

SUMMER 2023

CAREGIVER NEWSLETTER

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



Summer is here

The warmth of the sunshine feels so good! Summer is an opportunity to bring joy into our lives. Some may appreciate longer days and being able to wake with the sunshine. Kids are out of school and can be heard laughing and playing outside. Hearing the birds sing may provide us with beautiful sounds to fill a silent moment. Looking out at the blue skies filled with white puffy clouds gets our childhood imagination going to decipher their shapes. Each change in our life brings new opportunities to explore, so take advantage of the new adventures that await you in these upcoming months. Try something new or change up your routine, you never know what you've been missing!

In this newsletter we bring to you; humor, history, outdoor activities, safety tips, ways to prevent being scammed, an important survey, and other uplifting caregiver information.

Our goal is to help you prepare yourself and loved one(s) for longer days, warmer weather, and opportunities to get back to participate in activities that lift your spirit and bring you joy!



LOOK BACK AT OUR

History

What were you doing in 1993? It's hard to believe that 1993 was 30 years ago!

Below are some pop culture moments from 1993:

- World-Changing Event: Intel introduced the Pentium family of 32-bit microprocessors.
- The Top Song was Dreamlover by Mariah Carey
- The Movies to Watch include Jurassic Park, Schindler's List, Sleepless in Seattle, and Free Willy.
- The Most Famous People in America were probably Denzel Washington and Julia Roberts.
- Notable books include The Celestine Prophecy by James Redfield and The Shipping News by E. Annie Proulx.
- Sony (radio) Walkman: \$29.98
- Price of Domino's large pizza, two toppings in 1993: \$9.99
- The Funny Guy was: Jeff Foxworthy
- The Other Funny Guy was: Bill Hicks
- The Funny Late Night Host: Jay Leno



"At Home" Library Service

At Home service is provided free of charge to Hennepin County residents who cannot get to a library due to illness, disability, or visual impairment. At Home patrons can request any material that can be checked out of the library, including books, magazines, DVDs and CDs, to be mailed to them, free of charge, in a postage paid returnable package. There are many items other than books that may be available to you such as Crochet, Needlepoint, Knitting, Origami, Brain Games, Watercolors and 3D Puzzles. Contact your library and ask about the "At Home By Mail Program" for detailed information or visit this website to sign up for more information: <https://apps2.hclib.org/at-home-service>



Whether it's sunny or snowy, MN has something to enjoy. This is a website that will allow you to search different events around the state depending on what your interest is. The site is able to filter Music, Arts, Festivals, Wildlife, Food and more.

Take a peek here: <https://www.exploreminnesota.com/>

There is even a spot where you can sign up for a weekly event newsletter so you don't miss out on anything. Many cities around the metro host a celebration like Tater Daze in Brooklyn Park, or Rockin' Rogers Days in Rogers, or Raspberry Festival in Hopkins.





A BIT OF NATURE PROVIDES A

BIG BOOST

Can it be true that just a little bit of outside time can improve our health and wellbeing? Numerous studies show this to be the case. Let's look at a few of these benefits.

- Nature contributes to physical wellbeing. Stress hormones are lowered. Blood pressure and heart rates decrease, and muscle tension is reduced.
- Nature improves healing and helps us cope with pain. An interesting study conducted by physician, Robert Ulrich, found surgical patients who had views of trees and the outdoors tolerated pain better and were discharged from the hospital sooner than those with no views of nature.
- Nature improves mood. Sunshine provides us with vitamin D which has been shown to improve mood as well as boost our immunities. A breath of fresh air, enjoying the blue sky and listening to the sounds of nature can help us transition from feelings of stress, anxiety and depression to a calmer, more peaceful mindset.
- Nature can improve our thinking and problem-solving ability. It helps quiet our busy brains. How many times have you found just taking a short walk helps clear your mind? Outdoor activities can help us focus as well as refresh us for taking on new tasks. A study at the University of Kansas (Atchley, Strayer and Atchley) found more time spent outdoors and less on our electronic devices increased our problem-solving skills and improved creativity.
- Nature brings social connection and reduces isolation. A number of studies in social psychology show time in nature enhances social connection. Whether this occurs through fun outdoor activities, building fond memories with friends and family or by a simple walk around the block connecting with neighbors, nature contributes to life satisfaction and building community.

