

FEB 2021

CAREGIVER NEWSLETTER

Official Newsletter of Senior Community Services



After the new year turned to 2021, there was finally hope in our eyes with the potential of a vaccine to help us control Covid-19. January came and went quickly for many, and with it came some frustrations that things weren't moving fast enough. It is during this trying time, we need to remember to stay present in the moment and find enjoyment with what we have. February has so much to celebrate if we take time to recognize it! February is known for Valentine's Day of course, but a few other noteworthy celebrations this month include National Black History Month, National Heart Health Month, and National Self Check Month. Take this month to be kind to yourself and find internal awareness!

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Be Your Own Valentine

Taken from the February month of Susan Branch's
Heart of the Home 2021 Calendar

1. **Feed the Birds** 
2. *Take Long Walks* 
3. **EAT GOOD FOOD** 
4. *Breathe Fresh Air* 
5. *Wear Something Pretty* 
6. **Read Good Books** 
7. *Grow Flowers* 
8. **Redecorate** 
9. **Nap with Pets** 
10. *Soak in the Bathtub* 
11. **SING IN THE CAR** 
12. **See a Chick Flick** 
13. **SHOW LOVE** 
14. **Paint Your Toenails** 
15. *Write in a Diary* 

Because the smallest of little things can make you
feel like something is special about today.



American Heart Month



Blood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. Hypertension, also called high blood pressure, is blood pressure that is higher than normal.

Blood Pressure Category	Systolic Blood Pressure	Diastolic Blood Pressure
Normal	<120 mm Hg	<80 mm Hg
Elevated	120-129 mm Hg	<80 mm Hg
Hypertension		
Stage 1	130-139 mm Hg or	80-89 mm Hg
Stage 2	≥140 mm Hg or	≥90 mm Hg

Information gathered from the [CDC website](#) where you can go and find more information to stay healthy!

Raise Awareness of African American Caregivers

WHO: 47.7 years old on average and about half the time the recipient lives in the African American caregiver's home; more commonly than non-Hispanic whites.

DOING WHAT: More often are in a high intensity care situation compared to non-Hispanic white or Asian caregivers. They provide care in isolation (no unpaid or paid help) than non-Hispanic whites.

WORK/FINANCE: African American caregivers report experiencing a higher financial impact as a result of providing care—more than either non-Hispanic white or Asian caregivers—most commonly stopping saving, leaving bills unpaid or paying them late, or taking on more debt.



Information gathered from AARP Fact Sheet, May 2020, [The "Typical" African American Caregiver](#)



Self-Care

As a caregiver, you are constantly hearing “You need to take care of yourself!” Does the picture make you giggle a little because it is true? Use this month as a trigger to make those needed appointments for yourselves. You know yourself best and what your health concern focus should be. This organization founded [National Self Check Month](#). There are tools, blogs, and informational articles on several health concerns.

If you don't make TIME for your WELLNESS, you will be FORCED to take time for your ILLNESS!



It's Tax season!

Please call and check with your local community center or senior center. Some locations are offering AARP tax assistance by appointment. The process looks different this year, many sites are not meeting in person. You may have to gather your documents, drop them off to allow a tax volunteer to complete them. You would then come back to the location to sign them, in order for them to be submitted electronically. We encourage you to call your local centers! There is also [this website](#) you can use to access other possible locations for you!

Track refunds: Taxpayers can track the status of their refunds by using the [Where's My Refund?](#) system on the Department of Revenue's website. The system will alert filers whether any additional action is needed and will display the exact date any refunds are sent.

Property tax refunds: Renters and homeowners in Minnesota may be eligible for property tax refunds. The applications must be filed separately from income tax returns and refunds will not be distributed until after August 2021. Forms may be found [here](#).



Driving Retirement & Memory Loss Program

The University of Minnesota is testing a new program entitled CarFreeMe. This is a phone or web-based video conferencing program consisting of 8 educational sessions, spanning over a period of 3 months. It is intended for individuals with memory concerns, who are considering retiring from driving or have retired from driving, and a supportive family care member. In this program, individuals with memory concerns will learn about adjusting to driving retirement. The supportive family members will benefit from education on Dementia, local transportation resources, and strategies for transitioning to driving retirement. There will be financial compensation offered to participants throughout the length of the program.

