

SUMMER 2022

CAREGIVER NEWSLETTER

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



With the emergence of a new season, let's take a moment to reflect and acknowledge winter seasons in life can be tough. COVID has continued to impact our daily lives leading to feelings of fear, uncertainty and loneliness. Cold weather and dark days draw us inward. Perhaps you have been feeling tired and overwhelmed. Are there lessons to be learned? Are there new approaches to explore?

View this new season as a time to cultivate change. Summer is a time of rejuvenation. Weed out what no longer works and plant new seeds that can be nurtured. Things that were dormant during the cold, dark winter months suddenly begin to come to life, grow and bloom. Situations that felt impossible can blossom into new life. As we transition from long nights to longer days when sunshine abounds, be sure to pause and breath deeply. In this moment take time to renew mind, body and spirit.

A Still Moment *by Abimbola T Alabi*

Take a moment.
Put the worries behind.
Take in the beauty around.
Let it relax your mind.
Watch the golden glow
Of the rising morning sun.
Embrace the peaceful aura
Of the break of dawn.
Savor the soft caress
Of the gently moving breeze.
Listen to its nifty tune
Among the swaying trees.
Enjoy the lovely scene
Of a floating butterfly.
Graceful flight and happy tweets
Of a bird perched up high.
Peruse the evening sky
In its dazzling splendor.
The wide and open pallet
Merging shapes and colors.
Relish the loving sight
Of children having fun,
Skipping feet and carefree voices
Under the setting sun.
Spare a still moment
Every once in a while.
Take in the beauty around.
Take it in with a smile.



Where were you in '72?

Fifty years ago, it was the summer of 1972. What were you doing? Some of our social workers on our team were starting elementary school, some were starting careers, and some were just babies! Imagine a day in the life of a younger adult in 1972 and see if it sparks any memories....

The loud and obnoxious sound of your alarm clock wakes you up with a jolt and you slosh around on your new waterbed to shut it off. You turn on the radio and Chicago's mellow tune "Saturday in The Park" is playing and eases you into your day. You know you should make the healthier choice of Wheaties cereal for breakfast, but Cap'n crunch is too hard to resist. You hop in your VW Beetle and drive to work, singing along to the Carpenter's "Top of The World" playing on the AM radio station. At the office you pass by the secretary typing on her new electric typewriter and grab a cup of Folgers from the coffee pot. After a busy morning, the gang is excited to head across the street for a Friday lunch outing. Martinis and pitchers of beer are enjoyed with lunch before heading back to the office to work with a smile.

That evening you watch Walter Cronkite reporting on the latest about Watergate and Viet Nam and enjoy a Swedish meatball TV dinner. You contemplate going to see the new movie playing at the corner theater called "The Godfather." However, since you're going out to a cocktail party tomorrow night, you decide to stay in and watch TV. Having just purchased a brand new 25-inch color TV console, it's a good option. Checking the TV guide, you see there are a couple decent Friday night movies on, plus the fantastic Friday night lineup of The Brady Bunch, The Partridge Family, Room 222 and The Odd Couple on ABC. Love American Style is on at 9:00 due to its mature content. You grab a box of cracker jacks and settle into the bean bag for the night's entertainment, only to be interrupted by the ringing of the phone stationed on the wall in the kitchen. Running to pick up, you don't make it on time and are concerned you may never know who was trying to call. So, you settle back into the bean bag, only to be interrupted again by the doorbell. The Fuller Brush Man comes on Tuesdays, and the vacuum salesman usually come during the day, so you don't know who it could be. Answering the door, you discover it's the World Book encyclopedia salesman there to deliver your brand-new editions! It's very exciting to know that right within reach is all the current information on every topic you'll need to know, complete with pictures! Sleepy from the long week, you turn in for the night and flip on the clock radio. The new single from the Eagles debut album lulls you to sleep with "A Peaceful Easy Feeling..."

IN THIS ISSUE

**SUMMER FUN
PAGE 03**

**DEMENTIA RELATED
BEHAVIOR CHANGES
PAGES 04-05**

**SENIOR RESOURCES
PAGE 06**

**WORD SEARCH
PAGE 07**





SUMMER FUN

Summer provides us with the opportunity to get out and enjoy activities, but it can be difficult for caregivers to find things to do with their care receiver. While it may be more challenging getting out, there are still many activities to enjoy together in the summer.

- Go to a local sporting event- Whether it's a grandchild's soccer game, or a town baseball game, local communities offer opportunities to enjoy a sport, spend time outside, and feel a part of the community.
- Be a tourist! Most cities offer bus or boat tours to see the sights. Settle in and enjoy the ride.
- Take a dip! Find a community pool or beach to enjoy. Whether it's water aerobics or just a quick dip, this provides a fun break from the heat.
- Picnic! Pack up a lunch or snack and head to a local park.
- Attend community events! Most communities provide free events to enjoy such as music in the park or holiday gatherings.
- Gardening! Whether it's growing vegetables, flowers, or herbs, it provides a connection to the earth as well as producing a product to enjoy.
- Become a bird watcher! Bird watching provides an excellent opportunity to enjoy the outdoors and learn a new hobby.



