



# QUARTERLY NEWSLETTER

MARCH 2025

R.O.S.E. Center  
1105 West Main Street  
Paynesville, MN 56362  
320-243-5144

## R.O.S.E. CENTER VOLUNTEER TRAINING

Lori Braegelman will be here to provide information on Healthcare Directives. This is a great opportunity to have questions answered and get assistance on setting up a healthcare directive.

TUESDAY, APRIL 8TH  
AT 10AM

Light snack and refreshments will be provided

# Thank you

Join us in honoring our  
**R.O.S.E. CENTER**  
**Volunteers!**

WHEN: Tuesday, April 29th at  
11:30am

WHERE: Green Roof Area Center

A delicious meal will be provided by Connie Messer of Corner Grocery along with refreshments and dessert.

Please RSVP by April 29th

We continue to celebrate 25 years of the R.O.S.E. Center each month with some fun activities. We would love for you to come out and celebrate with us!



FRIDAY FUN DAY- FRIDAY MARCH, 14TH at 12pm  
-Bean bags, bowling, board games and more!

VOLUNTEER APPRECIATION MEAL-TUESDAY APRIL 29TH  
at 11:30

Honoring our amazing volunteers with a free meal, treats and prizes.

MUSIC MONDAY- MONDAY MAY 19TH at 12-1PM  
Live music by Al Boyce and Tom Osterich



# EASTER MEAL

## DELIVERY

THE R.O.S.E. CENTER WILL BE PROVIDING A FREE EASTER MEAL  
TO THOSE 60+ AND CELEBRATING THE HOLIDAY ALONE.

APRIL 20TH

WILL BE DELIVERED BETWEEN 11:30-12

CALL 320-243-5144 BY FRIDAY APRIL 11TH TO SIGN UP



# YOU'RE INVITED

Please join us at the R.O.S.E. Center for a FREE meal  
to celebrate Older Americans Month.

Applies to those that are 80+ and a guest.

## TUESDAY, MAY 6TH AT 12PM

RSVP tho the R.O.S.E. Center by Monday, April 12th.

320-243-5144

### CAREGIVERS SUPPORT GROUP

LAST TUESDAY  
OF EVERY  
MONTH AT  
1:00PM

AT THE R.O.S.E. CENTER



Caregiving for a loved one can be very rewarding. It can also come with hardships. Our Caregivers Support group provides a safe place to discuss the stresses, challenges and rewards for providing care for a loved one. We want you to know you are not alone and we are here to support you.



# SAIL



Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older.

Mondays, Wednesdays, and Fridays  
8:45 AM Virtual Class  
10 AM In-Person Class

Instructed by Amy Carlson  
\*Sign up is required\*

The ROSE Center is pleased to announce that we have received a grant from the Central MN Council on Aging for 2025. These dollars are part of the Older American's Act Funding.

## CARLSON PILLOW CLEANING

Carlson Pillow Service will be at the R.O.S.E. Center offering a chemical free pillow cleaning service. Pillows can be made from old feather beads/down comfortors and can deodorize & sanitize foam & polyester pillows!

**MONDAY, JUNE 9TH**  
**7AM-3PM at the**  
**R.O.S.E. Center**

### Prices

Standard Size - \$15.95

Queen Size - \$17.95

King Size - \$18.95

Higher thread count premium fabric with a beaded edge also offered for \$1 more.

Opportunity to purchase a wide variety of new down/feather premium pillows

DONATE



You can donate directly to the Center or through the funds set up through the Paynesville Area Community Foundation.

To donate online, visit

<https://www.communitygiving.org/fund/paynesville-r-o-s-e-center-fund/> and follow simple instructions. Contact us if you would like the link via email.

OR

Head to [paynesvillerosecenter.org](http://paynesvillerosecenter.org) and click the donate tab.

*Thank you!*

We are incredibly grateful for each donation, no matter the size. Your generosity fuels progress and enables us to strengthen our collective mission to provide these services to our community. Thank you for your kindness and support.

## R.O.S.E. CENTER COST SHARE

We have an amazing group of volunteers that generously donate thousands of hours a year. We still have fixed costs to continue our program like personnel, office rent and supplies, utilities, insurance & mileage reimbursement that all incur cost for us.

We have charts available to help determine a suggested amount for you to contribute for services (based on your income) if you are able and willing to donate.



Service and document supported in part by Central MN Council on Aging as part of the Older Americans Act Program and a Live Well at Home Grant from Minnesota Department of Human Services

## WELCOME TO OUR VOLUNTEER TEAM!



Becky Thompson

Deb Grunwald

Katie Mueller

A special thank you to Susan Madison who goes above and beyond to volunteer for our mending services. What a blessing it is to share your talent with the community!

## R.O.S.E. CENTER BOARD MEMBERS

BUTCH MUELLER-CHAIR  
LYNN LANGE- VICE CHAIR  
JENNIFER RYAN-SECRETARY  
JAN EGGERT-TREASURER

LILLIAN JACOBSON  
CAROLYN SWYTER  
MARSHA MEED  
JANE MONSON  
DEANNA FUCHS  
PATRICIA REIMANN  
DON WINTER

## BECOME A VOLUNTEER DRIVER!

We are always in great need of volunteer drivers. Please reach out if you would be interested. It is a very flexible schedule and a rewarding opportunity. We greatly appreciate ANY help, especially during these winter months.

