

NOVEMBER 2021

# CAREGIVER NEWSLETTER

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



We have been through SO much the last few years! As Fall begins, take some time to slow down and reflect on what has been. It can be a time of gratitude and thankfulness. Feelings of grief and loss also can surface. Caregiving can be bittersweet, it can be so easy to see what has been lost with our loved ones since last year. What has been gained? What are you grateful for this year? Try to stay in acceptance of what is rather than how we would like it to be.

November is also National Family Caregiver Month! We are thankful for you and all you do for your loved one. Remember to take some time for you! Many of our services help you do that- focus on YOU and your health and wellness. Join a support group, talk to a professional about caregiving issues.



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SENIOR  
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**ENDING THE YEAR WITH**  
*Goodness* FEAT. PAUL BATZ  
a virtual event

December 8th 7-8PM

SENIOR COMMUNITY SERVICES

thrivent

Let's wrap up 2021 feeling motivated and positive as we set our sights on 2022! Join us virtually December 8th for a night filled with Goodness! Senior Community Services is partnering with Thrivent to bring you a fun-filled event you'll enjoy from the comfort of home! Our speaker, Paul Batz will be speaking about the importance of the Seven Fs: Family, Finances, Friends, Fun, Fitness, Faith and Future, and how to build upon those to grow both personally and professionally. This year, you're going to set real New Years Resolutions that will set you up for success! [Register Here!](#)

## National Family Caregiver Month

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock."



[Check out the latest helpful hints and community resources](#) because if you don't take care of yourself, you can't take care of anyone else. An excellent way to take care of yourself is to sign up for 1:1 support with a caregiver coach. [Use this link to read more](#) and sign up or call 612 770-7005.



## Reading: the Antidote to Loneliness

By William McDonald in Today's Caregiver

They don't ask for much – just a good story now and then. Sometimes, a lot of the time, they may not be able to ask, but you can see it in their eyes. Tired eyes that are saying “I can't make out the words anymore.” Proud eyes that hate to say, “I've had a stroke. I can't hold a book in my hands.” Quiet eyes that are asking, “Could you take a minute and read me a story?”

Usually a love story that might take them back to a time when they were young and in love as only the young can love.

Helen closes her eyes when I read, perhaps to keep me from reading something in them that is for her eyes only. But she cannot hide the smile that dances across her face. She can not hide the way her hands, folded over her chest, sway back and forth to a melody of memories only she can hear.

Rebecca asks me to change the names in every story to Rebecca and Franklin. She does not close her eyes when I read. She stares, beyond the room, beyond the walls, beyond the building – beyond time itself, into a world where a man named Franklin and a woman named Rebecca lived and loved and promised a forever to each other.

John likes me to read to him. Most men don't but John does. I think it's because every woman in every story is, in John's mind, a woman whose heart he once won. He doesn't say it but ... and lost.

I used to wonder if the seniors I read to considered me a time thief, stealing a little of what little they might have left. But no. I have learned that reading to someone is the antidote to loneliness. It is like giving and getting a hug when we need it most.

A good story is a good escape.  
A good safe place to hide.

From a step that isn't quite as strong as it once was, from eyes a little dimmer than just the other day, from a mind not quite as sharp.

A good story can turn today into yesterday, when loneliness was absent, love and respect ever present. A good story is, indeed, a good escape from, as Shakespeare wrote, "second childishness and mere oblivion, sans teeth, sans eyes, sans taste, sans everything."

My grandmother was considered forever lost to Alzheimer's. The last time I saw her, her eyes were closed. No, they were crushed shut. Her fists were clenched so tightly around her bible I could almost see the blood draining from her veins and she was tap, tap, tapping her feet, faster and faster until the tapping became an angry stomping. She was digging into her mind, trying to remember someone, something, anyone, anything, but the deeper she dug the further down she fell into the abyss that was once a well of golden memories. Every memory that had been tucked away for safekeeping, every moment of love and hope, every dream, every victory, every loss, every moment worth saving – no longer accessible.

I removed the Bible from her grip then sat on the floor and started reading. Before long her hands relaxed, she stopped stomping her feet and the only sound in the room was the sound of my voice. I read to her for about an hour. Finally, sadly, I kissed her goodbye. My hand was on the doorknob when she called to me.

"Billy? Is that you?"

I turned. Saw the recognition in her eyes.

"We had some times, didn't we, Billy?"

That was all. As quickly as it had come, the light went from her eyes and she was gone again.

Don't be afraid to read to someone considered forever lost to Alzheimer's. You might just find yourself in the middle of a miracle.

Gwenna is 93. In our world.

In hers, she is somewhere between seven and eight and what person between seven and eight-years-old doesn't like a bedtime story? Gwenna prefers stories about angels. One night, long after the bedtime story had lulled her to sleep, Gwenna woke, saw me sitting at her bedside, book of stories still on my lap and asked, "Are you my guardian angel?"

