

It is back to routine as summer vacations come to an end and no matter what age we are, we all feel the need to have a regular schedule going on in our lives.

For those who are retired that routine may now include exercises, walking, scheduled outings and for some more trips to the doctor. If we have developed a sedentary life style and find it all too easy to stay in our chairs or due to physical limitations it is difficult to move around we still need to realize how important it is to do as much as we can to stay mobile.

Here at PARTNERS one of our main objectives is health promotion so we offer classes such as a Matter of Balance (look for a class to be offered in 2020) which includes an exercise routine to learn and do at home. Many of the exercises can be done in a chair and still offer a real difference in our mobility if done on a regular basis. We also offer our weekly exercise class which will begin Sept. 12th at 9:00 a.m. at the Westrom Apts. These exercises are designed for seniors and get us moving, offer some challenge but remain a doable class for most of our elderly.

We will also be offering our Tai-Ji Class- Moving for Better Balance beginning Sept. 16th at New Life Church. This class meets twice a week at 4:30 p.m. Mondays and Thursdays. Tai-Ji concentrates on stretching our muscles and going from a stable position to unstable increasing our balance and mobility. After leading continuous sessions this past winter and spring, I can attest to these movements really making a difference.

For those who want to start a walking routine don't forget the possibility of a gym membership in the old gym here in Rothsay. Seniors can join for \$10 a month and you can start your own routine and have a schedule that works for you! Let's get moving!

I mentioned last month that PARTNERS will again offer flu shots here in Rothsay. The date will be Wednesday October 2nd from 9:30 a.m.-10:30 a.m. Feel free to walk-in or give us a call to let us know you are coming. 867-1234. Reminder: bring your insurance information. This flu clinic is offered by Thrifty White Drug of Breckenridge, Mn. **Upcoming Events in September:**

Seniors meet at Westrom Apts. - 1 p.m. Card playing Mondays: and coffee! Newcomers are always welcome!

Fridays:

Tuesdays: 10th & 17th- Foot Clinic. Call for an appointment. \$10

17th- PARTNERS BOARD MEETING- 7 p.m.

Wednesdays: 11th- Coffee Time at Westrom Apts- 10 a.m

18th- Wellness Fair in Barnesville at Hildebrand Hall-11 a.m.- 2 p.m.

12th- Weekly exercise class begins!- 9 a.m.- Westrom Thursdays:

> Outreach and Visiting. Blood Pressure Checks anytime during office hours-8 a.m.- noon. Mon-Fri.

> > **REGIONAL REPORT** Rothsay, Minn. 2019 September **Edition**

Thousands Of Animals Shown At MN State Fair

Minnesota 87 counties from arrived with over 2,898 animals at the 2019 Minnesota 'Great Get-Together" for this year's 4-H livestock encampment Wednesday, August 21 -Sunday August 25. The

number of livestock exhibits over the weekend included:

- Beef: 605 exhibits
- Dairy: 441 exhibits • Goats: 354 exhibits
- Poultry: 235 exhibits
- Rabbits: 348 exhibits
- Sheep: 383 exhibits
- Swine: 454 exhibits • Llama: 78 exhibits

Minnesota 4-H'ers have been preparing for this event all summer long. There are several components a member considers when they decide to exhibit livestock, including selection and preparation of the animal, educational programming, scholarship applications, participation at county fairs.

Education is integral in the "learn by doing" philosophy of 4-H. As part of the educational component, Minnesota 4-H requires every youth participating in the livestock encampment to part in a livestock interview. Examples of the interview process include an online knowledge test, skill-a-thons, and personal interviews about their project area.

Along with interviews, all 4-H youth participating in livestock programming are required to complete the Livestock Quality Assurance and Ethics (LQA&E) Training. Through this certification, youth are educated on biosecurity, educating the public on the role of livestock, and caring for their animal's welfare.

Returning again this year is the peer mentor program, Speaking Up For Agriculture. This program assists in preparing youth in understanding the role of livestock not only as a project, but as

products that ultimately consumers purchase and use. As 4-H exhibitors share their animals with the general public, they use the opportunity to educate consumers about

all stages of livestock

production. Many 4-H participants also have the opportunity to finance their education as recipients of scholarships. This year the Dairy Project will continue with the 11th annual Dairy Showcase and award special recognition and scholarships to 25 outstanding participants based on their dairy industry knowledge, 4-H dairy project involvement, along with state fair dairy show results.

