



QUARTERLY NEWSLETTER


March 2024

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



THE NEW GARAGE IS UP AND WE ARE THRILLED TO BE HOUSING OUR TWO HANDICAP VANS AND OTHER EQUIPMENT IN THERE. WE WOULD LIKE TO EXTEND A HUGE THANK YOU TO THE GREEN ROOF AREA CENTER AND THEIR BUILDING COMMITTEE FOR ORGANIZING EVERYTHING AND MAKING THIS DREAM COME TRUE!



Paynesville
Let's Go
Fishing



Fish Fry
& SILENT AUCTION

Friday,
April 19,
4:30-7:00

\$14
advance
\$15 at the
door/kids
5-12 \$6/4 &
under are
free



At Queen Bee's Bar and Grill
*Serving fish, scalloped potatoes, cole slaw,
baked beans, dinner roll, coffee, milk, and ice
cream*

Let's Go Fishing outings will be here before we know it! If you are interested in going on an outing, please call the Green Roof Area Center at 320-243-4799.

Outings will start in June.

Would you like to receive this newsletter via email? Please let us know and send us your email.



FREE *Easter* MEAL DELIVERY

The R.O.S.E. Center will be providing a free Easter Meal on Sunday, March 31st to senior citizens (60+) who are not celebrating with family or friends.

- SLICED ROAST BEEF
- SEASONED BABY RED POTATOES
- CORN & COLESLAW
- DINNER ROLL
- CARROT CAKE

SIGN UP IS REQUIRED BY FRIDAY, MARCH 22ND.
CALL US AT 320-243-5144



Thank you Volunteers

JOIN US IN
HONORING OUR
R.O.S.E. CENTER &
GREEN ROOF AREA
CENTER
VOLUNTEERS!

**MONDAY, APRIL 15TH
2-4PM**

AT THE GREEN ROOF AREA CENTER

LIGHT FOOD & REFRESHMENTS WILL BE PROVIDED.

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.



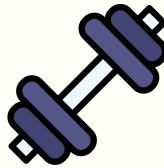


SAIL

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
11:30 AM Virtual Class
Instructed by Amy Carlson
Sign up is required

TESTIMONIAL



New Class
sessions
start
March 1st

I am so thankful that I am a participant in the Zoom SAIL class. For me it is so convenient that I can just stay home and not have to drive to the center,. Because it is live I don't let myself skip it like I would if it was just a video. SAIL covers so many areas of a great work out from aerobic, balance, strength and stretching, going at a pace that works for each individual. I know without a doubt I am much more agile because of this three day a week program. Amy is an excellent leader, very concerned about each one of us, we love her. I would recommend this program to anyone. Tess
SAIL has been good for both Jack and I . Jack talked me into going with him to the classes and I am glad he did. With his severe arthritis it helps him keep moving which is important. He used to get severe nerve pain down both his arms which have greatly decreased. Sail has also helped with his balance and strength.
For me it is a good way to get some exercise at least three times a week and has helped with my balance.
We have been in Texas since the beginning of December and were able to participate via ZOOM which was great.
It is a good program and we highly recommend it.
Jack and Erna Kotten

Older American Celebration

MONDAY MAY 6TH
4-5:30

A dinner celebration for those who are 80+. Join us for a formal dinner at the R.O.S.E. Center to celebrate our Older Americans.

Meatballs, Glazed Carrots,
Mashed Potatoes, Dinner
Roll & Dessert.

R.S.V.P. BY APRIL 29TH



PAYNESVILLE AREA SPRING CLEAN UP & HAZARDOUS WASTE COLLECTION SATURDAY, APRIL 27TH

**IF YOU ARE 60+ IN THE PAYNESVILLE
AREA AND NEED ASSISTANCE WITH
WASTE COLLECTION, CALL THE ROSE
CENTER.**

**SIGN UP REQUIRED BY
APRIL 19TH**

320-243-5144

VOLUNTEER TRAINING

**TUESDAY, APRIL 9TH
10:00AM**

AT THE R.O.S.E. CENTER

**WE ENCOURAGE OUR VOLUNTEERS TO JOIN
US FOR AN INTERACTIVE AND
INFORMATIVE PRESENTATION FROM
HOMEWARD HEALTH. TREATS AND
BEVERAGE WILL BE PROVIDED**

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.

**WELCOME TO OUR
VOLUNTEER TEAM!**



RUTH BUSTA

We are always in great need of volunteer drivers. Please reach out if you would be interested. It is a very flexible schedule and we greatly appreciate ANY help!

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!

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.

COOKING WITH COMPANY



MONDAY, MARCH 25TH
MONDAY, APRIL 29TH

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**

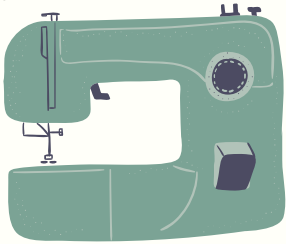
TASTE TEST THURSDAYS

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

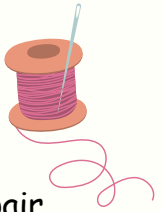


SERVICE

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 1,765 seniors or disabled have been served with 169,098 hours. 682 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

Are ice Cleats a good Idea?

Wearing ice cleats to help prevent winter falls sounds like a perfect solution, a real no brainer. But we all know that there is no such thing as perfection and if something sounds too good to be true, it probably is.

In addition to being asked for guidance by several clients, I was interested in cleats for myself to wear when using my snow blower, and I also have an elderly family member who walks dogs daily. This is where my search for ice cleats began.

I first tried Yaktrax Pro, a metal coil type of cleat. The price was right at \$19.99. I put them on and immediately discovered that they are very slippery on bare concrete. I tried them outside and they seemed secure on real ice, but not in the snow or on thin ice on pavement. They were difficult to get positioned on the shoe. On the 3rd time I put them on, the rubber type band that held them on broke making them useless.

I ordered and tested 3 pairs of cleats under \$25.00. These cleats all broke with just a couple of times putting them on and off. Some did not stay in position and moved around on the shoe when walking.

For my family member, I purchased Winter Walking LOW-PRO® Ice Cleats JD6610 at \$42.00. They have shorter studs and so can be worn while driving and are safer on smooth surfaces. I would not recommend that they not be worn in the house, at least not on my hardwood! They were easier to get on and position on the shoe properly. They have not broken thus far. <https://www.slipresistant.net/ice-cleats/winter-walking-low-pro-ice-cleat.htm>

For myself I settled on HIGH-PRO Ice Cleats JD6625. They are working well for clearing snow.

In summary:

- *I do not recommend the coil type of snow cleats. They are hazardous on smooth surfaces, would damage indoor floors, and should never be used if driving.*
- *You will need to spend more to get a durable product.*
- *All of the cleats I tried were somewhat difficult to stretch onto the shoe or boot. An older pair of shoes could be used for icy days and the cleats left on them.*
- *Try adding walking sticks for dog walking or when walking for exercise.*
- *www.slipresistant.net offers some good information about many different ice cleats.*

I do think that ice cleats may help active seniors, who are used to being outside, walk more safely, but should not be tried without some thought. Please test wearing cleats very carefully. I would recommend trying them with a strong person with you and something to hold on to before using them independently.

 **Pedi-Care** 612-356-0207
Nursing care for your feet.

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