

# GOLDEN YEARS

## Hospice volunteers share rewards of service

"It is a privilege and honor to be a part of these people's lives."

That is the overwhelming sentiment expressed by those volunteers who have been a part of the Providence Medical Center Hospice program for many years.

Joanna Rayford serves as the director of Providence Home Health and Hospice and works closely with these volunteers and others involved with the program.

A group of these volunteers gathered recently to share memories of the people whose lives they have been a part of and talk about the rewards of being a volunteer.

Ann Witkowski, who worked to create the Home Health Care program at PMC in 1980 and worked with Hospice for a number of years, has recently started volunteering in the Hospice program.

She said that with assistance from Betty Reeg, RN and Terri Munter, the Hospice program at PMC was put into place. At that time, the program was under the auspices of Faith Regional Hospital in Norfolk.



(from left) Ray Schutte, Martey Stewart, Joanna Rayford, Ann Witkowski and Margaret McClelland gathered recently to discuss the rewarding experiences of being part of the Hospice program at Providence Medical Center.

"I give a lot of credit to Marci Thomas, who was the administrator of the hospital at that time. She supported me and the Home Health program when it start-

ed," Witkowski said. She also said that since the very beginning "Home Health and Hospice have been supported by our local physicians. We are grateful for

their continued support."

Margaret McClelland was one of the

See HOSPICE, page 2

## Just Sew is closing it's doors after 42 years

Just Sew is a quilting store that first opened their doors in 1980 and after 42 years, Sandra Wriedt is officially closing.

Wriedt was born and raised in Wayne. She was eight years old when she joined 4-H where her first project was to make aprons. She continued with this for another five years because her mother didn't think she could sew very well.

"My mother didn't think I was a very good sewer and I actually didn't think that she was a very good sewer but she actually was an excellent seamstress," Wriedt said. "After I got married, I sewed for people and I've just always been a sewer. I've sewed just about anything."

She married her high school sweetheart, Ron, and has three daughters. She had graduated from Wayne State College with a degree in education. After doing her student teaching in Wakefield, she realized she didn't want to continue on as a teacher.

"I did my student teaching and I didn't think I could do it," Wriedt said. "When I did my student teaching, I had three little girls at home and I thought 'I could not do as good a job as that teacher did.'"

At the time, her husband Ron had been setting up his own business called Ron's Radio and they decided to start her own store as well. The store was originally a fabric store where Wriedt taught people how to sew. For five years, she would teach classes on sewing knits every Monday, Tuesday and Wednesday nights.

Once those five years had passed, Ron and Sandra extended the layout of their business by adding more room to the building and turned the once fabric store into the quilting store it is today.

"We added all of that on there because quilting was becoming a much more popular thing for women to do," Wriedt said.

She continued to do sewing classes along with knit classes over the last 42 years. The store contains many different samples and kits that Wriedt makes for specific quilts.

One of the big changes she noticed over the years was after computers first came out. She noticed that people were less productive than before and spending more time on their computers than actually sewing.

"Even now, because of the pandemic, people will go online and order their stuff," Wriedt said. "So they

don't need to go into a store, although a lot of people that come into a store say 'I don't know how people can possibly order fabric online.' Online, you can't see the colors, you can't feel it. There's something about feeling that particular piece of fabric that people would rather go to a store to buy that particular piece of fabric."

Wriedt said she feels more comfortable with closing her store knowing that there are still two other quilt shops around the area - located in Wakefield and Norfolk - where people are able to purchase whatever they may need to complete their projects.

"Personally, I've been here long enough," Wriedt said. "I want to go do a little traveling with my husband. It's just like 'Ok Sandra, you're not getting any younger, let's just decide what you're going to do.' It's a hard decision after 42 years."

Wriedt has been doing weekend sales that have had good turnouts. On April 1, it will be open to the public and open six days a week for two months.

"Hopefully I'll get rid of a lot of stuff, after that I will donate it somewhere," Wriedt said. "Probably to a lot of different places."

See JUST SEW, page 5

# How to determine if it's time to downsize

Individuals work hard to save enough money to purchase their homes. And once homeowners settle into a new home,

they may set their sights on renovations that suit their individual needs. And even when buyers find a home that needs no such work, maintenance requires homeowners' utmost attention.

