Grove City Area C.A.R.E. Living at Home Program

205 3rd Street South – Grove City, MN 56243

[www.grovecitycare.com](http://www.grovecitycare.com) [gcacare@embarqmail.com](mailto:gcacare@embarqmail.com) **Staff:**

320-857-2274 Andrea Dallmann

Program Director

Rosemary Dilley

Volunteer Coordinator

Dear Friends and Neighbors:

The Grove City Area C.A.R.E. Living at Home Program continues to serve the older adults in our community. With your generous support, we have been able to provide a variety of services designed to help older adults stay in their homes.

The Care Program serves people 65 and older in Grove City to Mannanah to Cosmos, and the surrounding rural areas as well. We provide meals on wheels, transportation, nursing and home health aide services, companionship, handicap equipment, support groups, and other services such as lifeline, vision loss, and hearing loss resources.

As awareness of the program grows and the population ages, the need for services increase. Older adults are aging with dignity and independence, and are valuable contributors to society. 2030 marks the year the baby boomers begin to turn 85. Now is the time for communities to begin a new conversation about what our future can be so all older adults and their families are supported and communities can thrive.

**Where will we be at 2030?**

**Around 2020, MN's age 65+ population is expected to surpass the 5-17 school-age population for the first time…Sometime over the next year, there will be more older Minnesotans (65+) than school-aged kids (5-17). Moreover, while our school-aged population is projected to remain largely level over the coming decades, the number of older adults will continue to grow. For more information on 2030 see:** <https://www.mncompass.org/aging/overview>:

***Navigating through Grief Support Group***

Join us every last Monday of the month at 2:00 pm ~ Trinity Lutheran Church, 54384 Highway 12,

Grove City, MN 56243 - Light refreshments will be served

You do not have to be a member of Trinity Lutheran Church to attend our support group. There is no charge to participate. Feel free to bring a friend.

Questions? Contact Erin Riebe, Family Service Coordinator at Johnson-Hagglund Funeral & Cremation Service by calling 693-8151, or Grove City Care at 857-2274.

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Custom Processing

Frozen Meat Sales

USDA Inspected Est.

Homemade sausages-

(beef, pork, & buffalo)

**Charles Carlson**

**Since 1913** 105 N. 2nd St. Grove City, MN

**Care Board Members: Donations from March 2019 – August 2019:**

Linda Mickelson – President In memory of Lucille Sundahl

Steve Schmidt – Co-Chair by Diane Malmin, Jerry/Joan Reckdahl, Ardy Johnson, County Commissioner Janice Malmquist, Lucille Pautzke, Ardy Thorpe,

Becky Vann – Secretary Donna Rueckert, Brad Bird/Sharon Smith, Charlotte

Barb Lambertson – Treasurer Liedholm, Arlene Johnson,

Donna Hedtke

Bill Peterka – Grove City Council member In memory of Muriel Nelson by Carol Nelson

Ardy Johnson In memory of Butch Weseman by Dale Pautzke

Dennis Brown In memory of Doug Torgelson by Don/Linda Mickelson,

**Thank you for your time and dedication to the** Arlene Johnson, Ardis Thorpe, Ardy Johnson, Lucille

**Care Program!** Pautzke,

In memory of Gale Peterson by Charlotte Liedholm,

Linda Mickelson, Ardis Thorpe, Ardy Johnson

In memory of Fred Borchert by Arlene Johnson.

If you or someone you know would like to be a volunteer please come to the Care Office and we can talk about what we do!

**Volunteers are the back bone to this program!**

**Here are our volunteers of the month:**

In memory of Fred Borchert, Donald Holmgren, Dean Cordes, and James Jensen by Gordon/Jane Czycalla, In memory of Dean Cordes by Don/Linda Mickelson,andDebra Anderson Bergstrom

**Care Volunteers of the Month:**

**March**: Bob & Ruth Cordes **July:** Andi Michalski &

**April:** Ardy Johnson Dorinda Rassler

**May:** Charlotte Liedholm **August:** Marlys Larson

**June:** Bob & Ruth Cordes

**Special thanks go to those who helped make**

**handicap doors possible on the west side of**

 **South Grove**

**Donations:** \* Grove City Care Program

Danielson United Fund

Dean Stenberg

Trinity Lutheran Church

SW MN Synod Spring Gathering **\*** VFW Gambling

Lucille Pautzke

Swede Grove Fund Drive \* Bernick’s

Litchfield American Legion – No. 104

Carol Struthers

Lois Rouser

Wintercade of Litchfield

Jo Celander – 3M Volunteer match \*Meeker County Commissioners

Melissa Casey \*City of Grove City

***Special thanks to our Ad Sponsors for your Continued support!***

To help with our nursing services and

transportation we are partnered with:

Thank you for all you do!

 www.[201buildingsupply.com](mailto:Travis@201buildingsupply.com)

201 Pacific Ave / Grove City, MN 56243

Phone: 320-857-2031 / Fax: 320-857-2033

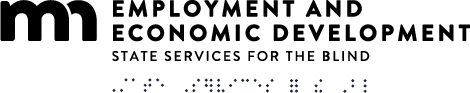
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***Don’t forget the bus runs through Grove City.***



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[](https://mn.gov/deed/ssb/)=================================================================================================

I am now a trained community partner for the Aging Eyes Initiative. The initiative provides training and a kit of low vision aids and devices to community members who work with seniors. These community partners can then provide practical assistance to seniors in the early stages of vision loss. If you would like more information or simply want to see what is available please come to the Care Office and we can visit – Andrea

