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## Prairie Five News

June 2018

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### GOING DIGITAL

Summer is finally here and we have a big announcement! The Prairie Five Newsletter is going digital! The newsletter will be available on our website, Facebook page, or emailed to your inbox. As this transition is taking place, the newsletter will also be available at our Senior Dining Locations and Prairie Five offices.

### Enroll Now!!

Hurry!  
Limited Slots  
Available



For **HEAD START 2018-2019** School Year

### **Head Start is Accepting Applications**

Prairie Five Head Start is now accepting applications for the 2018-2019 school year! Head Start provides free early childhood education to qualified children in Big Stone, Chippewa, Lac qui Parle, Swift, and Yellow Medicine counties. To qualify for Head Start and Early Head Start services, your child must be under the age of 5 and the family income should not exceed the federal poverty guidelines. For more information or to see if you qualify, please call 1-800-443-4283 or visit [www.prairiefive.com](http://www.prairiefive.com)

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### **Age Friendly Communities Initiative**

Prairie Five's Age Friendly Communities is an initiative to help older adults live healthy, independent lives in their own homes by providing resources and services in their community. One issue that we have been tackling is loneliness. Many of the older adults that we serve live alone. Loneliness has been linked to severe health consequences such as increased hospital care, depression, improper nutrition, and even puts you at risk for an earlier death. With an increase in social media use, studies show that loneliness is a public health crisis and change needs to happen! One way Prairie Five is addressing the issues of loneliness is by providing congregate dining locations. These locations offer more than a meal, they offer fellowship and activities in addition to a well-balanced meal. Invite a friend and share a meal today!

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## Prairie Five RIDES

As of May 31<sup>st</sup>, Prairie Five RIDES has provided over 78,000 rides in 2018 to passengers travelling locally and across the State of Minnesota to attend medical appointments, social engagements, shopping, and much more. Our program continues to work hard to provide safe, reliable service to all of our passengers. This March, the RIDES program took possession of three new buses, which will be used to provide transportation in communities across our region. However, the program is continuing to face challenges providing transportation to all requesting passengers due to a shortage in volunteer drivers. Volunteer drivers help us to provide regional transportation to passengers travelling outside their communities to attend essential appointments and engagements. It is our goal to have the ability to provide rides to all individuals requesting transportation as we know that each ride is an important connection to each passenger's health, wellbeing, and engagement in the community. Prairie Five RIDES encourages anyone interested in joining our program in providing expert transportation, while giving back to the community, to contact our office at 1-877-757-4337.



As of **May 31, 2018**, the 2017-2018 Energy Assistance Program has ended. If you were a recipient of this year's program and are currently experiencing an energy related disconnect with your energy company we may still have some funds available to help you. Seniors are able to receive assistance with a current/past due bill. To see if you qualify contact the Prairie Five EAP office in your county by **June 29, 2018**.

**Chippewa 320-269-6578**

**Big Stone 320-839-2111**

**Lac Qui Parle 320-598-3027**

**Swift 320-842-8565**

**Yellow Medicine 507-223-5471**



## STORY TIME WITH PRAIRIE FIVE

Prairie Five is going to Story Time at the library this summer! The Graceville and Ortonville libraries will launch their summer reading programs in June with the theme: "Reading Goes Everywhere". On Wednesday, July 11<sup>th</sup>, Laura Nelson from Head Start, will be the Story Time reader at the Graceville library at 10am as well as the reader for the for preschoolers and kindergarteners at the Ortonville Library at 3:30pm. Linda Kolb, Big Stone County Outreach, will read to the Grades 1-4 group at 2pm at the Ortonville Library. Activities will also be planned for these sessions.



Prairie Five Community Action Council  
**let's do  
 lunch  
 @Club60**

Bring a friend and join us at one of the Prairie Five Senior Dining Meal Sites. Get more information about site locations on our website!  
<http://prairiefive.com/seniorNutrition.html>

## March Food Drive Update

The 2018 March Food Drive was very successful. Thank you for your donations and continuous support to keep our food shelves stocked. The Yellow Medicine Canby Area Food Shelf collected 1,600 pounds of food and raised \$3,176.32. The Big Stone Lake Area Emergency Food Shelf collected 3,944.2 pounds of food and raised \$20,160.54. The Swift County Food Shelf collected 5,417 pounds of food and raised \$35,014.26. The Swift County Food Shelf was ranked #3 for Top 10 Food Shelf & Fund Drives serving 2,000-4,999 Individuals. The Chippewa County Food Shelf collected 18,899 pounds of food and raised \$17,938.36.



Do you enjoy giving back to your community? Prairie Five is looking for volunteers in various programs. If you are interested in learning more about possible volunteer opportunities, please call your local Prairie Five office, or email [prairiefive@prairiefive.org](mailto:prairiefive@prairiefive.org).

## Volunteer Spotlight



Frances Siedshlag has been volunteering at the Prairie Five meal site for 30 years. 27 of those years her and another volunteer delivered meals every day. They didn't take turns, they delivered them together. She is no longer able to



### Debunking the Myths

The Supplemental Nutrition Assistance Program (formerly known as food stamps) serves over 50,000 Seniors 65+ in Minnesota. SNAP helps low-income Minnesotans gain access to food that they normally would have to go without, such as fresh fruits and vegetables. If you are a senior on social security you can still

deliver meals but she does bring joy to the meal site. Every Wednesday she fills the tables with fresh flowers, usually different flowers each week. Everyone who eats there is so thankful for her flowers and for her help keeping the meal site alive. Frances enjoy seeing the people here and visiting. When she delivered meals she thought it was important that someone was checking on these people and making sure they were ok. If something seemed wrong she would contact their family members and make sure they got the help they needed. She thinks it is important to make sure everyone is okay.

#### **Why should someone else volunteer?**

“I would tell them to volunteer to help people. Everyone needs help and someone to make sure they are ok. Everyone needs someone to visit with.”

- Francis Siesdshlag, May 2018

qualify for SNAP. The nationwide average SNAP benefit for elderly living alone in 2016 was \$108 a month. With just a short, three page application you could apply for SNAP benefits. Prairie Five is available to provide information and application assistance regarding SNAP. Please call your local Prairie Five office to learn more about SNAP and find out if SNAP is right for you!

<http://prairiefive.com/OutreachOffice.html>

#### **PLANT AN EXTRA ROW**

The Big Stone, Yellow Medicine, Chippewa, and Swift Food Shelves, invite you to plant an extra row in your garden for your local food shelf this summer. Offering fresh, locally grown produce during the growing season provides a healthy food option for food shelf clients. Call your local food shelf if you have any questions.

<http://prairiefive.com/FoodShelf.html>

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