All that hard work is perhaps one reason why seniors may be a little reluctant

to downsize as they advance through their golden years. In addition to the sweat equity homeowners put into their homes, all the memories they've made within their walls can make it harder to

See **DOWNSIZE**, page 4

## Hospice

(Continued from page 1)

first volunteers with the program. She joined shortly after moving to Wayne. She said one of the reasons she began volunteering here in Wayne was because when she offered her services in the town she has lived in previously, she was told the Hospice program there did not accept volunteers.

McClelland continues to be a part of the Providence Hospice volunteer team nearly four decades later.

After Witkowski left PMC, Terri Munter took over the Home Health and Hospice programs and then Hospice became a part of the services provided at the hospital.

The volunteers noted that as time goes on, there has been a better use of medication and other modifications, allowing for less suffering through the patient's last days.

Martey Stewart, a livestock farmer from Dixon, said his interest in Hospice came after being hospitalized at the Mayo Clinic and visiting with people there. He has been a volunteer for 19 years.

"I saw an ad in our church bulletin looking for volunteers and after coming

to the first class, I was hooked. I was assigned a patient right away and was with her at the end of her life. Through the years, I have gotten way more out of it (the Hospice program) than I have put in," Stewart said.

Ray Schutte, who works at Wayne Auto Parts and farms, noted that he has been a volunteer for nearly 40 years in several locations.

"I was working in an assisted living facility and there was a person who asked me to do some work in her room. While there, she began to talk about a number of things and I realized that one of the most important things I could do was listen. This is often the case, especially when family can't be there. We just let people know we care about them," Schutte said.

"It is hard when our patients pass away because we wish we could have done more. They become like family," he said.

The volunteers noted that often times, patients are able to talk with them about death in a way that they are not able to with others.

All Hospice volunteer work is under the supervision of a Hospice nurse. The Hospice nurse works directly with the patient's physician, who determines the patient's plan of care.

Nancy Abts is the coordinator of the Hospice volunteers and, with caring and compassion, assigns the volunteer with the patients needing services

"People don't always realize all the services available through Hospice. We provide a circle of support for both the patients and their families. There are many people who are part of this support team," Witkowski said.

Currently, there are 17 Hospice volunteers with the PMC program. Services provided by Hospice are covered under Medicare and most private insurance companies.

The Hospice volunteers said that they recommend becoming a volunteer "only if it is something you want to do. The most important requirements are compassion, kindness and listening skills."

"We want to help those we serve to die the way they want and to let them know, they and their family are not alone in this, perhaps, the most important time of their life."

For more information on becoming a volunteer with the Providence Hospice Program, call (402) 375-4288.



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Marci Woehler, Therapy Director

# How to create structure after retirement

Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they're going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of the 2011 book "The Retiring Mind: How to Make the Psychological Transition to Retirement," notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel useless. Overcoming such feelings can be difficult, but finding ways to build daily structure can make the transition to retirement go smoothly.

· Find something to truly engage in. Professionals who truly enjoy their work tend to be fully engaged, so it's no surprise if such individuals have a hard time adjusting to retirement. Some may suggest volunteering can help fill the void created by retirement, but research-



ers with the Sloan Center on Aging and Work at Boston College have found that only those individuals who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they'll find genuinely engaging.

· Embrace the idea of "bridge employment." "Bridge employment" is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March 2020, but a 2019 survey from

the LIMRA Secure Retirement Institute found that 27 percent of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can provide enough daily structure to help retirees feel as though each day is not just a free-for-all.

· Make a concerted effort to be more social. Volunteering and working are not the only ways to create structure in retirement. A concerted effort to be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily morning hikes or another local community organization. These are great ways to build structure and meet new people. Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.

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According to Gallup's 2021 Economy and Personal Finance survey, the average individual in the United States is retiring earlier than many people might expect.

Gallup found that the average retirement age was 62, which is two years earlier than the working respondents indicated they planned to retire.

Canadians are retiring a little bit later than their American counterparts, as Statistics Canada reports the average retirement age in Canada is just over 63

and a half.

The average retirement age is worth noting, as studies routinely find that many working professionals greatest concern about retiring is that they won't have enough money saved to meet their needs.