Of course, there is a time and place for relaxing in front of the television to catch our favorite show or hopping on our cell phone to check the latest news but perhaps it's time to hit the pause button and take in a breath of fresh air. Our bodies and brains will thank us!



FARMER'S MARKET



The #1 Farmer's Market in the US is Pike Place Farmers Market in Seattle, Washington. It opened in 1907. It began with the idea of letting people interact with farmers without a middleman, and the tradition continues today.

Check out your city for a local farmer's market you can visit and explore! You never know what treasures you may find. You can check out your local city website, or look at <https://minnesotagrown.com/>

Summertime Safety Tips

Summer in Minnesota is short, but oh so sweet! We want to enjoy every moment this season has to offer but it is important to remember that as we age sun exposure, humidity and the heat can present some challenges. Here are a few safety tips to keep in mind.

1. Hydrate, Hydrate, Hydrate

Seniors are more vulnerable to dehydration. Don't wait until you feel thirsty. Drink water throughout the day and especially while out in the sun. Keep in mind some medications such as diuretics can cause our bodies to lose fluid.

2. Be Aware Of Peak Sun Hours (10:00 am -4:00 pm)

Plan activities accordingly. Early morning, late afternoon and early evening may be the best times for running errands or doing more strenuous activities.

3. Dress Accordingly

Wear light colored, thin clothing. Dark colors and heavier materials absorb sunlight and increase body temperature. Have a sweater or light jacket hand for places where air conditioning may be a bit on the cool side.

4. Protect Yourself from The Sun

Wear sunscreen. Dermatologists recommend SPF 30+. It is best to apply sunscreen 15-30 minutes before being out in the sun. Don't forget to reapply if you take a dip in the pool or lake. Protect your eyes by wearing sunglasses and a hat.

5. Review Your Medications

Some medications can cause sensitivity to sunlight while other medications may break down if kept in the heat. It is best to check with your pharmacist on questions regarding specific medications.

6. Watch For Bugs

Use bug repellent or cover your arms and legs when in high grass or wooded areas to prevent insect bites and infection such as West Nile Virus. Be sure to check for ticks!

7. Steady Yourself

When we think of falls, typically we think of winter and icy conditions. There are some considerations for summer months as well. Wear sensible, well-fitting shoes. Take notice of uneven stones and patio steps. Watch for slippery spots around pools or decks. Take it slow while walking on sand.

8. Listen to your Body

Pay attention to any unusual symptoms such as dizziness, headache, high body temperature, cold and clammy skin, sudden nausea or increased confusion. These may be a sign of hyperthermia or heatstroke and require medical attention.

And one last very important tip... Enjoy a cool treat! Who doesn't love a good ice cream cone to beat the heat!





The Joys of Caregiving

Yes, caregiving can be confusing, stressful, and exhausting. But it can also bring you unexpected joys, experiences, and relationships.

1. Caregiving can bring you closer to the elder in your care. Whatever your relationship was in the past, caring for an elder can bring a new perspective for each of you, resulting in newfound respect, admiration, and understanding.
2. Caregiving can help you spend more quality time with an elder. You may be able to slow down and do things you may never have had time for before—talk, laugh, reminisce, watch TV or movies together.
3. Caregiving can get you in touch with your family history. Encouraging the elder in your care to talk about the past can bring new understanding to the events that helped shaped you and your family. Bring out those boxes of old photos and dive in.
4. Caregiving can sharpen your organizational and multitasking skills. Despite the burdens of caregiving, you may find that you are more competent than you thought.
5. Caregiving can bring you a deeper sense of your own values. As you talk about and experience end-of-life issues, you'll be able to better define what you believe in.
6. Caregiving may help you recognize your own support systems. Friends, relatives, coworkers, and health professionals who cheer you up, comfort you, and show concern may unexpectedly enrich your life.
7. Caregiving can make you more compassionate and loving. You may think you don't have the patience or the personality to care for an elder—but you do. Rising to the challenge of caregiving helps you recognize your own strengths and abilities.
8. Caregiving can help you plan for your own future. Your experience with aging and caregiving issues will make you better prepared to think and plan ahead for your own needs.

