



The Good News Magazine

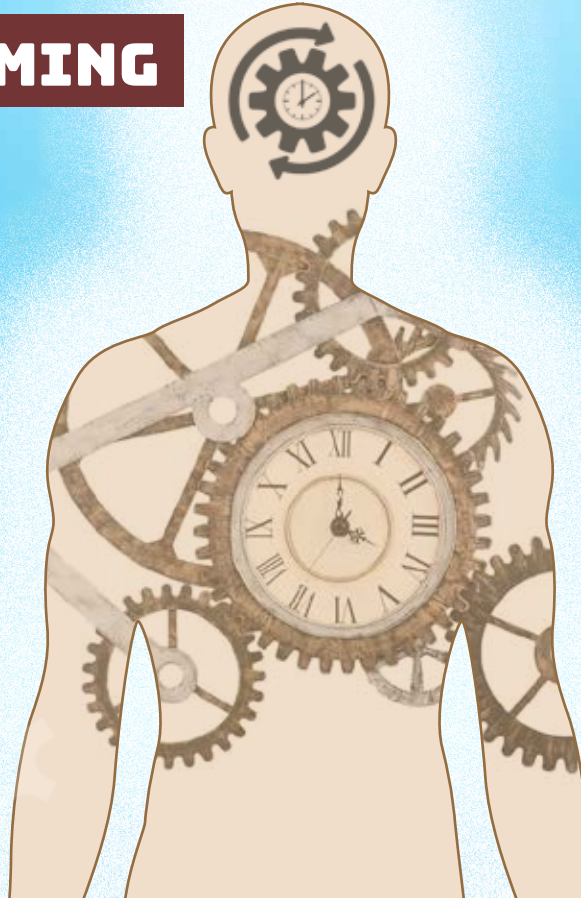
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AUGUST/SEPTEMBER 2022

Volume 10, Issue 3

REPROGRAMMING



RESET

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BACK TO SCHOOL

Reprogramming... Reset... By Mike Parry

Over the past few months, you've notice some absolutely beautiful pictures on the front pages of the Good News Magazine. Pages I've been told have touched the Spirit of readers. We've been on a journey, or should I say you've followed my journey to the depths of my soul.

Over this time period of months, I've been working hard to find out what compassion, trust, confidence, wisdom, knowledge and healing means to me personally. I've been told by numerous readers that they are doing the same thing and that reading of another's journey helps them.

I started digging deep-



er on the definition of Reprogramming and Reset. Here's what I've found. Reprogramming: to program anew, to revise or write a new program, to rewrite or revise a program. Then the definition of Reset: Bring back to zero. Start anew. To set, adjust, or fix in a new or different way.

OK, so here we go. I first had to let go of fear. Yes,

fear! Once I realized that fear is produced by a demon (Ego), I had to have faith to know that I, God's creation, could demand that that demon (Ego) leave me. I say it out loud verbally, "Demon (Ego) of Fear leave me in the name of the Christ God Almighty. You are not welcome here, within me or around me!" I say it out loud and it's

amazing the change in me. I'm at peace. But of course, be prepared because that demon (Ego) keeps coming back and you need to repeat, repeat and repeat again. (Don't forget this is Faith, your Faith) It's a daily affirmation of faith. I know that I have God's Spirit within me, which makes me a god, a creator, a limitless being, one

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with free will and choice. I am a beautiful human being created by the Almighty.

I am loved by the Alfa and Omega. So, I should always love myself first. I believe you can't love others until you truly love yourself. I know it sounds selfish, but it isn't. I will no longer allow my ego to control my thoughts and actions. I will no longer allow others to massage my ego in an effort to get me to follow unhealthy paths in life. I will continue to shun that demon called ego, and take care of myself first. For I believe that, if you can't take care of yourself, how in the world could you take care of others. If you don't love yourself, how can you love others?

So, how do we get to this place. This position in life? You need to reprogram. Reset. Question what you've been taught. Question what you believe. Question it all.

