

Grove City Area C.A.R.E. Living at Home Program

Fall Newsletter 2020

The Care Program has definitely gone through a lot of changes in 2020. Mostly we have seen a total turn around with activities closing down, no one coming together to share and laugh, and then calling on the phone to make sure a friend is ok, sending a card to a loved one or caregiver who might need a little pick me up from the mailbox. Delivering Care Bags to those who cannot leave their homes has been very rewarding, and if you are lucky, they will see you at the door and have a little chat! Life is definitely different. We have been able to reopen our footcare clinic, Support group, and trying to open Care Crafters. There is a need for people to gathering and we are trying to find small ways to help. Gathering with masks, 6' apart for social distancing, and being able to tell our story and gather with friends.

We are ever so grateful for all who have called or come to the Care office to offer help or assistance. All the wonderful volunteers who have reached out to several people to help them through this pandemic with a kind word and time to listen. We need to stick together during these times and lean on our neighbors, friends, co-workers, and the Care Program. We are here to help in every way possible!



Loneliness is defined by people's levels of connectedness and is different for everyone. Chronic loneliness sets in when: 1. Emotional, mental, or financial resources are limited. 2. We are unable to get out and satisfy social needs. 3. Lacking social circle that can provide these benefits. Factors contributing are loss of sense of purpose/identity, loss of friends, death, illness, relocation, health issues, living alone, low income, transportation access. You don't have to be lonely – please reach out to a friend – neighbor – the Care Program – we are all in the same boat and we all need each other!

Notes to the Care Program:

*Nature Bingo sheets were handed out to everyone in their bag – one lady was able to enjoy some really valuable time to play nature bingo outside with her great-granddaughter!

*Several have said “It is so much fun to receive all the goodies each month – I look forward to the day it comes!”

*“Thank you for remembering me with your fun bags of “this and that” – a day brightener for sure!

*Thank you so much for your kindness and care, for the goodies to help brighten my day. Friends like you all who spread good wishes and cheer all the way out to me are a “Special Blessing”!

*The Care Program is a program we believe in. Your services, continued care, and mission is so greatly appreciated.

*Thank you to everyone at Grove City Care for your support, your thoughtfulness, and your help.

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Thank you
to all who
advertised -
Your support
is greatly
appreciated!



The 2020 Census is happening now. You can respond online using your computer, smartphone, or tablet. You can also respond by phone or by mail. The Grove City Care Program is ready to help you as well!

- It's quick and easy. The 2020 Census questionnaire will take about 10 minutes to complete.
- Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services.



Ecumen Home Care & Hospice provides quality care to people in the comfort of their own home. Our care continues during this time of COVID-19. Our staff are well trained and we are carefully following the precautionary guidelines from the CDC, CMS and the Department of Health to reduce the risk of transmission, while compassionately caring for our clients. We continuously practice the recommended policies

that are in place. We have a team at Ecumen dedicated to staying informed on the latest news and information to best support our care teams with care delivery.

- The Ecumen Home Care team consisting of nurses, therapists, social workers and support staff provide individualized care. Home care is available to assist a person: rehab at home following surgery, manage chronic health issues, prevent rehospitalization, assist with everyday activities like bathing, dressing, meal prep and household tasks to enable independence and safety. Emergency response systems and medication dispensers are also available.
- At Ecumen Hospice, we are proud to have provided Life Honoring Care to Litchfield and the surrounding communities for over 30 years. We are known for compassionate end-of-life care that provides individualized services focusing on comfort and support for people who are facing a life-limiting illness. Our experienced staff work with those involved in your care to provide physical, emotional and spiritual support that enables you to make the most of every moment, embracing life with the love and support of your family and caregivers.
- You and your family will work with our multi-disciplinary care team to create a plan for your care that honors you and your wishes. When you are seeking comfort rather than a cure, Ecumen Hospice empowers you to live life to the fullest.
- To learn more about our services, please call 320-693-7367. We are happy to answer your questions and provide you with more information.



together support

2020 has been a powerful reminder that we are all in this together, and our choices and actions have the power to protect the most vulnerable among us in a big way. The same holds true when it comes to breast cancer.

With your support, we can show every woman that her life is important. By working together, we can inspire hope and become a force for good “to get her” access to the care she needs.

Cancer strikes everyday – lets remember those who are fighting and encourage early screening – the sooner it is detected the easier it is to fight!
(<https://www.nationalbreastcancer.org/>)



The Grove City Area Care Living at Home Program wishes each and everyone of you a very happy Thanksgiving. During this pandemic we need to really think about all we are thankful for. So let's all take a few minutes and write down 5 things we are thankful for: 1. _____ 2. _____ 3. _____
4. _____ 5. _____

Now that is something to be thankful for each and every day!

Risk for Severe Illness Increases with Age

As you get older, your risk for severe illness from COVID-19 increases. For example, people in their 50s are at higher risk for severe illness than people in their 40s. Similarly, people in their 60s or 70s are, in general, at higher risk for severe illness than people in their 50s. The greatest risk for severe illness from COVID-19 is among those aged 85 or older. There are also other factors that can increase your risk for severe illness, such as having underlying medical conditions. By understanding the factors that put you at an increased risk, you can make decisions about what kind of precautions to take in your daily life. **In general, your risk of getting severely ill from COVID-19 increases as you get older. In fact, 8 out of 10 COVID-19-related deaths** reported in the United States have been among adults aged 65 years and older. (<https://www.cdc.gov/>)

I can write all kinds of precaution steps – venturing out into the public – in-person visits – social distancing – wear a mask - but we all know what is going on and we need to make a decision on how we want to proceed. Just know that if you have a loved one who is 65 and older, make a good choice when you want to visit – use technology - window visit – Cards – phone calls - sounds like no fun – but if a loved one is hospitalized there is no visiting – That my friends is really no fun!