

MAY 2021

CAREGIVER NEWSLETTER

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



Ahhh the sun is shining, birds are singing, flowers are blooming. The sweet smell of Spring is in the air. Did you know that we have more than 5 more hours of sunlight in May than we did in February? Daylight savings helps!

Remember when you used to find a shade tree on a beautiful summer day and read poetry or a good book? Revisit that time in nature. Take time this spring to enjoy all the natural beauty we are surrounded by. BE IN NATURE. Enjoy all of your senses when you are outside. Feel the warm sun and the cool breeze on your skin, smell the sweet fragrance of flowers blooming in the air, listen to the birds singing their songs, taste the fresh spring salads, and look at all of the beautiful shades of green!

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A Mothers Day Memory



A caregiver shared that one of her children always purchases flowers and a card for her on Mother’s Day and other special occasions on behalf of her husband. If he did not have memory loss, he would be buying her flowers. This allows her husband to participate in special occasions.

Another daughter caregiver shared that she reminisces with her mother about her grandmother, and it is a time to celebrate the mothers in their lives. They read Mother’s Day cards together and talk about memories. It’s a way to connect with her mother and learn about past generations which is often what her mother is thinking about.

[Article on Mother’s day for caregivers](#)

A SENIOR COMMUNITY SERVICES VIRTUAL FUNDRAISER:

JUNE 17
AT 7PM

#TBT
Trivia
Night
PRESENTED BY ALLIANZ

\$7






Think you have what it takes to win a game of **Retro Trivia**?

[Learn more and Register Here!](#)

Allianz 

 *Celebrating 71 Years*

What to Know When Planning a Trip

If you are planning a getaway this spring or summer, BBB recommends the following tips to minimize the risks.



- **Understand the risks and delay plans if possible.** The Centers for Disease Control and Prevention (CDC) points out that “COVID-19 cases, hospitalizations, and deaths are extremely high across the United States.” Since travel increases your risk of infection, CDC recommends delaying unnecessary travel plans to protect yourself and others from COVID-19. In addition, if anyone in your household or at your travel destination is at high risk of infection, everyone in the household should act as if they, themselves are at increased risk of infection.
- **Research travel restrictions.** Travel restrictions vary by state and country and are constantly changing. Visit the U.S. State Department’s "Know Before You Go" page and the CDC Travel Planner to get up-to-date information on COVID-19 related travel restrictions as you plan your trip and as your travel dates approach.
- **Take precautions before and after your trip.** During the 14 days leading up to your trip, avoid situations that could put you at risk for infection, such as attending large group events or using public transportation, recommends the CDC. Then, get tested with a viral test 1-3 days before you travel and keep a copy of your negative test results with you. After your trip, get tested again 3-5 days after arriving home and make plans to self-quarantine for 7 days after travel, regardless of your test results. The CDC also advises getting vaccinated, if eligible, and waiting until two weeks after your final vaccination dose to travel.
- **Pack a “pandemic bag.”** Condé Nast Traveler recommends stocking up on pandemic essentials before you head out. Pack a bag with COVID-19 prevention staples including “hand sanitizer, face masks, disinfecting wipes, health insurance cards, a thermometer, latex gloves (for one-time use in public spaces), and hand soap.” If you’ll be on the road for extended periods of time, it’s a good idea to bring drinks and snacks along too so as to avoid unnecessary stops in public places.



