

AUTUMN 2022

CAREGIVER NEWSLETTER

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



FALL IS HERE

You'll notice that summer has relinquished itself to fall and the magnificence of the new season is emerging all around us. The crisper mornings and cooler evenings, the gradual changing of the leaves and beautiful displays of color, the smell of outdoor bonfires, the laughing of children leaping into piles of raked leaves, the delicious aroma of pumpkin-spiced coffee or freshly made apple crisp. In spite of our busy lives, it is very important to make time to be present in the moment and take in the beauty around us. Set a goal(s) for yourself to call on old friends, enjoy your favorite fall foods and drink, get outside and watch the subtle changes of fall arriving, be present – each and every day.



"I hope I can be the autumn leaf, who looked at the sky and lived.
And when it was time to leave, gracefully it knew life was a gift."

- Dodinsky





Here's a list to get you thinking about home modifications that can help your loved one stay safe at home longer and age in place.

Bathroom

- Install grab bars or safety rails for support when getting in/out of tub/shower – never use towel racks or shower curtain rods instead of grab bars.
- Apply non-slip strips on bathtub and shower floors.
- Use bathmats and rugs with non-skid backings.
- Use an adjustable-height shower seat rather than standing, if necessary.
- Install an adjustable height or handheld showerhead.
- Turn down the water temperature on the hot water heater to 120 degrees to prevent scalding.
- Consider a raised toilet seat or grab bar to make getting up and down easier; make sure toilet paper is in easy reach.
- Avoid locking the bathroom door when bathing to allow quicker access to you in case of a fall.

Bedroom

- Widen or clear pathways through the bedroom – arrange furniture to create open space.
- Make sure all electrical cords have been cleared from paths.
- Place smoke detectors outside of bedrooms on each level of the home.
- Keep a phone with a cord within easy reach of the bed cordless phones aren't useable when the electricity goes out.
- Post a list of emergency numbers near the phone; include current medications, dates prescribed and the pharmacy phone number.
- Secure rug edges with double-sided tape or get rid of scatter rugs.
- Make sure you can switch on a lamp before leaving bed to illuminate the path to the bathroom.
- If you feel unstable at night or fear falling, carry a cordless phone with you as you move about.
- If a low bed makes it difficult to get up, consider using risers to elevate the bed.

Kitchen

- Don't wear loose sleeves when cooking.
- Use a timer when cooking or baking so you don't forget that something is cooking.
- Consider a long handled dustpan/broom combination to reduce bending.
- If you use a rug on the floor in front of the sink, use a rubber-backed mat.
- If you have difficulty reading stove and oven knobs, investigate large-sized controls through vision support organizations.
- Install cupboard door handles that are easy to grasp, such as D-type handles.
- Store frequently used items in easy-to-reach cabinets and on countertops.
- Increase kitchen lighting over task areas such as countertops, stove and sink.
- Have a seated workspace available.
- Create a safe place to rest hot food immediately as you remove it from the microwave.

Home Modification Checklist by Mary Becker-Omwig, MS, OTR/L
Source: Today's CAREGIVER, August 30, 2022

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Taking Care of You

Harvard psychologist Christopher Germer, in his book *The Mindful Path to Self-Compassion*, suggests that there are five ways to bring self-compassion into your life: via physical, mental, emotional, relational, and spiritual methods. He and other experts have proposed a variety of ways to foster self-compassion. Here are a few:

- Comfort your body. Eat something healthy. Lie down and rest your body. Massage your own neck, feet, or hands. Take a walk. Anything you can do to improve how you feel physically gives you a dose of self-compassion.
- Write a letter to yourself. Describe a situation that caused you to feel pain (a breakup with a lover, a job loss, a poorly received presentation). Write a letter to yourself describing the situation without blaming anyone. Acknowledge your feelings.
- Give yourself encouragement. If something bad or painful happens to you, think of what you would say to a good friend if the same thing happened to him or her. Direct these compassionate responses toward yourself.
- Practice mindfulness. This is the nonjudgmental observation of your own thoughts, feelings, and actions, without trying to suppress or deny them. When you look in the mirror and don't like what you see, accept the bad with the good with a compassionate attitude.

