs@outlook.com



Waseca Area Caregiver Services 113 2nd St. SE, Waseca, MN Phone 507-833-0015

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 19th from 8:00am - 3:30pm** at the Waseca Area Caregivers Services Facility *113 2nd Street NE Waseca, MN 56093* **Lunch and Materials Will be included.** For Professionals seeking CE credits, there will be a Fee of \$20.00 to cover Lunch and Materials

For Information, Contact

Kelly Boeddeker at 507-833-0015

Reserve your spot today.

You're Invited!

**All Past, Present and Future Volunteers,
Lunch & Learn**

Presentation: Beth Stankiewicz : Ocular Health & Diseases for Aging Adults.

When: Tuesday, June 24th at 12:00.

Where: 113 2nd St. NE Waseca, MN

Your gift of time volunteering at the WACS is much appreciated !

We look forward to seeing you all.



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



Movers & Shakers

- *MN Department of Human Services
- *MN River Area Agency on Aging
- *Waseca County Sheriff Jay Dulas
- *Waseca Area Chamber of Commerce
- *Waseca Area Foundation
- *Keen Bank
- *Waseca MinnWest Bank
- *Patton Hoversten & Berg PA
- *DRS. Akre & Clark
- *EF Johnson

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
- *Morgan's Meat Market
- *Private Donations

Community Connections

- *Faith United Methodist Women
- *The St. John Lutheran Church WELCA
- *Ward House Brewery
- *Dave's Body Shop
- *Waseca Chrysler
- *Berry Pallets
- *Waseca Smoke Shop
- *Maple Terrace
- *Lush Cakes
- *Main Street Dental—New Richland

Friends

- *Kroeger's Konzept Salon
- *Fessel's Wood Recycling
- *Waseca Senior Center
- *Faith United Methodist Church
- *Alzheimer's Association
- *Waseca Public Library
- *Edina Realty
- *Waseca Music Co.
- *Waseca County Historical Society
- *Waseca Lions Club
- *Knights of Columbus