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WELCOME  FALL

Thank You!

By Mike Parry

"A polite expression used when acknowledging a gift, service, or compliment, or accepting or refusing an offer," that's what you'll find that the dictionary says about Thank you. I think about growing up and having my mom always say, "don't forget to say 'please' and 'thank you.' At a young age, I would wonder why I should have to say thank you or please for that matter. "It's being polite," my mother would say. "You need to be nice and that's a way to get people to like you." I don't know if that worked or not but I've pretty much been a person who says please and thank you.

As I look back, I'm not sure how many times I really meant it, or for that matter why I even said those words. Do we really mean it? How



many times have you said thank you to your mechanic after an oil change? Or the teller at the bank or grocery store? Here's a good one, how many times have you said thank you to your mom, dad, brother, sister or best friend for being in your life? Or when you look in the mirror, have you ever thanked yourself for being who you are? Whenever you use the words "thank you" Are you really thank-

ful?

Biblically, you'll read scripture that says, "Give thanks in all circumstances." Are you? Are you thankful when a problem arises for the opportunity to solve that problem? "Rejoice always, pray without ceasing, give thanks in all circumstances, for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18).

I believe it is not joy that makes us thankful; it is

thankfulness that makes us joyful. The more thankful I am, the more beauty I see. The more joyful I am. Thankfulness is when memory is stored in the heart and not in the mind. Being thankful for the present moment and the fullness of life now is the true prosperity.

I have a thankful heart for the things that God has done and continues to do in and through my life. It is the difference between a negative and positive attitude. It is also the only way that God can use our lives as a living testimony of His love, His kindness, His mercy, and His grace. So, I ask you, when you say thank you for anything, do you really mean it?

Here's a Hearty Thank you to you for being a reader of the Good News Magazine.

It happens to everyone!

By Mike Parry

Ever sit around the table with a cup of coffee, milk, juice or flavored water (I know there's non coffee drinkers out there) and made the statement, "It happens to everyone sooner or later?"

In last month's Good News Magazine, I wrote about transitioning. Many times, in our lives we transition from one thing to another. For the most part, we are aware of the transition happening to us and how we handle it can make our lives better or worse. I guess that's putting it bluntly, right?

We here at the Good News Magazine are going through a transition. And

we are leaning on the Almighty to help us make the right decisions. Let me explain. Supply and demand. We've heard that so much over the last couple of years due to the pandemic.

We have felt that more so now with the pinch of rising costs and the shortage of paper to print on. With that, we at the Good News Magazine will be moving to all digital. Our monthly

publication will be found on our website. TheGoodNewsMagazineWaseca.com.

We understand that there are many out there that enjoy the printed copy you've picked up or received via the mail. We asked that you hang in there with us as we transition. In the future, if there's a chance, we can send out a special printed version of the Good News Magazine, we will let you

know.

We do have some exciting things that will come along with the digital Good News Magazine, the audio version that you will be able to listen to while you're traveling or just sitting around.

I'll tell you more about that in the near future.

Until then, we will continue with the stories you've come to enjoy on your Spiritual journey. Thank you!!!!



www.TheGoodNewsMagazineWaseca.com



In the past I have written articles regarding all the positive things ICAN does to promote person centeredness and community integration for the individuals we support. Now I would like to take some time to talk about our struggles as a provider. Just like other businesses across the nation we are struggling with recruitment and retention.

Businesses are short staffed everywhere. Businesses have closed. Businesses have changed their hours to accommodate the employees they have.

ICAN is a business. We are a business that supports individuals with disabilities. We cannot not provide services and do not have the option to cut our services or hours without hurting those we support.

In the last few months, I have heard about service providers, like ICAN, across Minnesota closing homes and discontinuing services due to simply not having enough staff. Providers are so short staffed that they cannot provide services on weekends and are limiting ser-

vices that they offer for example not going out on activities or shopping. Employees are working 80+ hours in a week and are getting burnt out. This is scary. This is the exact opposite of what service providers are in this business to do. We want to provide person centered, skill building support and quality of life to those who need it the most.

While we at ICAN have not experienced to this level, the struggle is real, and we are constantly trying to recruit and retain employees.

Every day, ICAN gets 2-3 referrals for services. Individuals with disabilities are stuck in hospitals waiting for a place to live or having to go back to a home where they do not want to live. They are in crisis mode because they do not have the support and staffing, they need. Individuals are

moving over 100 miles away because that is the only option for a place to live which is away from their community, their family, their job, and their friends. This is a problem.

