

MARCH 2021

CAREGIVER NEWSLETTER

Official Newsletter of Senior Community Services



With the days getting longer and warmer and increasing numbers of individuals receiving their COVID-19 vaccinations, it generates hope for an early spring and eventually a return to a more normal life experience. Our ability and resolve to get through the past 12-months with the various restrictions on travel, limited face-to-face interactions with family and friends, and constant wearing of protective gear, will ultimately make us more resilient to handle future challenges when they are encountered.

As we continue to put 2020 further behind us and we move deeper into 2021, the same pillars that served as our foundation to manage the many challenges we faced in 2020, e.g., faith, hope, optimism, and humor will be called upon regularly as we return to normal to take care of ourselves and the people we love.

Wishing everyone a happy first day
(Saturday, March 20th) of spring!

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A Little St. Patrick's Day Humor...

"An Irishman goes to the doctor, who after examining him says "You have some problems with your heart, but if you take these tablets, I think it will be okay."



So the doctor gives the man the tablets and the patient asks, "Do I have to take them every day?"

"No," replies the doctor, "take one on the Monday, skip the Tuesday, take one on the Wednesday, skip the Thursday and go on like that."

Two weeks later the doctor is walking down the street, and he sees the patient's wife.

"Hello Mrs. Murphy," he says, "how is your husband?"

"Oh he died of a heart attack," says Mrs. Murphy.

"I'm very sorry to hear that," says the doctor, "I thought if he took those tablets he would be alright."

"Oh the tablets were fine," says Mrs. Murphy, "It was all the bloody skipping that killed him!"



Source: [Irish Jokes for St Patrick's Day | Activities for Seniors](#)

Virtual Tours of Ireland

With St. Patrick's Day approaching and everyone still staying safe and limiting their travel, what better way to travel to other destinations without ever leaving your home. There are no shortage of [free virtual tours of Ireland](#). Enjoy!!



Minnesota Department of Health's COVID-19 Update

The Minnesota Department of Health's (MDH) website provides up-to-date information on COVID-19 disease, testing, vaccinations, and ways in which to continue to cope.

New Minnesota COVID-19 Vaccine Connector

“The Minnesota COVID-19 Vaccine Connector, a tool that helps all Minnesotans find out when, where, and how to get their COVID-19 vaccine. The Vaccine Connector is the next step of the state's vaccination strategy to meet Minnesotans where they are and connect them to vaccine opportunities, no matter where they live or their personal circumstances. According to this morning's press conference, Minnesotans who have not yet been vaccinated are encouraged to sign up for the COVID-19 Vaccine Connector, regardless of their current vaccine eligibility status. There will be no cost and no restricted time period for signing up.

Minnesotans who want to sign up for the Vaccine Connector, click [here](#).



Minnesotans unable to sign up online can call 833-431-2053 for assistance signing up over the phone.

Translation is available by phone in all languages. Minnesotans can call the translation hotline at 833-431-2053 for assistance signing up over the phone.

Minnesotans will provide basic information to sign up for the Vaccine Connector such as contact information, demographic data, medical history, and employment to determine their eligibility based on state guidelines.”

Continue Avoiding Social Isolation During the Pandemic

As it has been approximately 1-year since the Coronavirus Pandemic began, it is still important to remember how to maintain as normal a life as possible and avoid social isolation. Even though we have experienced and learned a lot over the past 12-months, the attached AARP article helps provide guidance on reducing isolation and anxiety. [How to Avoid Social Isolation During Coronavirus Pandemic \(aarp.org\)](#)

Biden Admin Plan to Support Older Adults & Caregivers



The new Biden Administration has begun working on expanding access to a broad array of long-term services and supports in local settings, including closing the gaps in Medical Assistance reimbursement for home and community based services and establishing a state innovation fund for creative, cost effective direct care services. More details can be found at the following link: [Biden's plan for older Americans: What you should know, according to experts](#)

Activities/Games

There are a number of free sites to test your knowledge, memory, attention and have fun at the same time!

- [MN Senior Center Virtual Programs](#)
- [Free Brain Age Games: Stroop](#)
- [Free Brain Games for seniors - Bing video](#);



HOW CAN YOU TELL IF A LEPRECHAUN LIKES YOUR JOKE?

HE'S DUBLIN OVER WITH LAUGHTER!

WHY CAN'T YOU BORROW MONEY FROM A LEPRECHAUN?