I was raised in the Catholic religion. I was raised fearing God. I was raised fearing a Vengeful God. You'll go to

hell if you do this, and this, and this. I have finally put that behind me in my Spiritual journey. I've now realized that God, The Almighty is a Loving God that has given me free will, and free choice.

How we handle our decisions will dictate our life on earth. We are only an avatar with God's Spirit within us. Loving oneself will bring to you trust and confidence in how you move forward. Compassion for the human race. At this point I'll tell you a sure fact. If you are worried about what others think of you, you're defeated! Defeated!

God, The Spirit, whatever you call it, LOVES YOU! And has given you the opportunity to Live. As the Knight in Star Wars says to Indiana Jones as he's looking for the holy grail, "Choose wisely."

So, how do we know if we've chosen wisely? We need to talk about Wisdom and Knowledge to answer that question which we will do next month. Be Well!!!

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Waseca Chorale, Fall 2022

Handel's Messiah, Brahms's Requiem, American folk songs, Disney Classics, Rodgers and Hammerstein, the Beatles, Elvis Presley, and the Beach Boys... From Bach to Broadway, the Waseca Chorale has done a little bit of everything.

The baton has been passed (literally) seven times now, with our new co-conductors, Dr. Alan Wortman (you can only stay retired so long) and John Hoehn, a recent graduate of Wartburg College. John is no stranger to the music scene in Waseca, having been a part of the Waseca High School Choirs and Bands, as well as presenting

a variety of musical events at Sacred Heart Church and around the Waseca community.

Now celebrating its 50th Season, the Waseca Chorale is pleased to be back, bringing warmth, laughter and musical entertainment to the Waseca community. We invite you to join us for a Christmas Celebration, Sunday, November 27th at 4:00 pm at Sacred Heart Church, Waseca.

We rehearse Tuesday nights, beginning September 13, from 7:00 to 9:00 pm, at Grace Lutheran Church (300 E Elm Avenue, Waseca). If you're a singer (high school graduate and older) looking for a place to showcase your vocal talents, the Waseca Chorale may be just the place for you. Come on out, meet the directors, sing a bit and maybe you, too, can become a part of the vibrant legacy of the Waseca Chorale.




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Come on out, meet the directors, Dr. Alan Wortman and John Hoehn, sing a bit, and maybe you, too, can become a part of the vibrant legacy of the Waseca Chorale.



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A Brothers Love...Never forget

By Mike Parry

"The idea of it was started on his birthday 4.20.21 when I decided to get a tattoo in memory of him, and that was the day I decided I wanted to do something bigger for him." Stated Brandon Flores about his brother Hunter Alexander Frank who was killed in action on October 17, 2020.

After graduating from Owatonna High School in 2018, Hunter enlisted in the Navy as an Aircrewman with the VP-26 Tridents. While deployed in El Salvador, Hunter died in the line of duty. "On the one year anniversary of Hunter's death, I did a small memorial ride in his honor, opening it up to the public," said Flores, "it was very short notice but the support was incredible and

I knew then I wanted something even bigger every year so he'll never be forgotten."

I asked Brandon to explain what will take place this year. "This year we will be hosting a larger scale ride on a longer route, giving out door prizes at each stop with a grand prize at the last stop. Participating is easy, just show up to the Waseca American Legion on Saturday September 10th between 12pm and 1:30pm. You'll register at our table and be given 1 raffle ticket per person riding. Registration costs \$15 per motorcycle and \$20 for motorcycle with a passenger and cars. We will have a safety meeting about ten minutes before kickstands up, which is at 1:30pm.

The route will start at the Waseca American Legion, headed south to wrap past the highlands and the farm Hunter spent a lot of time at, towards Meriden where we will go by the church he was confirmed at and past our childhood home. We will connect back onto old highway 14 towards our first stop, the Owatonna American Legion.



We will then head towards Hoffman and State into a straight shot to the Faribault American Legion.

