



QUARTERLY NEWSLETTER

Spring 2026

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

Thank You

JOIN US IN HONORING OUR
R.O.S.E. CENTER VOLUNTEERS!



A delicious meal will be served with
refreshments and dessert.

Tuesday, April 21
11:00 Social Time
11:30 Meal Served

At the Green Roof Area Center.

RSVP by April 13th
Call 320-243-5144

You're Invited!

OLDER
AMERICANS
MONTH

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.

Thursday, May 7th
11:00 Social Time
11:30 Meal Served

RSVP TO THE R.O.S.E. CENTER BY
MONDAY APRIL 27TH
320-243-5144

No Fee



Cooking with Company



No Fee

Join us for the R.O.S.E. Center's monthly dinner party.

Held on the last Monday of every month from 4-6 pm for an evening of community and connection.
Guest will help prepare a healthy, delicious meal and enjoy it together in a cozy, family-style setting.

Menu

Monday, March 30th
Garden Salad, Corned Beef & Cabbage
Casserole and dessert

Monday, April 27th
Garden Salad, Kielbasa & Pierogies
and dessert

No, Cooking with
Company in May.
(Memorial Day Building Closed)

Monday, June 29th
Burrito Bowls w/tortilla chips
Apple Pie Enchiladas

Call to Reserve
your spot

Crafting



Corner

Let the Sunshine Sparkle!



Suncatchers

Tues. March 24th

@ 12:30

*Sign up by
March 17th

\$5.00 fee

Small details. Big garden vibes.



Tues. April 21

@12:30

*Sign up by
April 14th

\$5.00 fee

Make a Barn Quilt



Tues, May 12

@12:30

MAX 10 people

\$20.00 fee

Choose a design from options above.
The pattern will be on a 1' x 1' MDO Board.
All materials provided.

Cheerful Scrap Fabric Sunflower



Tues. June 23

@12:30

*Sign up by
June 18th

\$5.00 fee



SAIL

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 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.

PREP & FREEZER MEALS

Join us for a hands-on session where you'll prepare 3-5 delicious freezer meals - ready to take home & enjoy later!

Max. 8 people. \$5.00 per meal.

On Thursdays, March 19th, April 16th,
May 21st and June 18th @1:00

3rd Thursdays of the Month

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.

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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★ ★ ★ Become a Volunteer ★ ★ ★

We are always in need of drivers, wheelchair van, or your personal vehicle, light housekeeping, snow removal or lawn mowing and handymen for light maintenance projects.

Volunteering is a very flexible and rewarding opportunity to help out local seniors.

Call or Come in any time during business hours. Fill out a Volunteer Information Application. For drivers you'll also fill out a Driving Profile, Waiver of Liability, Vehicle Inspection Statement, Medical Statement and a Background screening for your driving record.



2026 R.O.S.E. Center Cost Share Guide

Your Annual Income 1 person household Is between -	Your Annual Income 2-person household Is between -	Suggested % Of Our Cost To Pay
\$0 and \$15,650	\$0 and \$21,150	0%
\$15,651 and \$23,475	\$21,151 and \$31,725	10%
\$23,476 and \$30,120	\$31,726 and \$42,300	25%
\$30,121 and \$39,125	\$42,301 and \$52,875	50%
\$39,126 and over	\$52,876 and over	100%

Source: Federal Register, V88FR3424 pages 3424-3425 2-Feb-24

How to determine Your Cost Share -

- 1) On the Guidelines chart above, determine your % based on household size and income.
- 2) Next look to the right to the last column to find your suggested percentage of our cost to pay.
- 3) Refer to the chart below and find the service you are receiving with our cost next to it.
- 4) Then look at your percentage column to find the suggested amount for you to pay.

Cost per unit (including personnel, office supplies, utilities, telephone, insurance)		Suggested Client Cost Sharing			
		10%	25%	50%	100%
Assisted Transportation	\$29.66 each	\$2.97	\$7.42	\$14.83	\$29.66
Chore	\$24.56 each	\$2.46	\$6.14	\$12.28	\$24.56
SAIL	\$32.00 entire session (24)	\$4.00	\$8.00	\$16.00	\$32.00

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

Please note that NO ONE will be denied services because he/she is unable or unwilling to make a donation.

