

# ELDER NETWORK NEWS



Quarters 1 & 2 2024

*“Those 55 and better and their caregivers have the opportunity to thrive and lead rewarding lives.”*

## A Note from Kathy



As we roll into fall and winter, it's a good time to consider what planning work might need to be added to the To-Do List, to tackle when days are not so nice outside. Planning for next year's Medicare/Insurance needs and how to stay active and involved this winter. You'll find helpful tips and opportunities to address these topics and more in this newsletter.

Speaking of planning, we are busy planning our 11th Annual Fundraiser Gala, to be held on September 21st. We hope you will consider buying a ticket and joining us at this lovely event, or making a financial donation if you are unable to attend. See the green box at the bottom of this page for more information.

We are excited to welcome Lisa Chapiewski Lind as our new Program Manager-Winona. Lisa is digging into Caregiver Coaching training, and will be certified this fall. Read more on page 7. We say goodbye and thank you to Danelle Lawson as she takes on the role of Grandma to her first grandchild.

Last year, the MN Board on Aging announced a draft update to its funding formula that included significant cuts to our SE MN Area Agency on Aging (SEMAAA) grants funding. SEMAAA is a significant funder of Elder Network's-among other organizations. Thanks to all of you who wrote letters to protest the budget cuts during the comment period last May, we received over 110 heartfelt letters to forward on. Unfortunately, the budget cuts were made according to the draft plan, and this will impact our programs in 2025 and for years to come.

At Elder Network, we have the privilege and honor of serving older adults and their caregivers, and

sharing in their lives. With the help of our volunteers, some beautiful things can happen that enrich-not only the person we are serving-but also their community! We are happy to share such a story here.

## Meet Helen, a Real-Life Rosie the Riveter!

Helen is a military veteran from back in the day-when women in the military were very uncommon. Helen was one of the women who stepped in to replace men, who were needed in combat during WWII, to build thousands of airplanes.



These women became known, thanks to a famed Norman Rockwell poster, as “Rosie the Riveter.”

With the help of her Respite Volunteer, Stephanie, Helen was able to share her story with Stephanie's son's third grade class. What a rare opportunity! Helen's story is recorded

in the Library of Congress! Helen says, “I had always wanted to attend the Annual Rosie the Riveter conference, and I was finally able to attend in Nashville, recently, and there were 10 of us Rosie the Riveters, and many of our daughters, the ‘Rosebuds.’”



*(Left: Helen with Stephanie, presenting to a 3rd grade class. Right: Helen holding a photo of herself with her husband).*

**Buy tickets for our 11th Annual Gala, on September 21st, 2024  
at the Rochester International Event Center.**

**Buy tickets and/or donate online at: [www.elder-network.org](http://www.elder-network.org)**



## Tips on Medication Management for the Caregiver

Family care partners are providing around 45 percent of complex medical care for care receivers in the home setting. Caregiving responsibilities can be demanding such as medication management, wound care management and managing special medical diets. Education is helpful to reduce anxiety regarding providing complex care, such as medication management. The more knowledge the care partner has about performing a task, the better the task can be performed leading to better outcomes for the care receiver. Care partners should feel empowered to ask questions regarding medications and what resources are available to them to better take care of the care receiver.

When a person is discharged from the hospital or nursing home it is likely medications have changed. There may be new medications, medications that have had a dose change or medications that have been stopped all together. Knowing what medications have changed is important for the care partner to know. Comparing a previous medication list from prior to hospitalization to a list provided at the time discharge can be helpful in knowing the difference. When the patient leaves the hospital or skilled nursing facility a nurse will review the discharge medication list with the patient and the care partner. This is an opportune time to review each medication in detail and ask questions. Simple organizational methods such as a pill box or more advanced technologies have proven effective resources for medication management.

New medications, at the time of discharge, will need to be sent to the pharmacy. The pharmacist is an excellent resource for any questions regarding how medication works, when it should be given, how it should be given and what negative side effects to look for. The pharmacist is an exceptional resource for concerns regarding cost of medications. The pharmacist and ordering prescriber should work collaboratively to address concerns about the cost of medication. Many times, alternative medications at lower cost are an option.

Enlisting a home health care nurse can provide ease of medication management. Having a nurse come into the home to review medications and set up a pill box can alleviate much stress from family care partners. This is also an opportune time to be able to ask questions about the medications.