Source: pbs.org/caringforyourparents



2023 Minnesota Technology Survey



We have a wonderful opportunity to provide input to the state of Minnesota to help prioritize the needs of older adults for future technology funding!

The state is currently creating a [digital equity plan](#) that will set technology funding priorities for the next five years, and SCS has joined in this process to represent older adults and their caregivers. By providing feedback through our SCS Minnesota Technology Survey, you will help us to ensure that older adults are a key focus in the state's plan.

WE NEED TO HEAR FROM YOU to make sure you are represented!

Take a few minutes right now to complete this [survey online](#) so your voice is heard. Overall results of this survey will be shared with the state, but all individual responses will remain completely anonymous.

Thank you!

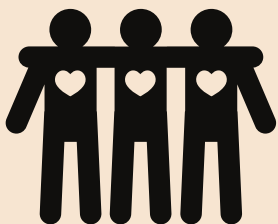
Jon Burkhaw
HOME Program Director



**We Rely on Your Support to help more seniors and caregivers
live life to the fullest!**

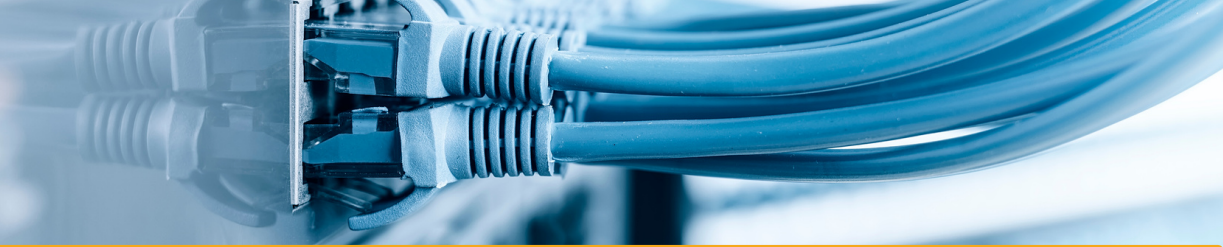
Donations help fill the gap between the actual costs for us to deliver services and the funding we receive. Your tax-deductible support is critical for our team to continue providing Senior Outreach & Caregiver Services.

Donate at seniorcommunity.org/donate-socs or by mailing a check to:



Senior Community Services
Attn: SOCS
10201 Wayzata Blvd. #335
Minnetonka, MN 55305

THANK
YOU



Why are older adults so often victims of fraud?

- Living alone, emotionally vulnerable, isolated
- Hearing loss, inability to recognize voices of family and friends
- Home during the day
- Usually answer the phone if number is local
- More trusting and less skeptical
- Difficulty recognizing scams

What do scammers want?

- Your money
- Your identity

Common Scams:

- Lottery
- Email/text phishing
- Banking
- Cashier's checks
- Prize winning
- Help for grandchildren
- Romance, dating
- Social security
- IRS
- Travel
- Charities
- Contractors
- Recent purchase verifications

How do I protect myself?

- If a grandchild calls needing money to get out of trouble, hang up and call them back at their number. Artificial Intelligence is now able to replicate voices, so even if it sounds like your family members voice, it may not be!
- Do not click on email links without knowing they are genuine.
- If you are contacted by an organization out of the blue, do not call back the number they give you. Find the number and call them directly.

Check Washing: Scammers are looking for checks in mailboxes and "check washing." How do I protect myself from this?

- Pay bills online
- Deliver your mail directly to the post office
- Use blue or black non-erasable GEL ink
- Don't let mail sit in your mailbox
- Monitor your bank account
- Report any incidents asap!

