

Partners in Care Contacts



Normandale Center for Healing & Wholeness

(<http://healing.normluth.org>)

- Candace Barrick, Resource Coordinator 952-929-1697, x27
- Patti Hankes, Office Mgr. & Project Coordinator 952-929-1697, x21
- Deborah Paone, Director 952-929-1697, x45
- Shirley Pope, Care Team Coordinator 952-929-1697, x31
- Kaye Wothe, RN, Parish Nurse 952-929-1697, x46

Fairview Crosstown Clinic

- Connie Skoy, Clinic Administrator 952-848-5588
- Kathleen Flynn, Patient Information 952-848-5592

Fairview Partners (www.fairviewpartners.org)

- Sarah Tellijohn, Fairview Partners Case Mgr. 952-914-1760

Hennepin County (www.hennepin.us)

- Aging & Disability Services 612-348-4500

Medica

- <http://www.medica.com> 952-992-2900

Metropolitan Area Agency on Aging (www.tcaging.org)

- Senior Linkage Line 1-800-333-2433

State of Minnesota/Minnesota Board on Aging


- <http://www.minnesotahelp.info>

Stratis Health

- <http://www.stratishealth.org> 952-853-8538

University of Minnesota

- Dr. James Friction, Prof. Health Informatics 612-624-2411

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with your family!*



Issue #3

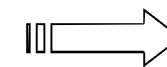
July 2010

Partners in Care Participant Luncheon—May 11th A Great Success!!

Over 35 participants including seniors and family members attended the luncheon on May 11th to learn more about the progress in this grant project and about a new web-based resource tool for adult children of aging parents.



Socialized with other participants and heard updates



“Launched” the Web Resource Tool



The tool is only available through the end of this year and the responses from you (those who use it) will decide its future!



Talked with Fairview Crosstown staff about Advance Directives



Met the Center Staff

Profile of the Grant

Here's a profile of the people (older adults and adult children) in the grant. These participants are our "partners" . . .

Participants:

- ◆ **34 Older Adults**—All have their primary care physician from Fairview Crosstown Clinic
- ◆ **100%** have completed the first of two Self-Assessments with our Parish Nurse Kaye Wothe.
- ◆ **94%** have met with our Resource Coordinator Candace Barrick.
- ◆ **32%** have received services from our Volunteer Coordinator Shirley Pope.
- ◆ **56%** have completed the Matter of Balance or the Living Well With Chronic Conditions class ("healthy aging class")
- ◆ **100%** have received instructions on how to use the PIC E-Tool.

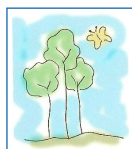
Our Caregiver participants:

- ◆ **24 Adult Caregivers**—This includes adult children as well as other adult family members.
- ◆ **100%** have completed the Caregiver Self-Assessment.
- ◆ **67%** have received services from our Resource Coordinator Candace Barrick.
- ◆ **46%** have received support from our Volunteer Coordinator Shirley Pope.
- ◆ **100%** have received instructions on how to use the PIC E-Tool.

Our Support Personnel (Us):

- ◆ **5** Part-Time Normandale Staff Members, and support from Fairview Crosstown Clinic

YOUR PARTNERS IN CARE



NORMANDALE CENTER FOR
Healing & Wholeness

Ongoing Events

Blood Pressure Clinic

Most Sundays (holiday weekends excluded), 9:30—11:00 am, in Room 202 between worship services at Normandale. **No cost to participants.**

Foot Care Clinic

First Wednesday and Thursday of every month, 9:00 a.m.- 2:30 p.m. at Healing & Wholeness. Foot care is provided by nurses for **\$25**. Call 952-929-1697 for an appointment.

Asian Body Therapy

Every Thursday, 2:00—7:00 p.m. at Healing & Wholeness. Certified Shiatsu therapist, Lois Neve, provides bodywork that can relieve tension in muscles and balance "the energies" of the body, leaving you relaxed and rejuvenated. **Cost is \$1 per minute, with a 15-minute minimum.** Call Lois at 612-306-1624 for an appointment.

T'ai Chi

Every Thursday, 2:30—3:30 p.m. at Healing & Wholeness. This class, taught by Brian Kuebler who is certified to teach Sun (Soong) style T'ai Chi, is good for relaxation, balance, strength and flexibility. Participants may stand or sit. **Cost is \$4 per class.** Call 952-929-1697 for an appointment.

The Normandale Center for Healing & Wholeness is located in Normandale Lutheran Church at 6100 Normandale Road in Edina.

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Minnesota Department of Human Services

Upcoming Events

Flu Shot Clinic

Flu and pneumonia shots are free for Medicare beneficiaries (bring your card); there is a fee for others. Tetanus shots will also be available for a fee. The clinic is provided by Bloomington Public Health.

Tuesday, October 19th from 10:00 a.m.—1:00 p.m.