Any time the patient is discharged from the hospital or skilled nursing facility, a follow-up appointment with their primary care provider should be arranged. Between the time of discharge and follow-up appointment with the primary care provider, often, questions arise. If the question is considered urgent, contacting the primary care provider's office via phone call or by utilizing an online patient portal, are both good options. Creating a list of questions to discuss with the primary care provider at the time of appointment, is helpful to ensure nothing is forgotten.

Family care partners should feel empowered to:

- ◆ Ask questions about what medications have been stopped, are new or are changed at the time of discharge.
- ◆ Use an organizational method for medication management.
- ◆ Engage with the local pharmacist to ask questions about medications.
- ◆ Use home health care services to help ease care partner duties.
- ◆ Ensure follow-up with the care receiver's primary care provider to ask questions.

Briefly, a care partner is vital to the ongoing health of a care receiver. The more knowledge the care partner has, the more effective they will be at providing care. The care partner is an important part of the care team, and as such, should feel empowered to ask questions and engage with their healthcare team.

-Abby LeVasseur, Nurse Practitioner- Geriatric Specialty Certified





# Elder Network's 11th Annual Gala is September 21st, 2024!



## Mayo Clinic Matching Funds for 11th Annual Gala!

Mayo Clinic is sponsoring Elder Network's 11th Annual Gala at the Gold Plus Level, and is contributing a matching grant of \$5,000 for all contributions donated by individuals for the Gala. Please consider donating towards this opportunity, today!

Angela Lunde, MA, and Vijay Ramanan, MD, PhD, of Mayo Clinic, will serve as our Gala's keynote speakers, sharing on the topic of, "The Intersection Between Medicine & Community."

We hope that you will join us, and invite friends, family, neighbors, co-workers, and others in your network. This event is Elder Network's largest fundraising event, and you can help support the work that we do through buying tickets, making a donation, or sharing this event with others that you know.

Ticket sales end September 3rd, but you can make donations towards the Gala through September 21st, 2024!

You're invited!

## Elder Network Fundraiser Gala

September 21<sup>st</sup>, 2024

Rochester International Event Center  
7333 Airport View Dr. SW | Rochester, MN 55902

**Keynote Speakers:**  
*The Intersection Between Medicine & Community*  
Angela Lunde M.A. & Vijay Ramanan, M.D., PhD - Mayo Clinic

Social at 5:00 pm | Dinner at 6:00 pm  
Program, Silent & Live Auctions, and Dance to follow.  
Attire: Semi-Formal

**\$105 per ticket**



RSVP by September 3<sup>rd</sup> or purchase tickets online:  
[www.elder-network.org](http://www.elder-network.org)

Questions: [beccah@elder-network.org](mailto:beccah@elder-network.org)

Gold Sponsor:

**MAYO CLINIC** **ELDER NETWORK**

Scan to purchase tickets online:

## Thank You, Volunteers, for Donating Your Time!

Office Volunteers are essential to the work that we do. We are so grateful for Madison, who comes from ABC to help us with tasks around the office, weekly. We are also grateful to our other office volunteers for all of their hard work and assistance. United Way of Olmsted County has also connected Elder Network with volunteers from various businesses. Volunteers came to Elder Network, from GEOTEK, to help sort our craft supplies for Memory Café and to put together intake folders and program brochures. We then held a Dementia Friends information session with volunteers from GEOTEK and other community members. Thank you United Way of Olmsted County, and thank you GEOTEK! IBM supported a grant request from their employees to put together care packages for clients in need of basic necessities and self-care items. Thank you, IBM! If you are looking to share your time and skills,

please consider volunteering at Elder Network. We would love to have you! Call 507-285-5272, today!



## Friendly Visitor Program

Call today if you or someone you know faces loneliness and could use weekly visits! We can offer in-person, phone, or virtual meetings. 100% of clients reported feeling happier, and experienced improved emotional and mental health because of this service.



**Call Betsy at 507-285-5272 to sign up!**

## Chronic Conditions Support Group

If you have a chronic condition, such as diabetes, arthritis, heart disease, chronic pain, etc. then you can join us in-person on the 2nd Wednesday, and/or online on the fourth Wednesday, from 1-2pm.

