



Caregiver Services

Programs Serving
Waseca Communities



Hours of Operation

Monday—Friday 7 AM—4 PM

Contact Information

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Address: 113 2nd Street NE

Waseca, MN 56093

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Do you think you have the luck o' the Irish?

St. Patrick's Day is celebrated in the United States as a fun cultural holiday to honor St. Patrick, the patron saint of Ireland. Taking place on March 17th every year, celebrators wear green, attend parades, eat Irish food and beer, and dance to Irish music. Don't be surprised if, in jest, someone pinches you for not wearing green—legend has it that wearing green makes you invisible to leprechauns! St. Patrick's Day originated as a holiday to honor St. Patrick, a missionary who was kidnapped by Irish raiders in his youth and proceeded to evangelize the Irish to Christianity. Later, Irish immigrants who came to America popularized the holiday into the secular, largely cultural holiday of merrymaking that it is known as today. Wear green and embrace your inner Leprechaun!

Here are fun St. Patrick's Day activities we recommend for seniors:

Attend a St. Patrick's Day parade.

If you attend a St. Patrick's Day parade, be prepared for gigantic green-colored floats filled with dancing leprechauns, color guards tossing Irish flags in the air, men playing bagpipes in unison, and revelers all dressed in green marching down the pavement. It's an arresting, surreal experience, and you won't want to be a bystander not wearing green! Be amazed by all the sights and performances, and meet fellow St. Patrick's Day celebrators. To find a parade near you, go to this St. Patrick's Day parade finder which lists all of the St. Patrick's Day parades in cities near you.

Listen to Celtic music.

Celtic music can be entrancing and transport you to fairy-lands inhabited by wandering woodland nymphs, brave soldiers riding horses, or sailors gallivanting on the high seas. We recommend listening to Celtic Woman, a musical group of Irish female singers with angelic voices. Irish folk ballads can be achingly beautiful as well with their laments of lost love. Famous ballads include "Danny Boy" and "The Fields of Athenry." Whatever your taste is, you are sure to find an Irish song that will move you.

Read the tantalizing story of St. Patrick.

The story of St. Patrick is fascinating. Born in Britain to wealthy parents, St. Patrick was kidnapped to Ireland at the tender age of 16 to be a slave. Discovering how this young man persevered through trial and transformed the faith of millions will be an entertaining time for you and loved ones. Read a book like this book, St. Patrick of Ireland: A Biography, detailing St. Patrick's famous miracle of banishing all snakes from Ireland or his miracle of raising long-dead people from the grave. Although St. Patrick's feats are exaggerated and have become mythologized, his contribution and transformation of Ireland cannot be minimized. From being kidnapped to later converting the same people who abducted him, St. Patrick is a hero whose story you will love.

Create St. Patrick's Day crafts.

There are St. Patrick's Day crafts galore on the internet—you'll find the number stretching all the way till the end of the rainbow! We recommend having fun creating a hanging pot of gold, a green clay clover pin, painted shamrocks on "gold" or pot of gold Mason jar. Surprise your loved ones with a gift of St. Patrick's Day food crafts as well! You can make shamrock velvet cake, green hot chocolate, shamrock cookies, or even this "beary" cute St. Paddy bear pop! St. Patrick's Day is a day of celebrating the Irish spirit of adventure, joy, and free-flowing fun. Even mischievous leprechauns will want to join in on your fun craft-making adventures!

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MINNESOTA RIVER
Area Agency on Aging®

Volunteer of the Month



Jenna Ferris

We are excited to welcome Jenna Ferris to the WACS Team as a board chair member. When asked what her favorite part of volunteering is; she said, "Making a difference in peoples lives and knowing I'm making a healthy contribution to our community." Jenna was raised in Waseca and graduated From the Waseca High school in 2016. She went on to college at MSU in Mankato and graduated from college in 2020. Jenna started part time as a teller for the Minnwest Bank when she was in college. After Jenna graduated, she started full-time and worked her way up to the market sales manager for the Waseca and Waldorf branches. In her free time she enjoys traveling, boating, and cooking. Her Husband and herself live out in the country on a little hobby farm.

