



QUARTERLY NEWSLETTER

AUTUMN 2026
October, November,
December

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

NEW

IN-PERSON S.A.I.L. CLASS ADDED!

Stay Active & Independent for life (SAIL) is one of the most popular evidence-based fitness programs for older adults. Each class builds strength, balance, stamina & flexibility through fun, functional movements that support everyday independence.

Monday, Wednesday & Friday @ 2:00

Instructor: Amy Carlson

Space available call 320-243-5144 to join.

ANNUAL SMOKE ALARM BATTERY EXCHANGE

Tuesday, October 6th

Must be home for visit

Our volunteers will visit your home to replace up to two smoke alarm batteries at no cost to you. Please purchase any additional batteries before hand.

**Call to Reserve your spot by
Friday Oct. 2nd by 4:00.
320-243-5144**

VOLUNTEERS NEEDED

Drivers & Van Drivers to take seniors to appointments. Light **housekeeping** and **handyman** for small repairs. **Snow removal** for local seniors' sidewalk and driveways. **Seamstress** for small sewing repairs and hemming. New **board members**.

Call The R.O.S.E Center for more information
320-243-5144

R.O.S.E. Center Board Members

President: Lynn Lange
Vice President: Butch Mueller
Secretary: Jennifer Ryan
Treasurer: Jan Eggert
Members - at - Large: Deanna Fuchs,
Ric Koehn, Marsha Meed, Carolyn Swyter,
Judy Wander, and Don Winter

The ROSE Center board maintains its own email, which provides direct contact to the Board Secretary and/or Board President. If you have any questions or concerns, you're welcome to reach out through this email:
board.paynesvillerosecenter@gmail.com

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.

HIGHLIGHTS FROM LAST QUARTER'S EVENTS, CAPTURING THE PROGRAMS, PEOPLE AND ACTIVITIES THAT SHAPED OUR MISSION.



First crop from the new Garden boxes.



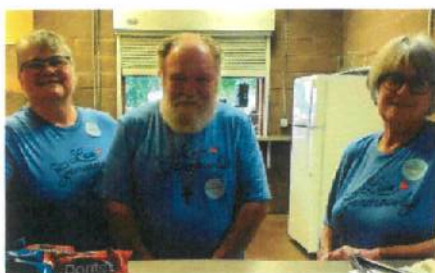
June's
Cooking with
Company
meal. Burrito
Bowls



Crafting
Corner.
Scrap
fabric
Sunflowers



Celebrating Americans 250 birthday with a Tea Party.



Music in the Park, sporting our new Thrivent shirts.



Crafting Corner Solar Stained glass Luminaries. Made in July



Making mosaic Coaster in August.

Cookie Decorating with Barb's Country Baking

R.O.S.E. CENTER CRAFTING



CORNER



Cookie Cutter Christmas Ornaments

Tuesday, Oct. 20th
@ 12:30

Cost \$5.00

RSVP by Oct. 16th so there is enough supplies for everyone.
320-243-5144



Make & Take 5 Christmas Card

Tuesday, Nov. 17th
@ 12:30

Cost \$5.00

MAX 15 PEOPLE
RSVP TO SAVE YOUR SPOT.
320-243-5144



Stocking Stuffer Snowman Hot Chocolate

Tue. December 15th
@12:30

Cost \$5.00

Valentine's puzzle Wreath



Tue. Jan. 19th
@12:30

Cost \$5.00

Fused Bead Art



Tue. Feb. 16th
@12:30

Cost \$5.00

Make your own design or choose a template that's provided.

LET'S COOK



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 evening.

Menu

Monday, October 26th

Ground beef & Butternut Squash Casserole, cressent roll and apple crisp

Monday, November 30th

Chicken Parmesan, mixed veggies, home made apple sauce.

Monday, December 28th

French Onion Beef Casserole, greenbeans, garden salad and Greek Yogurt Fruit Tart.

Monday, January 25th

Sweet & Sour Chicken, rice, garden salad and Chocolate chip cookie & vanilla Ice Cream.

Monday, February 22nd

Meat Loaf, mashed potatoes and gravy, garden salad.

Monday, March 29th

Corn Beef, cabbage, potatoes and carrots.



COMING SOON



CAREGIVER SUPPORT GROUP

Caring for a loved one can be rewarding, but it can also be overwhelming. Join Jane Monson with 41 years of nursing background for a welcoming space where caregivers connect, share experiences, and find strength together. All caregivers are invited to take a breath, feel supported, and know you're not alone. As we work on dates and times please feel free to call Jane for support. 320-243-5144

Please let us know if you're interested or need more information.

Prevent Type 2 Diabetes

Great News! Jane and Kelly are now certified CDC Lifestyle Coaches for the PreventT2 Program.

Prevent T2 program guides participants through simple, sustainable steps that support better health, increased energy, and reduced risk for type 2 diabetes. With weekly support and a welcoming group atmosphere, this year-long program makes healthy living both achievable and enjoyable.

