



# The Caring Connection

WINTER 2010

**Our Mission: To provide support services designed specifically for family caregivers across the lifespan.**

## November is National Family Caregiver Month!

Range Respite honors Family Caregivers this month and we invite the community to join with us! Special events are listed below – please consider what YOU can do, as we....

## Care for Caregivers **TOGETHER**

### **17<sup>th</sup> Annual POINSETTIA FUNDRAISER**

begins November 1<sup>st</sup>.

Major Sponsors:

**Silver Lake Floral**

**Virginia City Greenhouse**

**KSKJ Life**



Proceeds will be given to local caregivers as scholarship funds for services.

- ⇒ As a major sponsor, KSKJ Life will be matching up to \$1,000 cash proceeds and will be volunteering with the fundraiser!
- ⇒ Silver Lake Floral provides the poinsettias at their cost AND is donating the sleeves and pot covers!
- ⇒ Virginia City Greenhouse is “renting” the South Greenhouse wing so the plants have a plant friendly environment at a low, low cost!!

***Please support Family Caregivers by ordering your poinsettias through Range Respite – as Local People & Local Businesses help Local Caregivers!!***

Call 749-5051 to place your order, or mail your payment and order form, included in this newsletter.

### **LOOSE CHANGE CHANGES LIVES –**

November 1-30. Your pocket change can change lives! Save up your pocket change and place it in containers at one of the following businesses during November:

Virginia Super One South  
Virginia Super One North  
Hibbing Super One



Donations will be given to caregivers as scholarships for services.

**THANK YOU, SUPER ONE(S)!**

### **A NEW WAY TO GIVE to FAMILY CAREGIVERS!!**

“Give to the Max” Day @ GiveMN.org is Tuesday, November 16<sup>th</sup>. If you prefer to give online, log onto GiveMN.org on November 16<sup>th</sup> to give a gift to Local Family Caregivers. Range Respite received \$600 in 2009 “Give to the Max” donation drive.

### **CAREGIVER DAY – Nov. 3<sup>rd</sup>**

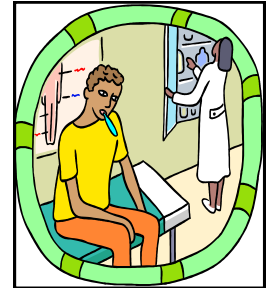
Grandma’s in the Park Ballroom, Hibbing

Caregivers will be honored with a banquet including a delicious meal, entertainment, the announcement of 2010 Caregiver of Excellence Award and Presentation.

Caregiver’s Day is a joint effort of the following agencies: Elder Services Network, Essentia – St. Mary’s Hospice & Palliative Care, Home Instead, and Range Respite.

Caregiver Day is funded by **Lake Country Power**, the former **CARE Collaborative**, and local vendors.

# Caregiver Circle



## Key Questions to Ask: Your Doctor or Pharmacist

### Your Physician

- Explain my condition. What is wrong and how long will it take to get better?
- What can I do to help myself get better?
- What is the name of the drug? Why is it being prescribed?
- How long should I take this drug?
- What are specific instructions for taking this medication?
- What are the possible side effects I might expect?
- Can I drink alcohol while I'm taking this drug?
- (If you have difficulty swallowing pills); Can the prescription be changed to a liquid or can pills be crushed.

### Your Pharmacist

- How can I keep track of my medications?
- Can this prescription be refilled? If so, how many times?
- Will you clarify the instructions for taking this medication?
- Can I have regular caps instead of child-proof caps?
- What is the difference between generic and brand name drugs?
- Are there any foods or beverages I need to avoid while taking these medications?
- Does this drug interfere with any other medications I'm already taking?
- (Make sure the pharmacist is aware of any non-prescription drugs you are taking or may purchase along with a new prescription drug).
- Are there any non-prescription drugs that will treat my symptoms?



Wish  
List



### Items that stretch our dollars and keep costs down include:

Mailing labels Avery 8160  
Copy paper white or colored  
Stamps  
Gift Cards

Coffee  
Cardstock  
AA batteries  
Gas cards

9 volt batteries  
Corner desk for volunteers  
Name tag holders  
Virginia recycle bags-small

Thank you in advance!

**“Don’t give until it hurts; *GIVE UNTIL IT FEELS GOOD!*”**



Range Respite has so much to be thankful for! The In-Kind gifts from individuals, groups, and businesses provide supplies and services that as a non-profit we simply cannot afford.

*Thank you to Excel Business Systems for their generous donation by printing this newsletter. Your donation is greatly appreciated!*

**THANK YOU to the following:**

**Eve Bock** - Program supplies  
**Range Office Supply** – Envelopes & hand sanitizer  
**Alice Jacksha** – 20 copies of Handbook for Caregivers, authored by her  
**Twilla Ahola** -2 Super One gift cards & DVD player  
**Beth Holm** - Care packages for caregivers  
**Pam Rundell** - Dishwasher detergent  
**Vienna McNeil** - Puzzles for Respite House guests  
**Sue Dethloff** - Range Mental Health Center - Flat screen computer monitor, keyboard, & mouse  
**United Methodist Church** - Dishwasher detergent  
**Art & Doris Abramson** - Pocket folders/portfolio & keyboard  
**ACCESS Broadband** – One free month of internet access & technology assistance  
**BuildWrite, Inc.** - One free month of consulting plus many more hours throughout the year  
**Computer Enterprises, Inc.** - Discounted technology assistance  
**Marcella Holm** - Care packages for caregivers  
**Marv Hotakainen** - Lawn mower gas – all summer!  
**Bob Kolocek** - Care packages for caregivers & volunteers  
**Irene Lawler** - Wooden bed tray for Respite House guests

**Memorial In-Kind**

**A Unique Way to Remember A Loved One**

**Deb Hanela & Family** donated a 32-inch flat screen TV for the Respite House in memory of her husband, Ken. Ken was a regular guest at the Respite House – the family wanted a special way to donate to Range Respite. A television was a perfect fit, Deb says, because Ken enjoyed watching TV and would have appreciated the nice large screen!