Research has also shown that engaging in pleasurable activities not only nurtures self-compassion, but improves a low mood or depression.

How you can train yourself to go to sleep quickly like they do in the military

Aaron Hilliard, former Army Engineer, explains the process: "I served in the military very early on in my life and we were taught a simple technique that I use to this very day. I can sleep anywhere and at any time of the day or night, regardless of noise or light. It involves no medication whatsoever but it does take practice.

"Lie down or sit back and close your eyes, now inhale as deeply as you can and count as you are inhaling the air; most people can get up to five seconds, I'm up to eight. Hold the air in your lungs while you count to five. Now exhale and count again as you are exhaling. The counting relaxes your mind and takes your thought process away from the stress at hand. The breathing slows down your heart rate, and calmness spreads throughout your body.

"When I started using this process daily, I didn't fall asleep until well after ten repetitions, but now? I'm out in three repetitions. It's really strange how it works because all of a sudden it's morning, and I can't remember how I fell asleep."





November is National Family Caregivers Month!

U OF M PROFESSOR TALKS ABOUT FAMILY CAREGIVERS



In 2020, there are an estimated 53 million caregivers in the U.S. Additionally, the number of Minnesotans turning 65 in this decade (about 285,000) will be greater than the past four decades combined.

November is National Family Caregivers Month and Joseph Gaugler, with the University of Minnesota School of Public Health, answers questions about what family caregivers are, what they do and common challenges they face.

Q: Who can be a family caregiver?

Prof. Gaugler: Caregivers of older persons are most often spouses/partners or adult daughters. According to a recent report, over 60% of caregivers are women. Close to 9 in 10 caregivers provide help to a relative, with half of caregivers providing help to a parent or parent-in-law.

Q: What do family caregivers do?

Prof. Gaugler: On average, caregivers spend nearly 24 hours per week providing assistance. Six in 10 caregivers provide help for at least one activity of daily living (e.g., getting in and out of bed or chairs, getting dressed, bathing/showering). Family caregivers also perform tasks that healthcare professionals do. Fifty-eight percent of caregivers indicate they assist with wound care, tube feeding, or similar medical/nursing tasks.

Q: What are common challenges family caregivers face?

Prof. Gaugler: Nearly 1 in 4 caregivers report that caregiving has made their health worse. Nearly 4 in 10 caregivers indicate that their caregiving situation is highly stressful, and 1 in 5 caregivers feel alone in addition to feeling a high financial strain due to care provision. Over 60% of caregivers also indicate that caregiving has influenced their employment due to reductions in hours, leaves of absence, going in late, and leaving early. It is important to note that not all of the feelings associated with caregiving are negative; half of caregivers report that providing help gives them a sense of purpose.

Q: What should a family caregiver do if they're feeling overwhelmed?

Prof. Gaugler: It is important for family caregivers to realize that they are not alone, and that there are a number of resources to help them navigate their caregiving journeys. The Family Caregiving Alliance has a number of important resources, including education, tip sheets, webinars and videos, online support groups, and the Family Care Navigator, which lists caregiving resources by state. For more local resources, caregivers can also contact their local Area Agency on Aging, which offers family caregiving support through a number of programs. The AARP also maintains a Caregiver Resource Center, which offers a wealth of information, guidance, and opportunities to connect with other caregivers and professionals. If a family caregiver needs a break, I would also recommend seeking out respite services in their local area; for example, the ARCH National Respite and Resource Network offers a respite locator and caregivers can also use the National Adult Day Services Association's search tool to find a nearby adult day program. Many national organizations also provide family caregiving education and resources that are specific to the care recipient's condition, such as the Alzheimer's Association and the National Institute on Aging for Alzheimer's disease and related dementias, and the American Cancer Society and National Cancer Institute for various types of cancer.

Joseph Gaugler is the Robert L. Kane Endowed Chair in Long-Term Care and Aging, professor and director of the Center for Healthy Aging and Innovation in the University of Minnesota School of Public Health. His research interests include the sources and effectiveness of long-term care for older adults with dementia and the effectiveness of community-based and psychosocial services for older adults with memory concerns and their caregiving families.



