

Fred and Janet Crawford: “Everything We Need is Right Here”

Fred and Janet Crawford moved to Augustana Care in March, 2016. Due to health issues, Janet moved to the health care center at our Minneapolis campus. Fred continues to live at Augustana Apartments of Minneapolis and he and Janet are together daily. We asked them to share their story.

Why did you move to Augustana Care?

Janet replies: Living in your own home can be very isolating—and expensive. We have a friend who pays exorbitant amounts for the cost of care in her home 24 hours a day. Our children encouraged us to move as we got older, in case we needed more care or services. That turned out to be true, and everything we need is right here.

What do you like best about living here?

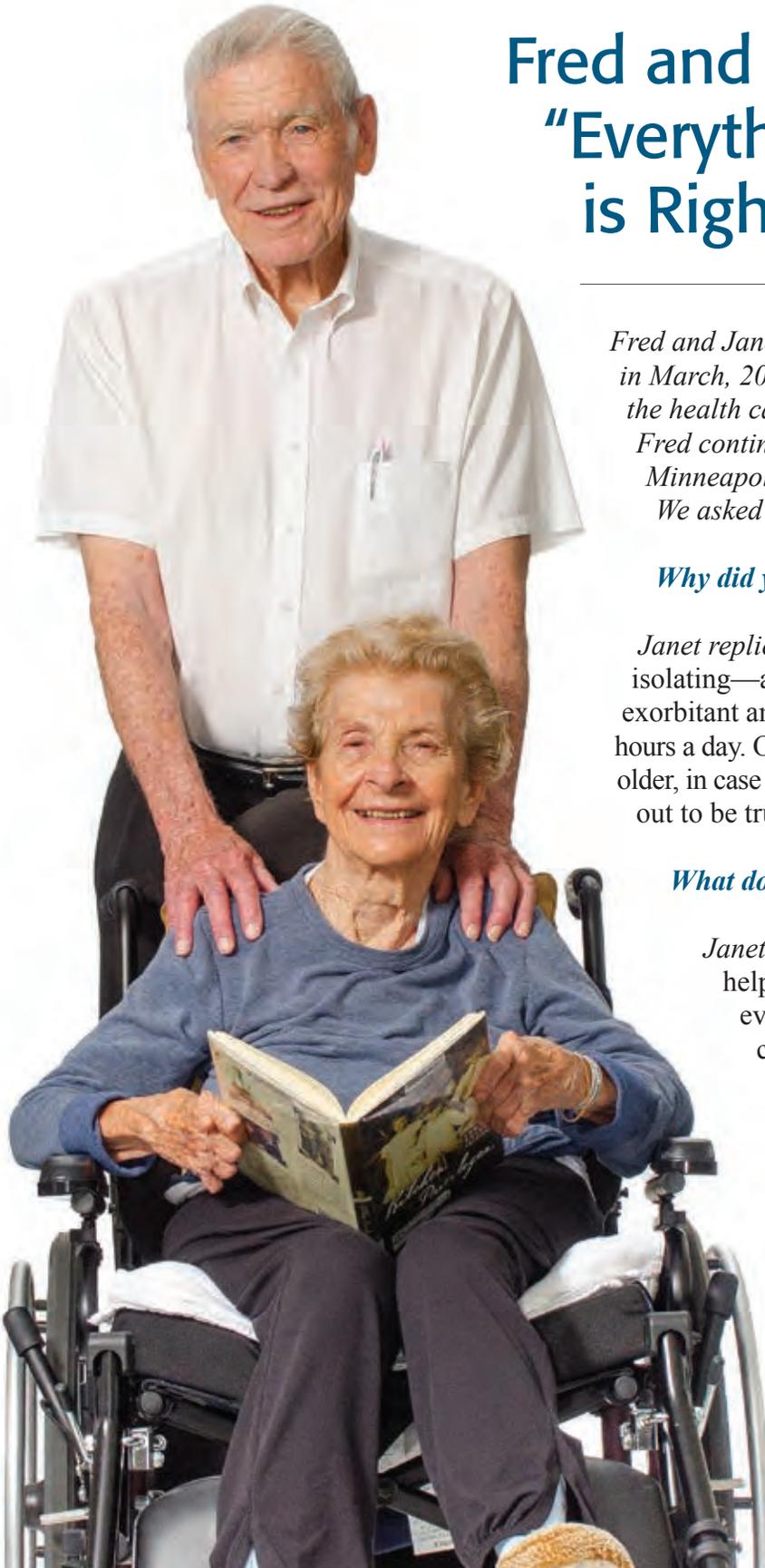
Janet: I have wonderful, caring, compassionate help whenever I need it and we see each other every day. Our favorite part of the day is coming down to the lobby for tea and coffee, and reading.

