



QUARTERLY NEWSLETTER

DECEMBER 2024

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

Celebrating — 25 YEARS —

The ROSE Center is celebrating its 25 th Anniversary in 2025.

In 1999 some great minds had the idea of starting a program to provide services to help seniors remain in their homes as long as possible. That program has served the seniors and disabled in Paynesville and the surrounding communities for the past 25 years.

During these 25 years the ROSE Center has provided over 172,000 volunteer hours serving over 1800 seniors or disabled. This has been done with the help of almost 700 different volunteers. We didn't start recording mileage until 2008, but have provided well over a million miles since then.

We will be doing a year- long celebration and bringing back some of the favorite activities from those 25 years along with sharing memories of the journey. I have had the privilege of being a part of this amazing organization since 2003.

To celebrate this accomplishment, there will be monthly activities as well as a big bash later summer/early fall. That is still in the planning stage.

During these 25 years we have had two major funding sources outside of local donations. We have had the privilege of having dollars from the MN Department of Human Services, Live Well at Home Program and Federal Dollars through the Older American's Act. We were recently informed that our Federal funding has been cut in half for 2025. This cut was statewide as available dollars have been reduced. This is a 15% cut to our entire budget. We are working on ways to "tighten our belts" and still provide all the services that the seniors in our community deserve. The past several years we had very generous grants that allowed us to make many additions to our programs including purchasing two handicap accessible vans and a shed to store them in. We are so grateful those opportunities were available. As we work through balancing our budget in 2025, we would appreciate any support that you can provide.

We hope you can help us celebrate and also ensure this service is around for another 25 years!

Inez Jones
ROSE Center Director



MONDAY MOVIES

January 20th

February 17th

1:00PM at the ROSE Center

For the months of
January and February
we will be having
Monday Movies and
Trivia Tuesdays. The
Monday movies will be
alzheimer's/dementia
related.



TRIVIA TUESDAYS

January 14th

February 11th

1:00PM at the ROSE Center

CHRISTMAS

DINNER PARTY!

Nobody should spend holidays alone. Join us for a FREE in-person dinner to gather and celebrate Christmas together. We will deliver only to those who are unable to attend.

11:30-1:00PM

RSVP TO THE ROSE CENTER BY DECEMBER 13TH
320-243-5144



Let's spread the love to our local senior citizens!

We will be decorating Valentine's cookies to be delivered to local single/widowed seniors.

WEDNESDAY, FEBRUARY 12TH
10:00 AM At the ROSE Center



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.

Monday's, Wednesdays, and Fridays
8:45 AM Virtual Class
10 AM In-Person Class

Instructed by Amy Carlson
Sign up is required

“I look forward to class every week. It has made me stronger with more stamina.”

“I’ve had osteopenia since age 40. Based on my latest dexa scan results, I have been told it’s very remarkable that I have improved at 76. I need and love this class.”



Helping People. Changing Lives.



basic NEEDS

- Bus rides
- Assistance with energy bills and furnace repairs
- Housing resources
- Applying for food support and access to food resources
- COVID-related assistance programs*



self SUFFICIENCY

- Low cost vehicles for sale*
- Energy consumption assessment and education
- Budgeting, credit, and banking education
- Landlord-Tenant education
- Tax preparation services (during tax season)
- Support and training to get back into the workforce
- Vehicle repair assistance*



building STABILITY

- Home weatherization
- Matched Savings Program
- Home ownership, higher education, small business

*When funds are available

Contact Tri-CAP today to find out more!

www.tricap.org | 320-251-1612 or 888-765-5597

Tri-CAP is an Affirmative Action/Equal Opportunity Employer

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 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!



Rhonda
Fangmeier

Terry
Schwartz

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

<u>BUTCH MUELLER-CHAIR</u>	<u>LILLIAN JACOBSON</u>
<u>LYNN LANGE- VICE CHAIR</u>	<u>CAROLYN SWYTER</u>
<u>JENNIFER RYAN-SECRETARY</u>	<u>MARSHA MEED</u>
<u>JAN EGGERT-TREASURER</u>	<u>JANE MONSON</u>
	<u>DEANNA FUCHS</u>
	<u>PATRICIA REIMANN</u>
	<u>DON WINTER</u>

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, JANUARY 27TH
MONDAY, FEBRUARY 24TH

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**

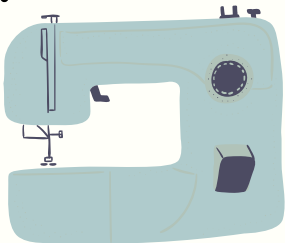
TASTE TEST THURSDAYS

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

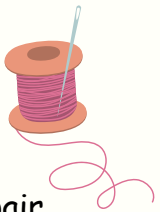


SERVICE

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 1,835 seniors or disabled have been served with 172,469 hours. 694 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



Call us at
320-243-5144



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

Let's get to the root of the problem.

When caring for clients with corns, I am often asked if I was able to "get the root out". Unfortunately, it is not that simple to cure a corn; they don't have roots. Sometimes, a corn does have a hard, intractable center that looks like a root when the corn tissue is removed. This hard intractable center is due to a very specific rough area on the underlying bone.

A corn is a hard, thick, yellow or reddish area found on the toes. They differ from calluses only by size and location; the cell structure is identical. Corns are found on concentrated pressure areas over bony prominences of toes. They may occur from ill-fitting shoes, or from pressure areas caused by orthopedic deformity. These corns require routine care to prevent pain, ulceration, abscess and infection.

Routine care involves debridement of the corn, either by filing or by paring. Keeping skin hydrated with daily use of a good moisturizer and pressure relief measures better maintain these areas. Pressure relief is provided by proper footwear, orthotic insoles, custom shoes or physical protection added to daily wear.

Jennifer Ryan, RN, CFCN, CFCS



612-356-0207

Typical corn on 5th toe



Silicone toe sleeve



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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