

JUNE 2021

CAREGIVER NEWSLETTER

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



“What is so rare as a day in June...” – or any day that we don't need to wear a mask, can hug our family members, meet with our friends, dine out, and attend events? Maybe not so rare any longer! Centers and other community organizations are loosening restrictions. Also, the expansion of respite services, whether in-home or through adult day programs, provides many caregivers with more freedom to socialize. Opportunities for social activities seem to abound!

Still, even those who aren't experiencing re-entry anxiety may want to take a more gradual approach. Rev. Jeff Sartain describes coming out of relative isolation, likening it to different approaches in “how some of us might get into a swimming pool on a summer day. There are those who run to the deep end and make a big splash, but there are others who are more cautious.



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They might sit on the edge with their toes in the water for a while to test the temperature. With some encouragement they might wade into the shallow end, then slowly submerge themselves until they are swimming, splashing, and then diving in with enthusiasm.” Taking a deep dive can have surprising effects. One caregiver commented, “I had three ‘events’ in three days and afterwards I felt like a diver with a mild case of the bends – heady but somewhat disoriented.”

However we choose to re-engage with society, before leaving the past 15 months behind (in the dust?), it can be helpful to remember what’s been positive about this time-out – and even choose to take some of what’s good with us. Perhaps learning how to... relax, let go of what can’t be controlled, use new technology, respond to challenging circumstances, show care to others, etc.? Or, gaining... a new skill or hobby, enjoyment of simple pleasures, a slower pace, appreciation for relationships, gratitude for any number of things, etc.? Maybe it’s not even too great a stretch to be thankful for Cousin Conrad’s corny jokes at family gatherings!

Know Someone Who’s Handy or an Older Teen Who Needs a Summer Job?

Looking for a position where you can make a difference? We're currently in need of housekeepers, painters, and lawn mowers! Help us support seniors in your community and allow them to live where they want to--home.

For more information and to apply visit [our website](#). Or Contact us at 952-746-4046 or email home@seniorcommunity.org



SENIOR
COMMUNITY
SERVICES

We're Hiring!

HOME Program Positions



The graphic features the Senior Community Services logo at the top left. Below it, the text 'We're Hiring!' is written in a large, bold, orange font. Underneath that, 'HOME Program Positions' is written in a smaller, bold, purple font. At the bottom of the graphic, there is an illustration of seven stylized human figures in various colors (yellow, red, purple, orange, red, purple, yellow) holding hands, standing on a purple and orange geometric base.



CareNextion.org Wins Caregiver Friendly Award 2021



Senior Community Services' [CareNextion.org](https://www.carenextion.org) has been awarded a 2021 Caregiver Friendly Awards! CareNextion is a free and secure online tool that helps care teams of families and friends with centralized communication, task scheduling & assignment, and journaling. We are especially excited as we move forward this year with big updates to the tool. Keep an eye out in the coming weeks for our big announcements as we share a new and improved version of CareNextion, including an app!

The Care Team feature on the website is used by over 22,000 people in Minnesota & across the globe! Families & friends who use this online tool report many benefits:

- Shares the care of a loved one by efficiently coordinating tasks
- Relieves the primary caregiver of sole responsibility for care
- Informs others of a need without making individual requests
- Helps in timing visits and other social events
- Saves money by reducing the need for paid services
- Keeps long distance family and friends informed
- Reduces isolation of the loved one – and often, the caregiver
- Increases communication about the loved one's condition
- Strengthens family bonds by keeping everyone “in the loop”




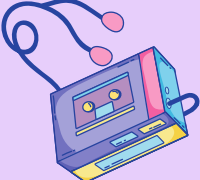
Support Senior Community Services

A SENIOR COMMUNITY SERVICES VIRTUAL FUNDRAISER:



JUNE 17
7PM

#TBT
Trivia Night
PRESENTED BY ALLIANZ

FREE!
PROMO CODE:
SCS71



IT'S #THROWBACKTHURSDAY TRIVIA NIGHT
FOR THE 90S, 80S, 70S, AND 60S.



Celebrating
71 Years

To learn more and to register for this event for your chance to win our grand prize, [CLICK HERE!](#)

In celebration of our 71st Anniversary, we're going retro! It's #ThrowbackThursday Trivia Night for the 90s, 80s, 70s, and 60s. Join us online for a live Zoom event with Trivia Mafia (the best in the biz!) Thursday, June 17th from 7-9pm.

While tickets are typically \$7 each, we invite our Caregivers to attend [FREE!](#)

Just use the promo code: **SCS71** to compete for the grand prize! Recruit your own team ahead of time, or work with assigned teammates to answer throwback trivia questions. Because the questions are about so many different topics, you never know what random fact you might know that could win the game!