Waiting lists. They are long. There is no movement. There is loss of hope that someone's son, daughter, sister, brother, or parent will receive the services they need. This causes stressful

environments, negativity, and animosity towards home and community based services. What does the future hold for individuals with disabilities?

Although this is not "good news" it's reality. Each personal support staff works very hard in maintaining quality of life for individuals who receive services. ICAN is blessed with an exceptional team that gives their all and goes above and beyond to support ICAN's mission and values to ensure services are maintained and person centered. ICAN strives to recruit and support new employees, giving them a rewarding experience to work for people who need support, this is an experience not everyone gets.

I'm proud that we take each day and make the best of it knowing we are here to support and provide an essential service. I encourage each reader to 'thank' a personal support staff, smile, and praise them for what they do!



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Giving Back!



By Jill Courtney,
Director



Our 6th graders held a Candy Drive this week! This was a community service project they came up with. They made signs to hang up around school and made a flyer to send home with students. They asked students to bring in some of their own Halloween candy to donate to Veterans. The class that brought in the most candy would win ice cream treats.

They encouraged students to not buy a new bag of candy, but go through their own candy and pick some to donate. Students donated over 90 pounds of candy! All candy will be donated to the Veterans Home in Hastings. The 6th graders also made cards and letters they will send with the candy.

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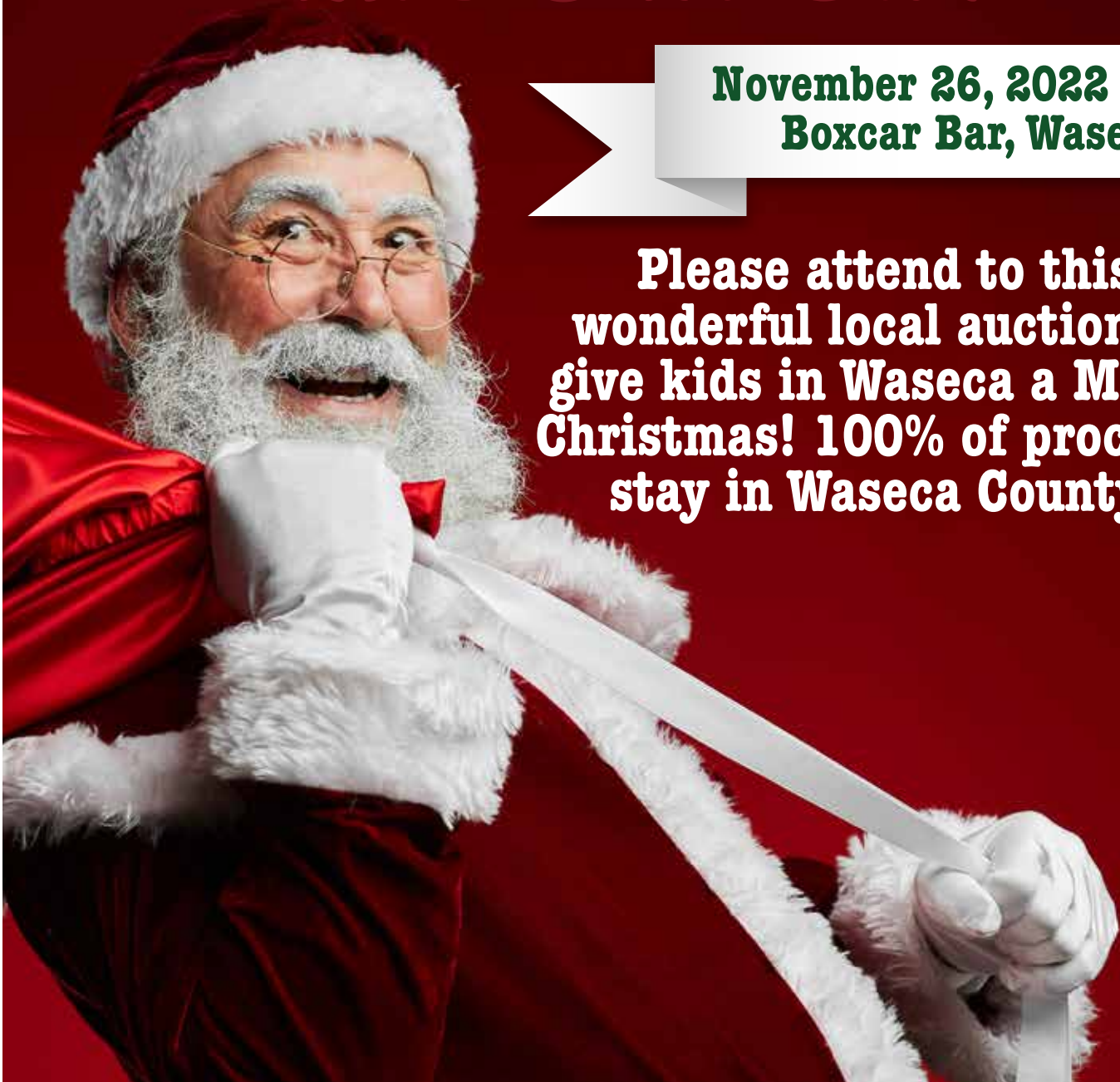
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HOLIDAY HO'OPONOPONO



