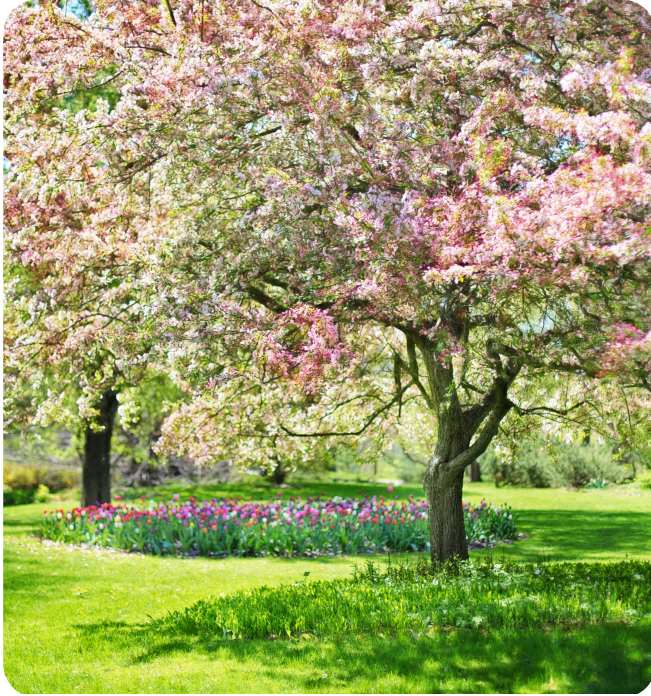




SENIOR
COMMUNITY
SERVICES

Spring 2024

Caregiver Bulletin



Spring has sprung!

Crocus and tulips are popping through the sun warmed soil. Birds are happily chirping at the break of dawn. Sheets of warm rain fall on the parched earth. Fresh air flows through open windows. Those are a few of our favorite signs of spring. What are yours? Name them and savor them EVERY day. Make it an intentional practice to BE in the moment, rather than fretting about the future or replaying the past. NOW is the only time we have to truly BE in this moment.

Disaster Preparedness Guide for Caregivers

“Be prepared” is not just a motto for Boy Scouts. Spring is the beginning of tornado season in Minnesota and more than 75% of all tornadoes occur during the months of May (15%), June (37%) and July (25%).

On average, there are 27 tornadoes in the State each year, according to the National Weather Service. Strong thunderstorms and power outages can also present challenges in providing care, which is why we’re excited to share this “Disaster Preparedness Guide for Caregivers” from FEMA & the Rosalyn Carter Institute.

[Access the Guide here.](#)

Suggested cost-share for support groups beginning in June

Beginning in June, for those with means to contribute, a suggested cost-share amount to be paid by each support group participant will be encouraged. This cost-share model is being introduced to ensure we’re able to continue offering this important service facilitated by professional, licensed social workers who have experience and training specific to caregivers’ needs.

See additional information on last page.

This quarterly Caregiver Bulletin is brought to you by Senior Community Services’ Senior Outreach & Caregiver Services Team of Licensed Social Workers. Founded in 1950, Senior Community Services is a nonprofit with a mission to empower people as they age and a vision to reimagine aging by serving compassionately, connecting communities, and supporting independence.



Coaching Corner

Dear Social Worker,

My husband has a diagnosis of Alzheimer's, and things are changing. He no longer has interest in going to family events, and prefers to stay home. We have a big family and have several celebrations. I usually make him go, but then he is very tired and more mixed up the days following the event. I don't want him to stay inside all the time. Do you have any ideas or suggestions?

~ Jill, Wright County

Dear Jill,

It is very common for people with Alzheimer's and other types of dementia to want to stay home a lot. The world has too many stimuli to try to understand, and it can be stressful, tiring, and unenjoyable for them. Although it may feel wrong, going to big family events solo, or staying for just a short time, might be your new normal.

Try simple outings with just the two of you or only a few family members. Calmer outings might work better for him, and for you. Take a walk around a park, eat at a quiet restaurant, or visit a museum at an off-peak time.