"Yes, darlin', I am."

"And you have a book."

"And I have a book."

"I like that."

Carry a book of stories with you. Read to someone who can no longer read for himself or herself. A good story will lift your old friends from a life as empty as a weed-ridden patch of dirt into the Garden of Eden.

## Interview Opportunity!

Researchers at the University of Minnesota who are looking for diverse family caregivers to participate in an interview that will be conducted over Zoom. The researchers are interviewing caregivers about their experiences searching for long term care options for a person with dementia, and concerns related to paying for long term care. The researchers are particularly interested in where people get information on paying for care and how to make this information more accessible and personally relevant to caregivers. The researchers will ultimately develop an interactive website that will provide personalized recommendations for caregivers about paying for care. Eligible participants who complete the interview will be provided with a \$100 gift card.

.If you are interested in participating in the 90-minute Zoom interview, here is a [link to the recruitment questionnaire!](#) If you are eligible, a researcher may reach out to schedule the interview at your convenience.

.If you have questions about the study, please contact Dr. Marti DeLiema. Her email is [mdeliema@umn.edu](mailto:mdeliema@umn.edu) and her phone number is 612-625-7898.



## Hennepin County Resources

- [A Library reading list for caregivers: Caregiver education, positivity, and self-care](#)
- [Books for people living with dementia](#)
- [Here's services for homebound patrons](#)
- [Dial a story for Adults](#)



## Carver County Library Resources



- Audiobooks on CD, large print books, eaudiobooks, emagazines ([available in our catalog](#))
- Memory Maker kits: for you your loved one to: [Here's video from a KARE 11 about the kits](#)
- [List of kits](#)
- Senior nook” area at Chanhassen with materials from Chan Senior Center



# SNOW REMOVAL WORKERS FOR SENIORS

**DO YOU KNOW SOMEONE WHO WOULD LOVE THIS JOB?**



Senior Community Services HOME Program needs snow removal workers to help Seniors in your Community



The HOME Program removes snow for seniors in Hennepin County. To remove snow with us, you would help the same people each time it snowed 2 or more inches for the entire winter season within 24 hours of the snow fall stopping.



- **Supply your own shovel and/or snow blower**
- **Reliable transportation**
- **Must be 16 years old or older**
- **Record dates of service**
- **Physically able to remove snow**
- **Commit to the entire snow removal season**
- **Speak and interact with senior clients respectfully**

**\$20 PER  
HOUR**

**Get Paid to Help! Contact Us Today!**

 [seasonalwork@seniorcommunity.org](mailto:seasonalwork@seniorcommunity.org)

 952-767-7893









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# CARENextion.org

Brought to you by Senior Community Services

2021  
RELAUNCH



## New Updates!

- Amazing New Features
- New App Available
- Support Directly from a Licensed Social Worker

CareNextion is a free and secure award-winning tool that helps care teams of families and friends with centralized communication, task scheduling & assignment, and journaling.

## Components of CareNextion:

- **Manage Care Schedules** – Create tasks for caregivers and view a calendar of scheduled, completed and unassigned tasks.
- **Communicate in One Place** – Manage care communication in a secure journal where caregivers can see the full history of care.
- **Access Hundreds of Resources** – Specific to our Caregivers in the Twin Cities area, find valuable resources and tips from caregivers and professionals in your community.
- **Licensed Social Workers** – Add experts to your care team to always be in-the-know with best practices and resources.

**Visit CareNextion.Org Today!**

 CARENextion





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# CAREGIVER SUPPORT GROUPS

## – IN-PERSON SUPPORT GROUPS –

### 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

### Chanhassen Caregiver Support Group

1st Thursday of each month, 1:30—3:30 PM  
Contact: Lee Ann Eiden 952-934-3370 or  
l.eiden@seniorcommunity.org

### 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

### Minnetonka Caregiver Support Group

2nd Thursday, of each month, 10-11:30 AM  
Contact: Adele Mehta 952-767-7888 or  
a.mehta@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

### 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

### 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

### Bloomington Caregiver Support Group

4th Thursday of each month, 1:00—2:30 PM  
Contact: Lisa Engdahl 952-767-7890 or  
l.engdahl@seniorcommunity.org

## – VIRTUAL SUPPORT GROUPS – Memory Loss Focus

4th Monday of each month, 1:30—3:30 PM  
Contact: Sara Roberts at 952-767-7890  
or s.roberts@seniorcommunity.org

## – VIRTUAL SUPPORT GROUPS –

2nd Thursday of each month, 4:30—6:00 PM  
Contact: Bob Anderson at 952-888-7121  
or b.anderson@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

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