

Elder Network Quarterly

April, May, & June 2011

Alexandria, MN

Volunteer Week is April 11-15, 2011

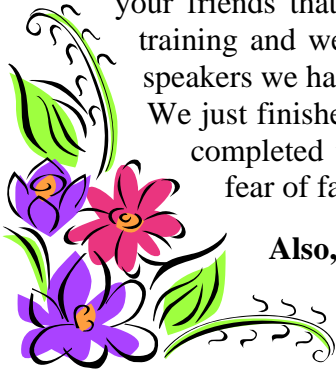
Elder Network would like to take this opportunity to thank all volunteers for the important services that you provide. Thank You!

By Jill Jacobson, Peer Support Coordinator

I will be offering a new volunteer training for the Peer Visitor program in May of 2011. This is a 21 hour course that will take place on Monday and Wednesday mornings beginning May 4-May 25, 2011. Please tell your friends that we are looking for new volunteers. We already have 6 people signed up for the training and we are hoping to have 6 more participants sign up. I am excited about the wonderful speakers we have lined up to provide the training.

We just finished our first *A Matter of Balance* training over at Windmill Ponds. Sixteen participants completed the course and received their completion certificates. All participants said that their fear of falling was reduced as a result of taking the class.

Also, I'd love to come and speak to your group or club about Elder Network, its service, and the positive impact we provide. It is always fun for me to get out and meet people in the community. Please call us at 320.763.9084 if you are interested in setting up a time.



By Debbie Hudspeth, Program Director

As an avid listener of NPR's Morning Edition one of my favorite segments is from individuals who have recorded excerpts of their loved one's life through StoryCorps. Recently, I picked up a copy of the Guideposts magazine and read a story from the *Generation to Generation* section titled *Grandma's Stories...* in that story the author spoke of NPR's program StoryCorps and how it inspired her to get started on her own grandmother's story. Hmm, I wondered, what StoryCorps is all about. Turning to the internet at www.storycorps.org I quickly found out. If you have ever pondered the idea of recording your own or a loved one's story, this site will not only motivate you to do so but will guide and instruct you through the entire process. People have told stories since they could carve on cave walls, our stories are the road maps of our lives, they define who we are. This is to be my summer goal when family and long time friends come to visit... and this year to also record our stories.

We can endure any tragedy as long as we have someone to tell the story to.

Garrison Keillor

Bonding over books – Reading to Alzheimer's patients can help them interact with loved ones—even after verbal exchanges have become difficult. Even in the latter stages of the disease, many patients enjoy having books read to them. Research has shown that listening to familiar music can engage Alzheimer's patients, and listening to books appears to have a similar effect. SOURCE "Many Alzheimer's Patients Find Comfort in Books," by Milt Freudenheim, New York Times, 4/22/10

Growing Through Our Grief – Carole Magnuson, Grief Management Specialist, Anderson Funeral Home, is sponsoring a grief seminar beginning April 4th. Each session will include information and education on some of the primary stressors associated with the death of a loved one. The seminar is open to anyone wishing to understand the grief process and how it affects the individual. Seminar is free of charge. For more information and to register call 320.763.5900.

Grandparent/Grandchild Easter Bunny Tea & Brunch

Saturday, April 23, 2011
11:00 am – 1:00 pm



Appearance by the Easter Bunny

Easter Egg Hunt

Children's Interactive Music/Entertainment by Patty Kakac

Easter Parade – New this Year!

**Douglas County Hospital
Lower Level Conference Room**

**Tickets on Sale at Elden's Food Fair, Downtown Trumm Drug
and Douglas County Hospital Gift Shop**

**PURCHASE TICKETS BY APRIL 17 or
CALL 762-6024 FOR RESERVATIONS
NO TICKETS SOLD AT THE DOOR**

Cost: Adults: \$15.00 Child: \$10.00

Adult Menu: Ribbon Sandwiches, Potato Au Gratin Soup, Fruit,
Dessert Bars, Coffee/Tea/Water

Child Menu: Hot Chocolate & Toppings, Macaroni and Cheese,
Potato Smiles, Fruit, Dessert Bars

Don't Forget your Camera!

Sponsored by DCH Auxiliary and Elder Network



Who we are and what we do...

This month's spotlight is on **Les Bartholomew**, caregiver and respite client.