Phone Calls: Do not answer the call unless it's someone in your contacts and you are expecting a call from them. If you answer a call from a scammer, they will escalate you as a target and call more frequently, even if you hang up right away.

Pop-Ups on your Computer: Any sort of pop-up with a warning or urgency asking you to call or click on something is always a scam. Shut down your computer and call Senior Community Services Tech Program at 952-888-5530, or an alternate tech program or computer store.

I think I was scammed! Now what?

- Report the incident to your local law enforcement agency
- Law Enforcement can direct you to any other relevant agency such as the State Attorney General, the MN Fraud Department, or the FBI.
- Discuss the incident with a family member or call Senior Community Services for help.

DON'T BE EMBARRASED IF YOU ARE A VICTIM OF A SCAM, IT CAN HAPPEN TO ANY OF US!



Caregiver Bill of Rights

As a caregiver, I have the right....

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my loved one.

To seek help from others even though my loved ones may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempts by my loved one (either conscious or unconscious) to manipulate me through guilt, and/or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do, from my loved ones, for as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one no longer need my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.



Humor is Healing

A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about. For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?" "Oh," she said. "That's the money I made from selling the dolls."

Aging Gracefully

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Reverse Scam

A young man was walking through a supermarket to pick up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.

Finally he went to the checkout line, but she got in front of him. "Pardon me," she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son, who just died recently." "I'm very sorry," replied the young man, "is there anything I can do for you?" "Yes," she said, "As I'm leaving, can you say 'Good bye, Mother'? It would make me feel so much better." "Sure," answered the young man.

As the old woman was leaving, he called out, "Goodbye, Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" He asked, "I only purchased a few things!"

"Your mother said that you would pay for her," said the clerk.



SENIOR
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SERVICES

Caregiver Support Groups

Additional services on other side

Caregiver support groups, facilitated by our licensed Social Workers, offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor.

The goal is to help caregivers care for themselves through education and empowerment.

Groups are open to caregivers who live in (or are caring for someone who lives in) Carver, Hennepin, Scott, or Wright county and caring for an older adult or someone with a cognitive diagnosis.

Bloomington - Lisa Engdahl, LSW

4th Thursday each month

1:00 PM - 2:30 PM

952-767-7890 or

l.engdahl@seniorcommunity.org

Monticello - Becky Allard, LSW

2nd Thursday each month

10:30 AM - 12:00 PM

612-804-0968 or

b.allard@seniorcommunity.org

Chanhassen - Lee Ann Eiden, MSW

1st Thursday each month

1:30 PM - 3:30 PM

Eden Prairie - Lee Ann Eiden, MSW

3rd Thursday each month

4:30 PM - 6:00 PM

952-934-3370

or l.eiden@seniorcommunity.org

Plymouth - Krystal Wiebusch, LSW

3rd Wednesday each month

10:00 AM - 11:30 AM

952-767-7899 or

k.wiebusch@seniorcommunity.org

Rogers - Becky Allard, LSW

1st Monday each month

10:30 AM - 12:00 PM

Edina - Krystal Wiebusch, LSW

1st Thursday each month

1:00 PM - 2:30 PM

952-767-7899 or

k.wiebusch@seniorcommunity.org

St. Michael - Becky Allard, LSW

3rd Thursday each month

1:30 PM - 3:00 PM

612-804-0968 or

b.allard@seniorcommunity.org

Elk River - Becky Allard, LSW

2nd Monday each month

1:30 PM - 3:00 PM

612-804-0968 or

b.allard@seniorcommunity.org

Waconia - Sara Roberts, LSW

2nd Monday each month

1:00 PM - 2:30 PM

612-868-6720 or

s.roberts@seniorcommunity.org

Minnetonka - Adele Mehta, LGSW

2nd Thursday each month

10:00 AM - 11:30 AM

952-767-7888 or

a.mehta@seniorcommunity.org

Contact the facilitator to register.

No fee. Join any time.