From there we will head on 4th which turns into highway 60 to the Morristown American Legion, back on 60 to the Elysian American Legion. On the way back to Waseca we will take Elysian Lake Road, cut across the north end of Waseca, around clear lake towards snake trail, crossing old highway 14 to the Woodville Cemetery to stop and pay respects before heading back to the Waseca American Legion. It is 80 miles in total and we are planning for

about 20 minutes per stop."

Both the Memorial Ride and the Benefit Dinner will be taking place at the Waseca American Legion on Saturday September 10th, the ride will be at 1:30pm with the dinner starting at 5:30pm. So far the committee has raised enough money to cover the initial start-up costs (venue, food, etc) their goal this year is \$10,000. All proceeds from the event go to the Wounded Warriors Family Support organization.

Brandon's wife Maggi Flores has been working with Ashlie Muller of WWFS. You can find out more on them at wwfs.org

HUNTER ALEXANDER FRANK MEMORIAL RIDE & BENEFIT

September 10th

Registration 12-1:30 pm

Riders \$15 single, \$20 for doubles. Classic cars \$20

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Summer School



By Jill Courtney,
Director

our everyday life!

We were lucky to go on a few field trips too. In June we visited the Public Safety Center to see the Fire and Police Departments. We also went to the library for their Moana Party as part of their summer reading program. The students had a blast!

In July they walked to the Waseca County Fair one morning to explore and met Joan Mooney at Hodgson Hall. The next week we visited the Waseca History Center and our last week we went to FarmAmerica. The students loved to get out and meet some real life Superheroes that are right here in Waseca!

Our classes are also filling up fast for next year! Enroll early to ensure your child has a spot for the 22-23 school year! For questions contact: 507-833-8326 or jcourtney@team.k12.mn.us.



We hosted two summer school sessions over the past two months. Our June session was two weeks and our July session was three weeks. Students attended from 8-11 AM, Monday-Thursday each week. The schedule each day consisted of reading, math, recess, and a snack break. Our theme this summer was Superhero Camp and we learned about the ones we see in

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COMPASSION IN ACTION



ALL IS WELL

By Linda Grant
& Jane Dunn



Here we are in the “dog days of summer” and as the fall drawers closer, this makes for a great time of reflection. This month we continue our journey of understanding the Four Limitless Qualities. Once again these qualities are, Loving-Kindness, Compassion, Joy and Equanimity.

According to the publication, Boundless Heart by Christina Feldman, to cultivate a boundless heart, we must learn and nourish four relational qualities in our lives:

- Kindness – it teaches us a way of being in this world.
- Compassion – it protects kindness from falling into sentimentality.
- Joy – needed to temper the raw edges of sorrow and pain.
- Equanimity – it brings

kindness and compassion patience and steadiness. She goes on to say, these four qualities exclude no one – “their cultivation is dedicated to the well-being, peace, and freedom of heart of all beings”.

But what do we do to find compassion for those who have harmed us?

Social activist Bell Hooks teaches us that compassion and forgiveness need to be linked. We must be able to hold others accountable for their wrongdoing only to point where we can forgive, and allow the potential for transformation and healing. If we cannot conceive of our wrongdoer having even the slightest chance of healing, then we become the bearers of great burden of judgement. “We must learn to regard people less in the light of what they do or omit to do, and more in the light of what they suffer.” — Dietrich Bonhoeffer

We believe that the crux of being compassionate towards others really starts with compassion for ourselves. “The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; he has compassion on all he has made”. — Psalm 145:8-9... guess that includes YOU. Perhaps we need to dig deep within our own hearts and nourish the essence of our Divine source to create a greater ex-

pression of the consciousness of the Christ and the Awakened Buddha.

The origin of the word helps us grasp the true breadth and significance of compassion. In Latin, ‘compati’ means “suffer with.” Compassion means someone else’s heartbreak becomes your heartbreak. Another’s suffering becomes your suffering. True compassion changes the way we live.