**Call 507-285-5272 to register for this group!**

## Transportation

Transportation (Olmsted County only) provides rides to medical and non-medical appointments/locations. Clients must be able to get in and out of a vehicle independently, and complete an initial intake before a ride can be scheduled. Rides must be scheduled at least one week in advance. Our Transportation Program functions as a support program for non-driving adults 55+ in Olmsted County. Can you imagine how it feels to need to go to the doctor but not have a way to get there? Without transportation, simple things such as medical appointments, grocery shopping, or a trip to visit a loved one, become major life challenges.



**Call Donna at 507-285-5272 to volunteer.**

## Caregiver Support



Are you caring for a spouse or parent? Whether caring locally, or from afar, we offer an online caregiver tool- **Trualta**. Please contact **Holly today for more information: 507-285-5272**. **Olmsted Caregiver support**

**groups** meet the 2nd and 4th Thursdays of the month, at Elder Network, from 1:00-2:30 pm. See page 7 for more class options!

### Elder Network Can Help:

- Companions can assist with tasks inside and outside of the home, such as: meal prep, light household tasks, grocery shopping, errands, and assistance at appointments.
- Volunteer Respite for caregivers: 2-3hours/week
- Caregiver Supports: peer-peer or 1:1 coaching
- Caregiver Family Meetings

## Powerful Tools For Caregivers

### A Class for Family Caregivers of Older Adults

This workshop is designed to help you take care of yourself while caring for an older relative or friend. Over a period of 6 weeks, this workshop will help you develop stress-reducing skills, communication tools, and increase positive self-talk.

**We are holding a class in Wabasha, in-person, from September 11th-October 16th, 2024. Classes will be held on Wednesdays, from 3-4:30pm.**

**Registration is open! Call 507-285-5272 to register for this class, and/or to learn more.**



## Rochester Memory Café

Being a caregiver to someone with dementia can feel like a full-time job, and sometimes, everyone just wants to go back to a familiar role—spouse, parent, child, friend. A small break from the roles of caregiver or receiver can refresh a relationship, and attending a Memory Café can be just the break we need. Memory Café is a global movement of meet-ups for both people with memory loss and their caregiver to join together with others going through a similar journey. Rochester’s Memory Café is unique in its “hands-on” approach. We strive to not only have guided conversation and reminiscing, but also an activity that can be taken home to spur conversation and orient the person with memory loss to the time of year. Join us every 3<sup>rd</sup> Thursday from 2-3pm at Zadeos Pizza for free coffee and snacks, socialization, and celebrating the seasons. Contact Melissa for more information ([MelissaS@elder-network.org](mailto:MelissaS@elder-network.org)).





# Updates from Our Staff Members

## Kate-Olmsted County Senior Advocate



**Your Medicare plan automatically renews at the beginning of each year unless you change it**, but you might not get exactly the same benefits. So, rather than simply letting your plan renew, it's a good idea to make sure it will still meet your needs. Checking your Medicare Advantage, or Part D plan, for

coverage and cost changes is an important place to start this decision. Then, you want to assess if you will have changing healthcare needs in the next year—due to a new diagnosis, planned surgeries, new medications, travel plans or changes in your finances. If this is the case, you will want to make sure your current Medicare plan still meets these changing needs. If not, you have a chance to change your plan during the Medicare Annual Enrollment Period (AEP)—if you decide to. The plan you select will start on January 1st. **The Medicare Annual Enrollment Period happens every year, from October 15th to December 7th.** If you need fair and unbiased help, call Minnesota's Senior LinkAge Line at 800-333-2433 or your Senior Advocate. We can help you compare plans, so you can choose the one that is best for you.

## Holly-Caregiver Respite & Supports

Caregiver Respite and Supports are offered in Dodge, Olmsted, Wabasha and Winona Counties. Caregiver Respite (In-Home) provides relief for the caregiver to complete out-of-home tasks, while confident that their loved one is with a competent respite caregiver. Volunteers are still needed in all counties to support our mission! Caregiver Coaching is a goal-focused process of assisting individuals to improve personal and professional achievement. Support groups and educational workshops have proven to be a wealth of support and resources, as well. In-person or virtual options available. If you are interested in volunteering or receiving these services, please call Holly at 507-285-5272.



