



**Atwater Area
Help for Seniors
NEWSLETTER**
September 2018
CELEBRATING 30 YEARS



2018 Community Health Fair
Tuesday, September 18th, 9 am to 12 noon
Atwater Community Center
ALL AGES WELCOME!

Classes Available this Fall!



A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program utilizes two volunteer coaches to teach the eight two-hour sessions. Classes are designed to benefit adults age 60 or older who are interested in improving flexibility, balance and strength. Classes will begin in Atwater on Tuesday, October 9th from 1-3 pm and will be held Tuesdays and Thursdays and ending November 8th. Call our office to register 320-974-8737.

Living Well with Chronic Conditions

is a workshop for people with one or more chronic conditions such as diabetes, heart disease, arthritis, and other long-term problems. Classes meet for 2 1/2 hours a week for six weeks and help build participants' confidence in their ability to manage their health condition to maintain active and fulfilling lives. It is facilitated by two trained leaders. Call our office 974-8737 for dates and to register.



Flu Shot Clinic with Homeland Health Specialists from 9 to 10:15; bring insurance card or \$35 for adults, \$20 6 months to 18 years.

Rice Hospital Laboratory Services will provide blood screenings for cholesterol, glucose, CBC, and more; fees vary from \$10 to \$45 for each test; you choose tests, results sent directly to you, does not go through insurance; come fasting.

Thirty Exhibits offering resources and valuable information with trained area providers/services.

FREE Medication Disposal: bring unused, expired prescription medications to be destroyed; individual disposal bags also available for home use (sponsored in part by Meeker Cooperative Electric Trust grant)

Refreshments ♥ **Door Prizes** ♥ **Information**



It's Time for Dancing!

After weeks of practice, our six dance couples are ready and the community is eagerly awaiting their performances at the 2nd Dancing With the Atwater Area Stars. The dance will be held on Saturday, September 22, at 7:30 p.m. at the ACGC High School Theater. Doors open at 6:30 with Silent Auction gift baskets and Raffle items on display—come early and put in your bids! Advance tickets are available from any of the dance couples or at the AAHFS office or by calling 974-8737. Adults: \$35, Students: \$15 each are \$10 more at the door. Join us for a fun-filled evening of entertainment!

All proceeds will help sustain the Atwater Area Help for Seniors program.



Trevor & Sami Heining ~ Justin & Jacklyn Frericks
Greg & Kim Holm ~ Kristi Lilleberg & Shane Hagstrom
David & Megan Morrison ~ Kelly & Mandy France

**August Memorials & Donations
Thank You!**

In Memory ~

David Hedberg:

**Richard & Marjorie Rierson
Jim & Mavis Olson
Larry & Sheryl Stranberg
John & Laura Cunningham
Bob & Sue Meyerson
Bessie Klose
Sylvia Thompson
Elaine Johnson
Linda Hedlund
Ed & Judy Mickelson
Janice Smith
Phyllis Anderson
James Henjum
Randy Paulson
Connie Halvorson
Joan Holm
Atwater Ford/Pat & Sandy Walsh
Hedberg Family & Friends**

Eugene "Geno" Latuska:

**Don & Sandy Amdahl
Roger & Janet Rossell
Lee & Sherry Elton
Don & Ann Peterson
Lynda Behm
Glen & Paula Barker
Brian Mahn
Joan Holm
Connie Halvorson**

Reed Schmidt:

Julie Woltjer

Donations ~

**Fran Weiland
Anonymous
Bruce Larson**

*Our apologies for omitting Elton Gravel,
Johnson Hagglund Funeral Home &
Stephen & Linda Olsen for their donations for the
Lloyd B. Hovey Memorial Golf Tournament in the
August newsletter. We appreciate your support!*

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Kandiyohi County TRIAD



TRIAD is a partnership of law enforcement, senior citizens, and community groups whose purpose is to promote senior safety and reduce the fear of crime that seniors often experience. There have been two meetings held in Willmar, open to the public. There has been a significant increase in scams and identity theft in recent years, with some affecting people in our own neighborhoods. TRIAD's goal is to educate people, leading to prevention of becoming victims of these crimes. As shared at a recent meeting, the IRS, Medicare, and Social Security will not call you and ask for personal information; they would contact you by mail, so do not respond to callers saying they are from these organizations. If in doubt, hang up and place your own call to the phone number listed on its website or the back of your card. The next TRIAD meeting will be on October 25th at 10 am in Willmar. (Location to be announced)



Bob Meyerson - AAHfS

Board Secretary ~Bob is currently Chairman of Cattail Bancshares, Inc., which owns Harvest Bank and Citizens State Bank of Waverly and has been a banker since 1977. Prior to that

he earned a PhD in European History at the University of MN and taught for a number of years. Bob has been on the AAHfS board for 5 years.

**Atwater Area Help for Seniors
126 North 4th Street PO Box 64
Atwater, Minnesota 56209
320-974-8737**

Office Hours: 8:30 - 4:30 M-F

**Deb Friedrichs - Program Director/Service
Coordinator**

Lori Hutchinson – Volunteer Coordinator

Funded in part by DHS & United Way

