

SPRING 2022

# CAREGIVER NEWSLETTER

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



put spring into  
caregiving



Welcome to our Senior Outreach and Caregiver Services Caregiver Newsletter. 2022 is here and we have been producing this newsletter since the start of the pandemic in 2020. We are very proud of our newsletter as another way to reach our caregiving clients during these continuing difficult times. Our newsletter in 2022 will be done on a quarterly basis now, versus monthly. Our team of seven social workers collaborate to get you quality, innovative information related to the ups and downs of the emotional caregiving journey...



# Spring in to Caregiving

Newly blooming flowers and the warm spring sunlight can be a signal to step outdoors, breathe in the Earth's changes, and simply appreciate the glories of nature.

For both caregivers and their loved ones, taking the time to revel in nature is sometimes forgotten, and it's easy to understand why. There are medicines to take, doctors appointment to attend, and a seemingly never-ending number of tasks to accomplish.

And yet making time for nature is one of the most healing activities we can do. It's also one of the cheapest and easiest. Next, we will list four ways for you to "spring in to caregiving!"

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### 1) Open the Door

Just open the door and go outside for a moment. Bring your loved one too so that you can both take in the sights and smells of life renewing. It can be a short trip to your mailbox or a longer walk around the block. Maybe a venture to the local park or even just opening the window and breathing the outside air for a moment. Whatever you choose, take the time to revel in all that is new and life-affirming about the outside world.

### 2) Bring the Outside In

Treat yourself to a new plant or some freshly cut flowers, and set them on your dining table or a special location on your desk. Open a window so that the sounds of birds or chattering squirrels can be heard even indoors. Then take time to enjoy the newness. Laugh at the antics of your backyard squirrels. Smell the flowers and marvel at their magical beauty.

### 3) Renew with Spring Cleaning

Sometimes, stuff can pile up indoors, and the spring can inspire our desire for a cleaner, more joyful space. So take a little time to clear out the old so your space feels newer and more welcoming. You don't have to spend days. Just take 15 minutes when you can to lighten up an area or throw away some junk mail. Even just a few minutes can make a little more space for beauty in your life.

### 4) Plan A Respite

Think about a small trip that might recharge you. The trip can be as simple as a drive through a beautiful local area with stops to take in the views or a longer venture to somewhere that you would enjoy even overnight or longer. Maybe you would be refreshed by a walk or hike in a local wilderness area either solo or with a friend. Take some time to think of a trip to the outdoors that would sincerely inspire or refresh you, and then make it happen. If you believe you can do it, you will find a way.



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## Educational Opportunities

### Caring for People with Memory Loss

A lively, informative discussion related to memory loss and care giving tips

Every year, the U of M does an excellent, FREE conference for families caring for someone with cognitive loss. Click here on the U of M image to learn more and register:



Please join us for a FREE interactive webinar with an inter-professional panel of experts to answer questions you have about dementia and dementia care on Thursday, March 17, 2022 from 3-4:30PM CST!

We have convened a geriatrician, a cultural expert, a physical therapist, a geriatric pharmacist, a lawyer, and an occupational therapist to address your questions and concerns related to living with dementia, dementia care, and the key issues that often come up.

If you are someone living with dementia, a family member, friend, or professional with questions about Alzheimer's disease and related dementias, this is the webinar for you! Please feel free to circulate to others who may be interested as well.

**CLICK ON THE HEARTS BELOW TO REGISTER**





## Food Corner

Food is good for the soul...

A healthy diet and occasional treats are very important for caregivers to maintain strength. Dopamine is released when we eat good food, so it can help with our mood as well. Making meal time as simple as possible will help free up your time and energy for other caregiving tasks that can pile up. Here are some easy meal ideas:

- 1. Meals on Wheels/Dinner at your Door:** Community-based affordable meal delivery. One can get meals once a week or seven days a week. It's nice because the delivery volunteers serve as safety check-in and socialization. Find your local service at:  
<https://www.carenextion.org/resources/>
- 2. Mom's Meals:** Quality fresh frozen meals"  
<https://www.momsmeals.com/>
- 3. Chefs for Seniors:** Personal chefs come to your home and prep meals for the week:  
[www.chefsfor seniors.com](http://www.chefsfor seniors.com)
- 4. Crock Pot Recipes:**  
<https://www.delish.com/cooking/g3849/best-slow-cooker-recipes/>



## Senior Scams

The Minnesota Commerce Fraud Bureau is a law enforcement agency comprised of fifteen licensed peace officers, two senior analysts, two case analysts, and one administrative analyst.

Fraud Bureau / Minnesota.gov (mn.gov)

1-888-372-8366 (1-888-FRAUD MN)

### THESE ARE SOME TYPICAL SCAMS:

- COVID-19 TESTING SCAMS - TAKING MONEY FOR A TEST YOU NEVER GET
- GRANDPARENT SCHEMES - TRICKING YOU INTO THINKING YOUR GRANDCHILD IS IN TROUBLE
- DURABLE MEDICAL EQUIPMENT - USING YOUR MEDICARE ID#

### ICE BREAKERS

Family gatherings are a good opportunity to check in with family members and share how they can protect themselves from fraud.