There is a reason that compassion is the second quality. Compassion comes directly from loving-kindness. If we do not possess the ability to love, the act of compassion will allude us. Compassion is really the ability to truly understand the oneness – the spiritual connection of humans and their Divine.

Spiritual philosopher Ernest Holmes says, “we can have no understanding of divine compassion unless we ourselves first exercise compassion. The very judgement by which we judge others becomes a self-judgement. It is as if the Law of Life were giving back to each of us exactly what we have projected into it”.

Compassion is the capacity to understand the suffering in oneself and in the other person. If you understand your own suffering, you can help others to understand their suffering. Through the skills of mindfulness, self-kindness, and

common humanity, we can begin to cultivate self-compassion.

Mindfulness is a practice of being aware of the present moment. It involves being aware of each moment-to-moment experience in a clear and balanced manner. We speak so much about meditation and this idea of the present moment is precisely why. When one spends time in meditation, everything drops away to reveal the present moment.

The more often we spend in the truth and reality of the present moment, the greater our ability to come from a place of loving-kindness. The more we come from the place of loving-kindness, the easier it is to remember that we are all one. The more we understand our oneness, compassion becomes a normal state of being. Loving-kindness and compassion are part and parcel of knowing...ALL IS WELL.

Crossword Answers

E	T	A	T	F	E	V	E	R	H	O	B	O
R	U	N	E	O	L	I	V	E	A	V	O	W
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Million Dollar Wakeup



By Mike Good



Think about this scenario for a minute - it's a Saturday morning and you and I are at a coffee shop enjoying our coffee and conversation. Really picture it, the surroundings, the smells, the sounds. Really try to place yourself in that space. Now imagine that I reach down and grab a briefcase, put it on the table and open it. You see it filled with money - lots and lots of money. Ten million dollars in fact. Now imagine that I look at you and say "This is yours, I'd like to give you ten million dollars. Would you like to keep it?" Think about your reaction. Again, really imagine how you would feel in that moment. Would you take it? Of course you would! And how do you think you'd feel? Likely ecstatic, overjoyed,

elated. In fact, I'm guessing you'd wake up the next day bursting at the seams with excitement for all of the countless opportunities that would come your way because of all that money.

Now, imagine a second scenario. What if instead I said I'd give you one hundred million dollars, yep, ONE HUNDRED MILLION dollars. But, there is a catch, I'll give you the one hundred million dollars but you can't wake up anymore. Would you take it? Of course not. Nobody would. So what is that decision telling you? Well, it's telling you that waking up every day is far more valuable than the millions and millions of dollars that could come your way.

Here's the dilemma - if we value waking up each day more than all that money, why is it that far too often we don't approach each day with the same excitement, joy and anticipation that we likely would had we just come into millions of dollars? We often treat every day pretty much the same as the previous day. We far too often take life for granted. But, without the simple gift of waking up for the day, nothing else matters. In all honesty, we don't know if we have 6 decades left, 6 months left, 6 days left...or even 6 minutes left.

But what if I told you that we can approach each day with the same energy and excitement that we'd have with those millions. Perhaps

all it takes is to honor that gift, the gift of life that we receive each day we wake up and to be grateful for it. The beauty of all this is that we do have that control. We have control over our days. We have control over the impact we make on our friends, family, community and world. We have control over how we see the world. All it takes is a perspective of gratitude starting at the moment we open our eyes each morning.

I am going to invite you to do a little adventure with me. For the next 30 days, when you open your eyes in the morning, take pause and think of these three things to be grateful for. The key is, we need to do this every morning when we wake up.

1. Be grateful for the fact that you woke up. You have the opportunity to make a difference in someone's life - including your own.
2. Be grateful for the struggles you've overcome because those struggles are what has shaped who you are today.
3. Be grateful for the people that love you because they are the ones that make life worth living.

If you do that, each day for 30 days, I am guessing you will start to notice some amazing changes in your life. If you think of these three things each morning as you open your eyes, I would bet that you will start to live your day with the same excitement, joy and elation that you would have had you just come into all of those millions of dollars.