ALL IS WELL

By Linda Grant
& Jane Dunn



Ho... what? The beautiful Hawaiian teaching for forgiveness is called "Ho'oponopono" (pronounced HO-oh-Po-no-Po-no), and it's lovely.

From Wikipedia: "Ho'oponopono" is defined in the Hawaiian Dictionary as: (a) "To put to rights; to put in order or shape, correct, revise, adjust, amend; to make ready, as canoe-men preparing to catch a wave." (b) "Mental cleansing: family conferences in which relationships were set right (ho'oponopono) through prayer, discussion, confession, repentance, and mutual restitution and forgiveness." Literally, ho'o is a particle used to make

an actualizing verb from the following noun.

Here, it creates a verb from the noun pono, which is defined as: "...goodness, uprightness, morality, moral qualities, correct or proper procedure, excellence, well-being, prosperity, welfare, benefit, true condition or nature, duty." Pono is defined as "to put to rights; to put in order or shape, correct, revise, adjust, amend, regulate, arrange, rectify, tidy up, make orderly or neat."

More simply put, the word ho'oponopono roughly translates to "cause things to move back in balance" or to "make things right." It's a very zen-like concept. In native Hawaiian language, "pono" means balance, in the sense of "life." When things are in balance, nothing is off, so to speak. The prayer or mantra goes, "I am sorry, please forgive me, thank you, I love you". The concept of "sorry" begins with having to accept responsibility. That responsibility could be that you have hurt someone or perhaps it is admitting that someone has hurt you, or perhaps we have hurt ourselves. Either way, the first step to any healing is acknowledging that some sin which is an archery term that means "missing the mark", has been experienced.

After accepting the responsibility, we move into the forgiveness. Forgiveness doesn't mean that we erase the experience, but rather that we hold the space and invite in a sense of peace. What is done is done and WE need to decide what we will do with the experience in the present moment. It is somewhat daunting and yet liberating to know that we hold the power of forgiveness in our own hearts and minds.

The question of forgiveness can be a simple one. Do we want to bring the wound to the present moment or do we want to have the freedom to let things go and own our present moment with all of the amazing potential of experiencing love and healing.

"Thank You" is the most common words expressing gratitude. We can understand that sensation and relief of BEING forgiven but imagine the power of gratitude when WE forgive our trespassers, especially if our trespasser is our very self. We are grateful to be free of the weight, mind, body and soul, of carrying our past experiences into the present.

The last step is love. Say I LOVE YOU. Say it to your body, say it to God. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU

to your challenges. Say it over and over. Mean it. Feel it. There is nothing as powerful as Love.

So what does this have to do with the holidays? Historically, ho'oponopono was a kind of shared reconciliation mantra for divided families, also known as Ohana. The holidays are filled with real and unreal expectations from our friends, family and society. It can be a time that is painful and full of unpleasant memories. It can also be a time when we get lost in comparing our lives with what society or really the world of marketing, says our holidays, and family time should look like and be. The reality is every family is made up of people.

We know that people are imperfect. We also know that when we live from a place of loving-kindness and compassion, our perspective of our self and of others seems to soften and become a place where love can live.

Maybe you can't change your relatives, but you can change yourself. We encourage you to begin a meditation/prayer practice using Ho'oponopono. Perhaps by setting things right and choosing love, you and all of your holiday experiences can create a true reality that "ALL IS WELL". Peace to you all!

