

# Amy Cady, beloved foster mother, dies

**By Dawn Sanders  
and Molly Blue**  
Herald Staff Writers

When Darrell Pladson was 3 years old, he was monkeying around on the swing set in his backyard, when he fell off and cut the bridge of his nose so badly it required stitches.

The scar is lasting, but hides behind Pladson's glasses. But the offending swing set was carted off, never to hurt another of Amy Cady's more than 75 foster children.

All of Cady's children and the adults she cared for also put on a few



**Cady**

extra pounds by tasting her famous caramel rolls. "They were definitely not low-cal," said foster daughter Janet Polucha.

For nearly 45 years, Amy Cady was a foster mother and care provider for children and adults. She always felt there were too many people who needed homes and someone to care for them. She made it her life to do just that.

Amy E. Cady, 83, died Friday, April 5, 1991, at her home in Grand Forks.

Debbie Meuwissen, a social worker who knew Cady since 1979, said Cady always had an "open-door policy," and made people feel at home when they stayed with her.

"She was really a giving person," Meuwissen said. "She gave a lot and didn't expect much in return."

Meuwissen remembers Cady as being an excellent cook who always sent food to people in need. She said if there wasn't a plate of cookies on the table when you sat down to visit with Cady, there would be one there before you got up to leave.

Cady grew up on a farm near Bartlett, N.D., where she attended school. She married Dewey Cady in 1939 in Lakota, N.D., and they lived in Grand Forks. While raising six children, they were licensed to provide foster care in their home in 1946. After her husband died, Cady worked as a ward clerk in the former St. Michael's Hospital. But in a July 12, 1989, Grand Forks Herald article, Cady said she felt her life was empty.

"I didn't feel like I was doing anything that I wanted to do," Cady said. So she got her license for adult care and began providing a home for developmentally disabled women.

Irene Dybwad, a supervisor of the county foster care department, said Cady always put other people first and accepted children in her home even when she was tired or busy.

"She was one of the most dignified ladies I have ever met," Dybwad said. She said Cady never put up a facade, but sincerely cared about people.

As reported in a Herald article, a caseworker wrote in Cady's files more than 30 years ago: "I believe that she is the most outstanding foster mother I have had the opportunity to work with."

Services for Amy Cady will be at 2 p.m. today in Grace Baptist Church, where she was a member.