Be sure to check out these websites to explore local free outdoor concerts, arts and craft shows, home and garden shows, food festivals and more!



<https://www.exploreminnesota.com>
<https://www.minnesotagrown.com>
<https://www.festivalnet.com>

And don't forget to check your local community website for announcements of summer concerts in the park series. Most locations offer concerts on a weekly basis from June to August.



Dementia Related Behavior Changes

When working with caregivers of loved ones with dementia, the topic of aggressive types of behavior often surfaces. The caregiver is seeing behaviors that the loved one would never have displayed in their earlier days. Aggressive type of behaviors such as swearing, hitting, kicking, and biting from the care receiver have left the caregiver shocked and dismayed, wondering what to do. In a study from The National Institute of Health, dementia patients were studied over a 10-year period, and 96% showed aggressive behavior at some point.

An article from “domestic shelters.org” in 4/2018 explains that it’s important to realize that aggressive behavior from dementia patients stems from frustration and is considered a medical issue. It is advised that the caregiver remove themselves from any harm first and foremost, as well as removing any objects that may cause harm such as knives, bats, anything with sharp edges, and especially guns. Next, try and assess what is causing the behavior. It can be anything from physical discomfort, medication changes, poor sleep, hunger, inability to communicate, or an environmental disturbance. Try redirecting the person with a treat or some calming music.

An article from Dementia.org from 2/2014 recommends re-directing a person displaying aggressive behavior with a task, asking them a simple question they can answer, having them cuddle with a pet, or showing them pictures of loved ones. Most importantly, try not to take the behavior personally. Again, it is the result of frustrations brought on by a medical condition.

The care receiver’s primary care physician should always be informed of aggressive type of behaviors so that treatment can be offered in the form of medication if appropriate.

Of course, dealing with this type of behavior is very frustrating for the caregiver, and it is advised that they seek support for themselves as well. Senior Community Services offers 1:1 assistance to caregivers, whether it’s just one phone call or meeting, or regular caregiver coaching. We also offer several support groups for caregivers to get support and learn from their peers.

*What is
coaching
???*

Coaching equips family caregivers with the knowledge, skills, and tools to perform their caregiver role while achieving a balanced lifestyle. An assessment of the caregiver, along with goal setting, forms the basis for coaching support. This service typically takes place in person, but can also occur via Zoom, FaceTime, telephone, or email. This service may be covered by a grant or waiver. Contact your social worker to learn more or visit www.seniorcommunity.org



Stop Correcting Them

Before you correct them on the layers of clothes they are wearing, before you correct their story, before you correct them about being in someone else's room, ask yourself these three questions:

- 1) What they are doing right now, is it hurting me? (not **annoying...** use the word hurting)
- 2) What they are doing right now, is it hurting anyone else here?
- 3) What they are doing right now, is it hurting them?

If the answer is "no" to those three questions, let them do what they want to do. Isn't that what you would want? By correcting them you are only adding stress and agitation to their day. How would you like to be corrected all day long?

Please apply these same guidelines when another person with Alzheimer's is in your mom's room. Is this hurting me? Is this hurting my mom? Is this hurting anyone else? We need to understand the other people here with Alzheimer's are also doing the best they can with the abilities they have left.

When you visit and they are carrying around someone else's stuff or wearing someone else's sweater (or someone else is carrying around your mom's stuff), don't correct them... instead say to yourself, that doll must be familiar. I need to go shopping and get her five dolls that look like that one because it brings her comfort. You should ask why you need five dolls... because the doll will get lost, and other people want to hold the doll too.

For the most part, people with Alzheimer's do not think there is anything wrong with them. They are not doing these things to make you upset... they are doing the best they can with the abilities they have left. So let them "be" no matter if it's wrong or right. Let them have what they want to hold whether it is theirs or not. Now you have just assured them that everything is okay. What a comforting feeling to leave them with!

**"Do unto others as you would have them do unto...
your mom and dad."**

Jolene Brackey, author of "Creating Moments of Joy," is an exciting national speaker who shares many warm, practical solutions to ease the daily struggles related to Alzheimer's and Dementia.

For further resources and information you can visit her at www.enhancedmoments.com.