Avoid lecturing or scaring them into isolation. Remind them that everyone can be vulnerable to scams and they are not alone.

Tell them they should avoid giving out personal information to strangers in response to texts, emails or calls, regardless of who they claim to be or where they claim to be calling from.

Be alert for behaviors that may indicate your parent is a victim of financial exploitation, such as unpaid bills, an unexplained lack of money or the sudden appearance of a new "friend."

If you need help, here are 3 icebreakers to start talking about scams

1. So did you win the lottery yet? Using humor can help demonstrate the absurdity of winning a foreign lottery of a country they have never visited. This type of scams will induce the would-be victim to hand over tens of thousands of dollars to pay the "taxes" on the foreign lottery winnings.
2. Asking for a friend. Did you hear that scammers are calling people impersonating the IRS or the Sheriff's office to get them to pay back taxes or to avoid arrest? Sharing can help create awareness so that your loved ones can recognize the warning signs of a potential fraud.
3. It happened to me! I received a call from someone pretending to be my son in jail in a foreign country. Sharing stories can help your loved one feel like they are not alone and it can happen to anyone.

Tell them that scammers use scare tactics online or over the phone get you to send money, provide personal information or gain access to your computer. If someone calls and wants you to hand over money, be very suspicious. Remember, if it sounds too good to be true, it probably is.



## CAREGIVER READING AND RESEARCH

**As a busy caregiver, you need all the help you can get. These seven highly recommended books for caregivers offer practical advice for caring for aging parents, emotional support, humor and some simple ways to practice self-care or spend quality time with your loved one. You can purchase them online, but you can also see if your local library has these caregiver books. Many are available as e-books, and you may find some in audiobook format as well.**

1. Can't We Talk About Something More Pleasant? – Roz Chast

New Yorker cartoonist Roz Chast brings her signature humor to the topic of aging parents. Told through four-color cartoons, family photos, and documents, this funny and touching memoir brings both comfort and comic relief to family caregivers. Contact your social worker to borrow a copy.

2. My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver – Martin J. Schreiber

Former Wisconsin governor Martin Schreiber shares his story as the primary caregiver for his wife Elaine, who developed Alzheimer's. He also has advice about providing care while also taking care of yourself

3. The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself – Linda Abbit

Find resources on how to appreciate life's little moments to prevent the duties of caregiving from becoming overwhelming. This mindful guide for caregivers incorporates self-care, time for rest, communication and patience.

4. A Bittersweet Season: Caring for Our Aging Parent and Ourselves – Jane Gross

New York Times elder care expert and founder of the New Old Age blog shares her stories of love and sacrifice that are frustrating, heartbreaking, enlightening, and ultimately redemptive journey of caring for her 85-year-old mother.

5. Who Cares? The Give and Take of Family Caregiving – Jerry Bridge

Written by a motivational speaker and comedian, this book for caregivers can help you and your family members navigate the day-to-day challenges of caring for an elderly parent with grace and humor.

6. Eldercare for Dummies – Rachelle Zukerman

Caregiving is hard. Whether you're just now entering the caregiver role, or you've been doing it for a while now, this user-friendly guide will walk you through the many aspects of being a caregiver.

7. Meditations for Caregivers: Practical, Emotional, and Spiritual Support for You and Your Family – Barry J. Jacobs and Julia L. Mayer

The chapters in the caregiver book are organized by theme so you can easily find encouragement and meaningful ways to lower stress and find inspiration through meditation.



## DIAL A STORY

Hennepin County Library

Questions: 612-543-5669

Hclib.org

### Dial-a-Story for Adults

People can call 612-543-8851 and listen to a recording of staff reading a short story on demand. A new story will be available every Wednesday. First, enjoy an essay from Anthony Doerr about the comfort of brownie batter on his teenage wilderness adventure. Next, are two nature essays about the wonders of the natural world, and then a story of a surprising refuge in a Canadian blizzard. Finally, listen to a story by Jeffrey Archer of falling love in outside one's caste - will Jamwal and Nisha's family obligations or true love prevail?

Sponsors: Friends of the Hennepin County Library and Friends of the Minnesota Library.







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# CARENextion.org

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## 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

WE LOOK FORWARD TO SEEING YOU AT ONE OR MORE OF OUR CAREGIVER GROUPS TO SHARE YOUR KNOWLEDGE, CHALLENGES, WISDOM, AND LAUGHTER.

## – 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

### Caregiver Conversations (Minnetonka)

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

### Rogers Caregiver Support Group

1st Monday of each month, 10:30am - 12:00pm  
Contact: Becky Allard 612-804-0968 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

### 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

3rd 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

## – MEMORY CAFÉS – General Focus

Prior Lake Memory Cafe  
Last Tuesday of each month, 3:00-4:30pm  
Contact: Lisa Engdahl 952-767-7890 or  
l.engdahl@seniorcommunity.org

### Wright County

4th 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)