



CREST BOARD ON THE MOVE

CREST Board of Directors are excited to embark on planning for the future. Answering the question “Who do we serve?” has led to a commitment to not only answering that question, but “How will we serve people in Martin County?” If you have thoughts about what CREST should be, who we should serve, services or activities we should provide, please let us know. Contact the office 507-235-3833 or e-mail us at crest@crestvolunteers.org. We would love to hear from you.

REST COMPANION PROGRAM COMING

A short-term program for giving caregivers a break will soon be offered by CREST. A special REST Companion Training for volunteers will be held September 19th in the Lakeview Health Center Board Room. This 8-hour course will include special tips for getting to know the care receiver, activities and behaviors; as well as CREST procedures for this special service. To become a REST Companion, plan to attend the training and find a special niche in your volunteer world! Contact the CREST office to reserve your space.





VOLUNTEER BACKGROUND CHECK

CREST is moving ahead to implement our new policy to provide a background check for all volunteers working with CREST participants. The check includes completing an application and being fingerprinted. Fingerprinting will be paid for by CREST and will be done at the CREST office on special days or at Temperance Lake Ridge in Sherburn. Background checks will begin in September and all volunteers must comply by November 1, 2017.



CAREGIVER SUPPORT GROUPS

TRIMONT 1st Monday | 10am | Trinity Lutheran Church

TRUMAN 3rd Tuesday | 1:30pm | Truman Senior Living

FAIRMONT

Dementia/General

1st Tuesday | 1:30pm | Methodist Church

Parkinson Caregivers

2nd Tuesday | 1:30pm | Grace Lutheran Church

Parkinson Caregiver/Receiver

Last Thursday | 10:30am | Grace Lutheran Church

LUNCH & LEARN

Join the gang for a delicious lunch and interesting information about growing older, developing long-term diseases and staying healthy. There is no charge—just good fellowship, fun and food.

1st Wednesday | Sherburn Senior Center | Noon

HEALTHY AGING CLASSES POWERFUL TOOLS FOR CAREGIVERS CLASS

Designed to answer the question asked often by caregivers, “How can I be a caregiver and remain healthy myself?” The training is open to all current and prospective caregivers in the area. The class also includes tips and tools for managing your life along with caring for your loved one, resources available to help, feeling ok about taking care of yourself and ways to deal with guilt. This course focuses on YOU being a caregiver.

Classes are one and a half hours once a week for six weeks:

Fairmont: Begins September 14th

Fairmont Evangelical Covenant Church 901 Woodland | 6:30-8pm

Sherburn: Begins October 24th

Sherburn Senior Center | 9:30-11am

Advanced registration is required as class size is limited. A \$20 donation to cover the cost of your book and materials is welcome. Contact the CREST office at 507-235-3833 or e-mail crest@crestvolunteers.org today.

LIVING WELL AT HOME

CREST services for our aging population focus on living in your own home safely and providing ways to do so as actively as possible. Services are provided by volunteers who have been carefully selected and trained.

Services include:

- **Transportation** to medical appointments, shopping, the library and social activities such as card playing
- **Home Help** around the house such as: vacuuming, cleaning, light meal preparation, changing a light bulb, raking leaves, shoveling snow
- **Visiting** in person or by phone, reading, playing games, chatting

Remember, requests for services must be requested at least 48 hours in advance to allow time to find just the right volunteer. To become a volunteer or receiver of services contact the CREST office at 507-235-3833 or crest@crestvolunteers.org





MEET OUR CREST STAFF



ROB STAUTER, EXECUTIVE DIRECTOR

Rob comes from Grantsburg, Wisconsin. He graduated from Northwestern College in St. Paul. He has worked as a radio announcer at WCMP in Pine City, Northwestern College student radio station, and KJLY in Blue Earth. Rob sensed a desire to help people in need and was hired for the newly created CREST Director position. He has found great enjoyment in fulfilling that desire as the Executive Director of CREST. His goal is to make life easier for people and help them stay in their homes.



KAREN KOEDER, ASSOCIATE DIRECTOR

Karen is from Trimont, Minnesota and a graduate of San Diego State University. She worked 40 years with Camp Fire, a national youth development organization in California and Alaska. Karen brings a background in administration, as well as program development. Upon her retirement back to Trimont she has pursued what has become her passion...giving back to the community in which she lives. She is excited about learning more about the needs of people who are aging and about being caregivers.



JOYCE PETERSON, CAREGIVER SUPPORT SERVICES

I come to CREST from northwest of Trimont where my husband, Tom, and I live and farm. I graduated from Trimont High School and went on to be a Laboratory and Radiology Technologist for 41 years. I also spent some time working at The Lodge, an assisted living facility in Mountain Lake, MN. We have two sons—Dan who is a contractor and lives just east of us, and Matt and his wife Jill and daughters Elizabeth and Sophie who live south of Trimont. I stay busy with helping with the farming, church activities such as music, Sunday School, and quilting, and enjoy vegetable gardening, genealogy, and traveling. The mission of CREST and the way they carry it out has always impressed me. I look forward to working with this great group of people.



TINA KRUMWIEDE, VOLUNTEER COORDINATOR

I have lived in Trimont about 33 years. I am married to Brian (Bush) Krumwiede. I have two children Nathan and Nicole and three grandchildren, Rylee, Macee and Jade, which I might add are the loves of my life. I worked in the Trimont clinic for 30 years, the Trimont Health Care Center two years and I am currently working at the Trimont Elementary school as a para. My husband and I also mow a few lawns during the summer. Just before coming to CREST I had an adult foster care home and when I stopped doing that I felt something was missing—I wasn't helping people any more so I applied for the job. I just feel good about myself when I can help someone.