We need additional drivers to meet our daily ride requests. Being a volunteer driver is more than just a ride. Maybe you want to honor the memory of someone you loved. Or you want that feeling of knowing you made a difference in someone's life. Once you sign up, you volunteer on your time, on your terms. Maybe three times a week, every Wednesday, once a month, or somewhere in between. Being a volunteer is rewarding.—you accumulate miles and miles of positive impact!

## Betsy-Dodge County Caregiver Outreach & Olmsted County Volunteer Coordinator



Our Friendly Visitor Program is very active in the lives of many new clients, this year. Our Coordinator continues to be very busy with matching volunteers with clients who feel alone or isolated.

The program enables our volunteers to bring a lifetime of experiences to enrich the lives of homebound older people, and to enrich their own lives, as well. Volunteers help clients in a variety of ways with socializing and accessing community resources. Those with a more artistic side, work on creative projects with their artistic clients. As always, we have more clients than volunteers. If you or a family member have ever considered volunteering to visit with an older adult who may have no family in the area or who doesn't get much socialization, Betsy Quattrin, the Program Coordinator, would love to hear from you and match you with one of our wonderful clients! Call Betsy at 507-285-5272 or email her at [betsyq@elder-network.org](mailto:betsyq@elder-network.org).

## Donna-Technology Assistance Program



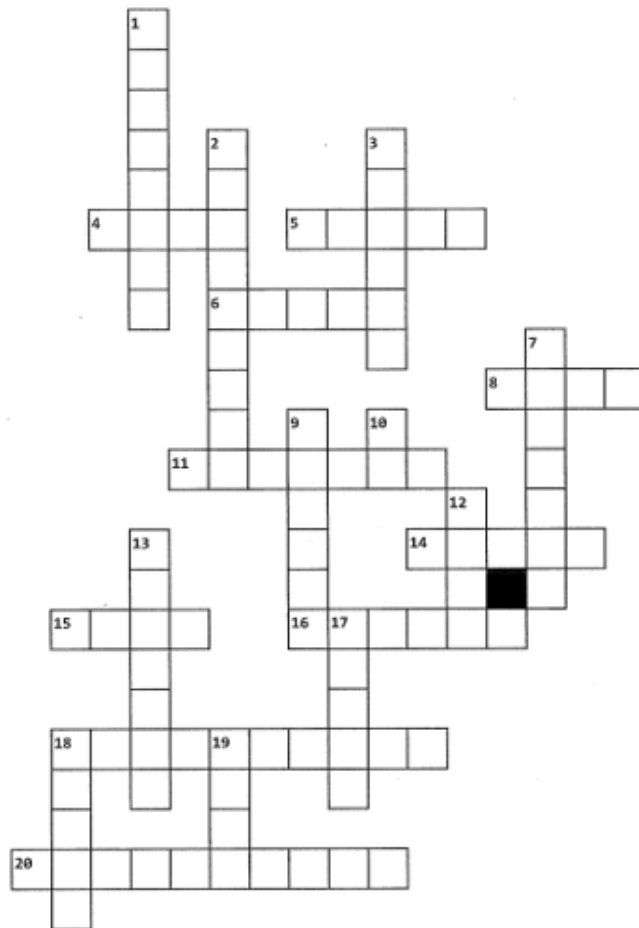
The Technology Assistance Program is designed for older adults who have never used a computer or who have an iPad and need a refresher on using the tablet for all of the necessary daily living activities—from completing forms, making appointments, reading a QR code, or just keeping in touch with others. To complement our personalized training in the home, an interactive training handbook is now available for use with our enrolled clients. This handbook is to be used with the TAP volunteer to introduce and practice basic skills and apps on the iPad, which the client has chosen to learn. It will provide the learner with a written review of information learned. As a supplemental “fun” learning activity, we developed a TAP Crossword Challenge—a crossword puzzle designed to review & test your iPad knowledge. The TAP Challenge Crossword may be completed by anyone with an older adult (55+) connection (have your grandchildren, caregiver, or volunteer assist you). After you complete the puzzle, send a picture of your completed puzzle, along with your name and phone number to [donnap@elder-network.org](mailto:donnap@elder-network.org) by September 30th. Your submission will be entered into a drawing for dinner with Betsy Singer (Quattrin) and her husband, Ken Quattrin.

