

APRIL, 2018

# COMPASSIONATE CHATTER

With Our Compassionate Care Family & Friends



## In Gratitude of Violet

### -SHE SEES THE GOOD

Spring is in the air and I am ready for tulips, green grass and a special birthday party. The party is for my mother-in-law, who is a breath of fresh air in my life. For 37 years, I have observed Violet Werder's finest qualities enhance with her age. On April 21st, she will be 99 years young. To be more like her every day is a worthy goal of mine. This month, I am sharing a glimpse of "Vi" and why she is my role model for aging with grace:

**Acceptance:** Vi does not judge. She purposely sees the good and forgives the wrong

**Happiness:** She is often seen smiling with a twinkle in her eye. If asked why she replies, "I am just so happy, and I even sing to myself when I am alone." She sees the good in a simple life, family, puzzles, coloring, Disney movies, reading a child's book, most all books and more importantly, her Bible and daily devotionals.

**Perseverance:** She exemplifies persevering with commitment and courage. Living life on a slim budget, she managed well and dutifully cared for her husband and children and remembers the good. She misses and grieves for her husband of 71 years yet focuses on memories vs. the loneliness. (more on pg. 2)

### 2018 LIFE Connections

An event for people  
50 & up!

**WILLMAR CIVIC CENTER**

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**THURSDAY, APRIL 19TH  
5-7:30PM**

FEATURED SPEAKER, AL  
NEWMANN, FORMER MN  
TWINS BASEBALL PLAYER

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**FRIDAY, APRIL 20TH  
8:30AM-4:00PM**

FEATURED SPEAKER, DON  
SHELBY, TV JOURNALIST  
& AVID OUTDOORSMEN -  
ENTERTAINMENT BY THE  
KIGERY FAMILY

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Stop by & visit us at the  
Compassionate Care booth! We provide  
golf cart rides into the Civic Center!

**Positivity:** Vi is the greatest cheerleader. "Good for you, and I am so proud of you" flow from her lips to her children, grandchildren, and lucky for me, even her "in-laws". She sees goodness in everyone.

**Confidence:** She is confident because she is wise and smart. She stays abreast of what is going on in the world. She asks questions. She chooses to fill her day with projects and states she runs out of day before fun things to do. She does NOT get bored. She is comfortable in her charming little home setting with her joyful attitude of gratitude.

Friends, we live in difficult times and it's a different world. Aging gracefully involves seeing the good. Like Vi, we must realize that much of our life is made up of choices. We get to choose our attitude. We don't have to let past negative experiences influence our today. Each day is an opportunity to read, sing, pray, smile, accept, forgive and generally love others.

Thank you for allowing me to share a bit about my mother-in-love. I see some of her best qualities in the clients we serve. I have said it before, and I will say it again and again, "We serve the BEST generation of older adults around."

Happy Spring & See the Good!

Bev



## Refill Your Cup!

**Wednesday, April 25th, 2018**

Vine Church, 1101 Willmar Ave SW

A day of pampering, education, support and fellowship for YOU the dedicated Caregiver of your loved one.

Sponsored by West Central Dementia Awareness Network

**RSVP By Friday, April 20th**

**Call Barb @ 320-221-3747**

### Schedule

<b>8:30-9AM</b>	Registration & Light Breakfast
<b>9-10AM</b>	Brenda Madsen, LPN & Kate Fischer, RN <i>"Caregiver Burn Out"</i>
<b>10-11AM</b>	Break Out Sessions (See list below)
<b>10-12:15PM</b>	Chair Massages & Manicures
<b>11:15-12:15PM</b>	Lunch
<b>11:45PM</b>	Stacy's Nursery: Container Gardening <i>"Gradual Loss of Loved Ones"</i>
<b>12:15-1PM</b>	David & Christa Rivers
<b>1-2PM</b>	Break Out Sessions
<b>2-3PM</b>	Merline Deuring <i>"The Rocks In Your Purse"</i>

**Breakout Sessions Include:** Essential Oils, Chair Yoga, Bird Feeders, Effective Communication, Chair Massages & Manicures

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you - those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start.

We hope you will join in and **Engage at Every Age!** To learn more about services that are available to older adults, their families and caregivers, contact the MN Board on Aging's Senior LinkAge Line: 1-800-333-2433



## Meet Caregiver Tiara Swart



Tiara is the youngest caregiver Compassionate Care has ever hired — and we're so glad we did! She started working for us in April of 2017, and prefers overnight shifts. Her favorite thing about her job is getting to know the clients and their past experiences. Tiara, daughter of our own Terri Swart who works in the CC office, is one of six siblings and lives with her family in New London.

Tiara is graduating from High School this May, but is also a post-secondary student at Ridgewater College. She is studying the pre-requisites for the Nursing Program, and is on the Deans list. She also is a salesperson at Glicks in the mall. In her free time, (does she really have any???) Tiara enjoys hanging out with friends and going to sports games.

Her favorite verse is: "As for me and my household, we will serve the Lord." Joshua 24:15

### NICE THINGS WE HEAR...

Dear Bev,

Thank you, from the bottom of our hearts, for the wonderful care our Dad received from Compassionate Care. We are especially grateful for you and Tricia and the way you were able and willing to check in on Dad after his fall. We appreciate your connection with us and staying with Dad at the hospital.

You certainly gave our family support, with the distance that separated us from both Dad and Mom.

We are so touched by your love and kindness!! We ask God's continued blessing on you and the work of Compassionate Care.

With Deepest Thanks,  
The Family of LB