By recognizing that they may end up retiring earlier than they initially planned, professionals can make a concerted effort to save more money in the years ahead.



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## Downsize

(Continued from page 2)

put a home on the market.

Downsizing is a difficult decision that's unique to each homeowner. Seniors who aren't quite certain if downsizing is right for them can consider three key factors to make a decision that's in their best interests.

· **Cost:** Perhaps no variable affects senior homeowners' decisions to downsize their homes as much as cost. No one wants to outlive their money, and downsizing to a smaller home can help seniors reduce their monthly expenses by a significant margin. Even homeowners who have long since paid off their mortgages can save substantial amounts of money by downsizing to a smaller home or even an apartment or condominium. Lower property taxes, reduced insurance premiums and the need to pay for fewer repairs are just some of the ways downsizing can save seniors money.

· **Space:** Many people love the extra space that single-family homes provide. But seniors can take a walk through their homes and see how many rooms

they still use on a consistent basis. If much of the home is unused, seniors can probably downsize without adversely affecting their daily lives.

· **Market:** The real estate market is another factor to consider when deciding if the time is right to downsize. A seller's market can help seniors get the biggest return on their real estate investment, potentially helping them make up for meager retirement savings. For example, home prices skyrocketed across the country during the COVID-19 pandemic, making that a great time for sellers to put their homes on the market. Seniors selling to downsize may capitalize on such spikes since they won't be looking to turn around and buy larger, equally expensive homes once they sell their current place. If the market is down and seniors can withstand the work and cost a little longer, it may be best to wait until things bounce back in sellers' favor.

Downsizing requires careful consideration of a host of variables. No two situations are the same, so seniors should exercise due diligence to determine if downsizing is right for them.





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# Just Sew

(Continued from page 1)

Wriedt designs a lot of her own work. Recently, she has made some patriotic quilts, one in particular makes her think of her grandson who recently learned

the Pledge of Allegiance. She also participates in vending with her fabrics at quilt shows. Wriedt would fill her van up and go display them at shows. She would then sell her quilt kits there but will not be doing so this year.



Sandra Wriedt made this quilt that has the Pledge of Allegiance written on it. She says it reminds her of her grandson.

"It helps your selling of things," Wriedt said. "You bring it to the people instead of the people coming to you."

One of Wriedt's favorite memories with her business was during a Shop Hop. A Shop Hop is when quilters visit multiple quilt shops in a single trip, or over the course of a few days. At this time, she had a large amount of people in her store and she didn't think she was going to be able to get all of the fabric cut and customers checked out in 30 minutes. On the same day, Dairy Queen was having a special where you could buy a blizzard and get another for free. She had her other worker go around to the customers and ask what kind of blizzard they would want.

"She went to Dairy Queen and bought, I suppose, probably 20 blizzards and gave them to everybody that was in the store which was kind of fun," Wriedt said.

Recently a boy scout came in and bought two yards of several different fabrics. He was planning to make pillow cases for foster children and was aiming for around 200 pillowcases. Wriedt was amazed and happy to hear the great things he wanted to do with her fabric.

Wriedt and her husband also own apartments and rentals in town. She will clean and paint their properties and

will have her daughter help her out. She loves her tenants that she has now.

"I have some of the best kids right now, they are so sweet," Wriedt said. "I make cookies for them now. On the first of the month, if they come and pay their rent at my house, I put a sign up that says 'If you are coming to pay your rent, be sure to take a box of cookies out of the mailbox.' It's either cookies or rolls, whatever I decide to make that day."

