

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

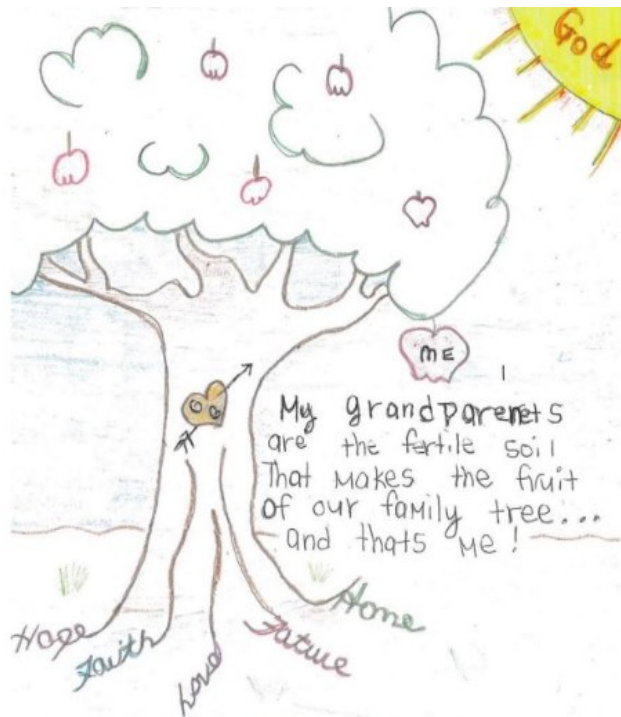
- ◇ Chair Larry Johnson
- ◇ Vice Chair Joe Mitzel
- ◇ Treasurer Pastor Carolyn Doering
- ◇ Board Member John Mansfield
- ◇ Board Member Minerva Gomez
- ◇ Board Member Kyle Tomlinson

WACS Staff

- ◇ Executive Director Kelly Boeddeker
- ◇ Program Director/Accounts Manager Beth Stankiewicz
- ◇ Program Coordinator/Admin Assistant Shanna Peble
- ◇ Technical Services Shawn Wyles

Happy mother's day! a big thank you to all the moms out there who have poured your hearts and hard work into nurturing your children to create a better future for them and all of us.

In celebration of everyone who has taken on the task of nurturing a young person; everyone who has invested in a child's well-being; everyone who devotes their time and resources in the service of strengthening the hearts, minds and bodies of the world's young ones, with a vision to see them through to a fulfilling adulthood, we offer this May issue, dedicated to caregivers everywhere. The world is stronger with you in it .



Ayza, age 11

From kinship caregivers across the US telling their truths, courtesy of the Children's Bureau; and secondly some artwork and an essay from children raised by kinship caregivers, as published by Family Education and Support Services in Washington State.

<https://mailchi.mp/302edb14b7dd/kinship-caregiver-e-news-16056974>



Upcoming Fundraisers & Events

Upcoming City Wide Garage Sale Fundraiser

⇒When? May 21, 2022 from 8 AM—2 PM

⇒Where? 113 2nd Street NE, Waseca, MN 56093 (Across from the Post Office)

⇒Cost: Free Will Donation

⇒What? WACS will be having our side walk sale and will have clothing, furniture, decorations, household goods, etc.

⇒How can you help? WACS will be taking donations from people in the community to display and sell at our garage/sidewalk sale. Please contact the WACS office if you have some items you would like to donate.



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

On-Site Classes!

Date: Starting Monday, August 29, 2022

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

Location: Every Monday & Thursday for 23 week at 113 2nd Street NE, Waseca, MN 56093

Attire: Wear comfortable, cotton exercise clothing

Teachers: Kelly Boeddeker & Beth Stankiewicz

Prerequisites: No experience necessary!

Cost: Donations Accepted

To Register: Call the WACS office at (507)833-0015



is proud to host

Hometown Art Show Silent Auction

*Presented
By*



Hometown Art Show Silent Auction

**Waseca Art Center 200 State Street North
Waseca MN 56093**

June 8th - July 29th

**Wednesdays 10AM - 4PM
Thursdays 12PM - 7PM
Fridays 12PM - 7PM**

**A reception will be held
July 29th from 5PM-7PM
where winning bids will
be awarded their lots.
Drinks and Appetizers
provided**

Mental Health Awareness Month



Mental Health Awareness Month is celebrated each May. Since one in five Americans will experience a mental illness this year, you likely know someone, or you are someone, with mental health concerns. As a result of the COVID-19 pandemic, many individuals who had no prior symptoms of depression or anxiety began to experience changes in their mental health. The last year has given rise to a perfect storm for many since trauma (like we collectively experienced with COVID) and feelings of loneliness and isolation (brought on by limited contact with others due to the pandemic) are both risk factors to mental health conditions. Mental Health Awareness Month has been observed in May in the United States since 1949.



