

Gray Area of Finance Educational Series

There are many things when it comes to senior care there are not always cut and dry. Many times you may feel like there is too much to think about, too much to do, and way too many options. We are here to help guide you through the murky waters of senior care. You're invited to attend our Gray Area Series at the **Martin Luther Campus Great Room** and take proactive steps towards the financial health of yourself and your loved ones. This is a free service, we simply ask to **please RSVP**.

Selling Your Home on Your Terms
-Lisa Dunn-
January 25th at 11:00 AM – 1:00 PM

It is all about finding what is important to you and the goals that define the process for preparing the house, hiring a real estate agent, and the process of moving. It is about empowering you to plan ahead and to define how and where you want to live.

Long-Term Care Common Questions
-Wolfgang Hilse-
February 20th at 11:45 AM – 1:00 PM

We will be answering these questions and more. What is long-term care? Who needs long-term care? Should my financial program address long-term care concerns? What are some options for paying long-term care costs? What do we need to know about long-term care insurance?

Estate Planning With A Heart
-Wolfgang Hilse-
March 20th at 11:45 AM -1:00 PM

This practical, sensitive workshop helps you face the difficult process of centralizing financial, legal and personal information so family and friends can take care of you and know how you would like end-of-life issues handled.

RSVP to LJenkin3@fairview.org or go to MartinLutherCampus.com/GrayArea and fill out the RSVP form.

Looking to Volunteer?

You can make a difference in the lives of our residents! At Martin Luther Campus, you can use the spirit of service in a number of meaningful ways.

- Escort residents to on site activities
 - Serve food or drinks at one of the many social functions
 - Visit, play games or read with seniors
 - Escort seniors on one of our outings
 - Work in the gift shop
 - Entertain with your unique skill or talent
- Please contact Sally at 952-948-5173 or speter31@fairview.org if you are interested.
Thank you for sharing your time and talent

Care Giver Support Group

Are you providing care and support for a loved one with dementia? Do you want to connect with others who know what you're going through? If you are looking for a comfortable and safe place to share the many barriers and challenges that come with caring for your senior parent or family member, our group may be a great fit for you! We meet at the Martin Luther Care Center every **1st and 3rd Wednesday of the month at 11:15am – 12:15pm in the Pondview Meeting Room**. Martin Luther Campus offers many resources for not only residents, but their family and loved ones.

Caregiver Support Group helps give you the tools you need to effectively care for your family member, while also caring for yourself. Current members refer to the group as an extended family that share experiences, information, and tips with each other. We are always looking for new members to share our wealth of knowledge with. Come join us every other Wednesday at Martin Luther Campus.

Megan Szymik- LSW, Director of Social Services Martin Luther Campus

Please call 952-948-5153 with any questions. The program is free & open to the public.

Martin Luther Campus

1401 East 100th Street | Bloomington, MN 55425 | 952.888.7751



Celebrating the Cold

Polka Music Month
January

International Kite Day
January 14

Activity Professionals Week
January 21–27

Groundhog Day
February 2

XXIII Winter Olympics
February 9–25

Valentine's Day
February 14

Ash Wednesday
February 14

St. Patrick's Day
March 17

April 12th, 2018 from 10 AM – 2 PM
Older Adult Job Fair
MARTIN LUTHER CARE CENTER GREAT ROOM

As the name implies, we are focusing on job opportunities for senior citizens. We have reached out to many Bloomington companies and they are excited to have you as part of their work force!

With over 10,000 people over the age of 65 living in Bloomington, we feel there is a group of great, hardworking people that are looking for part-time or seasonal work, but don't know where to look. Look no further!

We will have over 20 companies with job opportunities and a few volunteer positions to give you a sense of purpose, of meaning, and of livelihood. Another great thing? **It will be free to you!** We will have light snacks and beverages available throughout the event as well. People of any age are welcome to attend this event! The first 250 people to RSVP to ljenkin3@fairview.org will receive a Burgundy Martin Luther Campus Reusable Tote Bag for all the great information and giveaways you will receive at our job fair!

Businesses include:

Ebenezer, Martin Luther Campus, Hilton Minneapolis/Bloomington, Jerrys Foods, Sam's Club, Volunteer Connection (Bloomington Public Schools), Bridging, Seniors Helping Seniors, Atlas Staffing, Inc., Cub Foods Bloomington, ACE Hardware and Paint, Minnesota Valley National Wildlife Refuge, Chick-Fil-A, New Horizon Academy, Total Wine & More, Fresh Thyme, Artistry at Bloomington Center for the Arts, Mall of America, and Nickelodeon Universe.

Campus Events

January 10th @ 6:30 PM – Bingo with House of Prayer Confirmation Students

January 17th @ 2 PM- Diamond Jim Dandy Happy Hour, MLCC Great Room

January 21st – 27th - MLCC and MW Active Living Professionals Week Thank them for all their hard work!

January 24th - Service Project: Sandwich Project MN, Meadow Woods

January 25th @ 11 AM – *Moving on Your Terms*, Lisa Dunn RE/MAX results presentation, MLCC Great Room

January 25th @ 2 PM – Jack and Kitty Social, MLCC Great Room

January 26th @ 5 PM – Staff Off-Site Holiday Party

February 12th @ 7 PM – Northern Winds Concert Band, MLCC Great Room

February 13th @ 2 PM – Mardi Gras Dance with CODA, MLCC Great Room

February 14th @ 11-1 and 4-6 – Empty Bowls Fundraising Event, MLCC Great Room

February 14th @ 2 Wine and Cheese, Meadow W

February 16th @ 10 AM – St. Michael's Pre-School Valentine Party, MLCC Great Room

February 20th @ 11:45 AM – Long-Term Care Common Questions, Wolfgang Hilse AXA Advisors Financial Professional, MLCC Great Room

March 7th @ 2 PM – Woody's Variety Show, Meadow Woods

March 16th @ 2 PM – St. Patrick's Day Happy Hour with Eric Thomas, Meadow Woods

March 20th @ 11:45 AM – Estate Planning With A Heart, Wolfgang Hilse AXA Advisors Financial Professional, MLCC Great Room

EMPTY BOWLS SOUP DINNER



WEDNESDAY, FEBRUARY 14TH IN THE GREAT ROOM from 11-1 and 4-6

Join us for a fundraiser in efforts to combat local community hunger. Our residents have made beautiful handmade bowls in collaboration with Northern Clay that have been sculpted, painted, and baked. We will be filling these pieces of art with delicious homemade soup. Come and support a GREAT cause! All FREE WILL donations will go to the local food shelf, VEAP. Not only that, you will get to go home with your hand-picked bowl so come early for the best choices! We promise you will leave with a full tummy and an even fuller heart.

XXIII Winter Olympics February

9th-25th The world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices.

However, true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates.

At Martin Luther Campus we have both a music therapist (Karen) who helps soothe the savage beast in all of us and a chaplain (David) who embraces the health benefits of sound therapy. We encourage you to stop by and visit with both of them to help heal whatever it is that ails you.

My Two Cents with Penny



A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent. It costs more than a penny to make a penny and some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

I know Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins.

The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So the question remains, "Should I bother to pick up that lost penny?" It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck!

Want to stay up to date on everything happening at Martin Luther Campus? We keep all activity calendars updated on our website. www.MartinLutherCampus.com Make sure to like us on Facebook! We love working with seniors and would love to have you be part of our joy this and every season!