



# 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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Waseca, MN 56093

## WACS Board Members

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

## WACS Staff

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

*Waseca Area Caregivers is so thankful for all of the support of the communities in our county and beyond!!*



## The Growing Demand for Seniors Programs

With Thanksgiving around this time of year and as we prepare for the holidays, November is the most appropriate month to pay special attention to the mobility needs and safety concerns of the aging population.

Did you know that, in the US, it is estimated that by 2030 there will be about 72 million older persons, which is going to double the number of older people that were counted in 2000.

Let's celebrate our aging population this month by committing to provide for their needs now and well into the future. Contact us directly to learn more about how.

The WACS is here to improve your sense of security and wellbeing, utilizing the programs and services we offer. Which gives you the ability to live well at home while aging in place.

Resource: <https://momentmtech.com/insights/november-is-the-month-to-celebrate-seniors/>

Follow us on :



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# Volunteer of the Month



Sharon

Sharon has been a volunteer with the WACS since July of 2021. Since becoming a volunteer Sharon has been a VERY GREAT help in baking and volunteering her time with fundraisers events, promoting our programs, volunteering on Mondays at our "Sometime Away" program and making handmade blankets for our participants for either Christmas presents or when they leave our program and move onto a higher level of care facility. When asked what she enjoys most about volunteering Sharon said, " I enjoy helping people out that need help. It's always fun seeing the folks that have Dementia have fun at Some Time Away and seeing their faces light up." In Sharons free time she enjoys doing puzzles or crafts of any kind.

Sharon, thank you for your unending help and being an amazing volunteer!

## Upcoming Events

### Waseca Area Caregiver Services Fundraiser Burger Fry & Karaoke Night

Join us **November 21st** from 5:30 PM—7:30 PM  
At the American Legion Post 228 in Waseca, MN.  
Purchase tickets at the WACS building or at the  
American Legion the night of the event \$10/piece

Karaoke will go from **7:30-10:30 PM!**



What will be served:

- . Burger
- . Cheeseburger
- . Fish Sandwich
- . Fries

**HOME MADE PIE SALE!**

## Care Provision Education

The WACS is an EW Licensed provider through the state of Minnesota. We can help older adults navigate the system, provide resources that are available through WACS and connect you to other local resources including but not limited to; Waseca County elderly wavier programs, and how to pay for long term care services.

### Income and asset limits (2025)

**Individual:** Income limit of \$1,305/month and an asset limit of \$3,000.

**Couple:** Income limit of \$1,764/month and an asset limit of \$6,000.

**Spouse not applying:** When one spouse applies and the other does not, the non-applicant spouse's assets can be protected up to a certain limit (in 2025, a maximum of \$157,920 for the community spouse). The applicant's income is still subject to the limits

## Start Your Caregiver Journey HERE!

Taking on the role of a family caregiver requires organization and planning, alongside access to a strong support network. The WACS begins by gathering information, building a care plan, and ensuring you that we always care for your own well-being.



### Caregiver Consultants may provide:

- \* Caregiving education and skills training
- \* Self-care and stress management suggestions
- \* Disease-specific information to support caregiving
- \* Guidance on managing family and care team relationships
- \* Communication and assertiveness skills training
- \* Support in developing informal networks of support
- \* Individual & Family meeting facilitation

### 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



**There is no safe amount of alcohol consumption when it comes to your risk for dementia, according to a recent study.**

**While past research has suggested that moderate alcohol consumption may even be associated with some health benefits, more recent research has shown that even moderate alcohol consumption is associated with several types of cancers and other health concerns. In a new study last month they found a relationship between all levels of alcohol use and an increased risk for dementia.**

**The researchers in the study investigated observational data from nearly 560,000 participants ages 56-72, as well as genetic analyses — used to predict how likely people were to drink alcohol — from data from multiple studies with 2.4 million participants.**

**The results found that a doubled increase in a person's genetic risk for alcohol use disorder increased their risk of dementia by 16%. Also, an increase of drinks per week was associated with an increased risk of dementia.**

**There is a 15% higher dementia risk for three drinks per week compared to one drink per week across life.**

*Resource: Alcohol use and risk of dementia in diverse populations: evidence from cohort, case-control and Mendelian randomisation approaches | BMJ Evidence-Based Medicine*

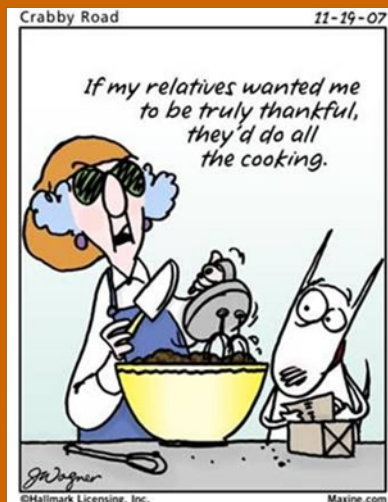
# Happy Thanksgiving!

From WACS's

## Caring Hands

The Caring Hands program is here to connect with aging adults to assist with homemaker support and minor home repair chores.

There are individuals with greater need for Chore and Homemaker services that may struggle with tasks that can include light housework, yard work, and/or who may struggle with meal preparation, removing unneeded items, or assistance with downsizing from their current home to a more manageable living space, or other activities of daily living that Caring Hands can provide services for.



# Veterans ★ Day ★

Thank you for your courage, dedication, and hard work. And thanks to the military families for their support, resilience, and sacrifice.

Sweet Sommers VFW Post 1642



Veterans and caregivers of veterans of Waseca County, a special thank you for your time served!

Please know the WACS is here to serve you as you age in place.

## 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