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A Three-Word Rule For Thanksgiving



By Mike Good

the **gratitude**spark
the spark that ignites change

Happy November everyone! What's the first thing that comes to mind when someone mentions the month of November. I'd venture to guess that almost all of us just thought...drum roll please.....Thanksgiving!!!

The name of the holiday could not be more appropriate as it combines two powerful words - thanks and giving. Outside of all the fun and connection that comes during the month of November, it is those two words, along with gratitude, that can really make a huge difference in our lives.

But I'll be honest, over the last several years, this month has become a bit of a challenging time of year for me personally. It has been during this month that I've lost some incredibly special people, people that have quite literally changed the course of my life. It has now become a month for appreciating the beautiful memories and connections that shaped our lives together. It has become a month for reframing my perspective and for finding thankfulness for the opportunity to create amazing moments with each of them.

There truly is so much to be thankful for in our lives. While sometimes it might be

difficult to see it, it's there. It just might take a little more focus occasionally. For me, I'm thankful for time, time to create memories with those that I love. I'm thankful for those memories. I'm thankful for my family and friends. I'm thankful for the connections I have made with others and for those that I will make each day moving forward. I'm thankful for so many things. But, most of all, I'm just thankful for life - for the opportunities I am given every day to experience our beautiful world. The best part - the list could go on and on.

Don't get me wrong, it hasn't been easy. As anyone who has lost a loved one knows, getting to a point of appreciation and thankfulness can be a long and arduous journey. At the same time, there are always reasons to be thankful. They are all around us - every day and in every moment. To be honest, it might be that even a little bit of focus on these things might make that journey a little less long and arduous.

So often, we are so focused on our destination that we forget to appreciate the journey. During this month of Thanksgiving perhaps we try to do just that. Perhaps we try to slow down, to notice things and appreciate the small things along our journey. As David Steindl-Rast says, it might be as simple as the actions we are taught as a child when crossing the street - Stop.

Crossword Answers

T	O	P	I	C	S	T	O	P	U	R	S	A
A	B	A	C	A	H	E	R	O	N	E	A	P
B	O	W	E	L	R	E	A	L	D	E	L	E
S	E	N	S	U	O	U	S	L	Y	E	V	E
	M	U	G		G	O	R	E	S			
H	U	N	G	E	R		W	O	O	D	S	
A	P	A	R	T		V	I	G	N	E	T	T
T	O	R	O		M	E	T	E	S		A	R
E	N	D	U	R	A	N	C	E		A	N	I
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S	P	E	W		U	N	P	L	E	A	S	A
A	E	R	O		V	O	L	E		T	E	N
L	A	I	R		E	P	E	E		E	R	O
T	R	E	K		R	E	A	P		S	E	N

Look. Go.

STOP: Perhaps we just need to try to slow down to recognize the things in our life for which we are grateful - to just suspend time and attend to the current moment. Pause to give yourself an opportunity to notice things that you might take for granted. Notice the pictures and knick knacks around your home and take a minute to focus on the memories that come with the precious items in your home. Put simply, just be in the moment.

LOOK: Be aware of your surroundings. Look at the people in your life. Look at the things in your life. Notice the good actions of others. Look at the parents taking a walk with their children. Keep your eyes open to things that are too often far too easy to look past. Appreciate the little things.

GO: This is the key piece - act on this appreciation and thankfulness. Thank people in your life that make a dif-

ference. Thank people that make a difference in other people's lives. Gratitude can be so much more impactful on those around us if we act on our appreciation.

Perhaps it's as simple as this three-word rule - Stop, Look and Go. A challenge to us all - think of those three words as Thanksgiving approaches. It might very well lead us to a new level of appreciation and gratitude which may make this November truly one of thanks and giving.

Happy Thanksgiving everybody!

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@thegratitudepark.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 @thegratitudepark or join our Facebook community called the "The Gratitude Spark".

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YOU ARE GOD'S MASTERPIECE



By Katie Nelson

about. Yeah, some places of your life look put together, but some places just feel broken.

I love that Ephesians 2:10 says we are God's Masterpiece - created anew in Christ Jesus. Yes, we are God's Masterpiece when we are born because He knit together so carefully an intricate and beautiful human. But, we are also God's Masterpiece because He knew before we were born that we would need to be created anew. Our heart would need to be reborn because sin and death and scars happen in life.

You are God's Masterpiece because He can make you whole and complete.

Journal it out: You are God's Masterpiece. Do you believe it? Why or why not?

