



QUARTERLY NEWSLETTER

Summer 2026

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



Concert in the Park

Thurs. July 16th Lynch Hallow Band
Playing Country, Rock & Blues.

Serving at 5 pm. Pulled Pork Sandwiches,
+ chips, ice cream and soda/water. +


Thurs. July 30th, Meier Grove Band.
Est. 1883 Considered the Oldest
active community band in the state

Serving @ 5 pm. Pulled Chicken Sandwich,
chips, ice cream and soda/water



Tea Party



We invite you to enjoy a pleasant afternoon with us at our tea party to Celebrate 250th anniversary of the 



Tuesday, July 7th @
1:00



Desserts, different kinds of teas and coffee will be served.

RSVP 320-243-5155 by July 1st.



Get Creative



with Cookie Decorating

JOIN BARB OF BARB'S COUNTRY BAKING
FOR A SWEET, HANDS - ON COOKIE
ADVENTURE!



Wednesday, August 26th
@ 5:00 pm



You'll decorate 6 delicious cookies, learn Barb's secret techniques, and enjoy an evening full of fun, frosting, and sprinkles.



Limited to 15 people
Cost \$25.00



RSVP today: 320-243-5144

Don't miss out - your inner cookie artist is waiting to shine!

Prep & Freezer Meals

Join us for a hands - on session where you'll prep and prepare 5 delicious freezer meals - ready to take home & enjoy later!

Max 8 people. \$5.00 per meal.

On the 3rd Thursday of the month Starting on August 20th, September 17th, October 15th and November 19th @ 1:00

RSVP to save your spot

PHOTOS FROM LAST QUARTER



Crafting Corner success. The Suncatchers were a hit with the ladies, and their creations turned out beautifully.



With a little creativity, the ladies transformed paving bricks into mini masterpieces - perfect for adding delightful surprises around the garden.



Thank you. Lake Henry Lions Club (donation), Joe's Tree Service (dirt), and Butch Mueller (organizing everyone). We truly appreciate your help in bringing our new planter boxes to fruition.

Barn Quilts



R.O.S.E. Center & Green Roof Volunteer Appreciation.



"Thank you" doesn't even begin to cover the gratitude we feel for the time you've given. Your contributions means more than words can say.

Older Americans Lunch

Celebrating 80 years young!





Crafting



Cheerful Scrap Fabric Sunflower



Tue. June 23rd

@ 12:30

Cost \$5.00



Solar Stained - Glass Luminariest

Tue. July 21st

@ 12:30

Cost \$5.00



Mosaic Coaster

Tue. August

25th

@12:30

Cost \$5.00

Floral Pumpkin Center piece



Make this whimsical fall center piece.

Tue. Sept. 22nd

@ 12:30

Cost \$10.00 to help cover cost of supplies

RSVP by calling 320-243-5144



Christmas Ornaments

Try your hand at making cookie cutter X-mas ornaments



Tue. Oct. 20th

@ 12:30

Cost \$5.00

Mark your calendars for up coming crafting fun.

November

Make & Take

5 Christmas Cards.



corner

No Cost



Cooking with Company



No Cost

Join us on the last Monday of each month from 4-6pm for an evening filled with good food, great company, and genuine connection. Roll up your sleeves and help create a healthy, delicious meal, then sit down together to enjoy it in a cozy, family - style atmosphere that feels like home. It's community, conversation, and cooking all wrapped into one uplifting night,

Menu

Monday, June 29th

Burrito Bowls w/tortilla chips
Apple Pie Enchiladas



Monday, July 27th

Chicken Roll ups, steamed
Carrots, and fruit salad



Monday, August 31st

Home made pizza, apple
sauce and a garden salad
and watermelon



Monday, September 28th

Meat Loaf, mashed potatoes
and gravy, garden salad and
Strawberry shortcake



RSVP A WEEK BEFORE OUR DINNER PARTY BY CALLING 320-243-5144.

Services and documents supported in part by Central MN. Council on Aging as part of the Older Americans Act Program and the Live Well at HomeSM grant from Minnesota Department of Human Services.



TAI CHI

Tai Chi is one of the best movement practices for seniors - gentle low-impact, and surprisingly powerful for balance, mobility, and stress reduction.

NO FEE

Follow along with a DVD and an experienced fun group.

Tuesdays at 2:00



S.A.I.L

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

Monday, Wednesday & Friday
8:45 am Virtual Class
10 am In - Person Class

Must be a resident of the Paynesville School District or in our service area. Call to see if there is an opening available.

This program is Funded under contract with the Central MN. Council on Aging as part of the Older Americans Act Program along with Cost Share dollars from the participants.