From The Office of Minnesota Attorney General Keith Ellison

Medicare and Social Security Scams

Minnesota senior citizens report being targeted by a new scam: fraudulent operators who pretend to be calling about Medicare, Social Security, or supplemental insurance, but whose actual purpose is to trick seniors into disclosing their private financial information. Disclosure of such information can lead to identity theft or unauthorized withdrawals from a person's bank account. Consider the following to help prevent this scam from happening to you, or someone you care about.

How the Scam Works

Medicare and Social Security beneficiaries across the country report receiving calls from scam operators (frequently with foreign accents), who claim to represent Medicare, Social Security, or an insurance company. These callers claim that new Medicare, Social Security, or supplemental insurance benefits cards are being issued or that the beneficiary's file must be updated. The scam artist asks the citizen to verify or provide their personal banking information, which is then used to commit theft.

The caller may be extremely aggressive, calling over and over, and at all times of the day, in an attempt to wear down the potential victim. These criminals will say anything to try to gain a person's trust. In some cases, the criminals may have already obtained some limited personal information about the citizen, such as his or her name, address, or even Social Security number, which the criminal then uses to try to make the call seem legitimate. In other cases, the callers may claim that they can improve the benefits. Do not believe these claims, and do not carry on a conversation with the caller. Instead, if you receive a call asking you to disclose your bank account or other financial information, hang up immediately. These are criminals, and by speaking with the callers, even to ask them to stop calling, they may be encouraged to continue calling your telephone number.

If you are a Medicare or Social Security beneficiary, the Center for Medicare and Medicaid Services and the Social Security Administration will not call you to ask you to disclose financial information in order to get a new card. If you receive such a call, you should report it to these two agencies as follows:

Centers for Medicare and Medicaid Services
7500 Security Boulevard
Baltimore, MD 21244
(800) 633-4227
www.cms.gov

Social Security Administration
Office of Public Inquiries
1100 West High Rise
6401 Security Boulevard
Baltimore, MD 21235
(800) 772-1213
www.ssa.gov

The operators of this scam are engaged in criminal activity. Citizens who receive such calls are also encouraged to report them to the FBI as follows:

Federal Bureau of Investigation
Minneapolis Office
1501 Freeway Boulevard
Brooklyn Center, MN 55430
(763) 569-8000
www.fbi.gov



SENIOR RESOURCES



AARP Virtual Community Center

·Free Virtual Events & Classes | AARP Virtual Community Center
<https://local.aarp.org/virtual-events>

An ad free Interactive Online Events & Classes, Designed For Learning, Self-Improvement and Fun. Choose From A Variety of Virtual Events, Register & Enjoy Them From Anywhere.

The Caregiver Support Program of the Office of Veterans Affairs helps those caring for veterans obtain information, support, and clinical services. <https://www.caregiver.va.gov>

Powerful Tools for Caregivers

This six-week class, hosted by JFCS, is designed to provide you with a wealth of self-care tools to help you take care of yourself while taking care of others. You will learn to reduce stress, improve your self-confidence, bring more balance to your life, better communicate your feelings, and increase your ability to make tough decisions.

The series runs October 4 – November 15 (no class 10/18), Tuesdays 10 – 11:30 a.m, at JFCS, 5905 Golden Valley Road. The class is free, but a \$25 charge for the course book. Register by 9/29 at www.jfcsmpls.org/events or by calling 952-542-4868.

JOIN US!



Welcome and thank you for joining us!

At Senior Community Services, our Vision is to engage the community to **#ReimagineAging** by empowering older adults and their caregivers to live life to the fullest potential.