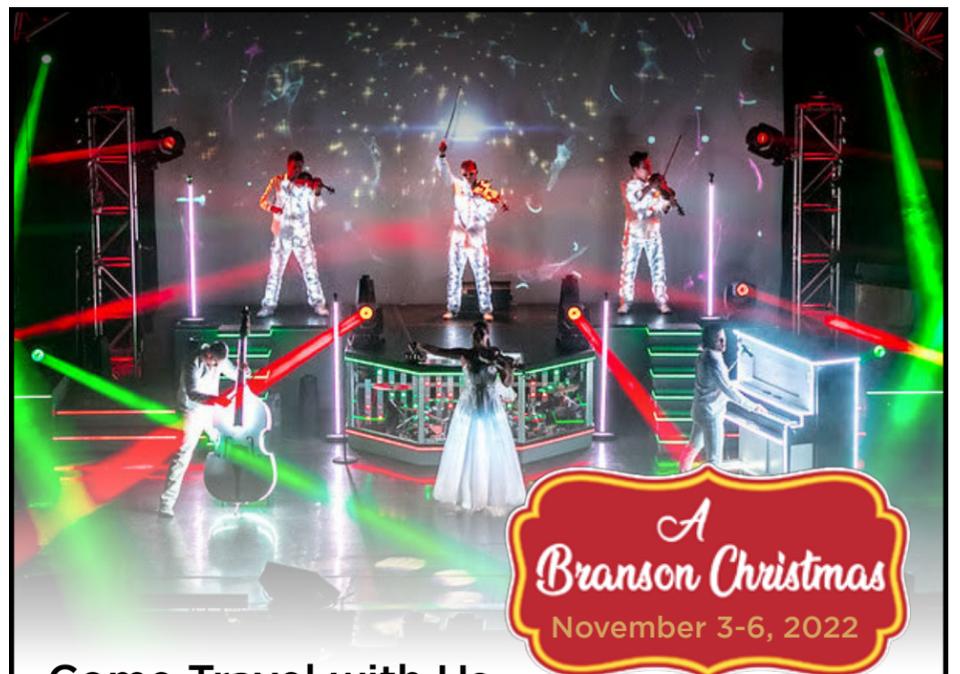
Wriedt is going to miss all of her customers that she has had over the years. She said it's the hardest part of leaving the business.

"I probably won't see them for a long time," Wriedt said. "So we do a lot of hugs because they're people you've known for 20 or 30 years or longer."

Along with traveling, Wriedt plans to do a sewing studio in one of the apartments they own. She said she might have a quilting machine and create more quilt designing. Wriedt has her own pattern line that she sells to other stores and she plans to work more on that.

"I love to sew and I'm not done with that," Wriedt said.

Just Sew will be having a clearance sale on their inventory in April and May. They will be open six days a week from 10 a.m. to 5 p.m. and they will be closed on Sundays and on Memorial Day.



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# Qualities to look for in a post-retirement job

The notion of relaxing on a beach all day in one's golden years is still a retirement dream for millions of adults across the globe. But many individuals also harbor a desire to keep working after retiring. Whether it's a volunteering gig or a part-time job retirees are looking for, certain qualities can make an opportunity uniquely suited to a post-retirement job.

· **Flexibility:** Retirees may be looking to contribute to their communities or simply earn a little spending money, but they will likely still want the freedom to travel or spend time with their families whenever they choose. So flexibility is something to look for in a post-retirement job. This is what makes consultant work so attractive to retirees. In-person hours may not be required of consultants, who can then offer their input while visiting their grandchildren or traveling the world.

· **Socialization:** Though the ability to work from home can make it easier for retirees to earn some extra money, some seniors aren't concerned about their finances but want to work so they can get out of the house. In that case, look for a job that offers the opportunity to socialize and meet new people. Socializing as

an older adult is a great way to fend off loneliness. In addition, one study published in 2007 in the journal of the American Public Health Association



found that social support networks have a positive effect on cognition among older adults. So a post-retirement job that enables retirees to socialize could delay or reduce the severity of age-relat-

ed cognitive decline.

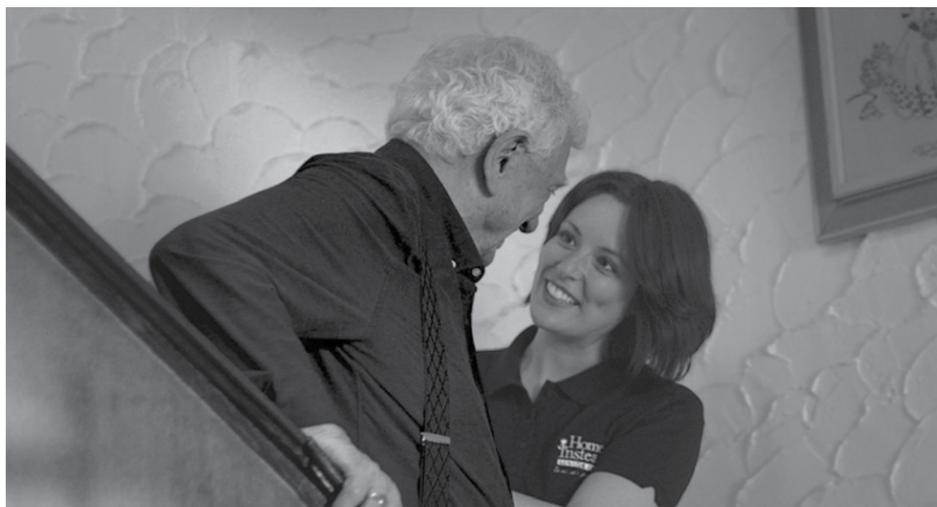
· **Engagement:** A job seniors find engaging also is more likely to provide the types of benefits seniors are

