

# COMMUNITY

A LOOK AT BORDERLAND  
The Journal welcomes ideas for stories about people in our community.  
Call the Journal at 285-7411

## Glenn A. Earnest, 55

Glenn A. Earnest, 55, of San Jose, Calif., died Monday, June 17, 2013, in San Jose.  
Condolences may be left at [www.greenlarsen.com](http://www.greenlarsen.com).  
Arrangements are pending with Green-Larsen Mortuary Inc., International Falls.

### OBITUARIES

The Journal publishes paid obituaries in Wednesday and Saturday editions and on its Web site at [www.ifallsjournal.com](http://www.ifallsjournal.com).  
Obituaries must be submitted by 10 a.m. Tuesdays to be published in the Wednesday edition, and by 10 a.m. Thursdays to be in the Saturday edition.  
All obituaries must be prepaid before they are published.  
Obituaries can be faxed to the Journal at 285-7206; e-mailed to [tammiec@ifallsjournal.com](mailto:tammiec@ifallsjournal.com); or mailed to The Journal at 1602 Highway 71, International Falls, MN 56649.  
We encourage electronic delivery of obituaries and any accompanying photos.  
If desired, The Journal will e-mail or fax a proof of the obituary to the funeral home handling the service.  
For more information, call Tammie Calder at 285-7411.

## CAREGIVERS' CORNER

A question and answer column for family caregivers

**Q. My dad is on so many different medications. Right now he takes five prescriptions and four over-the-counter pills. I am not so concerned about the non-prescription meds because they are recommended. It is the prescribed pills that I worry about. Some of the pills he has to take with food, some without. He also takes them at different times during the day and evening. I'm afraid of making a mistake when trying to help him. A nurse used to come and set them up and I paid pretty close attention so I could do it. Recently he had some changes in his medications and he does**

**not want the nurse to come to his house anymore. He says it costs too much. What can I do to make sure he is taking them right? I'm willing to pay for a nurse to give me some instructions.**

A. You are not alone in being concerned and you are to be commended for taking on the challenges of medication management for your dad.  
If you have access to the internet, you may want to read the article "Home Alone: Family Caregivers Providing Complex Chronic Care." This article shows the results of an online survey done by the AARP Public Policy Institute and United Hospital Fund. Over sixteen hundred family caregivers responded, and almost half of those care-

givers indicated they found it hard to manage medications for the person they were caring for.  
It sounds like you would like a refresher course in helping to manage your dad's medications. With your dad's permission, having a conversation with the physician prescribing the medications can be a first step. It's also important to inquire about the over-the-counter medications. You may want to call the agency that set up the medications in the past and inquire about the availability of a nurse to help you. Some people have found it helpful to talk with the pharmacist.  
If your dad has an emergency response/alert button, you may want to talk with a representative from

the company about medication dispensers that are now on the market.  
Gently remind your dad that you are there to make sure he takes his medications correctly and are looking out for his well being. It's also important to take care of yourself so you can continue to take care of your dad. You will both benefit.  
**If you have any or need help you may contact the Koochiching Caregiver Consultant, Leslee Loop, at Koochiching Aging Options, 1000 Fifth St., International Falls, MN 56649; 218-283-7030 – 800-950-4630; KoochichingAgingOptions@gmail.com; or visit [www.KoochichingAgingOptions.org](http://www.KoochichingAgingOptions.org).**

## COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

<b>JULY 2</b> <i>Volunteer Group – First Lutheran Church</i> Pulled pork on buns Apple slaw with carrots Milk	Corn on the cob Fruit Milk	Chicken Caesar salad Garlic bread Milk
<b>JULY 4</b> <i>Closed</i>	<b>JULY 16</b> <i>Volunteer Group – Zion Lutheran Church</i> Lasagna Salad Garlic breadsticks Milk	<b>JULY 25</b> <i>Volunteer Group – Polly Hebig and Friends</i> BBQ ribs Corn on the cob Baked fries Milk
<b>JULY 9</b> <i>Volunteer Group – Salvation Army</i> Hot beef on buns Tater tots Watermelon Milk	<b>JULY 18</b> <i>Volunteer Group – Bethany Lutheran Church</i> Pizza Fruit Milk	<b>JULY 30</b> <i>Volunteer Group – St. Thomas Social Concerns</i> Baked pork chops (in sour cream mushroom sauce) Baked potatoes Fruit Milk
<b>JULY 11</b> <i>Volunteer Group – Polly Hebig and Friends</i> BBQ chicken	<b>JULY 23</b> <i>Volunteer Group – Evangelical Covenant Church</i>	

## ROTARY GUESTS



CONTRIBUTED PHOTOS



Rotarian Tony Palm was presented with the Paul Harris Award by International Falls Rotary Club President Jenell Feller.  
Jim Woehrle, executive director of KOOTASCA Community Action, and Amy Mortenson, support specialist for KOOTASCA Community Action, were the guests of Rotarian Kathy Hultman. Woehrle is from the Grand Rapids office and Mortenson's office is located in the Falls. They updated Rotarians on local services that are provided through KOOTASCA.  
Tim Anderson was named "Rotarian of the Year" by Feller.



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### Breakfast Specials

**Mon.-Sat. \$6.29 • Sunday \$7.29**

Mon.	Big Moose Skillet with hashbrowns
Tues.	Breakfast Sandwich with hashbrowns
Wed.	French Toast w/eggs & sausage or bacon
Thurs.	Blueberry Pancakes w/eggs & sausage or bacon
Fri.	Biscuits & Gravy w/eggs & hashbrowns
Sat.	Cinnamon Swirl French Toast with ham & eggs
Sun.	Blueberry Cream Cheese Crepes with eggs & ham

### Dinner Specials

Mon.	Half Chicken Dinner	\$10.99
Tues.	Full Rack of BBQ Ribs	\$15.99
Wed.	Pan Fried Walleye	\$13.99
Thurs.	Mozzarella Girsasole w/Marinara Sauce	\$10.99
Fri.	Fishermen's Catch	\$15.99
Sat.	Rib Eye Steak	\$16.99
Sun.	Breast of Chicken Saltimbocca	\$11.99

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