Jenna, we appreciate all you do!

US Dementia Cases Projected to Double Within 40 Years

The number of US adults who will develop dementia each year is projected to increase from approximately 514,000 in 2020 to about 1 million in 2060, new research shows.

In addition, the lifetime risk of developing dementia after age 55 is estimated at 42%. The research showed that the relative growth in dementia cases is particularly pronounced for Black adults. These new findings researchers say, "highlight the urgent need for policies that enhance healthy aging, with a focus on health equity."

"The aging of the population means that the increased burden of cognitive decline and dementia, particularly among the oldest age group, is going to be significant, and we need to be prepared for it.

Findings highlight the importance of addressing the growing number of Baby Boomers transitioning into the oldest age group. As more individuals live into their 80s and beyond, the medical community must focus on managing early symptoms and implementing effective prevention strategies.

Such strategies should include managing risk factors, such as social isolation, disordered sleep, mood issues, poor cardiovascular health, and uncorrected hearing loss. As it stands, research suggests only about 20% of US adults meet recommended lifestyle and cardiovascular health targets, and only 30% of older adults with hearing loss are using a hearing aid.

Checking your blood pressure and cholesterol, and conducting other tests to determine risk and discuss lifestyle changes could result in dementia risk reduction.

Resource: National Institutes of Health (NIH)

Upcoming Educational Opportunities & Events

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Monday, April 7
2:15 p.m. - 3:15 p.m.

Waseca Area Caregiver Services
113 2nd St NE
Waseca, MN 56093

Kelly Boeddeker
wasecacs@outlook.com
507-833-0015

Visit alz.org/CRF to explore additional education programs online and in your area.

ALZHEIMER'S ASSOCIATION

2417622

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.

TRAINING OPPORTUNITY!

Upcoming REST Training Location

There Will be a Volunteer Training for the REST Program on **March 6th from 8:00am - 3:30pm** at the **Waseca Area Caregivers Services *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.

Volunteer Lunch and Learn

All Past, Present and Future volunteers please join us for our WACS Volunteer Lunch & Learn.

* Virtual Presentation By:
John Bell- Respite Ministry

*Time: Tuesday, March 11th from Noon-1:00

*Location: Waseca Area

Caregiver Services 113 2nd St. NE 56093.

Giving your gift of time for 2 hours a month changes lives! We look forward to seeing you all.



There is no "I" in Team, but we sure are glad there is "u" in our volunteers!

Fish Fry Fundraiser

Mark your Calendars!

Come on down to the

Waseca VFW

Friday, March 21st,

for a Yummy Walleye & Shrimp Fry Dinner,
Silent Auction & Karaoke By Kozy!!!

March 21st

JOIN US FOR A

FISH FRY

Fundraiser for WACS 5:30-7:00 PM

Sweet- Sommers VFW 1642, Waseca MN 56093	Walleye Dinner : \$18.00 Shrimp Dinner \$15.00
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Featured 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 Monday and Wednesday in Waseca

Caregiver consultants

WACS Caregiver consultants are available to:

- * Unpaid family, partners, and friends who provide care to an older adult (60 years or older)
- * Unpaid family, partners, and friends who provide on-going care to younger persons with dementia

Caregiver Consultants may provide:

- * Caregiving education and skills training
- * Self-care and stress management suggestions
- * Disease-specific information to support caregiving

Crabby Road

Crabby Road

If you find a four leaf clover it means you have entirely too much time on your hands.



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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
- *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

Community Connections

- *Faith United Methodist Women
- *The St. John Lutheran Church WELCA
- *Ward House Brewery
- *Waseca Lions Club
- *Dave's Body Shop
- *Waseca County Auto Sales
- *Southside Marina
- *Berry Pallets
- *Waseca Smoke Shop
- *Waseca Historical Society
- *Maple Terrace
- *Barney's Drive-In

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
- *Edina Realty
- *Four Seasons Apparel
- *Waseca Music Co.