Waseca Area Caregiver Services offers visiting/companionship services as well as in-home respite and Caregiver Support Group services to assist in the isolation and mental health aspect of aging.



How Muslims end the month of Ramadan and start the celebration of Eid



This year, Muslims at DHS and worldwide started their month-long Ramadan fast on April 2. Ramadan is the ninth month of the Islamic calendar, which is based on a 12-month lunar year of approximately 354 days. Because the lunar year is 11 days shorter than the solar year, Ramadan moves 11 days earlier each year.

During this month, Muslims fast from before dawn until sunset, an average of 15-16 hours each day for a month. Fasting entails forgoing food, water, smoking, chewing gum, etc. with the ultimate objective to gain discipline, self-restraint, and a conscious effort to do good and avoid wrong.

A typical day in Ramadan would be to wake up around 3:30 a.m. for the pre-dawn meal, perform the morning prayer, and depending on the circumstances, one could go back to bed or begin the day. Particularly during the long summer months, people often take a nap in the late afternoon after work. At sunset, family members break the fast with a few dates and water, and depending on the culture, other light foods such as soup, appetizers or fruit. After performing the sunset prayers, the family eats dinner. Community and interfaith gatherings for breaking fast are common. Many families go to mosque for the late night prayer and return home around midnight (all of these times vary depending on the time of the year, with shorter days in the winter and longer days in the summer)

At the end of Ramadan, Muslims celebrate one of their major holidays called Eid al-Fitr or the "Festival of the Breaking of the Fast." This year, it falls on May 2. Children traditionally receive new clothes, money or gifts from parents, relatives and friends. A special prayer and sermon are held the morning of Eid day, followed by a community celebration usually in a park or large hall. Food, games and presents for children are important parts of the festivities, as friends and family spend the day socializing, eating and reuniting with old acquaintances. Typical greeting at the start of this month is "Ramadan Mubarak" or "blessed Ramadan." The end of Ramadan greeting is "Eid Mubarak" or "blessed Eid."

Happy Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in military service for the United States.

Did you know...?



Memorial Day was moved from the traditional May 30th date to the last Monday in May as part of the Uniform Monday Holiday act of 1968

◇ Late May was chosen as the date for Memorial Day as the flowers used to decorate graves would be in full bloom

◇ On Memorial Day, a custom is that the American Flag is flown at half staff until noon, and then raised until sunset

◇ Since 1776, 48 million Americans have served in the armed forces

<https://www.officeholidays.com/facts/memorial-day>

Volunteer Spotlight

Quality Print—Cory & Nikki



WACS wants to spotlight Quality Print for being a key stakeholder for WACS. Quality Print will print and donate all our monthly newsletters for us and are always there to lend a helping hand or opinions on our website, signs, new material, and more! Cory has been really great and is always available and Nikki is always a phone call away. Cory worked at QP from 07-'14' and returned in 2018. Nikki has been at QP since 2020. A huge thank you to Cory, Nikki, and Curtis Smith (owner) for your printing donation each month. It is greatly appreciated! QP has been around in Waseca since the late 60's and continues to be a great and growing buisness in Waseca.

Movers & Shakers

- ◇ MN Department of Human Services
- ◇ MN River Area Agency on Aging
- ◇ Private Donations
- ◇ Waseca Area Chamber of Commerce
- ◇ Waseca Area Foundation
 - ◇ EF Johnson
- ◇ Waseca Minnwest Bank
- ◇ First National Bank
- ◇ Patton Hoversten & Berg PA
- ◇ National Council on Aging
 - ◇ Walmart

Bridge Builders

- ◇ Kubat CPA
- ◇ Farm Bureau—Monte Dufault
- ◇ Dennis Funeral Homes
- ◇ The Mill
- ◇ By The Way Gas & Groceries
 - ◇ Kwik Trip
 - ◇ Edina Reality
- ◇ Waseca Historical Society
- ◇ American Legion Post 228
- ◇ Sweet Sommers VFW 1642
 - ◇ Quality Print

Community Connections

- ◇ Faith United Methodist Women
- ◇ Ward House Brewery
- ◇ Waseca Lions Club
- ◇ Waseca Music Company
- ◇ Dave's Body Shop
- ◇ Canine Central
- ◇ Waseca County Auto Sales
- ◇ Four Seasons Apparel
 - ◇ Elm Homes
 - ◇ Berry Pallets

Friends

- ◇ Kroeger's Konzept Salon
- ◇ Fessel's Wood Recycling
 - ◇ Ace Hardware
- ◇ Waseca Senior Center
- ◇ Faith United Methodist Church
- ◇ Alzheimer's Association
- ◇ Morgan's Meat Market
 - ◇ Waseca Chrysler
- ◇ Main Street Dental—New Richland
 - ◇ Lush Cakes
 - ◇ P&G Construction
 - ◇ Waseca-Le Sueur Public Library