

AUGUST 2021

CAREGIVER NEWSLETTER

Brought to you by Senior Community Services'
Senior Outreach & Caregiver Services Team



I don't know about you, but once August starts, I feel as though I'm rolling down the Summer hill. I have mixed feelings of children returning to school, each are another year older which indicates that time is marching on faster than I want. Summer also brings feelings of a time of freedom and vacations which is coming to a close. I do look forward to some cooler temperatures, beautiful colors, and my comfy sweatshirts and sweaters! With each change in life, looking for the silver lining is important to keep things in perspective. We would never be able to acknowledge the good without some struggle. A line I read from a poem called A Caregiver's Prayer has stuck with me, "Give knowledge to see the beauty in the shadows, for a shadow is only cast in the presence of light."

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The Mysteries of Medicare



What is Covered?

As I'm sure you already know, Medicare, like all health insurance programs, can be very complicated. Not knowing what preventive and health tests are available and covered could prevent some seniors from getting the tests they need.

This new resource helps inform seniors about which tests are covered by Medicare. Testing.com shares a comprehensive list of Medicare-covered health tests and screenings as well as how to qualify, the test's frequency, and any out-of-pocket costs. You can View it [HERE](#)

Medicare 101 Education Events

Medicare can be confusing. If you know little to nothing about Medicare and want an overview before digging deeper, this presentation is for you. During this presentation you will learn the basics of:

- Coverage gap
- Eligibility for extra help with prescription drug costs
- Medicare enrollment process
- Enrollment options and timeline
- Medicare.gov website
- Health Care Choices



Click on a date below to connect with the correct registration link to register or call the Senior LinkAge Line at 800-333-2433 for assistance. Certificates of attendance are available upon request. The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's Area Agencies on Aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

Upcoming Education Dates with links: [Aug 19th 1pm-3pm](#); [Aug 24th 5:30pm-7:30pm](#); [Sept 15th 5:30pm-7:30pm](#); [Sept 22nd 2:00pm-4:00pm](#).

Medicare Partners

Medicare Partners is a nonprofit program through Senior Community Services that enables low-income Minnesotans on Medicare the medical care they need by bridging the financial gap between their medical bills and their Medicare coverage. The only cost for members is an annual \$45 application fee. Medicare Partners offers assistance to anyone with Medicare Parts A & B but no other supplemental medical insurance or Medical Assistance.

Medicare Partners has teamed up with major metropolitan area hospitals and hundreds of clinics and providers statewide to make medical care both affordable and convenient. Medicare Partners' providers waive coinsurance, co-pays and deductibles for Medicare covered expenses, so that participants can get the medical care they need at no cost.



THE 200+ PARTICIPATING PARTNERS INCLUDE:

CRMC
CUYUNA REGIONAL
MEDICAL CENTER



Park Nicollet

HEALTH
FAIRVIEW



MINNESOTA ONCOLOGY

Hennepin
Healthcare



CentraCare



FAIRVIEW

NORTH
MEMORIAL HEALTH

To learn more or to apply for Medicare Partners visit our website seniorcommunity.org or contact us at 952-767-0665 or MedicarePartners@seniorcommunity.org

Assisted Living in Minnesota

Regulation changes effective August 1, 2021! Please check out [this link](#) to read important information from the Minnesota Elder Justice Center about what changes are taking place in senior housing. If you have specific questions about how these changes affect your facility, please contact them to find out more information.

You can also check out the [MN Department of Health website](#) for other info!



2021 will be Senior Community Services' 6th Annual Reimagine Aging Conference.

The purpose of the conference has always been to educate seniors in our community about technologies, both currently existing and are soon to be emerging, that can impact their lives. This year's focus will be **"Bridging the Digital Divide: Empowering Senior Independence Using Technology."** The conference will be available to attend in-person or virtually and will feature a keynote panel of industry experts to discuss the current and future technological advancements enabling us all to age well. The panel will be especially focused on addressing the possible barriers around the use of emerging tech, highlighting accessibility, affordability, training, and support. [Get your ticket today!](#)

Transportation Concerns? Hennepin County wants to hear from you!



Hennepin County wants to learn about your experience using public transportation services. By filling out the following survey, Hennepin County will better understand how to improve transportation for you and your community. Please check out this [survey link](#) to express your concerns and let them know your needs. The link will only be active for a few more weeks, so act now!



Energy Assistance Program (EAP)



Apply now for Energy Assistance Program to get up to \$1600 to cover your energy bills. The past year was tough for a lot of Minnesotans. That's why there are options for you to get your energy bills paid, whether you rent or own your home, whether you have past-due utility bills, or if you are getting big bills for electric or heat.

Apply for Minnesota's Energy Assistance Program. More Minnesotans than ever before are eligible for the program. The Minnesota Department of Commerce has received an additional \$167 million in federal funding through the American Rescue Plan Act to fund Minnesota's Energy Assistance Program. Request an application or find your local service provider: Call 800-657-3710 and press 1 OR search online for "Minnesota energy assistance" OR go online:

<https://mn.gov/commerce/eap.jsp>

- Homeowners and renters can qualify for energy assistance.
- Commerce has raised the income level for households to qualify, so more Minnesota households than ever before qualify for energy assistance. For example, a household with four people can have annual income of up to \$65,228 to qualify.
- You could receive up to \$1,600 for energy bills and may qualify for an additional \$1,200 to cover past-due bills.
- By applying for energy assistance, Minnesota households can qualify for Minnesota's Weatherization Assistance Program to pay for free home improvements to conserve energy and permanently reduce that home's energy costs.