Walter White, Independent Director
Allianz Life
and
Deb Taylor, CEO
Senior Community Services



Agenda

- 12:30 pm - 1:00 pm Check-in, visit vendors, network, and socialize
- 1:00 pm - 1:05 pm Welcome
- 1:05 pm - 1:10 pm Keynote Panel Introduction
- 1:10 pm - 2:00 pm Keynote Panel | Novice to Expert: Tech Tools for Seniors & Caregivers
- 2:00 pm - 2:15 pm Refreshment break, visit vendors, network, and socialize
- 2:15 pm - 3:00 pm Concurrent Breakout Sessions
- 3:00 pm - 3:15 pm Refreshment break, visit vendors, network, and socialize
- 3:15 pm - 4:00 pm Concurrent Breakout Sessions Repeated
- 4:00 pm Conference Ends*

Keynote Panel

Moderator:



Woody Love, Board Member, Senior Community Services

Panelists:



Dr. Arshia Khan, Professor, University of Minnesota – Duluth
Amy Perron, Assistive Program Director, STAR Program
Krystal Wiebusch, LSW, Senior Community Services

Breakout Sessions

Session #1: Online Safety, Frauds and Scams



Tony Ofstead, Director, CLEO, Minnesota Commerce Fraud Bureau



Joe Kaul, Tech & Program Coordinator, Senior Community Services

Session #2: Smart DriverTEK — Focus on Driver Safety Technology



John B. Severson, AARP SDTEK Instructor, AARP Driver Safety

Session #3: Technology in Healthcare



Dani Fitzpatrick, Vice President, Clinical Transformation, Optum



Vince Piersa, Vice President, Clinical Operations, Optum

PRESENTING SPONSOR



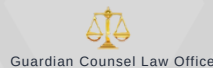
CONFERENCE SPONSORS



BREAKOUT SPONSORS



KEYNOTE PANEL SPONSOR



FOOD & BEVERAGE SPONSOR



*Social Worker CEU documentation will be available at the check-in table when the event ends at 4:00 pm

Thursday September 29, 2022

Metropolitan Ballroom

Register here at: seniorcommunity.org



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CARENextion.org

Brought to you by Senior Community Services

**AWARD
WINNING**



New Updates!

- Amazing New Features
- New App Available
- Support Directly from a Licensed Social Worker

CareNextion is a free and secure award-winning tool that helps care teams of families and friends with centralized communication, task scheduling & assignment, and journaling.

Components of CareNextion:

- **Manage Care Schedules** – Create tasks for caregivers and view a calendar of scheduled, completed and unassigned tasks.
- **Communicate in One Place** – Manage care communication in a secure journal where caregivers can see the full history of care.
- **Access Hundreds of Resources** – Specific to our Caregivers in the Twin Cities area, find valuable resources and tips from caregivers and professionals in your community.
- **Licensed Social Workers** – Add experts to your care team to always be in-the-know with best practices and resources.

Visit CareNextion.Org Today!

 CARENextion





SENIOR
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Technology Support

A service provided as part of the Senior Community Services' HOME program.

Today, technology is built into nearly everything we use on a daily basis.



The Good, the Bad....and the Unknown

Much of this technology is meant to simplify and more effectively manage daily life.

But different types of devices, each with their own options and settings, can be difficult to understand. It's also important to select the right security settings to protect your personal information.

Or, you might know a lot about your devices but are frustrated by one setting you haven't been able to figure out. You may also have a troubleshooting issue that you just haven't been able to correct.



Making Tech Work for You

We offer technology support as part of our HOME program. Our goals for this service include helping you to:

- Stay connected to your loved ones and your community
- Take advantage of your entertainment options
- Find and use helpful features
- Manage your online security and safety



NOTE: By using this service, you agree that Senior Community Services is **not liable** for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.



<https://seniorcommunity.org/services/tech-support-services/>

Last updated 07/2022

Services

- Device troubleshooting
- Texting
- Voicemail
- Email
- Video calls
- Smart TVs
- Streaming services
- And more



Contact us

Technology support is available by phone and in-person at designated locations.



In-home service

If an in-home visit is necessary, we'll send you a HOME program application. When it's returned, we'll schedule a home visit with a technician.

Our technicians are fully vetted, and have experience with common technology issues and setups for phones, tablets, laptops/computers, TVs, and more.

Referrals



If we're unable to solve the problem or it requires service that we don't provide, we'll do our best to suggest next steps to take.

Our service area continues to expand, but some services may not yet be available in your area.

CONTACT US!

