

JULY 2021

# CAREGIVER NEWSLETTER

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



• HELLO •

July

We are about halfway into summer, and it has been really an exciting one! So many activities we missed last summer are open and available mask-free! People are connecting with friends and relatives again.

But for some of us without a very large social circle, a re-occurring worry comes to mind: "Who will care for me when I can't care for myself as I age?"

On the next page we've included a list of tips to help you with your planning!

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1. If you survive your spouse or partner, who would the most responsible younger person in your life be? Who do you trust the most to carry out your future financial and health care wishes if you were impaired to do so? Who is a caring-type person in your life?
2. Tell them you would like to choose them to be your caregiver, spokesperson, advocate or whatever you would like to call the person in this role. Tell them honestly, why you would like them to take on this role. Allow them time to ask questions and decide if they can take on this responsibility.
3. Tell them about your long-term health goals and wishes. Review a health care directive together. Complete it even! You do not have to discuss finances now, but a general idea about resources and goals might be helpful.
4. Spend time with them, buy them gifts, lunch, or flowers from time to time, let them know you appreciate them. This role they have accepted has the potential to be very stressful.
5. Keep them involved in your life and with your changes to your goals. And as always, if you would like guidance on this topic, about health care directives, or any other topic related to long term life planning, feel free to ask your Senior Community Services' Social Worker.

## Outings to Consider

Arneson Acres in Edina, Arneson Acres, 4711 W 70th Street, is a unique park that is home to the Edina Historical Society, Edina Museum, and City of Edina greenhouse.

Norenberg Gardens is known for its tranquility and spectacular beauty. Situated along the shore of Crystal Bay on Lake Minnetonka, Noerenberg is widely regarded as one of the finest formal gardens in Minnesota. Among its blend of perennials, annuals, trees, shrubs and vines, the garden features ornamental shade trees and a stand of conifers and "Northern Lights" azaleas.

## CareNextion.org Update COMING SOON

We are going to continue to update you about [CareNextion.org](https://www.carenextion.org), our free online tool that helps caregivers coordinate care for a loved one, and search for local resources. SCS has been very fortunate to be able to redesign our website this year and build an app for your smartphone.



We are in the final stages of design and will be thrilled to launch it officially by this summer's end. The next stage is the testing phase, where all the glitches and bugs are worked out. We will let everyone know when the app is available to download to your smart phone, and the website is polished and new!

## Caring for a Person with Memory Loss Conference

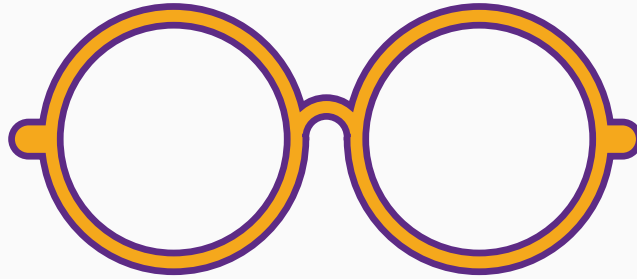
For those of you who could not make the Caring for a Person with Memory Loss conference, or would like to revisit the information presented: please visit the virtual library at <http://bit.ly/1xuQy6r>. There you will find the Power Point slides of each presentation, handouts, the recordings of the presentations, and other resources from the June 5th conference. Remember, the virtual library is organized by conference date as well as by topic, in case you wish to review material from past conferences. If you have trouble accessing the recordings, please let me know, but they should be downloadable to your computer to view and save to your drive, CD-ROM, or other file storage option!

The 2021 conference presentations are also available on Youtube! To view, please [CLICK HERE](#). And, if you wish to view the conference presentations from:

- 2016, [please click here](#).
- 2017, [please click here](#).
- 2018, [please click here](#).
- 2019, [please click here](#).



## MN's Aging Eyes Initiative



Did you know there are exciting changes at MN's Aging Eyes Initiative? Minnesotans with low vision can benefit from a variety of cool new options!