******of Grove City**

**320-857-2741**

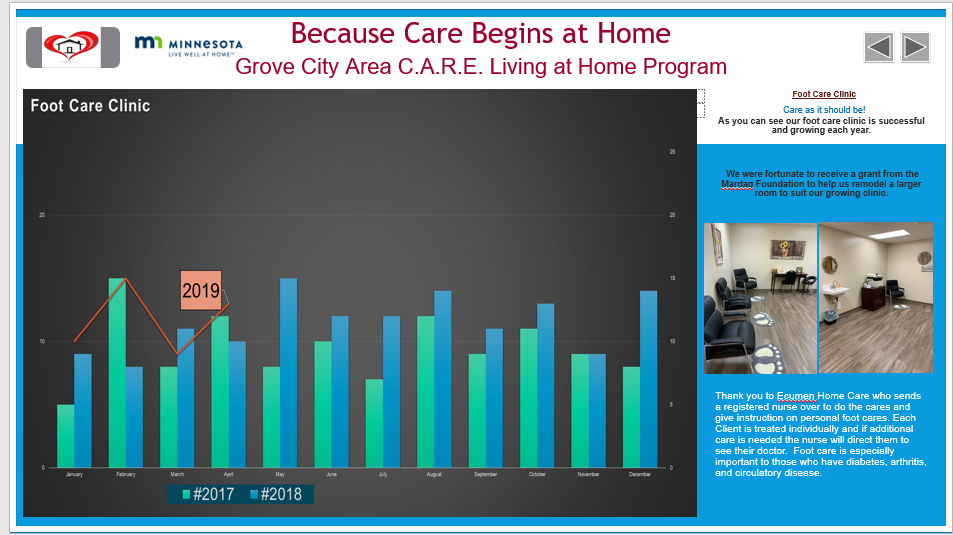
**snacks \*gas \* pop \*pizza \*subs \*coffee**

**Make Schmidty’s Your First Stop!**

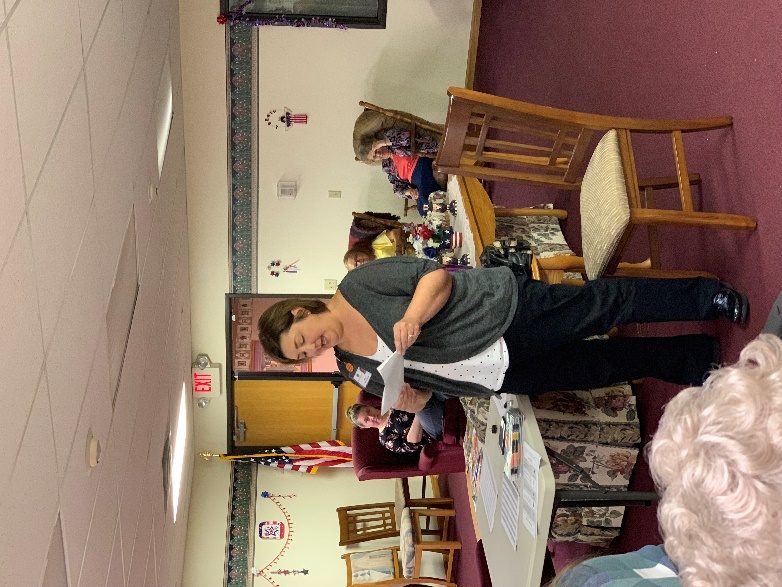
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So much fun at Bonfire Night! Thank you to everyone who helped make this a great night.

We now look forward to flower tours, Carlson Apple Orchard, Octoberfest, and Christmas Shopping. Who knows what else will pop up! 😊



This is just one of the three pages that were displayed at the Duluth DHS Conference this year for the Care Program. We were asked to display an eposter this year instead of the original board poster. It was a challenge but very exciting to see Grove City displayed on a T.V. at such a large conference of 1800 people. If you would like to see the rest please feel free to stop in the office



**The first day of fall marks Falls Prevention Awareness Day — and this year we had the opportunity for people to learn how to prevent**

**fall-related injuries that affect older adults with Amy, from MMH Physical Therapy Dept.**

**Unfortunately, every 11 seconds an older adult is hospitalized for a fall; every 19 minutes an older adult dies from a fall. These numbers are scary,**

**but many accidents can be prevented. So, this year, get involved with your community — local, state and national — and spread the message of prevention.**

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Over 100 years of Service  **Let’s Go Fishing**!

**Thank you for another**

**Glorious day!**

110 Atlantic Avenue West

Grove City, MN 56243

320-857-2521

**Why I attend Bone Builders:** I come to bone builders

because it is good for your body and good to be with other people!

**Why I volunteer:** After retirement and your family is all grown

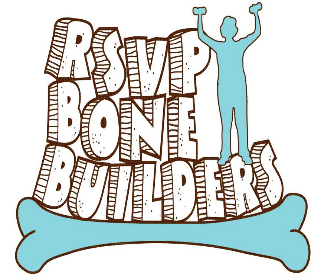
up; you need something to make you feel useful again.

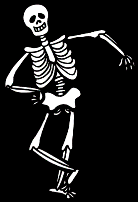
Volunteering is a good way to do this. You also need to

do something beneficial for yourself. Joining Bone

Builders exercise program makes you feel great! It is a

**BONE BUILDERS IS PICKING UP THE PACE! –** low-key exercise, but it strengthens muscles and bones

Come join our group and feel better every day – And it is lots of fun!! – Carol Nelson You deserve to feel good and be active!



Every Monday and Thursday

10am to 10:45am

South Grove Cardinal room

off of the gym at West doors.