This is an excerpt from Katie's inspirational journal called Pause Pray Dream. It's available now on Amazon for \$11.99. For more information about Katie's books and upcoming projects, connect with her on her website katiejournal.org or on Instagram @mustlove_romcoms.

It's easy to look at little ones and say they are a Masterpiece, but then we grow up and life happens. We make mistakes. We hurt others and ourselves. Others hurt us. We get some scars, some callouses, some fear, some insecurity, some real life — and then we definitely don't feel like Masterpieces.

I know I've been there - where you just feel like a bunch of pieces scattered



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BE STILL BE GRATEFUL



By Michelle Muff

What discoveries can be found by looking at the inner self? If you happen to be still long enough, what do you see? Some people work so hard because they don't like or want to see what is in the inner self. Psalm 46:5 states, "Be Still and know that I am God."

Jesus tells us to come to him all those who are weary and heavy laden. But do we? Or do we distract ourselves with various people, places, and things. In our modern world it is easy to distract ourselves so that we have little regard for the changes we need to make. Or we go to the other extreme and pursue self-improvement to the highest extent so that we create a divinity within ourselves. We seek not that which is above but

makes ourselves a mini god ready to control the world. In doing so we end up worshipping ourselves thinking we have the secret to make all things happen if only we believe.

Some people create a god out of nature, the dog, the best friend, their spouse, or partner. They worship the created universe rather than the creator God.

Saint Paul writes in Romans 7: 24-25, "O wretched man that I am! Who shall deliver me from the body of this death? Thanks be to God, who delivers me through Jesus Christ our Lord!" The key is not to distort the look inward, but to realize who made you in the first place. To lean into that which is hidden, the God above, seeking to find rest in your soul, only then can we truly set ourselves free from the corruption of this world. In and through Jesus Christ alone who died for us on the cross can we be free from the slavery of sin. Christ won for us this gift of abundant new life. Victory over death and sin. He alone sets us free to live a life of abundant grace. Through Him we can allow The Father, Son, and Holy Spirit to dwell in us! No longer do we need to be gloomy about ourselves, the world or our many problems. We can REJOICE ALWAYS in

the Lord for our salvation. You can be still and be grateful.

MEDITATION: Stop and take a deep breathe! Be still, breathe. Give to the Lord your problems, and your concerns. imagine you are in your favorite place. If you don't have a favorite place, you can borrow mine. Imagine yourself on an ocean beachfront. Take a few seconds to really lean into your sense of imagination. What does it look like? Can you see the sun glimmering on the water? Do you smell the fresh salty air? How does the sand feel in the palm of your hand or in the toes of your feet. Is the sun hot on your face?

Now that you are truly in your special scene imagine that you can meet Jesus here. He looks at you. He smiles at you. You run to Him. You embrace the living God. Your problems dissolve in a spiritual embrace and unbeknown to the world

you experience this love, and you want the world to know this. Jesus smiles at you. You share with Him your worries and you sit together on the beach in silence. You feel the presence of your Abba Father, Jesus, and the Holy Spirit. You are at peace.

Your problems did not magically disappear. You were still and found that He is God. I thank God through Jesus Christ. I wish you a very Happy Thanksgiving and time to "be still" and be grateful.

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 u Compassionate Counseling Services at www.compassionmn.com Schedule your free initial consultation by clicking the red schedule an appointment button.

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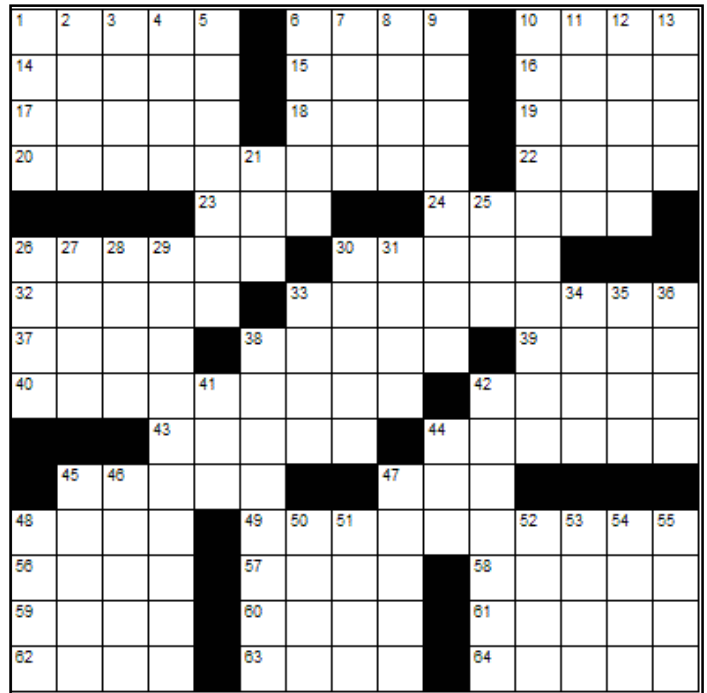
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23. Large cup for hot liquids
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26. Strong desire
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By Jim Miller

