



Senior Programs News

VOLUME 17, ISSUE 1

SUMMER 2017

Three Rivers Community Action, Inc. is a non-profit corporation that works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.

Did you Know?

Meals On Wheel's trays cost \$16 a piece. Please return your trays so we can keep the cost of meals down.

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Health Care Directive

Focus on your wishes:

- ◆ Make your health care decisions while you are able to do so.
- ◆ Express your health care wishes to your family and caregivers.
- ◆ Document your choices in an approved health care directive.
- ◆ Distribute your healthcare directive.

Getting Started:

- ◆ Talk with your loved ones to share your thoughts.
- ◆ Chose who will speak for you if you are unable to do so.
- ◆ Complete a HCD.

Need Help:

- ◆ Three Rivers advocates can help with your Advance HCD. Call (800) 277-8418

Food Shelf

- ◆ A food shelf, also called a food bank, is a non-profit, charitable organization that distributes food to those who have difficulty purchasing enough food to avoid hunger.

Goals of Most Food Shelves:

- ◆ To provide food to individuals and families in an environment where those in need feel safe and not intimidated.
- ◆ To provide resources and information to clients on other services of support.
- ◆ To educate and increase public awareness regarding the food needs within our community.
- ◆ To value their volunteers, clients, vendors and community partners and to treat all with dignity and respect.

Am I Eligible?

- ◆ Eligibility is based on household size and income. See the chart below to determine if you're qualified.

Household Size:	Maximum Income:
1	\$24,120 / yearly OR \$2,010 / monthly
2	\$32,480 / yearly OR \$2,707 / monthly

Where can I get more information?

- ◆ See next page to contact the food shelf in your area.

REMINDER:

*If you are receiving services from the Meals On Wheels program and need to cancel your meal delivery for a day, please contact the **CATERER** the day before the cancellation.*



Our Caterers

Goodhue County

Cannon Falls:

Mayo Clinic Health System - 507-263-9734

Goodhue:

Semcac - 651-388-9875

Pine Island:

Semcac - 507-356-2228

Wanamingo:

Semcac - 507-732-5086

Zumbrota:

Semcac - 507-732-5086

Rice County

Faribault:

District One Hospital - 507-332-4749

Wabasha County

Mazeppa:

Semcac - 507-732-5086

Wabasha:

Semcac - 507-459-5766

Cannon Falls

511 W. Belle St.

1st Saturday of the Month

10 a.m.—Noon

2nd Thursday of the Month

10 a.m.-Noon

3rd Thursday of the Month

4:30-6:30 p.m.

4th Thursday of the Month

10 a.m.—Noon

Faribault: West Mall

507-334-2137

200 Western Ave NW,

Tues, Wed, Thurs: 1:00-3:00 p.m.

Last Thurs of month: 1:00 - 6:00 p.m.

Faribault: St. Vincent de Paul Center

507-334-2100

617 3rd Avenue NW

2nd and 4th Fridays - 1:00 - 3:00 p.m.

Kenyon - All Seasons Food Shelf:

507-789-6162

98 Gunderson Boulevard

Mondays - 3:00 p.m. - 6:00 p.m.

Thursdays - 12:00 p.m. - 3:00 p.m.

Saturdays - 9:00 a.m. - 12:00 p.m.

Lake City Food Shelf:

651-345-5888

600 South 8th St.

LCfoodshelf@gmail.com

Tuesdays from 1 – 3 p.m.

Thursdays from 9 – 11 a.m.

2nd & 4th Saturdays from 9 – 11 a.m.

Mazeppa Area Food Shelf:

239 1st Ave N

mazeppafoodshelf@gmail.com

2nd & 4th Thursday from 4 – 7 p.m.

Northfield

Northfield Community Action Center

1651 Jefferson Drive

Mondays through Fridays 9:00 - 5:00 p.m.

Thursdays: 9:00 - 7:00 p.m.

Pine Island Sharing Shelves:

507-356-2999

218 S Main #5

Wednesday from 9 – 11 a.m.

Plainview – Elgin Area Food Shelf:

507-876-0112

25 Main St. W

Elgin, MN 55932

Wednesdays from 10 – 12 & 1 – 5 p.m.

Red Wing Area Food Shelf:

1755 Old West Main Street

651-388-9302

Tuesdays & Thursdays from 4 – 6 p.m.

Fridays from 11 a.m. – 1 p.m.

Wabasha Food Shelf:

651-565-4531

651-565-5667

St. Elizabeth's – Lower Level

1200 5th Grant Blvd

Mondays from 1 – 4 p.m.

Thursdays from 9 a.m. – 12 p.m.

Zumbrota Food Shelf:

(507) 732-7330

242 Main Street

1st & 3rd Mondays from 2 – 4 p.m.

2nd & 4th Thursdays from 7 – 8 p.m.

3rd Wednesday from 10 a.m. – 12 p.m.

Extreme Heat Message and Precautions

Be Informed, Make a Plan, Build a Kit, Get Involved

Summer is almost here. While we prepare to enjoy the warm weather, it's important to take precautions in case extreme heat strikes. By evaluating your needs, you can plan for any heat related situation. The following steps will prepare you to handle periods of extreme heat and the associated risks:

- ◆ Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.
- ◆ Identify the resources you use on a daily basis and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- ◆ Think about what you need to maintain your health, safety, and independence. Build a kit that includes any specialized items such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a cooler, and anything else you might need.
- ◆ Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.
- ◆ Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.

For more information about extreme heat preparedness and tools, go to ready.gov/heat and cdc.gov.

Upcoming Classes...

Matter of Balance	Powerful Tools for Caregivers
<p>Classes meet twice a week for four weeks to address fear of falling through class discussion and strengthening exercises.</p> <p>Meets Mondays & Wednesdays 9:30 am-11:00am September 11th — October 4th, 2017 Milestone Senior Living 2500 14th Street NE Faribault, MN 55021</p> <p>MUST RSVP to: Josh Ramaker 507-332-5911</p>	<p>Classes meet once a week for six weeks to learn how to best care for yourself while caring for an older adult. Learn communication skills, community resources, stress management and put your self care goals into action.</p> <p>Meets Wednesdays 1:30pm -3:00pm October 11th – November 15th, 2017 Jordan Towers 440 West 5th Street Red Wing, MN 55066</p> <p>MUST RSVP to Randi Callahan 800-277-8418</p>

Three Rivers Community Action, Inc.
Senior Programs
1414 North Star Drive
Zumbrota, MN 55992
1-800-277-8418
RETURN SERVICE REQUESTED

Help us keep our mailing list current.
Please notify us if you:

- Have a change of address.
- Are receiving more than one copy.
- Would like to be removed from our list.
- Would like an emailed copy.

Our Program Advocates

Rice and Western Goodhue counties:

Carla Pearson, LSW

1-800-277-8418 Ext. 328

carla.pearson@threeriverscap.org

Wabasha and Eastern Goodhue counties:

Randi Callahan, LSW

1-800-277-8418 Ext. 112

randi.callahan@threeriverscap.org



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Individual donors