Consumers with past-due utility bills: Contact your utility company to request to set up a plan for repayment. Regulated utility companies will not charge late fees or penalties for consumers who have entered into and are complying with a plan for repayment. For additional help, the PUC Consumer Affairs Office is available to answer questions and to provide consumer mediation services: Call 651-296-0406 or 1-800-657-3782, or email customer.puc@state.mn.us



Online Entertainment



Do you love jigsaw puzzles? [Check out this site!](#)

Looking for fun games to do online? There's an app for that! [Dynseo](#) is a company that put out an app for just that. Scarlett is your host on the iPad and Clint is your host on the smart phone or the iPad. Check out the website or look it up in the app store!

Don't forget the online fun programs on our site:

<https://mnseniorcenters.org/virtual-programs/>



Memory Café

Senior Community Services would like to invite you to attend one of our open house events to learn more about our Memory Café's! This is a fun opportunity for a caregiver and a loved one with memory loss to come and participate in a variety of activities. We will be hosting open houses in September so people can learn more and ask questions.

·Crow River Senior Center – September 29, 2021 1:30-3:30pm.

·Monticello Senior Center – September 24th, 2021 10:00am-12:00pm.

For questions, please contact Becky Allard at 612-804-0968



Find Your Inspiration

Senior Community Services appreciates all the people that are devoting time and energy to help others live their best life. “We are all in this together” or “It takes a village” brings new meaning when you look at those quotes with the experiences of a caregiver in mind. We need to remember to lift ourselves up! We don’t have all the answers, but we do the best we can, with what we are given. Take a few minutes to reflect on these quotes. If you’d like to look for more, you can always do a Google Images search of “Caregiver Inspirational Quotes.” There are many out there, and we all need a phrase that speaks to us!





“
**Sometimes
the bravest
and most
important
thing you can
do is just
show up.**”

— BRENE BROWN

www.caregivers.com

*Do what
you can,
with what
you have,
where you
are at*

—Theoden Roosevelt

www.kindlyspoken.com



A Caregiver's Prayer

*Lord provide strength,
to face each new day,
knowing You are always there.*

*Give patience,
when frustration rises.*

*Provide guidance on the journey,
knowing someday are mountains,
somedays are valleys
and some are quiet days beside still waters.*

*Grant wisdom,
to know how to handle daily cares.*

*Teach what is needed to provide comfort,
knowing heart and hand go together.*

*Strengthen hands and feet,
as we travel this road together.*

*Give knowledge to see the beauty in the shadows,
for a shadow is only cast in the presence of light.*

*You are the bright light and eternal hope,
that brings us through each dark night,
and leads us in each new day.*

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SENIOR
COMMUNITY
SERVICES

CAREGIVER SUPPORT GROUPS

– IN-PERSON SUPPORT GROUPS –

**Please Contact Facilitators Ahead
of Time as Plans May Change**

Monticello Caregiver Support Group

2nd Wednesday of each month, 1:30– 3:00 PM
Contact: Becky Allard 952-746-4028 or
b.allard@seniorcommunity.org

Plymouth Caregiver Support Group

3rd Wednesday of each month, 10:00–11:30 AM
Contact: Becky Allard 952-746-4028 or
b.allard@seniorcommunity.org

Minnetonka Caregiver Support Group

2nd Thursday, of each month, 10-11:30 AM
Contact: Adele Mehta 952-767-7888 or
a.mehta@seniorcommunity.org

Crow River Caregiver Support Group

3rd Thursday of each month, 1:30 – 3:00 PM
Contact: Becky Allard 952-746-4028 or
b.allard@seniorcommunity.org

Edina Caregiver Support Group

1st Thursday of each month, 1:00—2:30 PM
Contact: Krystal Wiebusch 952-767-7899 or
k.wiebusch@seniorcommunity.org

Eden Prairie Caregiver Support Group

3rd Thursday of each month, 4:30—6:00 PM
Contact: Lee Ann Eiden 952-934-3370 or
l.eiden@seniorcommunity.org

Chanhassen Caregiver Support Group

1st Thursday of each month, 1:30—3:30 PM
Contact: Lee Ann Eiden 952-934-3370 or
l.eiden@seniorcommunity.org

– VIRTUAL SUPPORT GROUPS –

2nd Thursday of each month, 4:30—6:00 PM
Contact: Bob Anderson at 952-888-7121
or b.anderson@seniorcommunity.org

– VIRTUAL SUPPORT GROUPS – Memory Loss Focus

4th Monday of each month, 1:30—3:30 PM
Contact: Sara Roberts at 952-767-7890
or s.roberts@seniorcommunity.org

- WRIGHT COUNTY MEMORY CAFÉ – General Focus

**Please Contact Facilitators Ahead
of Time as Plans May Change**

3rd Wednesday of each month, 1:30 - 2:30 PM
Contact: Becky Allard 952-746-4028 or
b.allard@seniorcommunity.org

For more information call us at 612-770-7005
Or visit our website www.seniorcommunity.org

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