

Fairview Health Services' Caregiver Assurance

Being a caregiver is 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

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!

Please send your email to kblessi1@fairview.org if you would like to get this periodical digitally.

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 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.

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 our many 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 – 952-888-7751



Celebrating Fall

Emotional Wellness Month

October

Guardian Angels Day

October 2

All Hallows' Eve

October 31

All Saints Day

November 1

Election Day

November 6

Veterans Day

November 11

Thanksgiving

November 22

A Fond Farewell to our Martin Luther Campus Auxiliary



Pictured left to right: Ellen Thompson, Michael Ziomko—Ebenezer Foundation, Lloyd Ward, and Margit Hauge.

Generosity, service and compassion are values we've received in spades from our Martin Luther Campus Auxiliary. For more than 50 years, members have devoted themselves to the needs of our residents and our campus.

When our building opened in 1961, it was Auxiliary members who prepared the building by washing windows and assisting in serving the first meal. Over the years, their financial support has continued in countless ways with everything from therapy equipment and funds to start our adult day program to a campus bus with snow tires and our lovely grand piano in the Great Room.

The enhancements to our campus are significant and long-lasting for residents. On September 27, Martin Luther Auxiliary members [pictured above]—gathered to present another generous donation to support our Lifelong Learning art and music programs. One last investment in the residents of Martin Luther Campus.

What a legacy of service and care! Thank you Martin Luther Auxiliary for the many ways you've helped make Martin Luther Campus a special place. We're forever grateful for you.

Campus Events

October 3rd at 10:30 AM – Blessing of the Animals – Chapel
October 9th at 2 PM – Jug band competition – Great Room
October 10th at Noon – Matinee – Mary Poppins at Bloomington Theater
October 15th at 3:30 PM – MLCC Choir practice – Chapel
October 17th at 2 PM – Fall Harvest Moon Dance – Great Room
October 19th at 2 PM – League of Women Voters – Great Room
October 23rd at 10 AM – Veterans: Know your benefits information session – Great Room
October 24th at Noon – Resident Council Fundraiser – MLCC Front Desk
October 25th – Resident Voting Day!
October 31st at 10:30 – All Saints Service – Chapel
October 31st at 1:30 – Halloween Parade with Indian Mounds Students – Great Room
November 5th at 7 PM – Northern Winds Concert Band – Great Room
November 6th – Last Day to Vote!
November 9th at 2 PM – Veterans Day Celebration – Great Room
November 14th at 2 PM – Happy Hour with Bobbi and Christine – Great Room
November 28th at 7 PM – Tailwaggers - MLCC
December 2nd at 2 PM – Normandale Hylands United Methodist Joy Choir – Chapel
December 3rd at 10:30 AM – Lefse Making with Evanstad's – Great Room
December 4th at 7 PM – Resident/Family Christmas Service – MLCC
December 7th at 5 PM – Home for the Holiday's Resident/Family Party at Meadow Woods- *RSVP required of MW residents*
December 12th at 6:45 PM – Cedar Valley Church *Star Six Singers* Caroling – Great Room
December 17th at 7 PM – South of the River Community Band – Great Room
December 28th at 2 PM – New Year's Party With Eric Thomas Duo – Great Room

Refer a Friend and Receive \$500

Do you have a friend or relative who is interested in Assisted Living options? Have them check out Meadow Woods! If you refer someone who moves in or reserves an apartment by November 30, 2018, you will receive a \$500 gift card, and they will receive \$1,000 towards their moving costs.*

Our wonderful residents make Meadow Woods a great place to live and work--it just makes sense that we'd love to have more great people like you.

Please call Amy at 952-948-5167 for more information or stop by her office. Act soon as apartments are filling up quickly!

**Available to Meadow Woods residents only. Prospective resident must be medically and financially qualified prior to moving in by Meadow Woods staff.*



**Tuesday, October 23, 2018
10:00-12:00 noon**

Please join us for a presentation about veteran benefits. Martin Luther Campus is offering four 30-minute sessions to educate veterans and their families about:

- Fort Snelling benefits for veterans
- VA benefits: how to make the most of your benefits
- Funeral expenses: what you may not know
- 'We Honor Veterans' program (Fairview Home Care and Hospice)

Martin Luther Campus Great Room
1401 E. 100th St Bloomington, MN 55425
Refreshments will be served.

RSVP by October 19 to Kate
952-948-5181 or email kblessi1@fairview.org

Tips Against Scammers

AARP notes several important tips to help:

- Shred any papers with personal information
- Do not leave items like wallets or mobile phones unattended
- Set-up digital auto alerts on your accounts to monitor daily activity
- Do not share any personal information over the phone unless you initiated the contact
- Open online accounts with groups such as banks, Medicare, and Social Security to prohibit others from doing so in your name

The biggest thing to remember is having a social network reduces your odds of getting scammed significantly.

If you are in need of connecting with community resources, please contact Kate Blessing at kblessi1@fairview.org or 952-948-5181, and she will be glad to help.

Thanks to those who attended our Oktoberfest Community Event on Sept 28!

The tasty German food, energetic dancing and yodeling and great conversation made it a—
Sun Current Newspaper Front Page event!

Hope to see you next year!

Martin Luther Campus Named Friend of Bloomington Public Schools

We are so proud of our own Sally Peterson for leading the charge in Martin Luther Campus becoming an official *Friend of Bloomington Public Schools!*

For more than 20 years, Sally has partnered with Indian Mounds Elementary 5th grade teacher, Shawn Conradi. Together, they have helped students and residents share beautiful experiences such as creating clay projects, making kites, and even dancing the afternoon away at an annual sock hop. Thank you, Sally, Shawn and everyone who has a hand in making special intergenerational moments possible!

My Two Cents with Penny



Carve Out Special Holiday Moments

It's that time of year—the air gets crisp, and we reach for our favorite blanket or a hot cup of tea. Personally, I like to use this change in weather as a reminder to pause and become energized for the holiday season ahead. Then, I start my lists: planning, shopping, cleaning, entertaining...

...and my favorite, baking. Often, this is a great chance to connect with fond family traditions. Each year, my family makes my mom's famous Ice Cream Cake. It's truly a favorite—both because it's so tasty and it's a good reason to spend quality time enjoying one another.

So, as this year's holiday season approaches, I have a challenge for you. In the midst of all of the to-do's, take some time to really enjoy the company of your loved ones and friends. Play games, reminisce, laugh, hug—it will likely be the best gift you receive all year!



Sally Peterson with Bloomington Schools' Wall of Friends