## Gratitude

Negativity can get the best of us at any time in life, but self-defeating thoughts, depression, and negative outlooks can become more common as we face new challenges in later life. Aging isn't for the weak! It comes with new pains, financial stresses, and role reversals as we transition to giving and receiving care. When these changes in life bring about doubts, it's important to take a step back to recount our blessings. Gratitude is a natural tonic against negativity that can lift us back to positive thinking. Focusing on what *we can do*, and being thankful for those abilities, allows us to solve problems rather than ruminate. With practice, we can even retrain our brains to correct ourselves after thinking negative or defeating thoughts. Next time you put yourself down, try to immediately forgive yourself as you would a friend, and on bad days, give thanks by writing down the things that bring joy to your life. Some people incorporate "Gratitude Journaling" into their days to help them keep positive. Others have added rituals to buoy themselves through rough days, such as prayer or quiet mornings with coffee while reflecting on positives. Gratitude is also an essential part of many of our programs at Elder Network—from our support groups that teach coping skills to caregivers and people with chronic illness, to our *Powerful Tools for Caregivers* class. We hope that you will join us and nurture the positive in your life through gratitude. ~Melissa



## TAP Challenge



### Across

4. converts object to a digital image
5. dealing with the culture of computers
6. gesture
8. on bottom of home screen showing popular apps
11. movement on touch screen to get it to do something
14. app used with Rochester Public Library
15. virtual meeting app
16. picture of yourself
18. text that suggests anticipated words
20. picture of what is shown on the touch screen

### Down

1. short for emotion icon to display feelings
2. preferred view used for virtual keyboard
3. touch screen computer
7. video sharing platform owned by Google
9. replaces finger gestures on an iPad screen
10. code used to provide detailed information
12. voice activated personal assistant
13. search engine to locate information digitally
17. written electronic communication tool
18. gesture to increase or decrease picture
19. square shaped pictures on home screen



## Wabasha County News

Seniors need connection in Wabasha County! Did you know there is a Seniors' Connections Café in Wabasha every month? We meet for fun and have special topics, games, music, field trips-and best of all-**CONNECTIONS** with others at the

UCC church by the bridge in Wabasha! We meet the second Thursday of each month from 1-2:30 p.m. We invite you to join us! If you are a caregiver, bring your care receiver along! We are wanting to support you and would love to get to know you both!

If you are a caregiver and you would like support, we want to be there for you. Please join one of our Support Groups or reach out for Caregiver Coaching!

### We are Hiring

Do you have a passion for working with older adults and their families? Elder Network is hiring Companions in Wabasha County. Approximately over 10 hours, weekly. Past experience working with older population preferred. Male applicants requested as clients are requesting male Companions. Flexible hours. Send resume: "Attn. Program Manager" to [bonnies@elder-network.org](mailto:bonnies@elder-network.org), or mail to: Elder Network, PO Box 52, Lake City, MN 55041.

### Virtual Caregiver Support Group Meetings

Our ongoing Caregiver Support Group is offered via Zoom (**all counties of service are welcome**). It meets every Wednesday, from 10:30 a.m.–12:00 pm.

### Wabasha Caregiver Support Group Meetings

Our ongoing caregiver support group meets every 1st and 3rd Wednesday, from 10:30 am–12:00 pm, at Faith Lutheran Church in Wabasha.

### Wabasha Connections Cafe

Our Wabasha Connections Café meets at the United Church of Christ (317 W 2<sup>nd</sup> St-near the bridge), on the 2nd Thursday of the month from 1-2:30pm. This group is for those with dementia, older adults seeking community, and their caregivers.

### Lake City Caregiver Support Group Meetings

Our ongoing caregiver support group meets every 2nd and 4th Tuesday from 10-11:30am at the Lake City Public Library. For more information, please email or call:

**Bonnie Sandberg at  
651-564-0351**

**Email:  
[bonnies@elder-network.org](mailto:bonnies@elder-network.org)**



## Winona County News



Meet Lisa Chapiewski Lind, our new Winona Program Manager. Lisa joined our team on June 24th and is looking forward to getting busy! Lisa holds a Bachelor of Science in Education from UW–La Crosse and a Master of Arts in Education Leadership from Silver Lake College. Lisa has a wealth of experience in education and human services-which includes public education and Head Start. Lisa is based out of the Winona office and oversees programming that includes Respite services (Volunteer Respite and Paid Companion), Friendly Visitor, Technology Assistance Program, and Caregiver Support and Education. Elder Network programming supports volunteers, clients, caregivers and families living in Winona County. Lisa is a Winona-area native, and is excited to serve the community in which she lives!

