



# QUARTERLY NEWSLETTER

DECEMBER 2025

R.O.S.E. Center  
1105 West Main Street  
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320-243-5144

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## Happy Valentines Day

Let's spread the love to our local  
Seniors!

Wednesday, February 11<sup>th</sup> @ 10:00am

Join us at the R.O.S.E. Center to  
decorate Valentine's cookies.

## 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!  
\$5.00 per meal.

On Thur. Dec. 18<sup>th</sup>, Jan. 15<sup>th</sup>, Feb.  
19<sup>th</sup>, March 19<sup>th</sup>, & April. 16<sup>th</sup> @ 1:00



### Large Beaded Bookmarks

Tue. Dec. 9<sup>th</sup>  
@ 12:30

\*Sign up by  
Dec. 3<sup>rd</sup>.

\$5.00 to cover cost  
of supplies.

### Open Craft Day

Bringing out the left- over crafts  
or bring your own and enjoy each  
other's company.

Tue. Jan. 20<sup>th</sup> @ 12:30

### Catch Some Rays!



### Make a Beautiful Suncatcher

Tue. March 24<sup>th</sup> @  
12:30

\*Sign up by March 17<sup>th</sup>  
\$5.00 fee

## Crafting



corner



### Lunch Sack Rose Wreath

Tue. Feb 24<sup>th</sup> @ 12:30

\*Sign up by Friday Feb. 20<sup>th</sup>

\$5.00 fee.



### Garden Owl Friends

Tues. April 21<sup>st</sup>

\*Sign up by April 17<sup>th</sup>  
\$5.00 fee

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<sup>SM</sup> from Minnesota  
Department of Human Services.

## Photos from last Quarter's events.



In celebration of the ROSE Center's 25<sup>th</sup> anniversary, this year, we enjoyed a variety of fun activities - including a charming tea party and a hilarious round of The Oldly Wed Game.



### Prep & Freezer Meals

The ladies made 3 delicious freezer meals - ready to take home & enjoy later!



### Crafting Corner



The ladies did a beautiful job making their Floral Candy Jar.



### Cooking with Company



We had a fascinating conversation about the end of WW2 when electricity and indoor plumbing came to rural areas. It was fun listening to Terry and Butch's childhood memories.

Come and enjoy a free dinner and conversation Monday, Jan. 26, 4-6 pm.



## SAIL



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

Mondays, Wednesdays, & Fridays.  
8:45 AM Virtual Class  
10 AM In-Person Class

Instructed by Amy Carlson

\*Sign up is required & must be in our service area

## 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.



## Cooking with Company.



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

The last Monday of every month from 4-6pm 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.



### Monday, January 26th

Burrito Bowls w/ Tortilla Chips  
& Apple Pie Enchiladas

### Monday, February 23rd

Garden Salad, Chicken Roll Ups, Steamed Carrots and Dessert

### Monday, March 30th

Garden Salad, Corned Beef & Cabbage Casserole and dessert

### Monday, April 27th

Garden Salad, Kielbasa & Pierogies Sheet Pan and dessert.

**RSVP the Friday before by calling 320-243-5144**

## Welcome



Let's give a warm welcome to Jane Monson, the newest member of the R.O.S.E. Center team! Jane officially joined us on Monday, November 10<sup>th</sup>, and we're thrilled to have her on board.

## ROSE Center Board Members

Chair: Butch Mueller  
Vice Chair: Lynn Lange  
Secretary: Jennifer Ryan  
Treasure: Jan Eggert  
Other Members: Marsha Meed, Patricia Reiman, Carolyn Swyter, Deanna Fuchs & Don Winter

*Thank You*



Rick Fuchs for making the  
R.O.S.E. Center sign.



## **BECOME A VOLUNTEER**



We are always in great need of volunteer drivers, Wheelchair van or personal vehicle

especially during these winter months. We are also looking for volunteers for light housekeeping, snow removal, and handymen for light maintenance projects.

It is a very flexible schedule and a rewarding opportunity.

### **New Volunteers**

Dean Strunc - Driver

Adam Cook - Chores

*THANK YOU!*

### **Medical Equipment Loaning.**

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

Walkers  
Wheelchairs  
Toilet Risers  
Bath Chairs  
Shower Benches  
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.

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<sup>SM</sup> 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 MN. Since that time 1926 seniors or disabled have been served with 174,900 hours. 706 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  
[paynesvilleroosecenter.org](http://paynesvilleroosecenter.org)



ROSE Center



[paynesvilleroosecenter@gmail.com](mailto:paynesvilleroosecenter@gmail.com)  
[kelly.paynesvilleroosecenter@gmail.com](mailto:kelly.paynesvilleroosecenter@gmail.com)



320-243-5144

**OPEN**

Monday - Friday  
8:00am - 4:00pm



### Edema series #2: Available Treatments

Regardless of the cause of lower extremity edema, the basic treatment is the same.

**Compression:** Stockings or wraps. **Elevation:** Sitting or lying with one's feet raised, preferably higher than the level of the heart, several times per day. **Exercise:** Walking and leg exercises to keep muscles strong and to move fluid back up and out of the legs. **Sodium Reduction:** Maintaining a low sodium diet. **Medication:** The use of diuretic medication to remove water from the body.

When these simple interventions do not do the job, Complete Decongestive Therapy (CDT) is the gold standard for treating edema. This treatment is performed by a trained physical, occupational, or massage therapist or nurse. This type of treatment includes both a treatment phase and ongoing self-care. The treatment phase takes several weeks and involves manual lymph drainage massage, compression bandaging, and education on skin care and exercise training.

Another treatment used is Intermittent Pneumatic Compression Therapy (IPC). IPC involves a pneumatic sleeve being applied to the leg which inflates and deflates sequentially applying pressure to encourage fluid absorption. IPC can be used in both treatment and self-care phases. Selection and use of IPC should be done in consultation with a trained CDT therapist.

Jennifer Ryan, RN, CFCN

612-356-0207



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.

## 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 [paynesvilleroosecenter.org](http://paynesvilleroosecenter.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 and mileage reimbursement that all incur cost for us.

The R.O.S.E. Center provides Cost Share charts to suggest donation amounts based on your income, helping guide voluntary contributions for services.



## R.O.S.E. Center Survey



To better serve our seniors we are looking for your input.

Please check what exercise options you would be interested in participating in if they were available.

1. Walking class \_\_\_\_\_
2. Chair Yoga \_\_\_\_\_
3. Pilates \_\_\_\_\_
4. Exercises to deal with Chronic Pain \_\_\_\_\_
5. Other \_\_\_\_\_

Name \_\_\_\_\_

Please return to the ROSE Center by Jan. 3, 2026