Interested or have questions? Visit their [website](#)
or contact 612-626-9515 CARFREEME@UMN.EDU



Other tools to assess driving:

The Fitness to Drive Screening was developed by researchers at University of Florida for a caregiver or family member to fill out based on experience driving with the older adult.

SAFER Driving is a University of Michigan online workbook you can use to evaluate and screen driving abilities.

Adaptive Experts will come to you to do an assessment!

The driving assessment tools were provided by Catherine Sullivan at St. Catherine University OT Masters Project class on Dementia and Driving Needs Assessment.

Grocery Getter

SouthWest Transit is providing “Grocery Getter” service for \$2.00 rides (one way) on SW Prime to and from select stores in the SW Prime service area (Shakopee not included). You can use SW Prime Monday through Friday between 9:00am and 12 noon. You must book your ride over the phone at 952-797-7463. For more information on SW Prime & Grocery Getter, please visit [their website](#).





Free Education Opportunities

Aids for Daily Living



Interested in learning about common medical supplies and how they can make your everyday life easier?

Join us for a **virtual educational event** with Shelly Klein, from Handi-Medical Supply as she talks about incontinence products, ways to help keep you and your loved one safe at home, adaptive equipment to make eating easier, and much more!

Wednesday, March 10th from 1:30pm-3pm

Cost: FREE

Contact Lee Ann Eiden to register for the event
l.eiden@seniorcommunity.org or call her at (952) 934-3370



SENIOR
COMMUNITY
SERVICES



HANDI MEDICAL
SUPPLY

Virtual Dementia Friends Training

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

When: March 17th at 1:30pm or 7pm

Cost: Free!



Dementia
Friends
Minnesota

An ACT on Alzheimer's Initiative

If you are interested in registering for this 1-hour training please contact Becky Allard at 952-746-4028 or b.allard@seniorcommunity.org

Laughter is the Best Medicine



It is OK to laugh at situations you might find yourself in! You might find an emotional release in your laughter! Read these two examples for inspiration.

I came home yesterday from work and Mom came out to the kitchen to greet me. I said, "Mom, you have on my sweatpants!" We each have a pair of soft, comfy pea green sweats. Hers are a size 14 and mine are a few sizes bigger! She says, "I thought I had lost a lot of weight!" Then she pulls up her shirt to show me she had them pinned to her bra to keep them up! We had a good laugh!

I was kneeling beside Mom's bed last night when she was saying her bedtime prayer. This night she prayed, "Now I lay me down to sleep, I pray the LORD my soul to keep. If I should die before I wake, I pray he takes me like an earthquake." Instead of ...my soul to take. I said "what?" Mom laughed and said, "well, I couldn't remember the rest and...well, it rhymed!" ~ Amen!

Here are 3 short articles you can also read about being a caregiver at Valentine's Day:

[Finding the Sweetness](#)

[How to Spread Love](#)

[8 Tips for Caregivers](#)





CAREGIVER SUPPORT GROUPS

- VIRTUAL SUPPORT GROUPS -

**Contact the facilitator for the
Zoom meeting link!**

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

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

- VIRTUAL SUPPORT GROUPS - Memory Loss Focus

**You are invited to attend one or more
of the following groups – just contact the
facilitator for an invitation via Zoom.**

1st Tuesday of each month, 1:30—3:00 PM
Contact: Lee Ann Eiden 952-934-3370
l.eiden@seniorcommunity.org

3rd Tuesday of each month, 10:00—11:30 AM
Contact: Lee Ann Eiden 952-934-3370
l.eiden@seniorcommunity.org

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

- IN-PERSON SUPPORT GROUPS -

**Please Contact the Facilitator in Advance,
as Circumstances 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

- VIRTUAL MEMORY CAFÉ - General Focus

**You are invited to attend one or more
of the following groups – just contact the
facilitator for an invitation via Zoom.**

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