Already have a team? All team members should register and then email your team name and members to d.taylor@seniorcommunity.org!



June is Alzheimer's and Brain Awareness Month

Perfect timing for this month is the Food and Drug Administration's approval of aducanumab for the treatment of Alzheimer's disease. Unlike the rapid development of vaccines for COVID-19, built as they have been on previous research, a drug to slow dementia has been many years in coming. While study of the drug's efficacy is ongoing, its focus is very encouraging. In its announcement, the Alzheimer's Association stated, "While certainly not a cure, this is the first ever FDA-approved treatment for the underlying biology of Alzheimer's, not just the symptoms. Slowing progression for those with Mild Cognitive Impairment (MCI) due to Alzheimer's disease or Alzheimer's dementia in its earliest stage offers the potential for more precious time for diagnosed individuals and their loved ones."



The Alzheimer's Research and Prevention Foundation

The Alzheimer's Research and Prevention Foundation ascribes to a holistic, integrative medical approach rather than to pharmaceutical interventions. One of our caregiver participants brought the organization's recommended meditation exercise, [Kirtan Kriya](#), to our attention. Follow along on [Youtube](#). According to the Foundation, the exercise results in "greater attention, concentration, focus, improved short term memory, and better mood."

[You can also see the Foundation's review of recent research.](#)



Dementia Friends Information Session

This month, join a one-hour Dementia Friends Information Session as part of our Friends in the Neighborhood initiative to commemorate Brain Health Month. In this one-hour session, you will increase your understanding of dementia and have an opportunity to think about the small things that you can do to make a difference for people affected by dementia in your community.

Senior Community Services is a recipient of a Dementia Grant from the Minnesota Board on Aging. We are excited to be offering this training in person at the Monticello Senior Center on June 24th at 1pm. Please contact the Monticello Senior Center at 763-295-2000 to register. If you have further questions feel free to contact Becky Allard, LSW at 612-804-0968 or Bob Anderson MSW, LISW at 612-730-6369. Can't attend at this site? Find other in-person and virtual sessions: [Register for a session today.](#)

DEMENTIA FRIENDS INFORMATION SESSION

**JUNE 24TH AT
1PM- 2PM**



To register for this in-person training session, please contact the Monticello Senior Center at **763-295-2000**



**Dementia
Friends
Minnesota**



**MONTICELLO
SENIOR CENTER**

Wandering

It is estimated that about six in ten people with dementia wander. [Today's Caregiver article](#) by Jennifer Bradley provides some helpful insights.



Ready to Kick Up Your Heels?

...But from the comfort of your own home? You and your care partner can participate in [Seniors Dance Joyfully Online](#), offered by the Tapestry Folkdance Center. Robin Nelson, with over 30 years' experience leading people of all ages in dance, "creates a joyful community" via Zoom every 1st and 3rd Friday from 9:30 – 10:30 a.m.

Like Music & Other Entertainment without the Dancing?

Here are a few favorites from some of our caregiver participants:

Bluegrass Saturday morning 7am -noon KBEM 88.5

KCHK - KCHK-FM - FM 95.5 - New Prague, MN polka and waltz music WCCO offerings.

or

[View Prairie Home Companion](#) episodes from 1985 – 2010

June is Pride Month

We honor all our LGBTQ Caregivers! While there won't be a parade this year, the two-day Pride Festival will be celebrated in July. TPT offers an opportunity to revisit [Out North: MNLGBTQ History](#).

"This Minnesota Experience documentary explores the untold past of Minnesota's lesbian, gay, bisexual, transgender and queer community, and celebrates the strides the state has made since the gay liberation movement began in the 1970s."





Just for Laughs

What do you call someone who doesn't believe it is June yet?

A May-Sayer

HAWAII!

Q: What was your favorite day in 2020?

A: June 31





June by John Updike

The sun is rich,
And gladly pays
In golden hours,
Silver days,

And long green weeks
That never end.
School's out. The time
Is ours to spend.

The playground calls,
The ice-cream man,
And, after supper,
Kick-the-can.

The live-long light
Is like a dream,
And freckles come
Like flies to cream.

—A Child's Calendar, First Edition (1965)





SENIOR
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CAREGIVER SUPPORT GROUPS

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

Thank You!

**- WRIGHT COUNTY MEMORY CAFÉ –
General Focus**

**Please contact the facilitator
for attendance details**

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

**- VIRTUAL SUPPORT GROUPS –
Memory Loss Focus**

**Please contact the facilitator
for the Zoom meeting link**

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 -

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

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

