

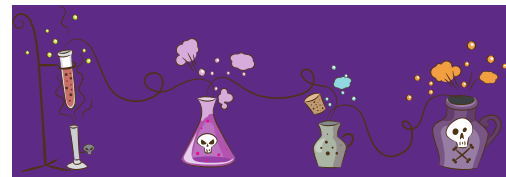
OCTOBER 2021

CAREGIVER NEWSLETTER

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



With summer fun behind us, fall is often a time to settle down and “get back to business.” Cabins are closed, vacations are over, outdoor events behind us. Now we can take stock in where we are, what we need to do, and how we need to do it. As with New Year’s Resolutions, these far-reaching plans and goals often get left in the dust, leaving us feeling like we’ve already failed just in time for the busy holiday season. Before entwining ourselves in this impossible endeavor, let’s look at how we make more realistic goals. Instead of “I’m going to get all of my financial affairs in order”, let’s try breaking it down to “I’m going to make or update my will.” Or “I’m going to consult an elder law attorney.” Or “I’m going to ask for help in looking for low-income resources.” Instead of “I’m going



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to sell the house and find a new place to live,” try “I’m going to consult a realtor about how I need to prepare my house to put on the market.” Or “I’m going to start downsizing in preparation of selling my house.” More realistic goals can give us a sense of success and slowly but surely, we will find that we are making progress toward our final goal. It’s also a good idea to set a timeline for your goals, so it’s not so easy to put them off. Lastly, tell someone about your goals! You will be more motivated to get on a task if you have announced your plan to someone. And don’t forget to enjoy the beauty of the season while you are inching toward your goals. A drive to view the changing leaves, a trip to the orchard with the grandchildren, or a walk through the arboretum can give you a well needed pause from daily tasks and revitalize the mind and body!

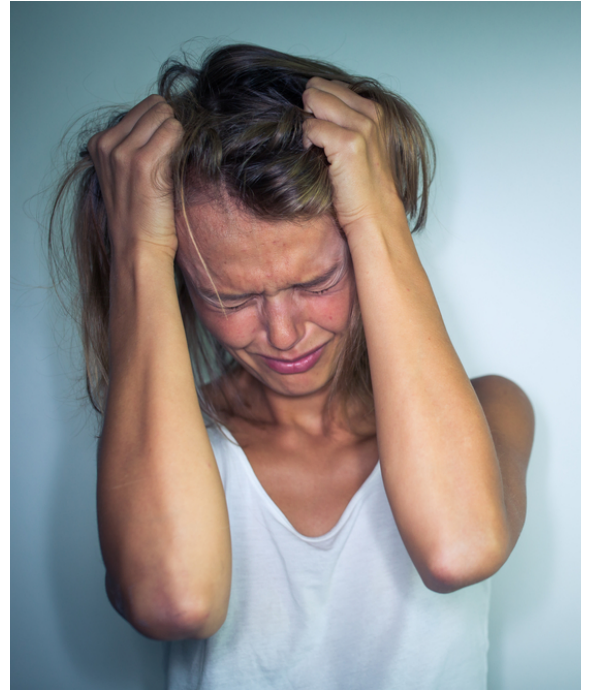
Primary Care



A good relationship with your primary care doctor as well as your care receiver’s primary care doctor is critical for caregiver’s. If you cannot give your primary care doctor at least an eight out of ten in performance and communication, it’s time to take action. You may either bring your concerns to your doctor’s attention, or switch doctors. Make sure your doctor has time to address your concerns and follows through with you. Check out the [11 Things Seniors Should Look for in a Health Provider.](#)

Caregiver Anger

Anger is a normal emotion that we all experience throughout our lives. I often hear caregivers say they feel very badly for becoming angry with their care receiver. But we become angry with most everyone we're close to at some time or another, as well as total strangers! So why do caregivers feel so bad? Partly because they put too much pressure on themselves to handle everything "perfectly" and of course that is not going to work. They also realize the care receiver is ill and feel that it's not right to become angry with someone who is ill. However, we feel how we feel, and caregivers are often tired and stressed and more vulnerable to emotions such as anger and sadness. [This article](#) gives some tips on managing anger as a caregiver.



Family Caregiving



A 2019 article in the Association of Health Care Journalists states that about 41 million unpaid family caregivers provided an estimated 34 billion hours of care (worth 470 billion) to parents, spouses, partners and friends in 2017. There is a growing awareness of the need to support these caregivers, emotionally and financially. [This article](#) gives some suggestions on how a family caregiver can determine whether they are eligible for support.