Join the ROSE Center Volunteer Team!

Know someone who loves helping others?

The R.O.S.E Center is actively recruiting volunteers to drive seniors to appointments and assist with everyday errands. We're also searching for handy-man/woman to help with small maintenance projects and lawn care as well as someone who enjoys light mending such a simple sewing repair.

A few hours of your time can brighten a senior's entire week.

Share this opportunity with a friend.



Call 320-243-5144 or stop by for more information.



Mending Service

Have items that need mending?
Feel free to drop off your clean, labeled items at the R.O.S.E Center at your convenient!

We have volunteers providing light mending for our seniors. NO zippers



NEW

Preserving (Canning) Classes

This fall, join us for a fun, relaxed series where you'll learn how to preserve the beautiful produce from our raised garden beds. We'll show you how to can them so you can enjoy the flavors of summer all winter long.

RSVP as class is limited to 8 people.



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MEETING

R.O.S.E. CENTER ANNUAL BOARD MEETING

TUESDAY, JULY 21ST @ 5:30

Location Green Roof Area Center 1105 West Main St.

This meeting is open to the public.
New board members always welcome.



R.O.S.E. CENTER BOARD MEMBERS
 Chair: Butch Mueller, Vice Chair Lynn Lange, Secretary: Jennifer Ryan, Treasurer: Jan Eggart
 Members-at-large: Deanne Fuchs, Marsha Meed, Patricia Reiman, Carolyn Swyter & Don Winter
Thank you

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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.
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2026 Minnesota Comprehensive Aging Survey

Help shape services for older adults in Minnesota!

The 2026 Minnesota Comprehensive Aging Survey is a statewide effort to better understand the experiences and needs of Minnesotans aged 60 and older. The Minnesota Department of Human Services and Minnesota Board on Aging are working with Vital Research, an independent research company, to run this survey. Your answers will help the state improve services and supports for you and your community.

Who can take the survey? Will my answers be private?

You can take the survey if you are 60 or older and live in Minnesota for at least six months of the year. The survey is optional and takes about 20 minutes. Your answers are private and will not be connected to your name. Taking the survey will not change services or care you receive.

How can I take the survey?

Complete the survey in one of these ways:

- Online: <http://vtlr.us/cas26> or scan the QR code
- By phone or mail: Call (833) 508-6398 or email cas@vitalresearch.com to ask for a phone or paper survey.



Need Help?

If you have questions or need help completing the survey, please contact:

- Call 833-508-6398 (toll-free) or email cas@vitalresearch.com

DONATE

You can donate directly to the R.O.S.E. 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 the simple instructions. Contact us if you'd like like the link via email
 OR
 Head to paynesvillerosecenter.org and click the donate tab

THANK YOU

Services and documents supported in part by Central Mn. Council on Aging as part of the Older Americans Act Program and the Live Well at HomeSM grant from Minnesota Department of Human Services.



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 Minnesota. Since that time 1991 seniors or disabled have been served with 176,610 hours. 707 volunteers have helped provided 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 service to Paynesville area adults which will support the highest quality of living.



paynesvilleroasecenter.org



ROSE Center



paynesvilleroasecenter@gmail.com
kelly.paynesvilleroasecenter@gmail.com
jane.paynesvilleroasecenter@gmail.com



320-243-5144

OPEN

Monday - Friday
8 am - 4 pm

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612-356-0207

Blistering heat!

Well the heat is not here yet, but as summer approaches footwear changes to strappy sandals, flip flops and comfy canvas deck shoes. These types of shoes have different pressure areas and are notorious for causing blisters. Before leaving the house this spring, carefully consider the footwear that you choose. Is it appropriate for your activity? For example, choosing to debut a pair of new summer sandals to participate in a five mile charity walk would be a great way to get a few blisters. Wearing shoes without socks may also cause blisters. In addition to well fitting footwear, there are good commercial products to help prevent blisters from forming such as special antifriction socks, antifriction patches and sprays.



Even with good prevention measures blisters may occur. Water blisters that are intact should not be broken. Keeping skin intact helps to prevent germs from entering causing infection. Covering the area with a waterproof dressing such as Tegaderm or gel blister guard dressings keeps the area clean and allows for healing while providing pain relief. These products are available at drug stores. Please ask your pharmacist for assistance in selecting the product that is right for you and follow package directions. Should a blister become painful, red, swollen or have drainage contact your medical doctor, particularly if you are diabetic, peripheral vascular disease or neuropathy.

Be well and don't let summer rub you the wrong way. Jennifer Ryan, RN, CFCN