

DECEMBER 2021

CAREGIVER NEWSLETTER

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



A Holiday KISS...

As in Keep It Simple, Superstar! You deserve a wonderful holiday, just like all those you care for and care about! Let's get real – this time of year can't be totally stress-free (after all, there's also good stress, "eustress"), but how can the season be kept bright, not burdensome? Here are a few reminders that we've picked up from you wise caregivers as well as from our own personal caregiving journeys:

- Put holiday activities to a Marie-Kondo-type test. "Is this (gathering, tradition, event, etc.) helpful/enjoyable/good for me? For my loved one? For someone else?" Notice that you are first here. Since you're often missing from this calculation, it's time to put "you" back in the equation.

This issue:

Light Shows
PAGE 03

Tips for Online
Shopping
PAGE 04

Feeling Punny?
PAGE 07

Caregiver Support Groups
PAGE 11

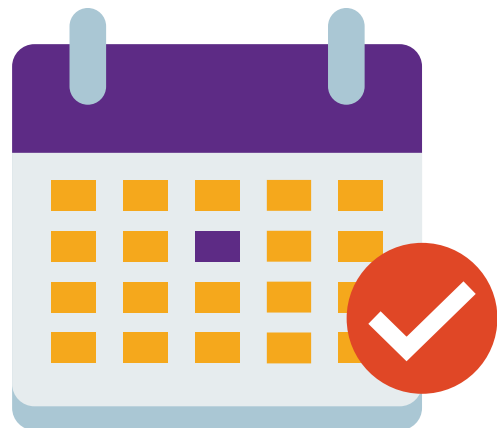


- Reduce your time and attention on traditions and activities that are no longer meaningful or enjoyable. Be sure to expand or add traditions, activities – and people! – that bring joy.
- Follow some of your normal routines, when possible. This can help in managing the unavoidable stress of the season.
- Say “no.” This is an important part of the vocabulary, but for many caregivers it’s a foreign word. If you have difficulty in pronouncing this word, keep practicing. Be brave - be bilingual!
- Accept help and, if no one volunteers first, ask for it. Like the previous reminder, another difficult, but vital life skill that’s literally a lifesaver for caregivers. For the sake of your health and sanity, caregiving should not be a do-it-by-yourself project. It takes a village here, too! (Hint: Make asking easy. Give yourself the free gift of www.CareNextion.org and ask friends and family to join your loved one’s team of caring people! They can access it by computer or app.)

Speaking of New Activities...

[Eventbrite](#) is an online weekly event guide (by app too) that finds events – many of them free – tailored to your interests.

Also, our Senior Community Services’ www.mnseniorcenters.org site offers free and easy access to Fun & Games, Virtual Tours, Relaxation & Self Care, Creativity & Crafts, Videos & Podcasts, and much, much more.



A Seasonal Favorite – Light Shows

In addition to paid tours, many homes put on a free show of holiday lights, such as the popular [Hayden's Holiday Lights](#), as drive-up or [YouTube events](#). Check local listings and Next Door for places to visit near you.

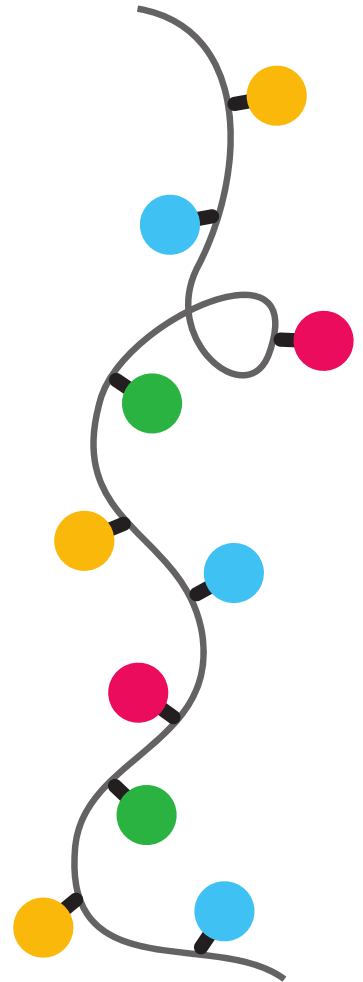
Join the University of Minnesota College of Science and Engineering (CSE) for three dazzling light shows designed by science and engineering students. The high-tech light show features more than 250,000 LED lights set to music written and recorded by University of Minnesota students.

The CSE Winter Light Show dates are

- Thursday, Dec. 9, 2021
- Friday, Dec. 10, 2021
- Saturday, Dec. 11, 2021

Shows are at 5:30, 6 and 6:30 p.m. on the Civil Engineering Building Courtyard, 500 Pillsbury Dr. S.E., Minneapolis. Each show will last about 20 minutes. All events are free and open to the public. No tickets or reservations required.

Join for a Premiere Party on Friday, Dec. 10, 2021, 5-6:30 p.m.



Be Safe



Safety concerns can add to stress. The MN Department of Health has some advice for [celebrating safely at holiday gatherings](#) and ordering [free at-home COVID-19 tests](#). You don't need to be symptomatic and can order one to keep on hand.

Tips for Safer Online Shopping



Online shopping can save the time and frustration of driving on busy highways and shopping in crowded stores, but these are some ways to make this activity safer.

- Do not pay with a debit card online. Paying with a credit card gives you more protection when it comes to fraud.
- Shop on websites you know and trust.
- Avoid making purchases on public Wi-Fi. The data you send on a public network can be intercepted.
- Ensure a website is secure by looking for the lock icon in the URL field, and making sure the URL starts with “https,” not just “http.” The “s” means the site is safer and more secure.
- Print and save all confirmations from your online purchases.
- Collect your delivered packages immediately. Have a neighbor pick them up for you, or utilize package lockers that are offered by many retailers to limit your chances of your packages being stolen.

