

Fairview Health Services' Caregiver Assurance program

Being a caregiver at times can be challenging, especially in light of life's other demands. At Fairview Health Services, we have a special appreciation for the caregiving journey. We understand it can be both rewarding and challenging at the same time because we have a long history of supporting seniors and their families. That's why we've created **Caregiver Assurance**—an ongoing support service designed to support you as you begin caregiving for a loved one.

Caregiver Assurance promises to make your caregiving journey easier. Caregiver Assurance is a membership program that combines telephonic, in-person, and online resources to make your caregiving journey smoother. We provide you with a dedicated Caregiver Advisor—a licensed social worker—to offer emotional, educational, and advisory services to help you maintain your own well-being as you care for your loved one and help them live a fulfilling life. We are here for you: ready to listen, offer advice, and when needed, provide resource referrals and emotional support.

For more information:

Visit fairview.org/CaregiverAssurance

Let's Connect!

Want to stay up to date on everything happening at Martin Luther Campus? We keep all activity calendars updated on our campus website.

Visit: MartinLutherCampus.com

And be 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!

Please send your email to Kate Blessing at kblessi1@fairview.org if you would like to get this periodical digitally. Thank you!

Caregiver 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 describe the group as an extended family that shares experiences, information, and tips with each other. We are always looking for new members. Come join us every other Wednesday at Martin Luther Campus. The program is free & open to the public.

Please call **Megan Szymik**, Director of Social Services, at 952-948-5153 with any questions.

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 snacks at resident social functions
- Visit, play games or read with seniors
- Escort seniors on one of our outings
- 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!

Martin Luther Campus

1401 East 100th Street, Bloomington, MN 55425 • 952-888-7751



Celebrating Winter

Groundhog Day
February 2

Valentine's Day
February 14

Random Acts of Kindness Day
February 17

Presidents' Day
February 18

Employee Appreciation Day
March 1

Pi Day
March 14

St. Patrick's Day
March 17

Social Services Week
March 18-22

Therapy Animals Bring Lasting Comfort



Volunteers Renee and Sari with resident, Mike.

It only takes a few minutes with Renee Beymer and her Puli dogs, Sari and Anika, to see the unique care animal visitors provide to our residents. They are members of Tailwaggers—a group of therapy animal visitors who have been coming to our campus for more than a decade!

Renee was first introduced to therapy animals when her own mother was sick in the hospital. Renee knew then that this was something she would do with her own dogs in retirement.

She is reminded often that being a therapy dog is a special calling. "The dogs have such a sense of what they are doing," Renee explains. "Anika is not a kisser at home. But as soon as she is in a care setting she lets residents hold her hand. Both Sari and Anika love to serve."

A therapy animal is trained as a team--the animal and the person handler. "It's more than just expecting your dog to be obedient. The person handler is an advocate for their dog and puts them in situations to be successful," she notes.

Take an elevator ride. Renee might appear to be simply riding and chatting with another rider. But she is also assessing if the other person is comfortable around an animal and watching to protect her dog's feet as others get off and on.

And like Sari and Anika, Renee loves this work. "I see there is such a need. It allows folks to reminisce about special animal friends from the past. It's been a real joy for me."

Upcoming Campus Events

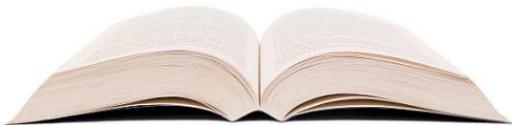
February 16 at 10:00 a.m. – Cedar Valley Church Music – Great Room
February 19 at 2:00 p.m. – Valentine Dance with CODA – Great Room
February 20 at 2:00 p.m. – Writers Showcase – Meadow Woods Chapel
February 25 at 1:30 p.m. – Music with the LeagueAires – Great Room/Chapel
February 26 at 10:30 a.m. – Sweetheart Sing-A-Long – MLCC
February 27 at 7:00 p.m. – Tailwaggers Pet Visitors – MLCC
February 28 at 2:00 p.m. – Sing-A-Long with Dan and Ann – Great Room
March 8 at 10:30 a.m. – Artistry Watercolors – Art Room
March 11 at 10:30 a.m. – Northern Clay – Art Room
March 14 at 1:30 p.m. – MacPhail Music – Great Room
March 15 at 2:00 p.m. – Irish Music Social – Great Room
March 20 at 2:00 p.m. – Irish Happy Hour – Great Room

Writers Showcase

You're invited to a celebration of creative writing with the Meadow Woods Writers' Group. Resident writers have created stories and reflections they are eager to share. Join us to hear these original works, read personally by our residents. Snacks will be provided.