MORE CARE TIPS

Live Their Truth

No matter how hard we try, we cannot bring back their short-term memory. We can, however, take hold of their long-term memory and use it to create moments of joy. This means we need to live in their reality. When they are looking for their mom, think about what their mom did during the day and then use that as your answer so they feel like their mother is okay. For example, "She's out doing chores," "She's in the kitchen making breakfast," "She is doing the laundry," etc. By giving answers that make sense to them, they are able to relax and not worry about where their mom is. Talk about their mom. Find out, maybe for the first time, what she was really like.

It is difficult for people to live their truth, to tell them their mom is doing chores when their mom is really gone, to tell them their horse is in the barn when they no longer have a horse. We don't like doing this because we feel we are lying to them. I reassure you it is not lying but it is "living their truth." No matter how hard you try to bring them to our reality, you will lose in the end because they will ultimately think you are lying, trying to hurt them, or you are an imposter.



SENIOR RESOURCES



Make Technology Work for You! In-home tech service now available through the HOME Program!

We are excited to announce that we are now offering in-home tech support! We are able to help with smart phones, tablets, laptops, desktop PCs, TVs, and entertainment systems. We will help you with the technology questions and issues that are important to you. We are currently charging a below-market fee of \$35.00 per hour and will schedule a visit at your convenience.

One of our goals for providing this service is to help bridge the electronic communication gap between you, members of your family, and friends who may be more experienced with a cell phone or laptop usage and features. COVID has demonstrated to all of us the importance of technology or staying connected but also for more practical things such as online banking, grocery shopping and more.

If you are interested in learning more or scheduling a visit, you can contact Gary at 952-767-7893 or send an email to techsupport@seniorcommunity.org to learn more or schedule a tech service appointment.

We look forward to hearing from you and rolling out this service in the weeks and months ahead.



SUMMER WORD SEARCH

caregiver

E	I	A	P	O	E	E	T	I	P	S	E	R	I
N	E	G	C	F	N	I	N	I	A	E	U	E	C
L	R	A	A	C	I	L	S	U	P	P	O	R	T
L	A	T	O	S	H	E	D	N	O	A	O	C	F
P	C	A	G	A	S	O	E	O	S	V	O	I	R
S	F	I	O	R	N	E	M	I	A	R	S	U	I
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E	H	D	E	C	E	N	E	P	G	L	L	B	T
T	I	R	D	H	C	A	R	I	N	G	Y	T	V
E	T	A	E	A	T	S	E	V	O	L	N	U	R

- SUNSHINE
- SUPPORT
- TREATS
- FRIENDS
- HOME
- RESPIRE
- DEMENTIA
- STRESS
- SELFCARE
- FAMILY
- BEACH
- LOVE
- VACATION
- GOLF
- CARING

Play this puzzle online at : <https://thewordsearch.com/puzzle/3684858/>



SENIOR
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SERVICES

CARENextion.org

Brought to you by Senior Community Services

**AWARD
WINNING**



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](https://www.carenexion.org) Today!

 CARENextion





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.

Bloomington - Lisa Engdahl, LSW

4th Thursday each month
1:00 PM - 2:30 PM

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

Minnetonka - Adele Mehta, LGSW

2nd Thursday each month
10:00 AM - 11:30 AM

952-767-7888 or
a.mehta@seniorcommunity.org

Chanhassen - Lee Ann Eiden, MSW

1st Thursday each month
1:30 PM - 3:30 PM

952-934-3370 or
l.eiden@seniorcommunity.org

Monticello - Becky Allard, LSW

2nd Thursday each month
10:30 AM - 12:00 PM

Eden Prairie - Lee Ann Eiden, MSW

3rd Thursday each month
4:30 PM - 6:00 PM

Plymouth - Becky Allard, LSW

3rd Wednesday each month
10:00 AM - 11:30 AM

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

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.

There is no fee and caregivers may join any time. Contact the facilitator to register.

seniorcommunity.org/caregiversupportgroups

612-770-7005

This service is supported, in part, by Hennepin County, municipalities, and Title III grants from Trellis & CMCOA.

Last updated 05/2022



SENIOR
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SERVICES

Additional Caregiver Support Options

Caregiver support groups, facilitated by our licensed Social Workers, provide caregivers an opportunity 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.

VIRTUAL SUPPORT GROUPS

Bob Anderson, MSW

2nd Thursday each month

4:30 PM - 6:00 PM

952-888-7121 or

b.anderson@seniorcommunity.org

MEMORY CAFES

Prior Lake – Lisa Engdahl, LSW

Last Tuesday each month

3:30 PM – 5:00 PM

952-767-7890 or

l.engdahl@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

St. Michael – Becky Allard, LSW

3rd Wednesday each month

1:30 PM – 2:30 PM

612-804-0968 or

b.allard@seniorcommunity.org



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

Caregiving is a group effort. You don't need to do it alone. Create your care team today!

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.

[seniorcommunity.org/caregiversupportgroups](https://www.seniorcommunity.org/caregiversupportgroups)

612-770-7005