BECAUSE THEY'RE ALWAYS A LITTLE SHORT.



18 Quick, Easy and Healthy Meals for Older Adults

If you're concerned the older adult in your life or those you care for aren't getting enough nutrition, there may be a number of reasons. Perhaps grocery shopping or cooking is too difficult, or meals just aren't as fun to eat alone. Regardless, eating healthy meals is incredibly important.

Tammera Karr, a board certified holistic nutritionist in Roseburg, Oregon, and Kristi Von Ruden, a registered and licensed dietician who plans meals for nursing home residents and geriatric outpatients at Northfield Hospital & Clinics in Northfield, Minnesota, came up with [18-easy, tasty and healthy meal ideas for older adults](#).

Before you get cooking, make sure you keep your doctor in the loop, and be sure to check with the medical team about food restrictions and recommendations before planning menus (more information by clicking the link above).

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](#).



4 TIPS To Avoid Being Scammed

TIP #1. Do NOT answer phone calls from people you do not know. *If you do not know the number, do not answer it. The caller will leave a message if they are trying to get ahold of you and you can call them back. (*The telephone was the method of contact for 70% of fraud reports.)*

TIP #2. Always initiate contact yourself before giving personal information, providing payment or a donation. *Don't believe the caller is who they say they are. Hang up and directly contact entity yourself. (* Imposter scams are the most commonly reported scam.)*

TIP #3. Never pay someone in the form of gift cards. Gift cards are for gifts, NOT for payments. *Anyone who tells you to pay with a gift card is a scammer. (Gift cards and reload cards are the #1 payment method for imposter scams. The percentage of consumers who told the FTC that they paid a scammer with a gift card increased 270% since 2015.)*

TIP #4. Consider putting a credit freeze on your credit report. *A credit freeze restricts access to your credit report, making it harder for identity thieves to open new accounts in your name. Credit freezes are free and do not affect your credit score. Contact the 3 credit bureaus to file your request. More information online at www.ftc.gov (search "Credit Freeze").*

(Source: [Bloomington Police](#))

*Data from the [Federal Trade Commission Data Book](#) (February 2019)

Guardianship Information Virtual Clinic

The Center for Excellence in Supported Decision Making and Estate & Elder Law Services have partnered to provide virtual drop-in clinics on the **1st Wednesday of each month from 12:00 p.m. to 2:00 p.m.** 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 VOA's 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 their social work and legal team members.

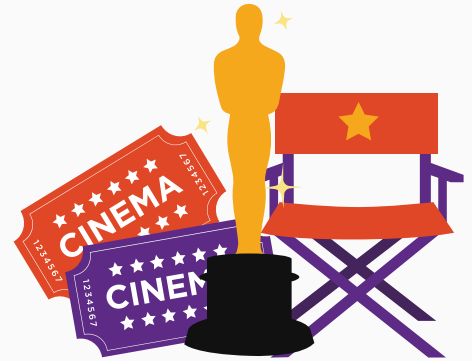
For more information please contact staff at:
cesdm@voamn.org, 952-945-4174.





The Academy Awards Ceremony

Originally scheduled for February 28, 2021, the 93rd Academy Awards ceremony has since been postponed to [April 25, 2021](#). In preparation, there is a [quiz for individuals to take to test their knowledge](#) of prior year cinema productions.



March 25th The Power of Vulnerability

Our very own, Krystal Wiebusch, LSW, will be hosting a live discussion of Brene Brown's The Power of Vulnerability Ted Talk. The program is scheduled for [10:00 a.m. on Thursday, March 25, 2021, at the Edina Senior Center, 5280 Grandview Square, Edina](#). For more information, please [click here](#).

Caring for People with Memory Loss



[Saturday, June 5, 2021](#) Join experts in a lively, informative discussion related to memory loss, caregiving tips, and what you can do to help. The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss. The Caring for People with Memory Loss Conference is free and open to the public. Contact hours/CEUs must be purchased separately. Registration is required.

The link to the conference can be found at: <https://www.sph.umn.edu>

More St. Patrick's Day Humor!

Two Paddies were working for the city public works department.

One would dig a hole and the other would follow behind him and fill the hole in. They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, "I'm impressed by the effort you two are putting into your work, but I don't get it - why do you dig a hole, only to have your partner follow behind and fill it up again?"

The hole digger wiped his brow and sighed, "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."





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

**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