## R.O.S.E. Center Volunteer Driver Qualifications

In order to protect the people we serve, this is a list of who qualifies to be a volunteer driver:

- Age 21 or older
- Has a valid driver's license and provides evidence of.
- Has proof of insurance and provides evidence of.
- Has not had a suspended license or DWI within the past 3 years.
- Has no felony convictions.
- Can pass a background check.
- Has a safe and dependable vehicle and has yearly proof provided by mechanic.
- Has current doctor's approval to be a volunteer driver and provide evidence of.
- No more than 2 moving violations per year.
- Yearly MVR will be completed. Additional MVR's can be completed at any time if there is a report of driving violations.

## MEDICAL EQUIPMENT LOANING

We have a variety of medical equipment that we loan out for FREE!

- Walkers
- Wheelchairs
- Toilet Risers
- Bath Chairs
- Shower Bench
- Canes and MORE

If you have any medical equipment you are no longer using, please consider donating to the R.O.S.E. Center, We want to continue to be able to provide to our senior community!



## CIVIL RIGHTS POLICY

The service, facilities and benefits of this program are for the use of all older people regardless of race, color, creed, religion, national origin, sex, disability, use of public assistance, or sexual orientation.

# COOKING WITH COMPANY



**MONDAY, MARCH 31ST**  
**MONDAY, APRIL 28TH**

We have so much fun at this event! Join us in a monthly dinner party to prepare and enjoy a delicious meal in a family style setting.

**ADVANCED SIGN UP REQUIRED  
FOR ADEQUATE FOOD COUNT**

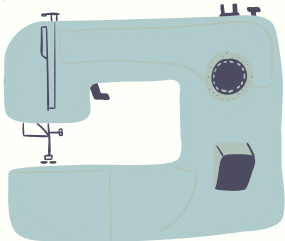
## TASTE TEST THURSDAYS

1:30PM



Sometimes you don't want to buy something from your local grocery store because you just aren't certain you will like it. At this taste testing event, we try a variety of unique new foods, learn new facts, meet new people and share MANY laughs!

## MENDING

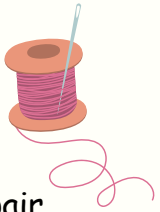


## SERVICE

Do you have some items that could use some mending but just don't have the tools to do it? We will have volunteers doing some light mending for our seniors in the community! Services will be the last Friday of every month.

**Drop off items anytime before date of service at the R.O.S.E. Center.**

- Hemming
- Mending
- Small Seams
- NO zipper repair
- Items must be clean and labeled



If you need help labeling your items, please bring them to the R.O.S.E. Center and we'd be happy to help!

## CHAIR YOGA



**WEDNESDAYS AT 1:00 PM**

**INSTRUCTED BY ASHLEY KING**

**THIS IS A WEEK BY WEEK CLASS SO PLEASE CALL TO SIGN UP AS SPACE IS LIMITED. NO EQUIPMENT NEEDED. A FREE WILL DONATION TO THE R.O.S.E. CENTER IS APPRECIATED.**

Chair yoga allows seniors and those with disabilities to stay active and improve muscle strength and flexibility without the risk of strain or injury. Participants can experience a range of other benefits, including reduced stress, improved sleep, better balance and coordination, reduced anxiety and symptoms of depression, pain management and more.

# WHO WE ARE

The Paynesville Area Living at Home Block Nurse Program or the ROSE Center as it is more commonly known, started in 2000 with the assistance of a grant from the state of MN. Since that time 1,853 seniors or disabled have been served with 17,067 hours. 700 volunteers have helped provide those 60 or better living in the Paynesville Area with a variety of services such as transportation, homemaking and chore assistance to help them live at home independently by providing friendly in-home services.

## OUR MISSION

To establish a community based network of volunteers and professionals to provide services to Paynesville area adults which will support the highest quality of living.



Visit our website at  
[paynesvillerosecenter.org](http://paynesvillerosecenter.org)



Call us at  
**320-243-5144**



We are open Monday-Friday  
8:00am-5:00pm

Sometimes, it's the soap.

Most days that I work at least one person will ask me what moisturizer is best to put on their feet. Although this seems a simple question, it is not. Skin differs, and what works well to moisturize for some, does not for others. In general, feet like a product that is more heavy or "greasy". Aquaphor Healing Ointment is a glycerol-based emollient that I see a high success rate with.

An important factor of dry skin prevention that is often overlooked is what soap is used. Many soaps are harsh on the skin and remove natural oils. If the natural oils are not stripped away skin will remain healthier. It is important to avoid soap with artificial fragrance and color. Antibacterial soap may be fine for handwashing but is not needed for bathing. Brands to avoid are Dial and Irish Spring.

The original Dove bar soap contains no parabens or sulfate cleansers. It is also pH-balanced to help skin retain natural moisture and has a moisturizer in it. Many liquid soaps are a better choice than bar soap as they most often have moisturizers and a balanced pH. Remember, all types of soap, whether liquid or bar, are composed of the same essential ingredients- alkali salts, fatty acids and detergent. When selecting a body soap, check the label for such words as Ph balanced, emollient and moisturizing. Soap should be used sparingly. Running water will remove most debris and germs from your skin. You need not lather up from head to toe.

Jennifer Ryan, RN, CFCN



612-356-0207

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