### In-Person Caregiver/Senior Support Group

We are not currently meeting. Please reach out to Lisa if you would like a safe outlet to discuss your caregiving journey 507-452-0580.

### "After Caregiving Ends, Now What" Support Group

This grief support group, for people that have lost a loved one, meets every Monday via Zoom from 11:00 a.m.– 12:00 p.m. Join us as we work through our grief together (**all counties of service are welcome**). Register by calling 507-285-5272.



### In-Home Help through Companion

Companion Care services are available in Winona County, serving older adults-wherever they live-with social interaction, light housekeeping, help with grocery shopping/cooking meals, and transportation. Elder Network provides Respite services so that the caregiver can take several hours to themselves to get things done, knowing their care receiver is in good hands. Call 507-452-0580 to learn more.

### Friendly Visitor

Friendly Visitors provide a weekly, 1-hour visit-either in-person or over the telephone. Friendly Visitors provide much-needed relief from isolation. For more information, or to sign up, please contact: **Elder Network at (507)-452-0580 or email [lisal@elder-network.org](mailto:lisal@elder-network.org)**





## Thank You to Our Funders!

Alzheimer's Foundation of America  
 Black Swan Living-Friend Gala Sponsor  
 Carl & Verna Schmidt Foundation-Gold Sponsor  
 Edward Jones-Silver Plus Gala Sponsor  
 First Alliance Credit Union-Friend Gala Sponsor  
 Foot Care Professionals-Sheila Buehler  
 Hawkins Ash CPA's-Bronze Gala Sponsor  
 John and Margaret Cross Memorial  
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 Mayo Clinic-Funder & Gold Plus Gala Sponsor  
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 Olmsted Medical Center-Silver Gala Sponsor  
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 Shavlik Family Foundation  
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 United Way of Goodhue, Wabasha, & Pierce  
 Counties  
 United Way of Dodge, Winona, and Olmsted  
 Counties  
 Wagner Oehler, Ltd.-Bronze Gala Sponsor  
 Women's Club of Lake City  
 Yanowitz Law Firm-Friend Gala Sponsor

The Landing MN and the Minnesota Department of Veteran Affairs are partnering to have a mini-van help transport veterans in the community to needed services. For more information, contact Stephanie at the Landing: 507-884-0754 or [stephanie.rice@thelandingmn.org](mailto:stephanie.rice@thelandingmn.org)



### *Gifts in Honor*

*Anonymous in honor of Yang Gao*  
*Rick Baier in honor of Elder Network Friendly Visitor and Transportation Volunteers*  
*John & Barb Farrell in honor of Kate Jirik*  
*Madonna Metcalf in honor of Bonnie Metcalf*  
*Lena A. Schichtl in honor of Patsy Mundale*

### *Monthly and Quarterly Donors*

Would you like to donate through direct deposit? Please call Kathy at 507-285-5272 to discuss this giving option. The individuals below have chosen this simple and sustainable option of giving:

- ♥ *Holly Brown*
- ♥ *Pat & Leroy Christofferson*
- ♥ *Kyle & Becca Herbstritt*
- ♥ *Dr. Diane Elizabeth Holland*
- ♥ *Kate Jirik*
- ♥ *Kay Lovett*
- ♥ *Tiffany Olson*
- ♥ *Roger Swanson*
- ♥ *Jason & Phoebe Wagner*
- ♥ *Dr. Nathan Mannix*



## Dementia Resources

If you or a group of your peers would like to learn more about dementia, we can come to you to provide a 60-minute Dementia Friends session (community-focused), an 80-minute Dementia Friends Healthcare session, Dementia Friendly at Work (catered to your business), & others! Call 507-285-5272 today to learn more and/or to schedule an informational session!

We have expanded our selection of books available in our Caregivers' and Older Adults' Resource Library. The books pictured below are just a few of our more recent additions. Come check out our library!