We invite you to be part of this life-changing program. We'll share the start date as soon as it's set.

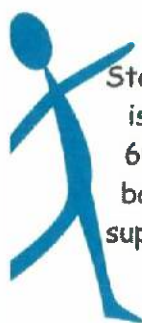
Prep & Freezer Meals

Join us for a hands-on session cooking session where you'll prep & assemble 5 delicious, 2 serving freezer meals - ready to take home & enjoy whenever you need a quick, tasty option.

Max 8 people. \$5.00 per meal.

On the 3rd Thursday of the month October 15th, November 19th, December 17th @ 1:00

RSVP to save your spot.



S.A.I.L

Stay Active & Independent for Life (SAIL) is an evidence-based program for adults 60+. Each class blends strength training, balance exercises, and gentle aerobics to support mobility, confidence, and long-term independence.

Monday, Wednesday & Friday

8:45 am Virtual Class

10 am and 2 pm In-person classes.

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.

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.

Follow along with a DVD and an experienced fun group.

TUESDAYS AT 2:00



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 Home™ Grant from the Minnesota Department of Human Services.

In Memory of DICK DALTON

1/20/1942 – 9/9/2026

Dick wasn't just a volunteer driver - he was a lifeline for so many of our seniors. Over the years, he logged 34,101 miles behind the wheel, devoted 4,027 hours to helping others, and made 1,069 trips to appointments and essential errands. Every mile was an act of kindness. Every hour was a gift. Every ride made someone's day a little easier, safer, and less lonely.

The R.O.S.E. Center is stronger because Dick showed up, again and again, with a smile, a steady hand, and a heart for service. His legacy is one of quiet generosity and unwavering compassion.

Dick also wanted to leave one simple reminder for all of us: check in with a loved one or neighbor every day. A quick phone call - just asking "How are you doing today?" - can brighten a mood, ease loneliness, and remind someone they matter. It takes only a moment, and it can mean the world.

His life was a testament to the power of small, consistent kindness. May we honor him by carrying that kindness forward.

CIVIL RIGHTS COMPLAINT PROCEDURE

The services, 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.

Any individual who feels he/she has been denied the opportunity to participate in this program and wishes to file a complaint of discrimination should write to the following office:

Executive Director

Minnesota Board on Aging

Elmer L. Anderson Human Services Building

P.O. Box 64976

St. Paul, MN 55164-0976

Your complaint will receive immediate attention; prompt corrective action as may be necessary will be undertaken. As complainant, you will be informed of the disposition of your complaint.

R.O.S.E. CENTER BOARD MEETING



Tuesday, October 27th
@ 5:30

Public and new board
members always welcome.

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 instructions. Contact us if you'd like the link via email or head to paynesvillerosecenter.org and click on the donate tab.

THANK YOU!

MEDICAL EQUIPMENT LOANING

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



If you have any gently used 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.



Walkers, Wheelchairs, Toilet Risers, Bath Chairs, Shower Benches, knee Scooters, Hoyer lift, canes 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 assistance of a grant from the state of Minnesota. Since that time 2026 seniors or disabled have been served with 177,428 hours. 709 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



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Jane.paynesvilleroase
center@gmail.com



320-243-5144

OPEN

Monday - Friday
8 am - 4 pm

Surprise!! Your Foot Care Wasn't Covered.



612-356-0207

I am often asked whether Medicare covers routine foot care. Routine foot care includes trimming and thinning toenails, removing corns and calluses, and providing hygienic or preventive foot maintenance such as cleaning and soaking the feet. In most cases, Medicare generally does not cover these routine services. In the limited circumstances where Medicare does cover routine foot care, you are responsible for 20% of the Medicare-approved amount after meeting part B deductible. Covered visits are generally limited to once every 90 days. If you are seen sooner than the allowed interval, Medicare will typically deny coverage for that visit.

To qualify for Medicare-covered routine foot care, you must have a qualifying systemic medical condition that makes self-care impossible or unsafe. Your diagnosis must appear on Medicare's list of approved conditions, and your podiatrist must document why you cannot safely trim your own nails or remove calluses. Simply being unable to reach your feet or being blind, without an underlying qualifying medical condition, does not meet Medicare's coverage criteria.

Medicare-Medicaid Dual Advantage plans generally use the same medical criteria when determining coverage. However, your out-of-pocket cost may be lower, with many plans charging a copayment of around \$40.

The Veterans Administration (VA) also uses similar medical criteria for routine foot care coverage. If you qualify, there is typically no cost for care. However, because of limited resources, missing a scheduled 90-day appointment may mean waiting until the next available 90-day cycle for treatment.

Some managed care programs, such as Minnesota Senior Health Options (MSHO), may cover routine foot care, but services generally require authorization from the member's case manager.

Jennifer Ryan, RN, CFCN, CFCS



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