



SENIOR  
COMMUNITY  
SERVICES

## Celebrating 70 years of Mobilizing the Community to Reimagine Aging

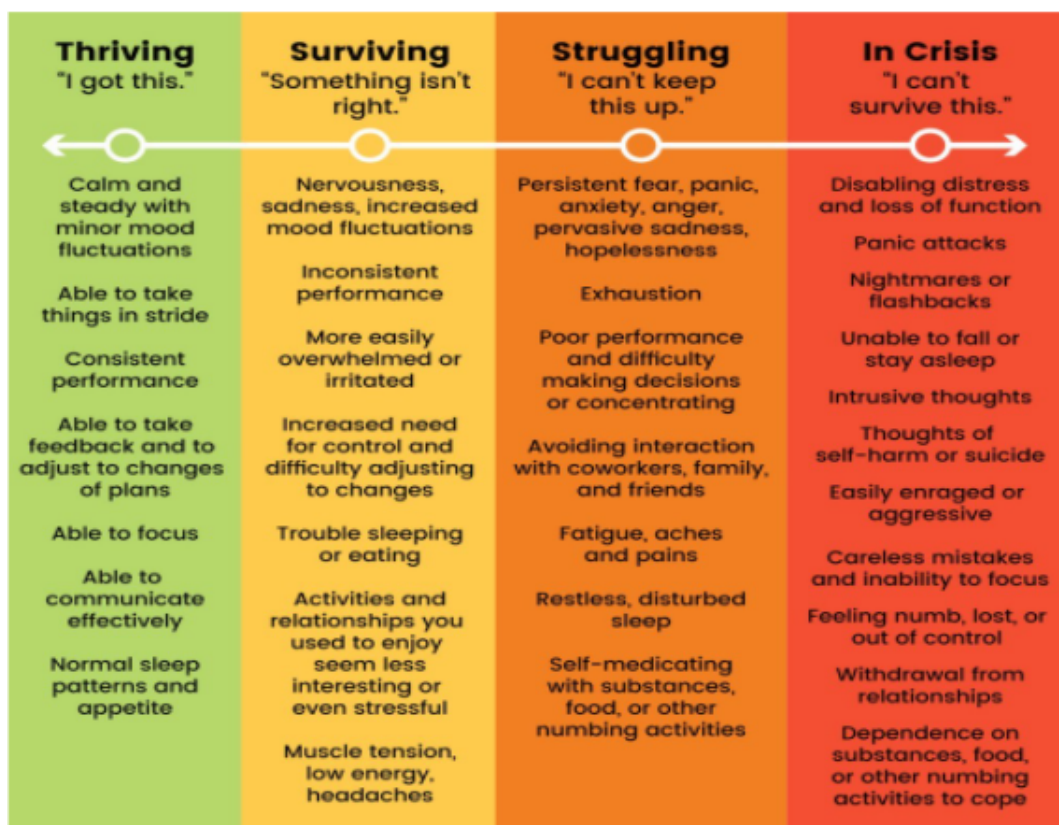
### Greetings & Happy New Year!

Happy New Year! We can finally say, “hindsight is 20/20” and mean it literally!!!

I have learned more about coping, strength, and adaptation in 2020 from my caregiving clients than ever before! I have seen clients, friends, and family suffer loss; of all types. Real loss of a person’s life, anticipated loss, ambiguous loss, secondary loss, loss of what is “normal.”

One person said, “the magic formula is: Resiliency. Optimism. Humor.” I can live by that.

If things get overwhelming, check this out. One of my caregiving clients got this from her church, and sent it to me. It’s called The Stress Continuum. It might help you determining how you’re handling stress, keeping in mind that people move back and forth across the continuum. You can seek help no matter where you are, but the kind you seek out may be different. Honestly, I’m usually at “Thriving.” Though many days its seems more like “a little better than Surviving.” Again, it’s okay to ask for help even if the chart says you are thriving.



# New Year's Resolutions for Caregivers



## As a caregiver, I need to:

- Ask for help.
- Know that my care receiver didn't choose this illness.
- Make time for myself.
- Remember not to feel guilty when I know I did my best under the circumstances.
- Eat healthy and exercise regularly.



FEDERAL TRADE COMMISSION  
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## Protect From Fraud

Recently the FTC launched [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov), a new website that makes it easy for people to report fraud, scams, and bad business practices. Because you're a trusted voice in your community, we're hoping you can help us spread the word – and help us stop scams. [ReportFraud.ftc.gov/partners](https://www.reportfraud.ftc.gov/partners) has tools you can use, including images (like the one below) and videos you can share on social media or add to your website. (The site is also available in Spanish at [ReporteFraude.ftc.gov](https://www.reportefraude.ftc.gov).) ReportFraud.ftc.gov replaces FTCcomplaintassistant.gov. If your website links to that site, you'll be redirected automatically, but please update it. Thank you for helping fight fraud! If you would like more information, contact Rosario Mendez at [rmendez@ftc.gov](mailto:rmendez@ftc.gov).