Legal Planning Series

- ◆ **Health Care Directives—September 23rd** Who will make health decisions when you can't? Taught by Kevin Hanson, J.D.
- ◆ **Power of Attorney—September 30th** Who will handle your finances when you can't? Taught by Kevin Hanson, J.D.
- ◆ **Basic Wills—October 7th** Will you take responsibility or accept the government's defaults? Taught by Kris Maser of Maser & Amundson.
- ◆ **Trusts—October 14th** What is the purpose of a Living Trust? How can you avoid scams? Taught by Kris Maser of Maser & Amundson.

Thursdays, 1:00—2:30 p.m.

Stretch & Stride

This popular exercise class taught by Jen Swendseid, Personal Trainer, and Kaye Wothe, Parish Nurse will be back this fall. Jen will lead us in stretching exercises with Kaye leading a walking group at Southdale Mall on the alternating weeks.

Tuesdays, Sept. 28th—Nov. 16th from 9:30—10:30 a.m.

All events are held at the Normandale Center for Healing & Wholeness. Registration is required. Call Patti at 952-929-1697 ext. 21.

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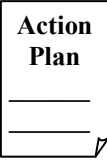
Jane's Story: A Case Example

How would YOU use the PIC web-based resource tool? Jane's story helps you see the possibilities. . .

Hi, I'm Jane. My mother is 81 years old and currently receives her healthcare from Fairview Crosstown Clinic. About a year ago, Mom received a letter from her doctor inviting her to sign up for this new and unique program offered jointly by Fairview and The Normandale Center for Healing & Wholeness. It sounded interesting, she liked the idea of improving her balance and getting a volunteer and there was no fee, so she signed up and became what they call a "Partners In Care" participant.

I was invited to join my mom and was asked to try using a new Internet resource tool that they called the "E-Tool". I'm a pretty busy person but I was told that it wouldn't take much time so I decided to give it a try.

Here are the steps Mom & I took:

- ◆ Mom filled out a form designating me as her Primary Caregiver and gave me her consent to sign on to the E-Tool. 
- ◆ I signed on to the E-Tool by getting on the Internet and going to www.normandalepic.org. 
- ◆ My mom and I thought about who is in her circle of friends and family that could provide her with some help. We then set up her "Partners In Care" list with names, phone #s, and e-mails. This makes it much easier for me—to have this information all in one place and in an online tool that is protected for privacy. 
- ◆ Next we spent some time answering the "Self-Assessment" questions. After completing mom's assessment, an Action Plan was automatically generated for us. I loved the fact that this plan pointed out some areas for us to address...and Mom and I talked about some of her own goals that I didn't know. It was a good conversation. 

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How The E-Tool Helped Our Family

My Mom and I were quite pleased with our experience using the E-Tool. It helped us by:

- ◆ Giving us a picture of Mom's situation.
- ◆ Identifying Mom's areas of strength and of concern.
- ◆ Leading us to resources, information and ideas for help (the tool automatically linked us to the whole state of Minnesota database of providers and services—and directly to the types of services we would need!).
- ◆ Getting everyone (my brothers, mom's friends, etc.) listed in Mom's "partners" page.
- ◆ Providing comfort to Mom and I. We now feel that we know where to go and how to find what we need or might need in the future.

What next?

I want this resource to continue and also want to give feedback to the Center for Healing & Wholeness and their organizational partners to modify the tool a little. I have some ideas for them for new features and I am giving them my feedback via e-mail or giving them a call. I am also willing to participate in a focus group next Fall (2010) that will be directed by the senior researcher from the University of Minnesota—so that I can be part of helping our state to improve support to other adult children like me who are helping their aging parents.

YOUR PARTNERS IN CARE



Healthy Aging Programs

As part of this project, every participant will take part in one of these two evidence based programs sponsored by the Minnesota Department of Health. Almost 2/3 have completed this requirement!

Better Choices, Better Health (formerly Living Well)

This **6-week** program will increase your confidence and skills in managing care for yourself. The course is designed to build skills in identifying issues, setting goals, solving problems, communicating, working with health care providers, and finding out where to go for more information.

Tuesdays, **Oct. 5—Nov. 9th** from 10:00 a.m.—Noon at Normandale Lutheran Church, Rooms 209—210.

A Matter of Balance

This **8-week** program is designed to decrease falls and increase activity levels. If you want to improve your strength and balance, have had a fall or have restricted your activities because of falling concerns, this program is for you.

Thursdays, **Sept. 30—Nov. 18th** from 10:00 a.m.—Noon at Normandale Lutheran Church, Rooms 209—210.

There is no cost for these two programs if you participate in the Normandale/Fairview Partners-In-Care grant program.

If you haven't participated in one of these two programs, this is the last opportunity to do so as a part of the grant program.

Call 952-929-1697 to register.

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