Thank You for the Unique Memorial!!

**...More Creative Giving...**

Some giving can't be called "In-Kind" Donation by accounting measures, but they provide thousands of dollars in volunteer time & goods:

**Hugs 'N Stitches** – **Sandy Hotakainen** donated a full size cream crocheted bedspread, to be awarded as a special door prize on Caregiver Day. If you have ever seen one of Sandy's bedspreads, you'll know that the price tag, if sold in a store, would be costly!

**Our Savior's Lutheran Church of Aurora Ladies' Quilting Club  
Donated 31 Beautiful Full Size Quilts!**



Pictured: Linda Jeffrey, Irene Skoglund, Lorraine Ekman, Naomi D'Angelo, Marie Anderson, Janet Solo, Yvonne Trowbridge, Lorna Kallio

**“A PERFECT GIFT AT A PERFECT TIME!”** Shortly after talking with staff about our need to do something really special for our caregiving families this Christmas, I received a telephone call from **Our Savior's Lutheran Church of Aurora** informing me that the **Ladies' Quilting Club** had made many quilts & would like to donate them to Range Respite!! The fine group of women pictured above delivered the quilts to our office this summer, had a tour & history session, & visited with staff over “Coffee An”.

~ THANK YOU, THANK YOU, THANK YOU FOR THE PERFECT GIFT!!! ~

# Thank You

We would like to thank the individuals, groups, businesses, and Grantors who have made it possible to provide services designed specifically to Family Caregivers across the lifespan.

**WE COULDN'T DO IT WITHOUT YOU!.**

If you've donated recently and your name is not listed, please accept our apology and contact us so that we may thank you next time.

## General Donations by Individuals & Businesses

Margaret Patrick  
Linda & Peter Peterson  
Don & Kathy Sandnas  
Gerald & Ester Miettunen  
Doug & Nancy Killian  
Robert & Audrey Joki  
D.J. & A.R. Tomonovich  
Ethel Costello  
Ray & Ethel Syrjanen  
Martha Palm  
Theresa Galaski  
Vigil Zarnec  
Keith D. Nelson  
Leah Suhadolc  
Sara J. Nyberg  
Gerald & Diana Killian  
Margaret Kepler  
Kathryn E. Salo  
Twilla Ahola  
Joyce Pepelnjak  
Leland & Jan Omdahl  
Ray & Amy Peloquin  
Dave's Pizza  
Eveleth Masonic Lodge #239  
Sand Lake Chapel  
Vile Velebita CFU of America Lodge  
Blue Cross/Blue Shield Company Match  
Blue Cross/Blue Shield EFT Employee Contribution

“There are only four kinds of people in the world-  
Those who have been caregivers,  
Those who currently are caregivers,  
Those who will be caregivers, and  
Those who will need caregiver.”

Helping yourself Help Others by Rosalyn Carter



## Memorials

### In Memory of

Peter Ahola  
Jimmy & Elsie Esala  
June Anttila  
Richard Allen Johnston  
Peter Dufek  
Carmella Sacchetti  
Rose F. Zatocil  
Dora Lenore Emery  
Rose Zatocil  
John Hancock  
Rhinehart Olson  
Phillip Schneiderman

### Given By

Twilla Ahola  
Peter Esala  
Kris Coombe  
Diane Johnston  
Anna Summer  
Americo Sacchetti  
Clifford or Lois Johnston  
Ken & Patty Carter  
Art & Doris Abramson  
Art & Doris Abramson  
Dan & Faye Mobilia  
Herbert or Greta Lindgren

## Honorariums/Tributes

### In Honor Of

AEOA Meals on Wheels Mt. Iron  
Tribute: All Caregivers  
June Hancock

### Given By

Maurice Tomperi  
Bob Teasck  
Art & Doris Abramson

## Grantors

### Arrowhead Area Agency on Aging Arrowhead Regional Development Center

\* Older Americans Act

\* Family Memory Care Intervention

### Duluth Superior Area Community Foundation

\* Respite Care

### Iron Range Resources

\* Grant Writing

### Lake Country Power

\* Summer Camp Scholarships

\* Home Based Memory Care Respite

\* Caregiver Day Banquet

### Lake Superior Initiative

\* Capacity Building

### Northland Foundation

\* Caregiver Consultant Services

### St. Mary's Duluth Clinic Health Systems

\* Respite Scholarships

### United Youth for United Way

\* Summer Camp Scholarships

### United Way of Northeastern MN

\* Programming

### Virginia Regional Medical Center Foundation

\* Respite Scholarships



At Range Respite, we make every effort to use your donations wisely. If you no longer wish to receive our newsletter, please give us a call at 218-749-5051. Or send us the mailing label from this newsletter along with your request to our address listed below. Your name will be immediately removed from our mailing list.

### Coming Events & Meeting Dates

<b>November 3</b>	<b>Family Caregiver Day</b>	<b>10am-2pm</b>
November 10	Board Meeting	5:15pm
November 10	Lifestyles Meeting	1:00pm
December 10	Lifestyles Meeting	1:00pm
December 29	Rainbow Meeting	2:30-4pm
<b>2011</b>		
January 12	Board Meeting	5:15pm
January 26	Rainbow Meeting	2:30-4pm
February 9	Board Meeting	5:15pm
February 23	Rainbow Meeting	2:30-4pm

If you want this newsletter emailed to you please contact us at [adminassistant@rangerespite.org](mailto:adminassistant@rangerespite.org)  
Help us save on cost!



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