# Stay Healthy to Stay Happy



In these times it's more important than ever to be as fit as can be by staying as active as possible, eating right and keeping a positive attitude. It's always important to have a healthy diet, but did you know that there are actually specific foods that you can eat that will help to improve your mood? And with the continued cold weather, we could all use a lift. Take a look at our list and try out a few for yourself.

**Foods that can help you boost your mood while still eating healthy. Sign me up!  
The four foods to be sure to include in your weekly menus to keep your spirits up:**



**Fish** - Research shows that the omega-3 fatty acids found in salmon, mackerel, tuna, herring and other fatty fish-can help lower anxiety.

**Green Tea** - Green tea has a number of mood-boosting nutrients, including L-theanine, an amino acid that helps fight anxiety.



**Blueberries** - These berries have more antioxidants than any other common fruit or vegetable. Thanks to an antioxidant called flavonoids, blueberries help regulate mood, improve memory and protect the brain from aging.

**Spinach and Leafy Greens** - Dark leafy greens like spinach and Swiss chard are loaded with magnesium, a mineral that, among other things, helps reduce anxiety.

Looking for some inspiration? [Click here](#)



## Coming in February! Effective Communication

Presented by the Alzheimer's Association, MN/ND Chapter

Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families will learn strategies to improve communication ability with loved ones with Alzheimer's.

**Saturday, February 13**  
**10:30 AM - 12:00 PM Central Time**

Contact [www.alz.org](http://www.alz.org).



**MINNESOTA AND WISCONSIN**

The Center for Excellence in Supported Decision Making and Estate & Elder Law Services are partnering to provide virtual drop-in clinics on the 1st Wednesday of the month. Families with questions related to a person's decision-making ability, use of supported decision making, need for guardianship, or availability of alternatives are encouraged to drop in during clinic hours to meet with our social workers or attorney for educational information and to get their questions answered in real time: no appointments, no voice mail, no phone tag, just direct access to our social work and legal team members!

First Wednesday of every month, starting  
January 6, 2021 from 12-2 p.m.  
<https://www.voamnwi.org/cesdm>

# Coming in March!



Our very own, Krystal Wiebusch, LSW will be hosting a live discussion of Brene Brown's The Power of Vulnerability Ted Talk. 10am March 25, 2021 at the Edina Senior Center- 5280 Grandview Square, Edina.

Catch these newsletters for more information, or keep up to date at <https://www.edinamn.gov/159/Senior-Center>



## January Presentation

Southern Minnesota Regional Legal Services will once again be offering Know Your Rights: Health Care and Powers of Attorney for our January presentations. This month, our presentations will take place on Tuesday, January 26 at 10 am and Friday, January 29 at 2 pm. **NEW this month** - they will be livestreaming to their Facebook page.

Powers of attorney and health care directives are different tools for empowering another person to make decisions for you if you cannot. You will learn:

What is a Power of Attorney? What is a Health Care Directive?  
Do I need one? How do I get one? When should I update it?

A staff attorney from SMRLS' Legal Advocacy for Older People will host the presentation and ask questions submitted by the audience.

[REGISTER HERE](#)

# Websites to Check Out

## DEMENTIA DANCE

Prima ballerina Marta Gonzalez Valencia has Alzheimer's. But when she hears "Swan Lake" by Tchaikovsky the world becomes different (try not to cry when you see this one)

## STORYWORTH

For Christmas Katie got me StoryWorth. Every week she will pick a question about my past and I have to answer it. Pictures can be added also. At the end of the year they will print it and make a book. It should be an interesting experience!



**01** Once a week, we email them questions you've never thought to ask.



**02** They simply reply with a story, which is shared with you each week.



**03** At the end of a year, their stories are bound into a beautiful keepsake book.

## ZINNIA TV

Check out this website that provide gently-paced videos that promote identity and connection. Zinnia TV is designed to improve the quality of life for people living with dementia and their care partners

daily mix ▶

nature ▶

places ▶

interests ▶

nostalgia ▶

fun & games ▶

animals ▶

daily activities ▶

friendly messages ▶

## Taxes

AARP is attempting to provide tax preparation services in a safe environment at as many locations as possible. A listing of available AARP tax preparation locations will be available later [here](#).



### To Close, Have a Laugh....

What do you call elves who work at the North Pole?  
Subordinate Clauses.



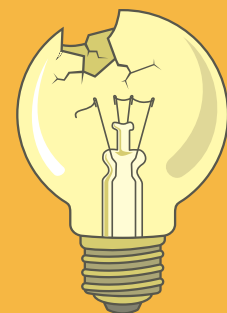
What hair color do bald men list on their driver's licenses?

If a pig loses its voice, is it disgruntled?

If lawyers are disbarred and clergymen defrocked,  
are...



Electricians delighted?  
Musicians denoted?  
Cowboys deranged?  
Models deposed?  
Tree surgeons debarked?  
Dry cleaners depressed?





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# CAREGIVER SUPPORT GROUPS

## - VIRTUAL CAREGIVER SUPPORT GROUPS - General Focus

**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

**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 CAREGIVER 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 CAREGIVER SUPPORT GROUPS - General Focus

**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

## - NEW! 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

For more information call us at 612-770-7005  
Or visit our website [www.seniorcommunity.org](http://www.seniorcommunity.org)