Caregiving is very stressful, and emotions of anxiety, guilt, and sadness may develop as your husband changes.

We host Memory Cafes which provide supervised activities for your husband, allowing you to go to another room and participate in a caregiver support group with a Licensed Social Worker.

Additional support groups, and one-on-one support may also be helpful to you. Please call me if you would like more information and support.

Senior Community Services Social Worker
612-770-7005

Legal and financial planning for people diagnosed with dementia

A diagnosis of dementia raises many concerns, and legal and financial issues should be addressed early while the person still has the capacity to face these challenges.

Basic documents needed are a health care directives, power of attorney, and a will. Completion of these documents will ensure the individual's wishes will be carried out.

Start planning early. The rate of decline varies from person to person though its likely that the ability to participate in planning will decline over time.

It's also important to recognize that a person in the early stages of dementia may be in denial or refuse to participate in planning. This behavior is normal and its important to be patient and continue moving forward. Outside help from an attorney or financial planner can also be helpful. Additional resources include:

- A [Minnesota health care directive form](#) is available from the Attorney General's Office.
- The Minnesota Judicial Branch has a variety of online resources, and [Self-Help Centers](#) are available.
- The Minnesota State Bar Association has an [online search tool](#) to find a list of elder law attorneys.
- [Estate & Elder Law Services](#) are available on a sliding fee scale from Volunteers of America Minnesota and Wisconsin.



Caregiver Services Offered

Fee-based services available to residents of Carver, Hennepin, Scott, Sherburne, and Wright Counties. We also offer Caregiver Coaching and Counseling covered by Elderly Waiver (EW) benefits and Minnesota Senior Health Options (MSHO).

- **Caregiver Coaching** equips caregivers with knowledge, skills, and tools to perform their caregiver role while achieving a balanced lifestyle.
- **Caregiver Consultation** addresses caregiver concerns about the care receiver and may include identifying needs, developing person-centered approaches, problem solving, decision making, referring to services.
- **Family Meeting Facilitation** helps families understand their current situation and plan for the future with realistic expectations, positive communication, and fewer misunderstandings.
- **Information and Assistance** is a service that assists caregivers in obtaining access to the services and resources that are available within their communities. To the maximum extent practicable, it ensures that the individuals receive the services needed by establishing adequate follow-up procedures.



FREE one-on-one tech support for adults age 60 and older is available by appointment at several locations across our service area. Contact the location to schedule an appointment.

**Brooklyn Park
Community Activity Center**
Every Wednesday
763-493-8333

Buffalo Community Center
1st Tuesday each month
763-682-6063

Chanhausen Senior Center
2nd and 4th Tuesdays each month
952-227-1124

Eden Prairie Senior Center
1st and 3rd Wednesdays each month
952-279-8050

Edina Senior Center
Every Friday
952-833-9570

Elk River Senior Activity Center
3rd Friday each month
763-231-6283

Maple Grove Senior Center
1st and 3rd Mondays each month
Online registration preferred:
webtrac.maplegrovern.gov
763-494-6500

Minnetonka Senior Center
1st and 3rd Mondays each month
2nd and 4th Wednesdays each month
Online registration preferred:
webtrac.hopkinsminnetonka.com
952-939-8393

Monticello Senior Center
Every Tuesday
763-295-2000

Otsego Prairie Center
Call Senior Community Services
763-231-6283

Plymouth Community Center
Every Tuesday
plyregister.plymouthmn.gov
763-509-5200

St. Michael - Crow River Senior Center
2nd and 4th Tuesdays each month
763-497-8900

Shakopee Community Center
Visit site or call for current openings
shakopeemn.gov/registration
952-233-9500

Waconia Area Senior Center
1st and 3rd Tuesdays each month
952-856-4474

For more information about Technology Education, Connection & Help (TECH) services, visit seniorcommunity.org/tech, call **952-888-5530**, or email tech@seniorcommunity.org.