- Bloomington Briefing newsletter

Helpful Resources from the Alzheimer's Association of Minnesota & North Dakota

Positive Strategies for Communicating with a Person with Dementia

1. Use short phrases when instructing
2. Break down instructions/cues into smaller elements
3. Use praise and reinforcement
4. Use verbal communication that conveys respect
5. Use appropriate touch and physical closeness
6. Maintain eye-to-eye contact
7. Show what to do by demonstration
8. Place hand-over-hand to guide person thru activity
9. Place items where person can notice them
10. Place items in the sequence they will be used
11. Use a bright color/sign to help person notice an item
12. Use pictures to help person remember what to do
13. Use pictures or labels to identify objects in rooms
14. Divert person's attention when upset
15. Set a calm and relaxing climate
16. Provide rest breaks or quiet time
17. Take deep breath before responding
18. Ignore person's mistakes
19. Relax the rules (lower expectations)

Here is a link to a few more activity and gift ideas: [46 Gift Ideas for Persons with Dementia for the Holidays](#)



What's for Dinner?

Before the pandemic most people knew about Meals on Wheels. Since the pandemic, many more have begun to use “home delivered meals” by ordering groceries or restaurant “takeout” for drive-by pickup or for home delivery. Meal kits are yet another option for those who enjoy some cooking, but who want to save time and trips to the grocery store while adding variety to their menus.

[These meal delivery services](#) have become more varied in menu selections (including organic and vegan offerings) and more flexible in frequency of use.

None of the meals are less expensive than traditional home-cooked meals, but are usually less pricey than similar restaurant meals and, according to Consumer Reports, more nutritious. And consumers can check out the nutritional breakdowns for amounts of saturated fat and sodium for each recipe before making their selections. In terms of cost, one factor favoring the kits is that their ingredients are right-sized for each meal, whereas home-cooked meals often require buying larger amounts than a recipe requires.



A year ago, volunteers for CR tried out five meal kits. Although Home Chef and Sun Basket came out with the highest ratings, those who tried Hello Fresh, Blue Apron, and Dinnerly also reported that they would continue to use the services they chose. Some of the participants subscribed to more than one meal service to increase the variety of meal choices. In general, the volunteers found the meal kits convenient, containing high quality ingredients, with recipes that were easy to follow, and that produced tasty meals.



Feeling Punny??

- What do you get when you cross a snowman with a vampire? Frostbite.
- What do you call a snowman who vacations in the tropics? A puddle.
- What did the gingerbread man put on his bed? A cookie sheet!
- What do you call cutting down a Christmas tree? Christmas chopping!
- What do you get when you cross a Christmas tree and an iPad? A pineapple.
- What's the difference between the Christmas alphabet and the ordinary alphabet?
The Christmas alphabet has Noel.
- How do you wash your hands over the holiday? With Santatizer.
- What goes "Oh Oh Oh"? Santa walking backwards.
- How much did Santa pay for his sleigh? Nothing. It was on the house.
- How can you tell that Santa is real? You can always sense his presents.
- Why is Santa afraid of getting stuck in a chimney? He has Claustrophobia.
- Why did only the letter "E" get a Christmas present? The other letters were not E.
- What do you call a kid who doesn't believe in Santa? A rebel without a Claus.
- How does Good King Wenceslas like his pizzas? One that's deep pan, crisp and even.
- How did Scrooge win the football game? The ghost of Christmas passed.





Our Wish for You

...is a wonderful, joyous, and relaxed Holiday! Added to all the holiday lights, we hope you also enjoy a light heart.

To quote e.e. cummings...
you shall above all things be glad and young
For if you're young, whatever life you wear

It will become you; and if you are glad
whatever's living will yourself become.



Have a question? Need a resource? Want a sounding board? Call any business day to talk with one of our team of experienced, knowledgeable, friendly (and did I mention fun?) Social Workers at 612-770-7005. We're here for you





SNOW REMOVAL WORKERS FOR SENIORS

DO YOU KNOW SOMEONE WHO WOULD LOVE THIS JOB?



Senior Community Services HOME Program needs snow removal workers to help Seniors in your Community



The HOME Program removes snow for seniors in Hennepin County. To remove snow with us, you would help the same people each time it snowed 2 or more inches for the entire winter season within 24 hours of the snow fall stopping.



- **Supply your own shovel and/or snow blower**
- **Reliable transportation**
- **Must be 16 years old or older**
- **Record dates of service**
- **Physically able to remove snow**
- **Commit to the entire snow removal season**
- **Speak and interact with senior clients respectfully**

**\$20 PER
HOUR**

Get Paid to Help! Contact Us Today!

 seasonalwork@seniorcommunity.org

 952-767-7893



SENIOR
COMMUNITY
SERVICES

CARENextion.org

Brought to you by Senior Community Services

2021
RELAUNCH



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
COMMUNITY
SERVICES

CAREGIVER SUPPORT GROUPS

WE LOOK FORWARD TO SEEING YOU AT ONE OR MORE OF OUR CAREGIVER GROUPS TO SHARE YOUR KNOWLEDGE, CHALLENGES, WISDOM, AND LAUGHTER.

– IN-PERSON SUPPORT GROUPS –

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

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

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

Minnetonka Caregiver Support Group

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

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

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

Bloomington Caregiver Support Group

3rd Thursday of December, 1:00—2:30 PM
Contact: Lisa Engdahl 952-767-7890 or
l.engdahl@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

– 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

– 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