If you live in **Hennepin** county:

Call 952-767-7893

Monday - Friday, 8:30 am - 4:30 pm

or email techsupport@seniorcommunity.org

If you live in **Sherburne or Wright** counties:

Call 763-416-7969

Monday - Friday, 8:30 am - 4:30 pm

or email tech@seniorcommunity.org



The following is a list of services we do NOT provide:

- Help with devices owned by a company
- Help with business related software or hardware
- Help with tax preparation, personal accounting, or other financial assistance
- Replace or add cable or ethernet wiring or connections inside walls or in areas difficult to access
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

<https://seniorcommunity.org/services/tech-support-services/>

Technology support is funded, in part, by Hennepin, Sherburne & Wright counties.



SENIOR
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SERVICES

Caregiver Support Groups

Additional services on other side

Caregiver support groups, facilitated by our licensed Social Workers, offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor. The goal is to help caregivers care for themselves through education and empowerment.

Bloomington - Lisa Engdahl, LSW
4th Thursday each month
1:00 PM - 2:30 PM

952-767-7890 or
l.engdahl@seniorcommunity.org

Chanhassen - Lee Ann Eiden, MSW
1st Thursday each month
1:30 PM - 3:30 PM

Eden Prairie - Lee Ann Eiden, MSW
3rd Thursday each month
4:30 PM - 6:00 PM

952-934-3370
or l.eiden@seniorcommunity.org

Edina - Krystal Wiebusch, LSW
1st Thursday each month
1:00 PM - 2:30 PM

952-767-7899 or
k.wiebusch@seniorcommunity.org

Elk River - Becky Allard, LSW
2nd Monday each month
1:30 PM - 3:00 PM

612-804-0968 or
b.allard@seniorcommunity.org

Minnetonka - Adele Mehta, LGSW
2nd Thursday each month
10:00 AM - 11:30 AM

952-767-7888 or
a.mehta@seniorcommunity.org

Monticello - Becky Allard, LSW
2nd Thursday each month
10:30 AM - 12:00 PM

612-804-0968 or
b.allard@seniorcommunity.org

Plymouth - Krystal Wiebusch, LSW
3rd Wednesday each month
10:00 AM - 11:30 AM

952-767-7899 or
k.wiebusch@seniorcommunity.org

Rogers - Becky Allard, LSW
1st Monday each month
10:30 AM - 12:00 PM

St. Michael - Becky Allard, LSW
3rd Thursday each month
1:30 PM - 3:00 PM

612-804-0968 or
b.allard@seniorcommunity.org

Contact the facilitator to register. No fee. Join any time.

Groups are open to caregivers who live in (or are caring for someone who lives in) Carver, Hennepin, Scott, or Wright county and caring for an older adult or someone with a cognitive diagnosis.

seniorcommunity.org/caregiversupportgroups

612-770-7005

This service is supported, in part, by Hennepin County, municipalities, and Title III grants from Trellis & CMCOA.

Last updated 09/2022



SENIOR
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Additional Caregiver Support Options

Caregiver support groups, facilitated by our licensed Social Workers, provide caregivers an opportunity to learn from one another by sharing experiences, challenges, coping strategies, and humor. The goal is to help caregivers care for themselves through education and empowerment.

VIRTUAL SUPPORT GROUPS

Bob Anderson, MSW

2nd Thursday each month

4:30 PM - 6:00 PM

952-888-7121 or

b.anderson@seniorcommunity.org

MEMORY CAFES

Prior Lake – Lisa Engdahl, LSW

Last Tuesday each month

3:30 PM – 5:00 PM

952-767-7890 or

l.engdahl@seniorcommunity.org

Sara Roberts, LSW

Memory Loss Focus

4th Monday each month

1:30 PM - 3:00 PM

612-868-6720 or

s.roberts@seniorcommunity.org

St. Michael – Becky Allard, LSW

3rd Wednesday each month

1:30 PM – 2:30 PM

612-804-0968 or

b.allard@seniorcommunity.org



CareNextion.org

Caregiving is a group effort. You don't need to do it alone. Create your care team today!

CareNextion is a free, secure online tool that provides care teams of families and friends with centralized communication, including task scheduling & assignment, journaling, and local resources.

seniorcommunity.org/caregiversupportgroups

612-770-7005