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During 1990, at the age of forty-nine, I had 2 strokes affecting my right side, including loss of my hand, an acute sensitivity to cold and hearing loss. Doctors ruled the underlying cause as Sneddon's Syndrome, which is slowly but progressively disabling.

Things became very challenging for me.

What a blessing to become aware of the Anoka County Community Action Program called CHORES & MORE. At that time, I began using volunteers to help with spring and fall leaf raking and eventually help providing lawn mowing and snow removal.

When it became medically necessary for me to take an early retirement at the age of sixty-two, I began using the CHORES & MORE PROGRAM for other things I was unable to do on my own including: tree trimming, gutter cleaning, small carpentry projects, installation of a new mailbox and other things as the needs arise, at a reduced, affordable rate. These services have allowed me to stay in my home where I have lived for the past forty-four years.

In addition to lawn and leaf raking, the program has provided me with volunteers who have helped: dig up lawn space to put in a vegetable garden, refinish a wooden picnic table, put up curtain rods and much more. With today's ever increasing costs, the program helps me to be able to continue to live safely in my home.

Other things I have utilized the Coon Rapids Senior Center for include: occasional noon lunches, numerous free or low cost seminars and presentations such as Social Security benefits, medical insurance and much more.

In conclusion, I am deeply grateful for the CHORES & MORE PROGRAM and the help it provides aging residents of Anoka County at a fair, affordable rate. Perhaps utilizing television and/or newspapers could make the elderly more aware of the program.

As our United States Senator, I strongly urge you to consider the CHORES & MORE PROGRAM when making funding decisions for the aging. We need your help and support.

Thank you for allowing me to testify before the Senate Special Committee on Aging regarding the Older Americans Act Reauthorization.