SENIOR
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Additional Caregiver Support Options

VIRTUAL SUPPORT GROUPS

Krystal Wiebusch, LSW
2nd Tuesday each month
4:30 PM - 6:00 PM

952-679-0577 or
k.wiebusch@seniorcommunity.org

Sara Roberts, LSW
Memory Loss Focus
4th Monday each month

1:30 PM - 3:00 PM
612-868-6720 or
s.roberts@seniorcommunity.org



[CareNextion.org](https://www.CareNextion.org)

CareNextion is a free, secure online tool that provides care teams of families and friends with centralized communication, including task scheduling & assignment, journaling, and local resources.

To learn about other caregiver support services we offer, visit seniorcommunity.org/caregiver-support or call 612-770-7005.

MEMORY CAFES

A Memory Café is a welcoming place for people with cognitive impairment and their caregivers. Socialize and share experiences with purposeful activities, library resources, and be a part of our caregiver support group. Light refreshments are provided.

Minnetonka - Lee Ann Eiden, MSW

For those in the beginning stages of dementia

First Tuesday each month
1:30 PM - 3:00 PM

For those in the middle stages of dementia

Third Thursday each month
1:30 PM - 3:00 PM

Call 952-939-8393 or visit
minnetonkamn.gov/register

Prior Lake – Lisa Engdahl, LSW

Last Tuesday each month
3:00 PM – 4:30 PM

952-767-7890 or
l.engdahl@seniorcommunity.org

Wright County – Becky Allard, LSW

3rd Wednesday each month
1:30 PM – 2:30 PM

612-804-0968 or
b.allard@seniorcommunity.org

These services supported, in part, by Hennepin County, municipalities, and Title III grants from Trellis & CMCOA.



SENIOR
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SERVICES

Technology Support

A service provided as part of the Senior Community Services' HOME program.

Today, technology is built into nearly everything we use on a daily basis.

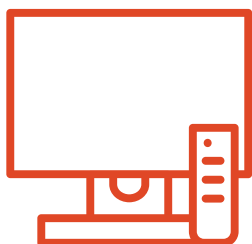


The Good, the Bad...and the Unknown

Much of this technology is meant to simplify and more effectively manage daily life.

But different types of devices, each with their own options and settings, can be difficult to understand. It's also important to select the right security settings to protect your personal information.

Or, you might know a lot about your devices but are frustrated by one setting you haven't been able to figure out. You may also have a troubleshooting issue that you just haven't been able to correct.



Making Tech Work for You

We offer technology support as part of our HOME program. Our goals for this service include helping you to:

- Stay connected to your loved ones and your community
- Take advantage of your entertainment options
- Find and use helpful features
- Manage your online security and safety



NOTE: By using this service, you agree that Senior Community Services is **not liable** for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.



<https://seniorcommunity.org/services/tech-support-services/>

Last updated 07/2022

Services

- Device troubleshooting
- Texting
- Voicemail
- Email
- Video calls
- Smart TVs
- Streaming services
- And more



Contact us

Technology support is available by phone and in-person at designated locations.



In-home service

If an in-home visit is necessary, we'll send you a HOME program application. When it's returned, we'll schedule a home visit with a technician.

Our technicians are fully vetted, and have experience with common technology issues and setups for phones, tablets, laptops/computers, TVs, and more.

Referrals



If we're unable to solve the problem or it requires service that we don't provide, we'll do our best to suggest next steps to take.

Our service area continues to expand, but some services may not yet be available in your area.

CONTACT US!

If you live in **Hennepin** county:

Call 952-767-7893

Monday - Friday, 8:30 am - 4:30 pm

or email techsupport@seniorcommunity.org

If you live in **Sherburne or Wright** counties:

Call 763-416-7969

Monday - Friday, 8:30 am - 4:30 pm

or email tech@seniorcommunity.org



The following is a list of services we do NOT provide:

- Help with devices owned by a company
- Help with business related software or hardware
- Help with tax preparation, personal accounting, or other financial assistance
- Replace or add cable or ethernet wiring or connections inside walls or in areas difficult to access
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

<https://seniorcommunity.org/services/tech-support-services/>

Technology support is funded, in part, by Hennepin, Sherburne & Wright counties.