Dear Savvy Senior,
What are the most common scams today that target elderly seniors? My 75-year-old mother has been swindled several times over the past year, so I'm being extra cautious.

--Paranoid Patty

Dear Patty,

Great question! While many scams today are universal, there are certain types of fraud that specifically target older adults or affects them disproportionately. And unfortunately, these senior targeted

scams are on the rise.

According to the Federal Bureau of Investigation (FBI), in 2021 there were 92,371 older victims of fraud resulting in \$1.7 billion in losses. This was a 74 percent increase in losses compared to 2020.

Here are five of the most common senior scams that were reported last year, that both you and your mom should be aware of.

Government imposter scams: These are fraudulent telephone calls from people claiming to be from the Internal Revenue Service, Social Security Administration or Medicare. These scammers may falsely tell you that you have unpaid taxes and threaten arrest or deportation if you don't pay up immediately. Or they may say your Social Security or Medicare benefits are in danger of being cut off if you don't provide personal identifying information. They may even "spoof" your caller ID to make it look like the government is actually calling.

Sweepstakes and lottery scams: These scams may contact you by phone, mail or email. They tell you that you've won or have the potential to win a jackpot. But you need to pay a fee, or cover taxes and processing fees to receive your prize, perhaps by prepaid debit card, wire transfer, money order or cash. Scammers may even impersonate well-known sweepstakes organizations, like Publishers Clearing House, to fool you.

Robocalls and phone scam: Robocalls take advantage of sophisticated, automated phone technology to carry out a variety of scams on trusting older adults who answer the phone. Some robocalls may claim that a warranty is expiring on their car or electronic device, and payment is needed to renew it. These scammers may also "spoof" the number to make the call look authentic.

One common robocall is

the "Can you hear me?" call. When the older person says "yes," the scammer records their voice and hangs up. The criminal then has a voice signature to authorize unwanted charges on items like stolen credit cards.

Computer tech support scams: These scams prey on senior's lack of knowledge about computers and cybersecurity. A pop-up message or blank screen usually appears on a computer or phone, telling you that your device is compromised and needs fixing. When you call the support number for help, the scammer may either request remote access to your computer and/or that you pay a fee to have it repaired.

Grandparent scam: The grandparent scam has been around for several years now. A scammer will call and say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity.

The fake grandchild will then ask for money to solve some unexpected financial problem (legal trouble, overdue rent, car repairs, etc.), to be paid via gift cards or money transfers, which don't always require identification to collect.

Other Scams

Some other popular scams targeting older adults right now are romance scams through social media and online dating sites, COVID-19 scams, investment scams, Medicare and health insurance scams, and Internet and email fraud.

For more information on the different types senior scams to watch out for, along with tips to help your mom protect herself, visit the National Council on Aging website at NCOA.org, and type in "the top 5 financial scams targeting older adults" in the search bar.



November Resident Profile

Say Hello to Dave Henkensiefken

This month of November 2022 brings us to introduce another of our residents, Dave Henkensiefken.

Dave was born in August of '57 to Emerson & Viola Henkensiefken. He grew up in Waseca and graduated from High School in '75. After graduating, he worked for a farmer, sided houses, then took a job with Viracon in Owatonna. He stayed with them for 25 years and was a self-proclaimed workaholic. In his earlier years, he married and had a daughter. For fun, he bowled, hunted, trapped, played Bingo at the Legion, ushered for St. John's Lutheran Church, and hung out with friends and family.

Recently Dave had health issues that caused him to need some assistance with daily living. His sister chose Colony Court because it was near his family, which was important to him. "It took a while getting used to living here, but now I can find my way around. The workers are all really nice too."

We think you're really nice as well, Dave, and we're glad you chose us!



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