# Elder Network Thanks You for Your Continued Support!

## Individual Donors

Karen Andrews  
 Dave Gathje  
 Michael and Sharon Faunce  
 Mark Fister  
 Sharon Frankovich  
 Dr. Randy & Lynne Hemann  
 Gloria Hostak  
 Dolores Houle  
 Donald Jensen  
 Mary Kostner  
 Karen Larson  
 Ruth Mangen  
 John Passe  
 Linda Patterson  
 Marilyn & Tom Rigby  
 Dick & Joanne Rosener  
 Jim and Judy Sloan  
 Sherry and Cecil Swenson  
 Kent Hofer & Cindy Swessel-Hofer  
 Terry Thul  
 Carolyn Wall  
 Jon & Addie Welch  
 Clinette Wolf  
 Ken Zaiken



## End-of-Life Planning: Putting it All Together

By creating an end-of-life plan, you are taking all of your estate documents and any wishes you may not have in those documents, and solidifying a plan that can relieve your family members of stress and having to guess what your desires are as they mourn your loss. All of this starts by making decisions, and then getting essential documents written up and notarized (often by an attorney). Lastly, you compile the documents and make sure all your people know where they are.

The three essential areas of planning are: 1) **Estate Planning documents**-such as Last Will and Testament and/or Living Trust, Beneficiary Designations and Durable Financial Power of Attorney. 2) **Advance Care documents**-such as Organ/Tissue/Body Donor Designation documents, Durable Medical Power of Attorney, Living Will, DNR or POLST forms, Long-Term Care Insurance information, and end-of-life housing arrangements. 3) **Funeral arrangement, burial preferences, and other written desires**. There are many templates out there that make this process even easier, "End of life Checklists," and books you can fill out with titles like, "I am dead, now what!" If you are needing help with any of these steps, reach out to your County Advocate for information. Once you have a plan in place, you can take comfort in knowing your loved ones will not have to make all these tough decisions while grieving. ~Kate

A new area code is now in place for Southern Minnesota. The longstanding 507 will be joined by the area code 924. As of July 30th, 2024, all local calls that are made within the 507-area code region must be placed using the area code and the 7-digit telephone number.

***Our Senior Advocate can help you with end-of-life planning if you would like to connect regarding resources. To find out more about leaving a gift in your will, making a memorial gift, or a gift in someone's honor, call 507-285-5272.***

## Memorial Gifts

Vern Anderson in memory of Shirley Anderson  
 Rick Baier in memory of Matthew Baier  
 Rick Baier in memory of Ken Harold  
 Lynne Billing in memory of Lucille Prinsen  
 Mark Fister in memory of Cindy Fister  
 Susanne Daood in memory of Pat Schoenfelder  
 Marianne Schacht in memory of Gordon C. Schacht  
 Marian Wilke in memory of Myron Wilke  
 Louise and Loren Winter in memory of Phil Burnett



1130 1/2 7th St. NW, Suite 205  
Rochester, MN 55901-1732  
Website: [www.elder-network.org](http://www.elder-network.org)

**Rochester Office:**  
507-285-5272

**Wabasha Office:**  
651-564-0351

**Winona Office:**  
507-452-0580



Supported by:



If you no longer wish to receive this newsletter or know of someone who would like to be added to our mailing list, please call us at 507-285-5272.

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**Drivers Wanted**

Safe drivers are wanted to transport older adults in Olmsted County. Flexible scheduling during days!

**Friendly Visitors**

Spend 1 hour on the phone or in-person, per week, to help an older adult feel less isolated.  
Volunteers needed in Winona, Wabasha and Olmsted Counties

**Event Volunteers**

Assist Elder Network with planning and hosting our Gala September 21st, 2024.  
Volunteers are needed for a variety of roles: planning, publicity, and event-day helpers.

**Technology Assistance volunteers**

Many of Elder Network's clients are learning to use technology to maintain social connections and access telehealth appointments. *Volunteers needed in Olmsted, Wabasha, and Winona Counties.* No experience needed just a willingness to learn!

**Caregiver Respite Volunteers**

Volunteers devote 2-3 hours to supporting a caregiver in completion of daily living activities. Volunteers offer active conversation, play games, make a favorite treat, or go for a ride. Interested volunteers can work out arrangements according to their schedule to accommodate the needs of clients on an individual basis.

**Companions**

We are seeking individuals who are passionate about working with older adults to assist with light housekeeping, errands, meal preparation, etc. *Paid Companions are needed in Olmsted, Wabasha, and Winona Counties.* Call 507-285-5272 today!