So join me on this adventure of goodness and gratitude. In fact, I'd love to hear about how your life is changing because of those three thoughts each morning. Feel free to email me at mike@thegratitudespark.com and share with me your story of how this new practice of gratitude is changing your life.

Mike Good, creator of The Gratitude Spark and host of The Gratitude Spark Podcast, grew up in Waseca, MN and now resides in Chaska, MN. He is passionate about living life through the lens of gratitude and helping individuals and organizations spark incredible positive change through the power of a grateful mindset. If you're interested in learning more about the power of gratitude and how it can help to spark a change in your life and in the lives of those around you, feel free to contact Mike via email at mike@thegratitudespark.com. You can also check out our podcast called The Gratitude Spark Podcast to hear great conversations about how gratitude is sparking change in our world. You can also check us out online at www.TheGratitudeSpark.com on Instagram at [@thegratitudespark](https://www.instagram.com/thegratitudespark) or join our Facebook community called the "The Gratitude Spark".



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Grow a Bountiful Garden and Share with the Hungry



By Melinda Myers

Do you always squeeze in an extra tomato plant, another row of beans or hill of zucchini? It seems like a good idea at the time, until they all start to produce all at once. Your family, friends and co-workers start to hide as you try to pawn off yet another bag of zucchini or tomatoes. Here is a solution that satisfies your gardening obsession and feeds the hungry in your community. Designate some growing space to a Giving Garden and donate the harvest to your local food pantry.

Feeding America reports that 41 million Americans struggle with hunger. And many are children and seniors. Garden-



er's Supply Company is inviting gardeners to lend a hand and take the "Garden to Give," pledge to grow food to give to those in need.

They surveyed food pantries to find out what types of fruits and veggies people most enjoy eating, and those that store well. You'll find a simple Giving Garden plan for beets, carrots, cabbage, Swiss chard, kale and winter squash on their website at gardeners.com. Best of all these late maturing vegetables will be ready for harvest all at about the same time, so you can make your donation in just one trip.

Don't let a lack of space stop you from participating. Plant a row or container of one or more of these vegetables to share; join forces with a neighbor who may have the space, but only limited time to garden; or gather a few friends and rent a community garden plot. Together

you can grow fresh produce and memories to share.

Get the children in your life involved in growing and giving. Gardening increases focus, decreases stress and elevates children's moods. Giving helps children grow into caring well-rounded adults. Plus, if they grow the vegetables, they are more likely to eat them!

Be sure to capture a few photographs of your donation to inspire others to follow your lead. Starting in August, you can enter Gardener's Supply's online "Show What

You Share," photo contest for a chance to win a prize for you and your local food pantry.

With the "Garden to Give," program, everyone who participates is a winner. The real prize is making a difference while doing something you love. Once you've experienced the benefits of sharing fresh produce with the hungry in your community, you are likely to find yourself making regular donations of garden fresh fruits and veggies to those in need... and feeling great about it, too.

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LOOK UP!



By Michelle Muff

Hello! I am so happy to be able to be with you and write to you about various topics related to mental health, family, and relationships.

A little bit about me: I grew up as the youngest of 7 children on a farm south of Hartland MN. My 6th grade class was the last class to graduate from the three-room Hartland school house. I graduated from the New Richland-Hartland High School when the mascot was a cardinal before it became NRHEG.

In 1991 I graduated from the Franciscan University of Steubenville, Ohio with a Master's degree in Counseling and a specialization in Christian Counseling. In 2007 I went back to school at Mankato State University to further my studies in marriage and family therapy. I am a Licensed Marriage and Family Therapist and I own and operate Compassionate Counseling Services, LLC which I started in 2011. I provide individual, marriage and family therapy to adults and teens. In May 2022, I completed a two-year online training program through Encounter School of Ministry on the power of healing prayer and evangelization. At times when appropriate I integrate healing prayer into my work as a Christian Counselor.