By Arlene Quam

A client of Elder Network's respite program, Alexandria native Les Bartholomew graciously consented to having his story told. For ten years he has been a dedicated caregiver for his wife Marlyn, a stroke victim. Marlyn attends Elder Network's *The Gathering* program and is visited by an Elder Network respite volunteer. Except for some personal cares and a monthly cleaning lady, Les tends to all Marlyn's needs and to their household.

The Bartholomew's married in June of 1945, after his service in WWII's Pacific arena. The couple has one daughter, two sons, four grandchildren, and nine great-grandchildren.

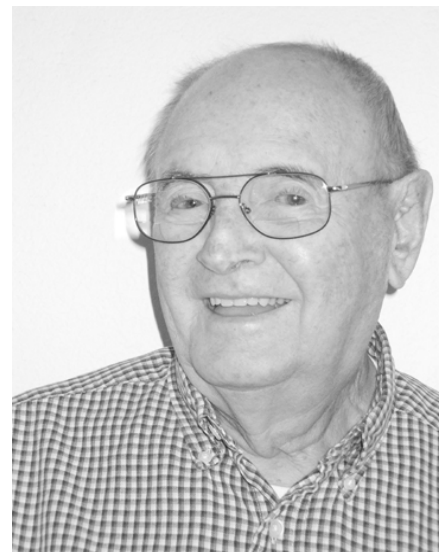
The plane landed in San Francisco on April 12, 1945, and he learned President Roosevelt had died. "That's the first thing they told us," said Bartholomew, who had quit high school in 1942 to join the navy and served as a mechanic, and on some islands, a mail clerk. "All stories are misleading," he said, "about the fight for Betio Island, Tarawa in the Gilbert Islands. It was one of the toughest battles in the Pacific." The enemy had said it would take ten years for Americans to take tiny Betio. "The US Army, Marines, and Navy took it in 72 hours." About five years ago his long time wish came true when he and several other veterans received their GEDs.

"I'm the last one left. There are sometimes things I want to ask. There's no one to ask." The youngest of eight children, he was born in 1923 in a house located at Third and Nokomis (present Texaco location.) After a couple moves and with their father mostly absent, his oldest brother eventually began farming. Attending country schools, Bartholomew finished eighth grade then waited a year or two before high school to help on the farm during the Depression. After rising at 5 a.m. to feed and milk 35 cows by hand and clean the barn, there was always oatmeal or a hearty farmer's breakfast on the table. He tells of making ice skates out of 2x2s and skating on the edge, of bringing home for supper a pheasant rooster caught in a fence, and during the Armistice Blizzard, swatting sparrows in the upstairs of the granary – a window had broken.

After working as a mechanic on Chicago Avenue in Minneapolis, and Minnesota Motor Company in Alexandria (Koep's Korner location,) and as station manager and owner of a gas station, he also worked for Alexandria Telephone Company. He then worked 24 years for Alexandria Extrusion, from which he retired in February of 1988.

For fourteen years he did maintenance at The Senator Apartments; however, now as a resident he serves on its Board of Directors. An American Legion member for sixty-five years, he has been most active in the last 25 years and currently serves as Post #87 Adjutant.

He smiles and says, "Oh, yeah. I'm enjoying retirement. Of his golf game, he says, "Not too bad for an old guy. I can still hit a ball a couple hundred yards; high 40's." He enjoys getting outdoors to ride his bike and also volunteers to deliver Meals on Wheels for the hospital.





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Alexandria, MN 56308

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Return Service Requested



Inservice (1:00-2:00 p.m.) & **Supervisory Meetings** (2:00-3:00 p.m.) are held at Calvary Lutheran, 605 Douglas Street, Alexandria.

Monday, April 4th, Vickie Olmschenk, Director of Volunteer Services, Douglas Co. Hospital.

Monday, May 2nd, Tony VanAcker, Director of Wellness & Prevention, Galeon.

Monday, June 6th, Bev Nelson, V.I.P. (Visually Impaired Program).

If you no longer wish to receive this newsletter, please send an e-mail to eldernet@embarqmail.com or call us at 320-763-9084.



Elder Network Journal is printed quarterly to support and promote Elder Network. You can contact us at our office in the Knute Nelson Admin Bldg., 420 12th Avenue, #32, Alexandria, or call 763-9084, email: eldernet@embarqmail.com Mailing address is PO Box 232, Alexandria.

Board of Directors: Jola Amundsen, Elroy Anderson, Carla Beem, David Carlson, Jean Challeen, Sister Patrice Kiefer, Loni Kjos, Melinda Megel, Ruth Nagle, & Georgia Nelson.