- **Make flexible travel plans.** Flexibility is key during the pandemic. Be willing to pay extra for fully refundable flights, car rentals, and accommodations. Your plans may change last-minute due to an unexpected lockdown or infection.
- **Understand what travel insurance covers.** [CNBC](#) reminds travelers that purchasing travel insurance is wise, but it may not cover every situation. Read the fine print or work with a travel agent to understand how your policy works. Most travel insurance will cover medical expenses if you get sick during your trip or the cost of your trip if you must cancel due to illness, but they may not cover the cost of your trip if you need to cancel because a state or city goes into lockdown unexpectedly.
- **Opt for a road trip instead of a flying.** Waiting in security lines and sitting on crowded flights will increase your risk of infection, says Nerd Wallet. If you, or anyone you'll be in contact with, is in a high-risk group, it's best to drive. Road travel carries risks too, but it's much easier to mitigate them from within a smaller space you control.
- **Book accommodations that make it easy to follow COVID-19 guidelines.** Business Insider recommends speaking with the hotel or host before you book a stay. Find out what precautions and sanitary measures they are taking in between guests. Inquire about shared facilities, such as gyms, pools, and restaurants. In many cases, such facilities could be shut down until further notice. Make sure you are comfortable with the precautions any hotel or vacation rental has ahead of time.
- **Wear a mask and social distance.** To protect yourself and your family, CDC advises travelers to wear a mask, avoid crowded areas and stay at least six feet away from others whenever you are in a public space.
- **Enjoy the great outdoors.** Hiking and camping at state and national parks are a great way to enjoy warmer weather since they don't involve sharing indoor spaces with others. If you want to stay a few days, book your campsite well in advance. Parks have become a popular pandemic vacation option and spaces are limited.

For More Information Get more advice by reading [BBB Tip: Adapting Travel Plans for Coronavirus](#) and [BBB Tips on COVID-19](#). Stay informed about travel restrictions and the spread of the virus by visiting [the Centers for Disease Control and Prevention's travel page](#) and [the U.S. Travel Association](#).



Becoming the Designated Grown-up

by Carol Nelson, RN, BSN, MBA



While being a caregiver has many rewards, it's not always easy. It becomes even more challenging when the care recipient is your mom or dad. Switching roles by becoming the parental figure to your own parents can feel strange and unfamiliar, especially when your mom or dad act in a way that puts them in danger, necessitating your intervention whether they like it or not.

Maybe your parent wants to continue driving a car, but you have noticed their skills are declining, possibly presenting a danger to themselves and others. Or maybe you have dropped by their place only to find the refrigerator door wide open, or a burner on the stove is still on high. These and other signs that your loved one needs support and more supervision can put you in the position of being the adult in the relationship. Many caregivers find themselves in this position, and these tips can help make the journey a little less stressful:

.Breathe. This may seem like a no-brainer, but the urge to react immediately to certain behaviors is instinctual, especially when it involves your parents. However, unless your parent is in actual danger or creating a dangerous situation for others, stop for a moment and take a few deep, long breaths. This gives you a chance to assess the situation with your loved one and think before you act, possibly de-escalating what could be a frustrating experience for everyone. Your parents, while they may have reduced cognitive abilities, deserve respect, so finding a way to be the decision-maker without making them feel powerless is the key to caregiving balance.



·**Expect the unexpected.** Being prepared for the unexpected experience of caring for an aging parent is easier said than done. Parents with dementia and/or other cognitive issues often believe they are perfectly fine and do not need any additional support. Some may even lash out or resist your efforts to help them. So, arguing over their abilities - or lack thereof - is an ineffective strategy when dealing with someone experiencing cognitive decline. Many caregivers use the technique of deflecting to reduce tensions during conflicts. For instance, if a loved one insists on ice cream and they are lactose-intolerant, rather than try to explain the problem, deflect them with a different treat that they like and is on their safe list.

·**Set boundaries.** Yes, as a caregiver you might be taking on the role of guardian when it comes to your mom or dad, but it does not mean you need to give up on your own happiness and fulfillment. Just as your parents didn't give in to every whim or desire you expressed growing up, you too must set limits with your parent(s). Caregivers can get sucked in to feeling they must devote every moment of their lives to make life easier for their loved one, but setting clear boundaries gives everyone a blueprint they can use as a reference.

·**Ask for help.** Most caregivers are reluctant to ask for help. But there is no reason to feel guilt when asking a family member or someone you trust to occasionally care for your parent to give you a break. Whether it's for a date night with your spouse, an evening with friends, or help in accompanying your parent to a doctor appointment ... you deserve some time off.