Today I want to discuss stress management and three steps to reset you to

peace. These three steps are an integration of psychology and faith.

Step One: Look UP!

"Look up Child" is a Christian song written and performed by Lauren Daigle. The third verse she writes, "You're not threatened by the war, you're not shaken by the storm, I know You're in control. Even in our suffering Even when it can't be seen I know you're in control." You can listen to it on YouTube: https://www.youtube.com/watch?v=7NAYz0zh_Es

Look up Child means that we need to make time for daily prayer. We need to bring heaven to earth and that starts with placing ourselves in the throne room of our heavenly father and receiving his love. This step requires faith and a belief that there is a God, and that He loves you. Without this belief and gift of faith this step will not be taken. If you do not believe in God or want to know Him these three steps are not for you.

Looking up and knowing that Abba father wants to hear from you is a gift of faith, but this gift can be blocked. The answer to "Look Up" starts with the integration of Psalm 46:10. "Be still and know that I am God!" In today's busy lifestyle with a host of distractions at our fingertips psalm 46:10 is a necessity. As a society and community, we need to slow down and increase the sense of consciousness and present those thoughts to our living Abba father in heaven. Being still can happen in our prayer time as we slow down, breathe, and present ourselves to Abba father. This requires faith in the living God and the belief that Jesus has made you whole and free from sin to have a relationship with Abba father.

Step Two: Receive

The second step is to receive the love that God the Father has for you. This can be the most complicated step. Many people get stuck with finding a deep intimate relationship with Abba Father and have a default setting to shame and worthlessness. They sabotage love as they do not feel worthy for it. Some have an earthly father that did not love them or worse abused them and therefore they can't possibly believe in the love of a heavenly father.

A mindset that highlights condemnation prohibits the love of God. Romans 8:1 "There is therefore now no condemnation for those who are in Christ Jesus."

You may deny that you are loveable, and that Christ love is for you. This false humility relies on thinking that Christ died for everyone, but not for you. If you think, I am not worthy to receive His forgiveness or love from the cross you are denying the magnitude of Christ's sacrifice for you.

Perhaps there is hatred in your heart. Hatred and lack of forgiveness can be a block to your receptivity of grace of the Father's love. Is there stubbornness and pride? Is there a defensiveness due to previous trauma and wounds in your life that prohibits reception of the father's love? Each person's journey is going to be unique and different and therefore we must all bring these questions to prayer to ponder.

Step 3: Service to Others

The third step can be completed only after steps 1 and 2 are in harmony. This is where the part of the great commandment comes into play to love thy neighbor as thy self. Remember the commandment is "You shall love the Lord your God with all your heart and with all

your soul and with all your strength and with all your mind, and your neighbor as yourself." (Luke 10:27) Once you believe in your identity as a son/daughter of the King and receive in faith His great love grace will be given to you. Grace will help you serve those in your life. This includes setting boundaries and saying no sometimes. Your yes and no should both be discerned to allow God's divine providence to intervene.

