

Hours  
Monday—Friday  
8:00am \_ 4:00pm  
Closed  
Saturday and Sunday

Contact information

507 833 0015  
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24 hour assistance line  
507 201 7033

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Pathway to a Positive Future

# JOURNEYS

Journeys is here for all, we are working along side LSS Mankato in providing resources for all youth in Waseca Country .Please reach out to us

**Waseca Area Caregiver Services mission is to incorporate care giving services to all ages. A caregiver or informal caregiver is an unpaid and without formal training member of a person's social network who helps them with activities of daily living.**

Care giving is most commonly used but not limited to address impairments related to old age, disability, a disease, or a mental disorder.

## Welcome to the Waseca Area Caregiver Services Newsletter.

We are happy to be back in the Waseca Area. Our goal is to reach out to caregivers with families that would benefit from our programs, resources, services and caring staff in the Waseca, New Richland, Janesville, Waldorf , Elysian and surrounding area.

We have several programs you can attend all or just one or two it is up to you! The following is a list of what we are featuring so far. Each newsletter I will be going more in depth about what they are about and how it can help you or your family member.



**Coffee Café** : Join the WACS staff and volunteers for coffee and donut Monday-Friday 7-9am.

**Some Time Away (STA)** Wednesdays 10:00 am—2:00 pm for our ever growing support group of caregivers.

**In home Respite**—Although Rewarding, caregiving can be demanding and stressful. Caregivers need help. Companion Respite care -a short break given to caregivers.

**Live well at home** a service that is provided to access what WACS can do to help the family. Whether its one of the above programs , resources or some other way to assist the family .



## JOURNEYS

### Youth Outreach

Our Street Outreach connects youth who are at-risk or experiencing homelessness to community services and solutions for their immediate needs. If you are a young person without a stable place to stay, you don't have to go it alone. We provide the resources to help keep you safe and support you in your next steps - whether it's finding your way back home or getting a meal and a place to sleep tonight. We meet youth where they are and accept them for who they are-without judgment

## Waseca Area Caregivers / Journeys

A 501c3 non profit, fundraising and grants are a great way for us to reach out into the community and get our name known and meet the amazing families who support us.

### WACS Upcoming fundraising events



We are working with the Veterans Of Foreign Wars Post 1642 in Waseca to schedule a Hamburger Fry this fall .

pampered chef.



We have been working with the local Pizza Ranch on a Community Impact fundraiser event



WACS has been successful in implementing a live and silent auction, We had an amazing all you can eat Breakfast buffet fundraiser and silent auction with the VFW Thank you to all who attend it was some pretty rough weather that day so we truly are thankful for those who made it.

In May we had an Facebook Avon fundraiser hosted by our local Avon distributor Deb Bauleke, It was amazing! A big



Waseca Area Caregivers Services has been blessed with overwhelming support!  
The following are some of our supporters so far in 2020.

Waseca Area Foundation along with the Rosennau funds ,  
Waseca Round Bank,  
Faith United Methodist Church  
Patton Hoversten & Berg PA  
Sweet Sommers VFW Post 1642  
Kroeger's Konzept Salon

Minnesota River Area Agency on Aging Inc..  
Walmart,  
Garry Huckfeldt  
Fessel's Wood Recycling  
Deb Bauleke, Avon  
Waseca Chrysler  
Kubat CPA

Personalized Printing  
Dave's Body Shop  
Monty Dufault, Farm Bureau  
Waseca Music Company  
Kwik Trip  
Mankato Lutheran Services

Together we can all make a difference if you are interested in volunteering to help us with our mission please reach out to us !

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A caregiver can try establishing a daily routine for a person with dementia during the COVID-19 pandemic.

## This month's article **Challenges during the COVID-19 pandemic**

Current preventive measures against the novel corona virus, such as physical distancing may present significant challenges for people with dementia because they often rely on in-person health services and social support from family members and friends.

A person with dementia may not understand the COVID-19 pandemic or its implications. Many caregivers, who typically rely on regular visits from family members and friends, may find themselves taking on more responsibilities without help or breaks. As a result, people acting as the sole caregiver may experience emotional and physical fatigue.

The challenges that stem from dementia vary depending on the type and severity of a person's condition.

### **Alzheimer's disease**

Alzheimer's disease affects regions of the brain that play a role in memory formation. People living with Alzheimer's disease may have difficulty remembering recent events or performing daily tasks, such as washing their hands.

**Lewy Body dementia** People who have Lewy Body dementia or Parkinson's disease may exhibit progressive memory loss, mood changes, and language impairment. They may have difficulty communicating their needs or concerns to caregivers.

**Front temporal dementia** Front temporal dementia, previously known as Pick's disease, involves symptoms that relate either to changes in behavior or language difficulties. People with front temporal dementia may exhibit impulsive or inappropriate social behavior. As a result, they may neglect physical distancing, hand hygiene, and other recommendations from their caregivers and local health authorities.

### **Plan for gaps in care**

Caregivers may need to take on more care giving responsibilities if in-home health aids or other family members cannot come by as frequently. They can prepare for unexpected gaps in care by first making a list of essential supplies, such as medication, personal hygiene products, and food. It is a good idea to stock up on nonperishable, essential supplies.

\*

*Tips A caregiver can use the following tips to help care for someone with dementia.*

### **Create a daily routine**

It may be beneficial to establish a consistent daily routine that includes the following activities:

- \*waking up and going to sleep at set times
- \*bathing, getting dressed, and other personal care activities
- \* cooking and eating meals
- \* taking a break or nap
- \* socializing with friends and family
- \* engaging in gentle physical activity
- \* doing relaxing or creative activities

## **Avoid stress**

It is important to prioritize activities and tasks that do not agitate the person with dementia. For instance, if the person becomes withdrawn, frustrated, or confused when they are away from home, it is best to focus on activities that they can do at home.

Caregivers can create a calming environment by keeping the person's immediate surroundings free of loud noises and harsh light. They should also try to stay calm and positive, especially if the person with dementia becomes angry or aggressive. In these situations, it may help to ask them whether they want or need support. If talking with the person does not help, caregivers can try redirecting the situation. For example, they can suggest a different activity or ask the person whether they want to move to another space in the home.

## **Use repetition and visual cues**

People can help prevent the transmission of the corona virus that causes COVID-19:

- \* avoiding close contact with people who have contracted the virus
- \* covering their mouth and nose when they cough or sneeze
- \* avoiding touching their eyes, nose, and mouth
- \* cleaning and disinfecting frequently used objects and surfaces
- \* washing the hands regularly with soap and water using an alcohol-based hand sanitizer

## **Symptoms of COVID-19**

Having dementia does not necessarily mean that a person will contract SARS-CoV-2, which is the virus that causes COVID-19. However, the cognitive symptoms associated with dementia can make it difficult to follow the safety advice from the government.

According to the Alzheimer's Association, new or worsening symptoms of dementia are usually the first sign that a person with dementia is experiencing an illness or infection. These symptoms can include increased confusion or loss of coordination.

During the pandemic, caregivers should also check for signs of COVID-19, such as fever, cough, and difficulty breathing. Other symptoms may include: muscle pain,, new loss of smell or taste or sore throat Less commonly, people may experience gastrointestinal symptoms, such as nausea, vomiting, and diarrhea

**Article Credit : Medical news Today**