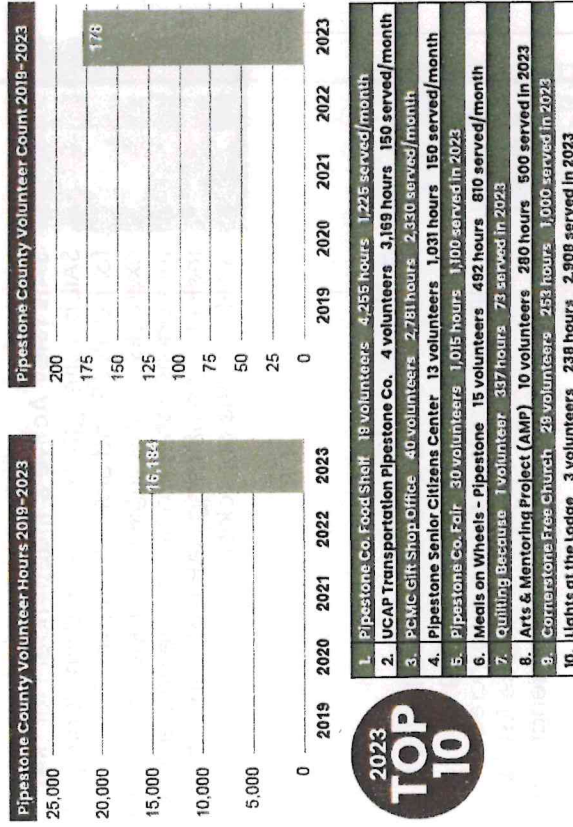


Our Mission

Creating strong, involved communities focusing on volunteerism and active living programs for adults 55 & above, and care partners of all ages.

In 2023, Pipestone County had 25 volunteer stations (locations to volunteer at), where 178 volunteers actively donated 16,184 hours of service!



A.C.E. of Southwest Minnesota is funded in part by AmeriCorps Seniors - RSVP Program, Minnesota Board on Aging, MNRAAA, the United Way Agency, and the Southwest Initiative Foundation's Paul and Alma Schwan Aging Trust Endowment Fund. It is also sponsored locally by Cottonwood, Lincoln, Lyon, Murray, Nobles, Pipestone, Redwood, and Rock Counties.



ACE.

ADVOCATE • CONNECT • EDUCATE
OF SOUTHWEST MINNESOTA

Your Local VOICE for Aging Services
& Volunteer Opportunities

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Facebook: [ACE SW MN Pipestone County](#)



AmeriCorps Seniors

Volunteers have been serving the communities of Pipestone County for more than 50 years and we look forward to continuing that tradition. The AmeriCorps Seniors RSVP Program provides an opportunity for volunteers to share the skills and talents that they have spent years perfecting, and to put their life experiences into motion for others, thereby benefiting our communities!

The following programs are offered through A.C.E. of SW MN:



Caregiver Respite

Trained and screened volunteers are available to relieve caregivers for a short period of time allowing them time for errands, socialization, or other enjoyable activities for usually 1 to 3 hours.

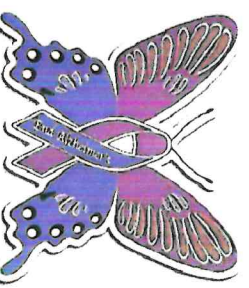


Caregiver Support Group

Support groups are a safe place for caregivers to meet and develop a mutual support system. Join us for our next meeting – call us for more information!

Dementia Education, Services and Consulting

Do you have concerns about your memory? We can visit about the 10 Warning Signs of memory loss, what's normal and what is not, and connect you with information, services, and resources. **Find us on Facebook:** SW MN Dementia Awareness Network.



Commodity Supplemental Food Program

(formerly known as NAPS) A FREE 35 lb. box of food for low income seniors. (age & income guidelines apply). To enroll call 1-800-365-0270.



Friendly Visiting Trained adult volunteers provide friendship and support through regular one-to-one visits. A Friendly Visit can be a special gift during times of transition, loss, or social isolation.



Telephone Reassurance High risk older adults receive a daily call from trained volunteers. This service allows the participant to delay a move to assisted living and stay in their own home longer.



SAIL (Stay Active & Independent for Life)

SAIL is a strength, balance and fitness program for adults 65 and older. Performing SAIL exercises are the single most important activity that adults can do to stay active and reduce their chance of falling. SAIL is offered 3 times a week in a one hour class.



A Matter of Balance

An eight week series that helps participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity; change behavior to reduce fall risk factors; and exercise to increase strength and balance.



Powerful Tools for Caregivers

A six week series that helps participants learn skills to improve: self-care, communication, stress reduction and increase community resource use.