The annual 4-H Purple Ribbon Auction sponsored by the Minnesota Livestock Breeders Association (MLBA) presents 41 scholarships to youth with well-rounded leadership, community service and livestock involvement throughout their 4-H career.

4-H not only produces purple ribbon animals, but more importantly is focused on producing purple ribbon kids! Congratulations to all the youth that participated in the Livestock Encampment at the 2019 Minnesota State Fair.

Meatballs Made By Norwegians Supper To Be Held

New Life Lutheran Church in Rothsay will host the Third annual "Swedish Meatballs made by Norwegians" supper on Saturday, September 28 from 5:00-8:00 p.m.

Offering a menu of Swedish meatballs and real mashed potatoes served with gravy, corn, cole slaw, homemade buns and apple crisp or pumpkin dessert, this lip-smacking event is sure to satisfy. A freewill donation will be accepted for the

Guests are also invited to take part in the basket raffle (raffle tickets can be purchased at the event). Every ticket purchased is a chance to win one of a variety of theme baskets, items, and services.

To round out the evening, classic Nordic treats as well as other tasty goodies will be available for purchase at the Scandinavian Bake Sale.

New Life Lutheran Church is located at 102 Main Avenue in Rothsay.

All are welcome!

JOIN US TO CELEBRATE HOMECOMING!





FRIDAY, **SEPTEMBER 20**

3:30 to 6:30 p.m. **Rothsay Community Center**



Serving BIG Pork Sandwiches, Chips, Beans And Dessert.

PROCEEDS GO TO ROTHSAY LIONS SCHOLARSHIP FUND AND VARIOUS COMMUNITY PROJECTS. THANKS FOR YOUR SUPPORT!!





TO THE EDITOR:

Since taking office last January, the Walz Administration and their Department of Human Services (DHS) have consistently demonstrated an unwillingness to root out waste, fraud, and abuse within public programs at

Earlier this year, the non-partisan legislative auditor released a report detailing waste, fraud and, abuse in DHS, Childcare Assistance Program

In the months following the report, the top three officials at DHS resigned including Commissioner Tony Lourey. To date, we still have not received any explanation from the administration as to why these officials abruptly

With Health and Human Services (HHS) representing Minnesota's largest budget area at 30 percent of the state's spending - nearly \$17 billion over two years, it should come as no surprise that DHS is the largest agency in the state. The agency is responsible for administering programs like Medicaid, MinnesotaCare, the Childcare Assistance Fund, MFIB, and SNAP.

Given the size and scope of the department, it is simply unacceptable that we have received no explanation regarding these departures.

More problems continue to plague the agency as just this week, we learned that DHS will need to reimburse the federal government \$48 million as a result of improper payments to institutions for mental disease. This follows revelations that the state was involved in impermissible billing with two Minnesota tribal nations that will require state taxpayers to reimburse the federal government for \$25 million.

To date, Speaker Hortman and House Democrats have shown little interest in examining the problems at DHS.

That's why I am urging Governor Walz to initiate a complete, independent audit of all DHS spending. This audit would be similar to the one used to investigate the problems with MNLARS.

I am confident that the results of this audit would save taxpayers far more money than any costs that may be incurred by the study. It's time for the governor and Democrats to get serious about these issues. Taxpayers cannot afford to wait any longer.

Jeff Backer MN House of Representatives

Pie, Ice Cream And Music Shared At PARTNERS' Event



Those attending the pie and ice cream social had the opportunity to choose from a wide variety of home baked pies provided by PARTNERS board members.

The Annual Pie and Ice Cream Social was well attended when it was held at the New Life Lutheran Church on Tuesday, August 20.

"There were 52 pie and ice cream seekers who came from as far away as Detroit Lakes to enjoy a great variety of pies provided by PARTNERS' Board members," said Program Director Marlys Winkels.

PARTNERS' pie and ice cream social is an annual event. It is held to say thank you to all the volunteers and community members that support the non-profit/Living

at Home Block Nursing Program. "The evening also included old time music by The PARTNERS!" concluded Winkels.

Friends of Al Seigle band," commented Winkels. "They play an assortment of songs that included many favorites.

"We all sang along to You are My Sunshine," Winkels continued.

PARTNERS' mission is to keep area elderly living safely at home for as long as possible by providing transportation, service coordination and health promotion.

"We are in our 28th year of helping 'People Around Rothsay with Extra Routine Services' thus the name



Over pie and coffee PARTNERS guests were entertained by The Friends of Al Seigle band. The pie and ice cream social is an annual event held to thank the community for their support of the program.

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