



# 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](mailto:wasecacs@outlook.com)

Address: 113 2nd Street NE

Waseca, MN 56093

## WACS Board Members

- \* Chair - Larry Johnson
- \* Vice Chair - Joe Mitzel
- \* Treasurer - Minerva Gomez
- \* Secretary - Kyle Tomlinson
- \* Board Member - John Mansfield
- \* Board Member—Pastor Jon Schultz
- \* Board Member - Bob Hunter

## WACS Staff

- \* Executive Director - Kelly Boeddeker
- \* Accounts Manager - Pam Rudolph
- \* Program Coordinator \ Administrative Assistant - Shanna Peoble
- \* Program Assistant - Jill Tobin
- \* IT Services - Shawn Wyles



## With Fall comes...

September is Fall Prevention Month. Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence, and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs like those offered at WACS, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

The challenges of falls for older adults, According to the U.S. Centers for Disease Control and Prevention (CDC) and other falls research:

- More than one out of four Americans age 65+ falls each year. Falls are the leading cause of fatal and nonfatal injuries among older adults.
- The cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030.
- Falls result in more than 3 million injuries treated in emergency departments annually, including over 800,000 hospitalizations.
- In 2015, the total cost of non-fatal fall injuries was \$50 billion.
- Each year about \$754 million is spent on medical costs related to fatal falls.
- For older adults in the U.S., fall death rates went up by 30% from 2007-2016, and researchers predict there will be 7 deadly falls every hour by 2030.
- People with mild hearing loss are nearly three times as likely to fall, with each 10 decibels of hearing loss increasing falls risk.
- The majority (60%) of falls happen in the home, 30% in a public setting, and 10% in a health care center.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

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# Volunteer of the Month

Beth Stankiewicz



Beth Stankiewicz originally was a volunteer for the WACS starting in November of 2019. During her time with us not only as a former employee but also volunteering her time above and beyond her regular hours. Even though she is no longer a staff member with us she continues to volunteer her time at fundraiser events, promotes and markets our services, helps in grant writing and continues to do Caregiver Consultations. Beth, thank you for all your help that you have given the WACS in the past years.

## Upcoming Education \ Events



**Deadline To Enroll  
Sept 14th-15th**

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!**

**Date:** Starts Tuesday, August 29, 2023 or Wednesday August 30, 2023.

**Times:** 8-9 AM, 9-10 AM, 11-12 AM 1-2 PM

**Location:** Every Tuesday & Thursday, for 12 weeks. On-site classes are held at Waseca Area Caregiver Services facility. 8:00-9:00. 113 2nd Street NE, Waseca, MN

**Location:** Every Tuesday & Thursday, for 12 weeks. On-site classes are held at Maple Terrace Apt. Facility. 1:00-2:00. 308 2nd Ave NW, Waseca, MN 56093

**Location:** Every Tuesday & Thursday, for 12 weeks. On-site classes are held at Park Plaza Apt. facility. 9:00- 10:00. 106 E North St, Janesville, MN 56048

**Location:** Every Wednesday & Friday, for 12 weeks. On-site classes are held at Waseca Area Senior Center facility. 11:00-12:00. 308 N State St, Waseca, MN 56093

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

**Cost:** Donations Accepted

**Teachers:** Kelly Boeddeker, Shanna Peoble

**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 any of these facilities, call 507-833-0015 or email at [wasecacs@outlook.com](mailto:wasecacs@outlook.com)



### 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 8:00-3:30 September 29th at Waseca Area Caregiver facility. 113 2nd St. NE Waseca, MN 56093  
Materials and Lunch will be Provided  
Fee for session is \$40.00 for Materials/Lunch  
Professionals seeking CE credits

For Information, Contact

Kelly Boeddeker - 507-833-0015



[www.restprogram.org](http://www.restprogram.org)



## 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.

### Location

113 2nd Ave NW Waseca, MN 56093

**Cost** : \$35 per day **Sliding Fee Scale Available**

**Includes Noon Meal**

Participants will enjoy a variety of structured, age-appropriate activities designed to promote social, intellectual, physical, emotional and spiritual well-being and to enhance their quality of life.

### Contact Information

Waseca Area Caregiver Services

113 2nd Ave NW Waseca, MN 56093

(507) 833-0015 wasecacs@outlook.com

**A big thank you to Sherriff Jay Dulas of Waseca County and Tim Sexton Fireman for the Waseca Fire Department for informing our STA participants why and how you became a community helper. You both make our town a safer place to live! From all of us at the WACS, your service to the community is greatly appreciated!!**



**All Past, Present and Future volunteers please join us for our quarterly lunching and meeting**

**Tuesday, September 15th, 2023 from Noon -1:00.**  
**113 2nd St. NE Waseca MN, 56093**

With Guest Presentation by **Kim Maas**  
**“Planning & Paying for Long Term Care”**

**m MINNESOTA SENIOR LINKAGE LINE**  
**800-333-2433**



RESPITE EDUCATION & SUPPORT TOOLS

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).

We provide 2 hours of respite care in the home. Your loved one will be actively engaged in activities they want to do.

**Cost** = Sliding Fee Scale Available

Individuals who are unwilling or unable to share in the cost by paying the amount suggested on the sliding fee scale **will not be denied service.**

#### Contact Information

113 2nd Ave NW  
Waseca, MN 56093

(507) 833-0015



## 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
- \*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

## 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
- \*Elm Homes
- \*Berry Pallets
- \*Waseca Smoke Shop
- \*Waseca Historical Society
- \*Maple Terrace
- \*Edina Realty

## 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