Most of all, resist the urge to try to do it all yourself. Caregivers who feel frustrated or isolated parenting their aging parents can explore various resources for more information and guidance on navigating caring for a parent. [National Institute on Aging](#) and AARP's website offer great tips and advice for caregivers caring for their mom or dad.

CARING FOR PEOPLE WITH MEMORY LOSS

Free Virtual Conference Event on June 5th, 8am to 4pm! 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 conference is free for those not seeking contact hours, but pre-registration is required. [Learn More Here!](#)

[Register Today](#)



Virtual Programs and Fun



Videos & Podcasts



Books & Puzzles



Creativity & Crafts



Fun & Games



Relaxation & Self Care



Virtual Tours

Did you know that Senior Community Services Senior Centers have many virtual programs available? Visit our Virtual Programs Section for unique experiences and a great addition to the in-person activities & presentations happening in all of our affiliated Senior Center Locations.

Visit our [Virtual Programs tab](#) today and be sure to check out the virtual calendar for upcoming events that may interest you!



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A couple fun links to check out!

[MN DNR Wildlife Cams](#)

[MN Day Trip Exploration](#)

Where are the Social Workers?

Senior Centers and Social Workers, who is affiliated with each site:

- Becky – Monticello, Crow River, Plymouth, Rogers
- Bob – Bloomington- Creekside, Richfield, Hopkins
- Sara – Minnetonka and Gillespie
- Krystal – Edina
- Lee Ann – Chanhassen and Eden Prairie

Articles on Anxiety and Reopening

Covid: How to deal with social anxiety as restrictions ease

"Turn the spotlight [in your mind] off you and onto others in social anxiety-provoking situations." She says you should also stop yourself from thinking back to previous social situations you've found uncomfortable and concentrate on what's in front of you.

The Relationship Between Social Anxiety and Life Following COVID-19

Lockdown measures created a wave of anxiety that was felt across the globe. However, for some, the return to "normal" life may be downright frightening. As restrictions continue to lift across most states, research shows that some are feeling anxious to reconnect.

5 Simple Tips to Help Manage Social Anxiety After Leaving Lockdown

Since your social calendar has been blank for the last few months, filling it back up can feel liberating — but it can also cause anxiety.

Volunteer Opportunity for Individuals and Groups!



Spring is in full swing for the HOME program! We have both group and individual volunteer opportunities helping older adults in your community outside with yard work and other projects. We also have a need for administrative help in our Minnetonka office. Please [visit our website](#) for more information or call us at 952-767-7894.

Poetry

Why I Wake Early

Hello, sun in my face.

Hello, you who make the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,
and into the windows of, even, the
miserable and crotchety-
best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light-
good morning, good morning, good morning.
Watch, now, how I start the day
in happiness, in kindness.

Mary Oliver 'Devotions: The Selected Poems of Mary Oliver' Penguin Press, 2017

A Walk After the Rain

Walking down a small town street
No other people did I meet
Cars on the road passing by
They must have thought: what a geek.
The pavement disappeared here and there
While my destiny seemed far away
Grasses were wet from yesterday's rain
The sky, cut by bald branches, had no light
Early spring was green and gray.

by Tughluk Tursun





Spring

The bird has come
to bring light to birth.
From every trill of his,
water is born.

And between water and light which unwind the air,
now the spring is inaugurated,
now the seed is aware of its own growing;
the root takes shape in the corolla,
at last the eyelids of the pollen open.

All this accomplished by a simple bird
from his perch on a green branch.

By Pablo Neruda

Celebrating Spring Today

Rejoice, my love, rejoice,
Its spring here, rejoice.
Bring out your lotions and toiletries,
And decorate your long hair.
Oh, you're still enjoying your sleep, wake-up.
Even your destiny has woken up,
Its spring here, rejoice.
You snobbish lady with arrogant looks,
The King Amir is here to see you;
Let your eyes meet his,
Oh my love, rejoice;
Its spring here again.

by Amir Khusro





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CAREGIVER SUPPORT GROUPS

– VIRTUAL SUPPORT GROUPS –

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

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

– 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 –

**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

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

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For more information call us at 612-770-7005
Or visit our website www.seniorcommunity.org