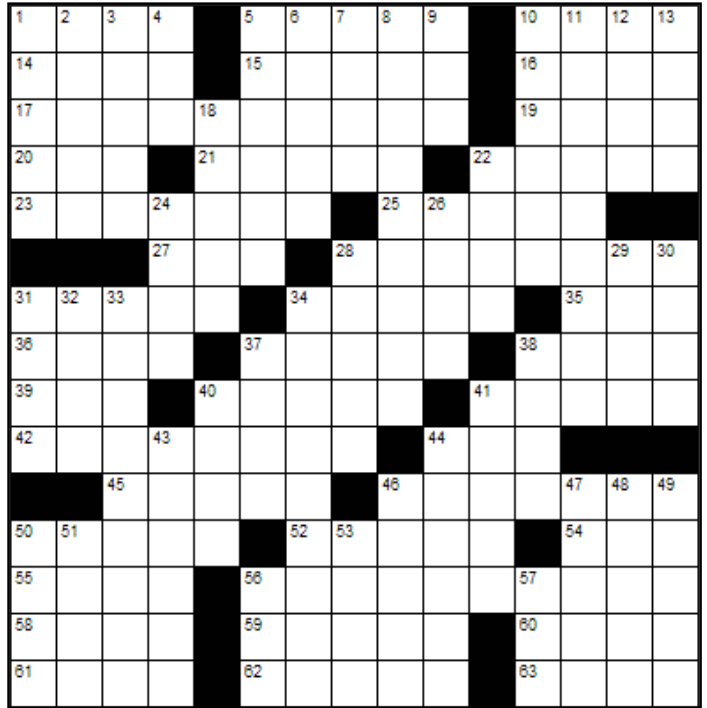
Now for the fun part; psychosomatic interventions. Research has discovered that when you move your body and integrate mindset changes such as gratitude in place of fear, a powerful switch activates in your brain. Researchers have found your brain cannot hold fear and gratitude at the same time. Psychosomatic Intervention: Stand up and raise your arms above your head thanking God for your blessings. Next imagine yourself in God's throne room receiving Abba father's magnificent love. Slowly wrap your arms around yourself receiving the love of God. Finally, place your hands outward to represent that you are now ready to spread love and light to those around you.

It is my hope that these three simple steps can help you decrease your stress, improve your mental health, and increase intimacy in your relationships with your family and friends.

Michelle Muff is owner and Licensed Marriage and Family Therapist at Compassionate Counseling Services, LLC serving men, women and teenagers struggling with mental health and relationship difficulties. She provides individual, family, and couples counseling online for those that reside in Minnesota. If you are interested in learning more about how your Christian counseling can help you contact Michelle at michelle@compassionmn.com or look up Compassionate Counseling Services at www.compassionmn.com Schedule your free initial consultation by clicking the red schedule an appointment button.



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ACROSS

1. French for "State"
5. Flu symptom
10. Vagabond
14. Ancient alphabetic character
15. Martini garnish
16. Affirm
17. Merged
19. Genuine
20. C
21. Subsequently
22. Pub game
23. Allay
25. Specter
27. South southeast
28. Do business
31. Donkeys
34. Feudal lord
35. Malayan isthmus
36. Dampens
37. Goes ballistic
38. 365 days
39. Grassland
40. Nominal
41. Scope
42. A person who sprawls

44. Uncooked

45. Sorrow
46. Announce
50. Brainy
52. Female ruff
54. On behalf of
55. Smog
56. Transition
58. Long, long time
59. Neighbor of Pakistan
60. Rear end
61. Encircle or bind
62. Coral reef
63. Obtains

DOWN

1. Genus of heath
2. Melodies
3. Initial wagers
4. Golf ball support
5. Scrounge (for food)
6. Gladden
7. French for "Quick"
8. Not deciduous
9. Crimson
10. Pester
11. Passed
12. Watercraft
13. "Wise birds"

18. Brittle transparent solid

22. Accomplished
24. Applications
26. Cronos
28. Striped wild cat
29. Outcropping
30. Empty weight
31. Cobblers' tools
32. Exude
33. Astronomer
34. Lakeshore property
37. Part portrayed
38. Small two-master
40. Blockhead
41. Formula 1 driver
43. Apprehend
44. Divulge
46. Evil spirit
47. Ardent
48. Perch
49. Sea eagles
50. Carpet type
51. Wise men
53. Prefix meaning "Within"
56. US spy agency
57. Droop

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THE SAVVY SENIOR



By Jim Miller

Dear Savvy Senior, A few months ago, I read a column you wrote on extremely cheap smartphone plans for budget-conscious seniors. Can you do a similar column for those of us who still use basic flip phones? My old 3G flip phone is about to become obsolete, so I'm looking for the cheapest possible replacement. I only need a simple cell phone (no data) for emergency calls when I'm away from home.
 —Penny Pincher

Dear Penny, For many seniors, like yourself, who only want a simple basic cell phone for emergency purposes and occasional calls, there are a number of super cheap plans available from small wireless providers you may have never heard of. Here are some of the best deals available right now.