more likely to benefit psychologically from those experiences than those whose post-retirement work is not engaging. If seniors find themselves simply going through the motions with their post-retirement work, they can look for opportunities that they can be more enthusiastic about.

· **Pressure-free:** Regardless of what retirees did for a living prior to calling it a career, chances are they dealt with work-related stress. In fact, the American Stress Institute reports that 83 percent of workers in the United States suffer from work-related stress, while Statistics Canada reports that 62 percent of Canadian workers say work is their main source of stress. After a lifetime of confronting work-related stress, individuals who want to work in retirement should look for pressure-free opportunities. This is an important quality, as the ASI indicates that stress has been linked to increased rates of heart attack, hypertension and other disorders.

looking for in post-retirement work. For example, researchers at Boston College's Sloan Center on Aging and Work found that seniors who find a job or volunteering opportunity truly engaging are

The right post-retirement job may differ from what individuals looked for during their careers. Various qualities can combine to make for a post-retirement gig that benefits seniors in myriad ways.



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# Inspiring self-care: Be kind to yourself while caring for the ones you love

Nearly one in five Americans serve as an unpaid family caregiver. Many struggle to balance personal obligations such as work and caring for children, with caregiving responsibilities. These challenges can place significant stress on the caregiver, especially as many tend to place the needs of their loved ones before their own, which can make the caregiver more susceptible to health risks such as high blood pressure, diabetes and increased risk of stroke.

By taking time to tend to your own needs and acknowledge the challenges you may be facing, you can create a caregiving environment that is healthy and rewarding for everyone involved. To avoid isolation and self-neglect we recommend the following strategies and tips:

- Schedule "me time." Just a few mindful moments each day can help reduce feelings of stress or resentment. A quick walk around the block, a 30-minute music break or a three-minute deep breathing exercise on a meditation app can make all the difference. If you're struggling to find time for yourself, consider asking other family members and friends to momentarily

step in. Or, consider a professional caregiver for intermittent help.

- Create a gratitude jar. It can be easy to lose sight of why you took on the role of caregiver in the first place. Try to remain optimistic by using note cards to record what you are thankful for and at the end of the year or season, reflect on the small moments that made you smile. This simple exercise can retrain your brain for positive thinking. If you need help getting started, try filling in the blank: The best part of being a caregiver is \_\_\_\_\_.

- (Actually) unplug. Plan for respite care to take single days off or even enjoy a week-long vacation. When you're away, stay away. Talk about things other than caregiving and treat yourself to something special as a reward for everything you've accomplished. Whenever possible, avoid long periods of time on social media, which can leave you comparing yourself to others or feeling down in the dumps about your current situation.

- Explore workplace benefits. Balancing a career and caregiving can be challenging. Oftentimes, employees aren't aware of family-friendly benefits offered by their employer. Since the

start of the pandemic, many companies have introduced flexible arrangements, such as more paid time off or remote working solutions.

- Join a support group. Caring for a loved one can be time consuming and can lead to isolation for caregivers. Dedicate time each week to connect with other caregivers. Lean on your own support group, whether your "team" is friends, family or even an

online community like Home Instead's Caregiver Stress Facebook page.

Practicing self-care is not selfish. By making time for yourself, you can ensure you're able to provide the best care for your loved one for years to come.

For more resources to help manage stress visit [HomeInstead.com/#CaregiverSupport](https://www.homeinstead.com/#CaregiverSupport) or call 800.732.2577.

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