



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

WACS Board Members

- * Chair - Larry Johnson
- * Vice Chair - Joe Mitzel
- * Treasurer - Minerva Gomez
- * Secretary - Sarah E. Miller
- * Board Member - Preston Mansfield
- * Board Member - Pastor Jon Schultz
- * Board Member - Bob Hunter

WACS Staff

- ◇ Executive Director - Kelly Boeddeker
- ◇ Accounts Manager - Pam Rudolph
- ◇ Program Coordinator \ Administrative Assistant - Tammi Reller
- ◇ Program Coordinator Assistant - Jill Tobin
- ◇ Direct Support - Gail Myers
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<https://wasecacaregivers.com/>

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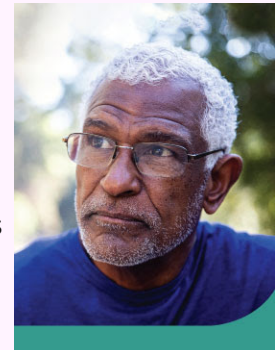
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June is Alzheimer's and Brain Awareness Month!

The number of Americans living with Alzheimer's is growing — and growing fast. Nearly 7 million Americans have Alzheimer's. An estimated 6.9 million Americans age 65 and older are living with Alzheimer's in 2024. Seventy-three percent are age 75 or older.

- * About 1 in 9 people age 65 and older (10.9%) has Alzheimer's.
- * Almost two-thirds of Americans with Alzheimer's are women.
- * Older Black Americans are about twice as likely to have Alzheimer's or other dementias as older Whites.
- * Older Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older Whites.



1 in 3 older Americans dies with Alzheimer's or another dementia.

As the size of the U.S. population age 65 and older continues to grow, so too will the number and proportion of Americans with Alzheimer's or other dementias. By 2050, the number of people age 65 and older with Alzheimer's may grow to a projected 12.7 million, barring the development of medical breakthroughs to prevent or cure Alzheimer's disease.

1 in 3 seniors dies with Alzheimer's or another dementia.

Caregiving - Who are the caregivers?

Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers who provide help to older adults do so for someone living with Alzheimer's or another dementia. About 30% of caregivers are age 65 or older.



About **25% of dementia caregivers** care for an aging parent as well as at least one child.

Approximately two-thirds of caregivers are women; more specifically, over one-third of dementia caregivers are daughters. Most caregivers (66%) live with the person with dementia in the community. Approximately one-quarter of dementia caregivers are "sandwich generation" caregivers — meaning that they care not only for an aging parent but also for at least one child.

Alzheimer's takes a devastating toll on caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties. Of the total lifetime cost of caring for someone with dementia, 70% is borne by families — either through out-of-pocket health and long-term care expenses or from the value of unpaid care.

Resource: <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>

Volunteer of the Month

Linda Joy



Linda is a great help to our Some Time Away, In - home Respite and Visiting Programs. When asked what her favorite part of volunteering is? She said, "Helping other people!" When not volunteering Linda enjoys gardening, coloring, cooking, crocheting and reading. Linda, thank you for all the help that you have provided.

You are Appreciated!

Upcoming Classes and events

Don't Miss Out



PEPTO'S PIZZA & WARD HOUSE BREWERY
With
WASECA AREA CAREGIVER SERVICES
INVITES YOU TO



COME TAKE PART
In this fundraiser event to benefit Seniors in your Local Community.

TUESDAY JUNE 11 2024
5 00 PM * 8 00 PM

1 PIZZA & 2 HOME MADE ROOT BEERS
COST \$35.00



Funds will go toward continuing the mission of WACS
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.

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
June 21st 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.

All Past, Present and Future volunteers
please join us for our quarterly
"Lunch and Learn Meeting "
Tuesday, June 18th, 2023 from Noon -1:00



WACS's Featured Programs

Come join us in office for our programs or we can bring our in-home programs too you!

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.

Every 1st Wednesday and 3rd Monday 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!

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



In Home Respite

Although rewarding, care giving 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).

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 a 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 at 113 2nd St NE.



"THIS ISN'T WHAT I HAD IN MIND WHEN I SAID I WANTED TO BE IRON MAN!"

CLASS OF
2024
 Graduation
 CONGRATULATIONS

Be bold enough to use
 your voice, brave
 enough to listen to your
 heart, and **strong**
 enough to live the life
 you've always imagined.

We Offer-Chore and Homemaker Services

- * Light Housework
- * Yard Work
- * Meal Preparation
- * Daily Living Activities
- * Downsizing

Movers & Shakers

- *MN Department of Human Services
- *MN River Area Agency on Aging
- *Private Donations
- *Waseca Area Chamber of Commerce
- *Keen Bank
- *Waseca MinnWest Bank
- *Patton Hoversten & Berg PA
- *Dennis/Steffel/Omtvedt - Funeral Homes and Crematory

Bridge Builders

- *Kubat CPA
- *Farm Bureau-Monte Dufault
- *American Legion Post 228
- *The Mill
- *By The Way Gas & Groceries
- *Kwik Trip
- *Sweet Sommers VFW 1642
- *Quality Print
- *Lush Cakes
- *Ace Hardware
- *Morgan's Meat Market

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
- *Southside Marina & more
- *Berry Pallets
- *Waseca Smoke Shop
- *Waseca Historical Society
- *Maple Terrace
- *St. John Lutheran Church WELCA

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