CAREGIVER SUPPORT GROUPS

Caregiver support groups are designed to help caregivers care for themselves through education and empowerment. They offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor.

Groups are facilitated by professional social workers and open to those caring for an older adult or someone with a cognitive diagnosis; the caregiver or care receiver must reside in our service area which includes Carver, Hennepin, Scott, Sherburne, and Wright Counties.

Call 612-770-7005 to register.

Bloomington - Lisa Engdahl, LSW
4th Thursday each month
1:00 PM - 2:30 PM

Chanhasen - Sara Roberts, LSW
1st Thursday each month
1:30 PM - 3:30 PM

Eden Prairie - Danielle Schmidt, LSW
3rd Thursday each month
3:00 PM - 4:30 PM

Edina - Krystal Wiebusch, LSW
1st Thursday each month
1:00 PM - 2:30 PM

Elk River - Becky Allard, LSW
2nd Monday each month
1:30 PM - 3:00 PM

Jordan - Lisa Engdahl, LSW
4th Wednesday each month
10:00 AM - 11:30 AM

Minnetonka - Adele Mehta, LGSW
2nd Thursday each month
10:00 AM - 11:30 AM

Monticello - Becky Allard, LSW
2nd Thursday each month
10:30 AM - 12:00 PM

Plymouth - Krystal Wiebusch, 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

St. Michael - Becky Allard, LSW
3rd Thursday each month
1:30 PM - 3:00 PM

VIRTUAL SUPPORT GROUPS

*Email the facilitator to register
and receive a Zoom link.*

2nd Tuesday each month
4:30 PM - 6:00 PM

Krystal Wiebusch, LSW
k.wiebusch@seniorcommunity.org

Memory Loss Focus
*(for adult children/grandchildren
providing caregiving support)*

4th Thursday each month
12:00 PM - 1:00 PM

Sara Roberts, LSW
s.roberts@seniorcommunity.org

Some services are supported, in part, by Hennepin County, municipalities, Title III grants from Trellis & CMCOA, and a Live Well at Home Grant from the Minnesota Department of Human Services.

MEMORY CAFES

Memory Cafés offer different activities each month, providing a positive experience for older adults with memory loss (or other types of dementia) and their caregivers.

While care receivers participate in the activity, caregivers may attend a support group facilitated by a licensed social worker.

Minnetonka - Danielle Schmidt, LSW

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 Tuesday 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

Spring activities provided by
Wright County Extension
Master Gardeners Program.

Wednesday, May 15
Wednesday, June 12

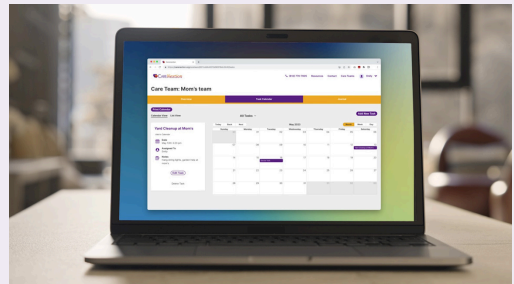
1:30 PM – 3:00 PM each month

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

Some services are supported, in part, by Hennepin County, municipalities, Title III grants from Trellis & CMCOA, and a Live Well at Home Grant from the Minnesota Department of Human Services.



Coordinate care for your loved one and keep everyone connected. CareNextion.org is a free, secure, award-winning online platform (and mobile app) designed to streamline task coordination, communication, and connection among family members and friends helping to care for a loved one. It can eliminate the need for group texts, long email chains, and multiple calendars.



CareNextion features and functions are accessible across the United States (and around the world), making it easy for those near and far to stay connected.

- Create a care team.
- Post and manage tasks.
- Communicate in one place.

CareNextion Resources Listing

Using feedback from our older adult clients and caregivers, as well as our own research, we maintain a robust list of Minnesota resources in multiple categories. Visit the resource page to search by topic, location, and category.