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 the link via email

OR

Head to paynesvillerosecenter.org and click the donate tab.

Thank you

Sadly, seniors are often targeted by financial scammers. These criminals will do anything they can to gain your trust, steal personal information, and take your money. The truth is, anyone can be a victim of fraud, even those who are careful and experienced. That's why awareness is so important. There are several common scams happening right now that we want you to be aware of, so you can recognize the warning signs and protect yourself.

- **Charity Fraud:** Scammers pressure you for urgent donations via gift cards, wire transfers, or cryptocurrency. Legitimate charities never demand these payment methods.
- **Government Impersonators:** Fraudsters pretend to be from Social Security or Medicare, often using threats about your benefits. Real agencies will not call to demand immediate payment.
- **Family Emergency Scams:** Someone posing as a grandchild may claim to be in trouble and ask you to keep it a secret. Always hang up and call your relative directly to verify.
- **Romance Scams:** These start on social media or dating sites. If someone you've never met in person asks for money for an "emergency," it is a scam.
- **Tech Support Scams:** Pop-ups or calls claiming your computer has a virus are common. Real tech companies do not contact you this way or ask for remote access.
- **Unwanted Texts/Calls:** Do not click links regarding unexpected deliveries or prizes. Contact the organization directly using a trusted number.

If you think fraud may have happened, please don't feel embarrassed or afraid to tell us. Scams can happen to anyone, and you are not alone. The most important thing is to reach out as soon as possible. We are easy to reach, always happy to listen, and here to help you every step of the way. Call us anytime or stop into the bank to talk with us in person. We will do everything we can to help protect your accounts and guide you through what comes next.

320-243-3702 | PERENNIALBANK.COM | 125 E. JAMES ST. PAYNESVILLE, MN. 56362

R.O.S.E. CENTER BOARD MEMBERS

Chair: Butch Mueller

Vice Chair: Lynn Lange

Secretary: Jennifer Ryan

Treasure: Jan Eggert

Other Members: Deanna Fuchs, Marsha Meed, Patricia Reiman, Carolyn Swyter, & Don Winter



Mending Service



We have volunteers doing some light mending for our seniors in the community.

Hemming

Mending

Small Repairs

NO Zippers

Items must be clean and labeled.

Bring in your items at your convenience.

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 1940 seniors or disabled have been served with 175,208 hours. 707 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.



paynesvillerosecenter.org



ROSE Center



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320-243-5144

OPEN

Monday - Friday

8:00am - 4:00pm



Self-Care-Edema Series #3

Once edema has been reduced by Complete Decompression Therapy (CDT), ongoing self-care begins. Self-care is life-long but is easy to do and offers results of improved health and comfort. Compression hose is the primary mode of compression therapy in self-care. These hoses play a key role in maintaining the results achieved with CDT. Other self-care therapies, such as edema pumps or self-massage techniques, are sometimes prescribed as well, and ongoing good skin care is a must.

When edema has been reduced to the optimum level, the therapist will individually fit the proper compression hose or wraps. These may be a non-medical, ready-made garment or a custom-made medical garment. When using a ready-made garment, the therapist will fit the client properly for size and choose the correct amount of compression.

The selection for custom made hose is complex and considers the exact compression needed. The patient's other health concerns and mobility are factors. CDT therapists are concerned about how their client will get the garment on each day and will adjust their recommendation accordingly. Specific measurements for size and compression are recorded and even the weave and type of fibers to be used are considered.

T.E.D. (Thrombo-Embolic Deterrent) hose, the white ones that you were provided with when at the hospital, are not used for edema. They are to prevent blood clots when you are in bed for a long period of time. Wearing hose intended for another is never a good choice and may cause more harm than good. If you suffer with edema in your legs and feet, I encourage you to pursue edema therapy.

Jennifer Ryan RN, CFCN, CFCS

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