Fred: I can walk to the store or the library or Janet and I go to the park. I was born two blocks away and it seems right that I come back to live in this neighborhood.

What's a typical day like?

Janet: We meet at 9:30 in my room for tea and cookies. Later I go to therapy.

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There are events, music and every kind of activity and class you could wish for.

Fred: I have balance class two times a week and exercise class three times a week with a really skilled instructor. Then we're together every afternoon and evening.

"You're not at the end of the road; you're at a bend in the road. Change can make your life more interesting."

What would you tell people who may be interested in moving?

Janet: Augustana Care has a beautiful goal in helping preserve people's abilities. They had a vision of what this place could be and created it.

Fred: It's all in their philosophy—based on kindness and Christian values.

Janet: If people are afraid of change, I'd say you're not at the end of the road; you're at a bend in the road. Change can make your life more interesting.

The mission of Augustana Care is to serve God by fostering fullness of life for older adults and other people in need through the provision of health care, housing and other services in a Christian tradition.

If you have questions or feedback, please contact our communications office at jjzark@augustanacare.org or 612-238-8552.

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New Brookside Senior Living Building to Offer More Space, New Memory Care Options

Geri Henstein grew up in the tranquil community of Montevideo, Minnesota, raising six children there with her husband Harold. He worked for the Minnesota Power and Light Company forty-two years, while she worked at the local school.

After Harold Henstein passed away, the couple's children thought it might be easier for their mother if she didn't have to deal with yard work and chores. She moved to Brookside Senior Living in 2013.

Now, Henstein looks forward to living in Brookside's new building, expected to be completed in September 2017. She plans to live in a two bedroom apartment and devote one of the bedrooms exclusively to knitting. "I'll have more room for my work," she says.



Brookside Senior Living's new building will allow Augustana Care to expand its services in Montevideo to include memory care.

Since its opening fifty-one years ago, Brookside served more than 800 residents. The new building will serve many more. A new memory care option will allow more couples to stay together, should one (or both) need help with Alzheimer's or similar conditions. For more information on Brookside Senior Living, call 320-269-6506.



The Ambassador Program brings volunteers Gary and Diane Burrow together with Augustana Care residents like Marilyn Bowman and Beatta Swanson (at rear, with Gary). Ambassador Kari Snyder (at right next to Marilyn, with Diane at left), says residents find special friendships in addition to getting a ride to church.

Ambassador Program Offers New Friendships and Possibilities

When asked to join our new Ambassador Program, Senior Adult Program Coordinator Kari Snyder at Prince of Peace Lutheran Church agreed enthusiastically. “Augustana Care does a great job of serving older adults. People need to know that,” Snyder explains.

Ambassadors strengthen connections between older adults and faith communities through educational programs (provided by Augustana Care), joint volunteer opportunities and more. Prince of Peace’s volunteer program is a perfect example of how the Ambassador Program can work.

“We used to have a bus that brought residents here for weekly services, but then funding was reduced

and the bus comes less often,” says Snyder. Volunteer drivers stepped up to fill the gap, and began connecting directly with residents.

Augustana Regent residents Marilyn Bowman and Beatta Swanson now ride to services with volunteers Gary and Diane Burrow. “For us...it’s about forming a lasting relationship. Marilyn and Beatta have become dear friends!” says Diane Burrow.