Upcoming Events for Caregivers



Powerful Tools for Caregivers: Adults with Chronic Illness Wednesdays, May 1st to June 5th from 10 a.m. - 11:30 a.m.

JFCS will host a six-week class, "Powerful Tools for Caregivers." The class is designed to provide you with a wealth of self-care tools that will help you take care of yourself while taking care of others. You will learn to reduce stress, improve your self-confidence, bring more balance to your life, better communicate your feelings, and increase your ability to make tough decisions. Class is open to people from the Jewish and broader community.

Click [here](#) to register.

This class will meet in person at the
Minnesota JCC Sabes Center
4330 Cedar Lk Rd S, Minneapolis, MN 55416

Facilitated by Irina Yakusheva; Jennifer Koontz, MS
Voluntary contributions are appreciated. In partnership with Minnesota JCC.



Caring for People with Memory Loss Saturday, June 1, 2024

Hybrid format, join in-person at the McNamara Alumni Center or virtually via Zoom.

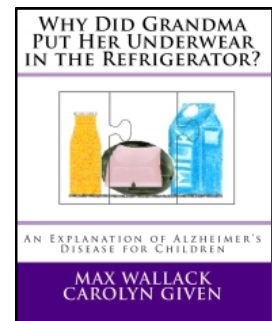
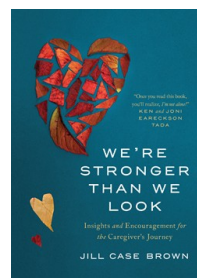
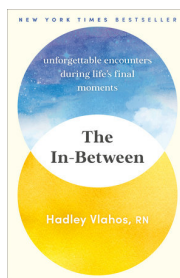
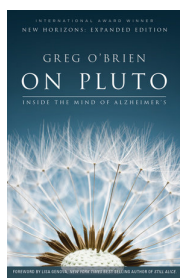
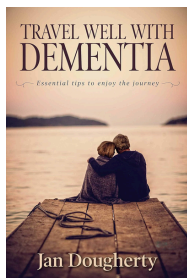
Join experts in a lively, informative discussion related to memory loss, caregiving tips, and what you can do to help. The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss.

This event is free and open to the public. Contact hours/CEUs must be purchased separately.

Registration is required. Click [here](#) for details.

What Caregivers are Reading

Click images for details



Get to know the team!



Becky Allard, LSW
Licensed Social Worker
Senior Outreach and Caregiver Services

I have been a licensed social worker for 24 years and my social work career has given me experience in long term care, transitional care, and board and care settings.

I have loved working with older adults and caregivers throughout my career and my passion is working with caregivers and their loved ones with memory loss. Most of my time is spent working Wright and Sherburne counties with occasional forays into NW Hennepin County. My favorite part of my job is when people have their “a-ha” moments, and realize how small changes can make their life better. Helping people feel less alone in their journey is always a #1 goal in my work.



Senior Community Services is committed to creating a culture of belonging for all our staff, volunteers, partners, and those we serve with no discrimination on the basis of status or identity. We know that celebrating a diverse range of identities, experiences, and perspectives is crucial to carrying out our mission.



Suggested cost-share for caregiver support groups beginning in June

We're proud to have a **dedicated team of professional, licensed social workers** with expertise in addressing the unique needs of caregivers who support older adults. For many years, caregiver support groups facilitated by our social work team have been offered at no cost thanks to funding from federal and local grants and support from some of the cities and counties we serve. Unfortunately, **funding has been declining** while the cost of providing these services continues to increase. Though we continuously seek out and apply for additional funding, support services for older adults and their caregivers remain a low priority for many funders.

Beginning in June, a suggested cost-share amount to be paid by each support group participant will be encouraged. Our current caregiver participants will receive additional information about this change via email the week of May 6, 2024.

Continuing to help caregivers care for themselves through education and empowerment remains our first and highest priority; no one will be denied service because of inability or unwillingness to contribute.

If you are a current client, please keep an eye on your inbox for additional information next week. You may also contact your social worker directly with questions.