Please Take the Age-Friendly Needs Assessment Survey

Future funding for needed caregiver and senior services will be informed by what the MN Age-Friendly Council learns from its Needs Assessment Survey.

With \$2.9M in grants available starting next summer, this feedback from across the state will be critical in how needs are prioritized, and how all parts of the state are represented. Help spread the word where you live and work. An Age-Friendly Community is a place where people of any age can get around, access housing, be included and respected, have a job, be safe and healthy, volunteer, get the information they need and enjoy life.

Many places in Minnesota are excellent places to live, but we also have the opportunity for improvement, especially when it comes to how we support older residents and their caregivers. The Age-Friendly Minnesota Council was established by Governor Walz in 2019 and was reauthorized by the state legislature to operate and provide funding to local communities and their Age-Friendly projects.

To help set funding priorities, the Council needs input from a diversity of residents all across Minnesota about their needs and preferences. [Please take the survey today!](#)

Mayo Clinic Conference on Brain Health and Dementia 2021-LIVESTREAM

2021 Mayo Clinic Conference on
**BRAIN HEALTH
& DEMENTIA**



[Free virtual conference by Mayo Clinic](#), The Alzheimer's Association, and AARP on brain health and dementia offered on October 29th. Formerly known as Meeting of the Minds, this year's conference will pay tribute to all that families impacted by dementia are going through during these unprecedented times, while providing a unique opportunity to learn, feel connected, and gain a renewed sense of hope for a brighter path forward.



October's Party

by George Cooper

October gave a party;
The leaves by hundreds came—
The Chestnuts, Oaks, and Maples,
And leaves of every name.
The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed;
The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,
And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide-and-seek they played,
The party closed at sundown,
And everybody stayed.
Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly 'hands around.'





October by Lottie Brown Allen

O, golden days! O, quiet, peaceful days!
October's winsome voice we now can hear,
While all around, her magic wand she plays,
To consummate the crowning of the year.

Behold her 'mid a wealth of golden sheaves,
Most glorious month of all the year, she stands,
Upon her brow a wreath of crimson leaves,
While purple clusters fill her outstretched hands.

How could we know that when the flower-strewn spring
And all the happy summer days were past,
October would this golden mantle fling
To warm our hearts e'er comes the winter's blast.

Then linger on, fair days of golden light,
And grant to leave in us an after glow,
That shall shine on throughout the winter night,
That shall not pale before the winter snow.



Managing Finances



If you are not concerned about financial security, then congratulations, you are very unique! One way of lowering your stress level regarding finances is to take control of them as much as you can. Putting in the time to seek assistance in how to take control over your finances will pay off, literally! [This article](#) provides some tips in how to take control over your finances.



Medicare Open Enrollment Starts October 15

Medicare Open Enrollment starts October 15! [This provides valuable information](#) on understanding Medicare and all of it's challenging components!

Medicare Partners

Medicare Partners is a nonprofit program through Senior Community Services that enables low-income Minnesotans on Medicare the medical care they need by bridging the financial gap between their medical bills and their Medicare coverage. The only cost for members is an annual \$45 application fee. Medicare Partners offers assistance to anyone with Medicare Parts A & B but no other supplemental medical insurance or Medical Assistance.

Medicare Partners has teamed up with major metropolitan area hospitals and hundreds of clinics and providers statewide to make medical care both affordable and convenient. Medicare Partners' providers waive coinsurance, co-pays and deductibles for Medicare covered expenses, so that participants can get the medical care they need at no cost.



THE 200+ PARTICIPATING PARTNERS INCLUDE:



MINNESOTA ONCOLOGY



To learn more or to apply for Medicare Partners visit our website seniorcommunity.org or contact us at [952-767-0665](tel:952-767-0665) or MedicarePartners@seniorcommunity.org



Greatest Concert Ever?

This fall marks the fortieth anniversary of the Simon and Garfunkel reunion concert in Central Park. Many have called it the “Greatest Concert Ever.” Looking at some of the footage on Youtube, I cannot disagree. Below are some selections from that night. It was impossible to choose just one, so pick your favorite, or enjoy them all!

<https://www.youtube.com/watch?v=NAEppFUWlfc>

The Sound of Silence

https://www.youtube.com/watch?v=m0oJ8_VTu3c

Homeward Bound

<https://www.youtube.com/watch?v=WrcwRt6J32o>

Bridge Over Troubled Water

<https://www.youtube.com/watch?v=ZNt5FnMK2sM>

Slip Sliding Away



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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





SENIOR
COMMUNITY
SERVICES

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

NEW

– 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