Wednesday, February 20 | 2:00 p.m.
 Meadow Woods Chapel
 1301 East 100th Street, Bloomington

Questions? Contact Heidi Nicklay, Meadow Woods Activity Director, at 952-948-5165.



Legal Documents 101

Learn more about the TOP 3 legal documents that experts recommend for anyone 55+. Event hosted by attorney, Josh Damberg, who specializes in estate planning and elder law with Maser, Amundson, Boggio & Hendricks, PA. Refreshments will be served.

Tuesday, March 19 | 9:30 – 11:00 a.m.
 Martin Luther Campus Great Room
 1401 E 100th Street, Bloomington

Want to attend? Call Kate at 952-948-5181.

Breaking News!

Martin Luther Campus is pleased to announce we were awarded two honors at the 2019 LeadingAge Minnesota Institute.



Award of Merit: A Path to Continuous Quality



Excellence in Practice Award—Community Collaboration: 2018 Older Adult Job Fair

A Discussion on Hoarding Disorder

We recently hosted 75 community members who braved the -20 degree weather to learn about hoarding disorder. Attendees worked with expert, Danette Billups of the Ebenezer Minneapolis Campus, to gain a deeper understanding and tools to support others living with this disorder.

Providing community education and resources is core to our mission. For details on future events, or to inquire on a topic you'd like to know more about, call Kate at 952-948-5181.

The Power of Being Intentional

Martin Luther Care Center resident, Mike [pictured on cover] is many things—a Michigan native, a salesman, an athlete, a veteran, a loving husband-father-grandfather, an artist, a singer, and professional clown... just to name a few!

Mike is also passionate and intentional with his day, focused on finding moments of joy and reflection. And Mike creates those special moments for others in countless ways—through his kind smile and friendly conversation, his intricate artwork coloring birds and flowers, and his lovely poems.

Some poems memorialize events like the one Mike recited at our Veterans' Day program on the Vietnam War. Other poems are just plain good advice for all of us—especially on those stressful days...those cold, snowy days...those days that feel hard to endure. In his poem *Today*, Mike shares great perspective to hold close and remember. Thanks for your daily positivity, Mike!

Today

By Mike, Care Center resident

God has given you a special gift;
 He's given you today.
 You can either be productive or fritter it away.
 Before you decide to waste it,
 Please be aware within.
 Today is only given once;
 It will never return again.



James Johnson shares his love for music with residents.

Home for the Holidays

The holiday season is a time to visit friends and family and make memories together. Martin Luther Care Center resident, Marge, did just that in December with an outing to her home church in Eden Prairie.



Marge, Rev. Paul and Luke

"I had goosebumps the entire service," Marge described. She was able to visit with her longtime pastor, Rev. Paul and reunite with many dear friends she hadn't seen in years. And she also connected with new friends—like Administrative Intern, Luke LaBounty who is a fellow church member! Luke confirmed that Marge was "smiling ear to ear throughout the service."

Thank you to the staff members who embraced the spirit of the season by helping Marge to plan this meaningful trip home.

Meet James Johnson

If you've attend our Sunday worship, you've seen, and heard, talented pianist, James Johnson. James, now 19, found his passion for playing piano at 5 years old and has never stopped!

Today, James is an entrepreneur—making his love for music into a career through his own business, AbiliKeys in Autism. And he's quite successful, playing on average 200 engagements a year including many senior communities like ours and even a concert for travelers at the Minneapolis-St. Paul Airport. More on James' story is featured in the Autism Society of Minnesota's November News. To learn more, visit ausm.org [click Nov. news link at the bottom of page] or call Kate at 952-948-5181.

Congratulations, James! We're so proud to call you a member of the Martin Luther Campus team!