Cheapest Basic Plans

For extremely light cell phone users, the cheapest wireless plan available is through US Mobile (US-Mobile.com), which has a “build your own plan” that starts at only \$2 per month for 75 minutes of talk time. If you want text messaging capabilities, an extra \$1.50/month will buy you 50 texts per month.

US Mobile runs on Verizon’s and T-Mobile’s networks and gives you the option to bring your existing phone (if compatible or unlocked) or purchase a new device, while keeping your same phone number if you wish.

If your flip phone is becoming obsolete, as you mentioned in your question, you’ll need to buy a new device, which you can do through US Mobile if you choose their plan. They offer the “NUU F4L” flip phone for \$39 for new customers. Or you can purchase an unlocked phone through retail stores like Walmart or Best Buy, or online. One of the best value flip phones right now is the (unlocked) “Alcatel GO FLIP 4044 4G LTE,” available at Amazon.com for \$80.

Some other super cheap wireless plans worth a look are Ultra Mobile’s “PayGo” plan (UltraMobile.com/PayGo), which provides 100 talk minutes, 100 texts for only \$3 per month. And Tello’s (Tello.com) “build your own plan” that starts

at \$5 per month for 100 talk minutes and unlimited texting.

Both Ultra Mobile PayGo and Tello also run on T-Mobile’s network and will let you use your existing phone (if compatible or unlocked) or buy a new one.

Senior Targeted Providers

In addition to these super cheap plans, there are several other wireless companies that cater to older customers and offer low-cost basic plans and simple flip phones. One of the least expensive is through TracFone (Tracfone.com), which offers a 60-minute talk, text and web plan for \$20 that lasts for 90 days. That averages out to \$6.66 per month.

Three other providers that are popular among seniors are Snapfon (Snapfon.com), which offers a 100 minutes and unlimited texting plan for \$10. Consumer Cellular (ConsumerCellular.com), which provides an unlimited talk plan or \$15 per month. They also give 5 percent discounts to AARP members. And Lively (Lively.com), maker of the popular Jitterbug Flip2 senior-friendly flip phone. Their cheapest monthly plan is 300 minutes of talk and text for \$15.

Subsidized Plans

You also need to know that if you’re on a government program such as Medicaid, Supplemental Security Income or food stamps/SNAP. Or, if your annual household income is at or below 135 percent of the Federal Poverty Guidelines - \$18,347 for one person, or \$24,719 for two - you might also qualify for free or subsidized wireless plans from various carriers via the federal Lifeline program. To find out if you’re eligibility or apply, visit LifelineSupport.org.



August Resident Profile

Say Hello to Audrey Stafford

This month of August 2022 brings us to introduce another of our residents, Audrey Stafford.

Audrey was born on the Kormann family farm in Waseca County, on August 4th, 1922. She thus turned 100 just over a week ago! As a child, Audrey attended country school for a few years, then finished her schooling in the town of Waldorf, graduating in 1940. She went on to teacher training in Wells, then taught school off and on for 30 years.

Audrey met her husband, Richard, while living in New Richland. They married in 1945 and raised two boys and three girls together. They lived in numerous places around the world while Richard served in the army. He unfortunately passed away at the young age of 38, and Audrey found herself moving her children to New Richland, where she had help from her family. Life for Audrey wasn’t all teaching and childrearing. She enjoyed bowling, dancing, playing cards with friends and family, going to casinos, and playing games on the computer.

Audrey had been living with her daughter in Phoenix, and they decided that it was time for her to move to an assisted living facility because her old injuries were causing her a bit too much trouble. They chose Colony court because she knew people here and the quality of care was better here than in Phoenix. Audrey says, “it’s nice here”.

We think you’re nice too, Audrey, and we’re glad you chose us!



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