“I’d describe the experience in one word—wonderful,” Bowman says. “We were the new kids on the block, and they made us feel so welcome,” adds Swanson. To learn more about the Ambassador Program, contact us at cmdani@augustanacare.org or 612-238-5202.

Creating Friendlier Communities for Those with Dementia

Can communities be more helpful to people with dementia? Last year, Act on Alzheimer's distributed funding to help create a more dementia-friendly community in Hopkins, Minnesota.

Augustana Care staff joined with various partners to set up interviews in churches, businesses, clinics, caregiver support groups, schools and government offices, among others. Topics addressed at the interviews include the following:

- Raising awareness of resources that support people with dementia
- Disseminating warning signs of dementia
- Making public spaces less stressful for people with dementia
- Providing training for caregivers

An action team will choose the three largest areas of concern and work to find solutions. Those solutions might include creating easy-to-navigate environments in local buildings, or training community members on how to talk to people with dementia.



Augustana Care is working with the city of Hopkins and other partners to create a more dementia-friendly community and help people with memory issues stay at home longer.

“Our goal is to make Hopkins more welcoming to people with conditions like Alzheimer's,” says Augustana Open Circle Director Gail Skoglund. To learn more, contact gaskoglu@augustanacare.org or 612-840-4940.

Augustana Awesome Awards Celebrate Those Who Inspire Us



Augustana Awesome winners are congratulated by CEO Tim Tucker (at right).

The Augustana Awesome Awards annually celebrate the inspiring contributions of staff, volunteers and residents. The 2017 award for Excellence in Customer Service went to Home Health Aide Michelle Curry. Director of Health Services Evans Mochama received the Excellence in Leadership award, while Willie Felder received the Excellence in Volunteerism award. Our Resident Fullness of Life award went to Damaris Faulkner.

The Tim Tucker Spirit of Collaboration Award celebrates our exceptional partners. These include the Occupational Therapy Assistant Program at Anoka Technical College and the Adler Institute for extraordinary internship programs at Augustana Open Circle adult day centers.



Representatives from Anoka Tech College accepted the Spirit of Collaboration Award at our spring leadership conference.

Changing Perceptions of Growing Older Through SING OUT!



Guest singers like Kat Perkins (featured on The Voice) add intergenerational perspectives to our singing group while celebrating the exceptional talents of older adults.



How do you change people's misperceptions about growing older? "One rock song at a time," quips Michael Matthew Ferrell, founder of the empowering arts organization Alive & Kickin for older generations. Alive &

Kickin joined Augustana Open Circle this year to celebrate older adults' talent in our community. The result is a group called Sing Out! which meets monthly at our Heritage Park location.

Sing Out! is free and open to the community. In May the group hosted special guest Kat Perkins, a local singer featured on The Voice. Perkins

joined the group to sing hits like "Proud Mary," "Lean on Me," and more. Recent guests include Jennifer Grimm and Dieter Bierbrauer.

The group is led by Michael Ferrell and musician/composer Jason Hansen. "Michael and Jason know how to bring out joy in all of us," says participant Jim O'Brien.



This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

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Life-changing gifts

What's the best way to leave a legacy conveying your values while helping others for generations to come? Gifts by bequest enable Augustana Care to improve the quality of life for those who give so much of themselves. Donations may be made using cash, securities, IRA and other retirement accounts, real estate or tangible personal property.

Gifts are deductible to the full extent of the law; consult an attorney to be sure. You'll also want your attorney to verify that the provision states our legal name: Augustana Care. Please inform us of your bequest so you may be acknowledged and Augustana Care may better plan for the future.

Partnership with North Central University Brings Nursing Assistants to Augustana Care

Augustana Care has partnered with North Central University (NCU) for several years to recruit interns to work on social media. As NCU's mission is so closely aligned with ours, we offered scholarships this spring to help students become certified nursing assistants. Partnering with NCU to develop CNAs helps bring more competent staff members to Augustana Care.

CORRECTION

Our annual report contained a photo and quote from resident Kay Jurgenson, but mistakenly listed her ordination date as 1957. In fact, it occurred in 1975.