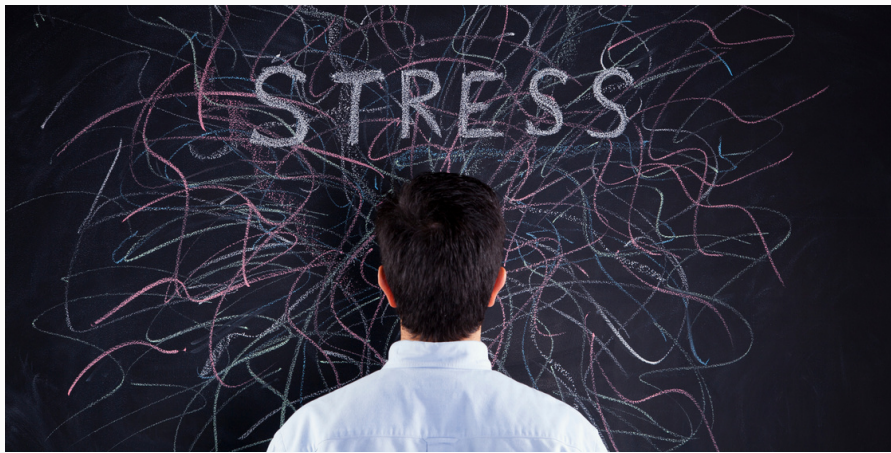
1. Radio Talking Book (RTB) station is now an App for listeners on the iOS and Android, the Internet, or a digital assistant like an Alexa smart speaker. These options allow listeners convenient ways to tune into RTB anywhere in World and whenever it fits their lifestyle. The State Services for the Blind invites you “to learn more or find answers to some frequently asked questions, check out [on the Radio Talking Book page of our website](#), call Radio Talking Book toll-free at 1-800-652-9000, or email us at [ssb.info@state.mn.us](mailto:ssb.info@state.mn.us).”
2. There is a new form for National Library for the Blind and Print disabled Library of Congress that is attached. You can email application to: [mn.btbl@state.mn.us](mailto:mn.btbl@state.mn.us)
3. Need a magnifier for reading books or tablets? Call for an appointment, and an Aging Eyes counselor will make a home visit and dispense the appropriate level of magnification at no cost! They also have 2021 calendars in large print, and other neat items for free!

Contact: Stacy L Shablott, CTRS, Aging Eyes Initiative Coordinator  
– (651) 539-2276 [Stacy.Shablott@state.mn.us](mailto:Stacy.Shablott@state.mn.us)



## Stress

Stress does not just affect your mood—it can have long-term health impacts as well if you do not take steps to manage it constructively. For individuals who face the stressful task of caring for a family member with Alzheimer’s disease, or other cognitive and mood changes, stress, left untreated, can be deadly.



Here are six steps caregivers can take to manage and reduce stress.

1. Be adaptable and positive. Your attitude influences stress levels for both you and the person you are caring for. If you can “go with the flow,” and avoid fighting the current, that will help you both stay relaxed—conversely, becoming aggravated or agitated will increase the chances that your person will as well. Focus on how to adjust to the situation in a constructive way.
2. Deal with what you can control. Some things are totally out of your control, such as the coronavirus pandemic. What is in your power to control is how you respond and react to these outside factors. Concentrating on finding solutions can help make the problem itself a little less stressful.
3. Set realistic goals and go slow. Everything cannot be resolved at once, nor does it need to be. Do not hold yourself to unrealistic expectations. Prioritize, set practical goals, do your best to achieve them, and take things one day at a time.



4. Mind your health. Inadequate rest, poor diet and lack of exercise can all exacerbate stress (and cause other health problems as well). As best you can, make it a priority to get sleep, eat right, drink plenty of water and find ways to be active. You cannot provide quality care to a loved one if you do not take care of yourself.

5. Clear and refresh your mind. Exercise, yoga, meditating, listening to music or even taking a few deep breaths can all help relax the mind and reduce stress. Find something that works for you and do it regularly!

6. Share your feelings. Disconnecting from your support structure and staying bottled-up increases stress. Whether it is with a loved one, trusted friend or a professional, do not be reluctant to talk about your stress, because that can actually help relieve it!

Source: Alzheimer's Foundation of America (AFA)

## Comedy Corner

Kids say the darndest things, often to the surprise and confusion of their parents.

Whether they are asking the tough questions about life or having a chat with their toys, sometimes the craziest things come out of the mouths of babes. [The Huffington Post](#) asked its readers to submit their children's funniest quotes, and the results were hilarious! Oh, to be a kid again!





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, 1:00—2:30 PM

Contact: Lee Ann Eiden 952-934-3370 or  
l.eiden@seniorcommunity.org

## – VIRTUAL SUPPORT GROUPS – Memory Loss Focus

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

1st Monday of each month, 1:30—3:30 PM

Contact: Lee Ann Eiden at 952-934-3370  
or Sara Roberts at  
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

This service is supported, in part, by Hennepin County, municipalities, Title III Grants from Trellis and CMCOA, a Dementia Grant from the Minnesota Board on Aging, and a Live Well at Home Grant from Minnesota Department of Human Services.

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

