

NORMANDALE CENTER FOR *Healing & Wholeness*

*Serving
seniors in
transition
and their
family
caregivers
to support
health
in spirit,
mind,
and
body*



The Normandale Center for Healing & Wholeness is a non-profit 501(c)(3) charitable organization that seeks to be a welcoming place ministering in mind, body, and spirit to two generations—seniors and their family caregivers.

Purpose

Our founders sought to create a center that would support seniors and their family caregivers in their homes and communities and in senior residences and institutional settings through holistic services and collaborative programming.

For *seniors* experiencing health or living arrangement transitions, we strive to:

- Establish or maintain seniors' connections with their communities
- Alleviate isolation
- Extend independence
- Improve quality of life

For *family caregivers*, we strive to:

- Alleviate caregiver burden
- Improve caregivers' capacity to continue in their supportive roles

Who We Serve

We serve a geographic area consisting of Edina, West Bloomington, and sections of Richfield, Eden Prairie, South Minneapolis, and St. Louis Park. The great majority of our "clients" come from Edina.

Most of the people who call or come to the Center do so because of failing health, terminal illness, or functional decline. The individual who requests help may be an

adult child of an aging parent living alone, the spouse or a friend of a frail elder, or an older person who feels that he or she cannot cope well at home anymore, but does not want or cannot afford to move into assisted living or a nursing home.

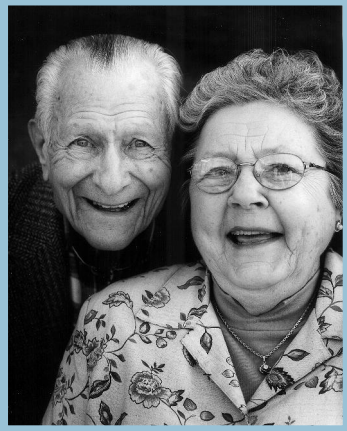
Our Guiding Principles

We are guided in our work by the following principles:

- Focus on seniors in transition and adult caregivers—"walk with them" on their journeys.
- Fill gaps—do not duplicate.
- Find creative opportunities to work with others—collaborate, innovate.
- Offer a combination of mind/body/spirit elements.
- Accentuate vitality—find and develop programs that help to slow disability, or help in the last stages of life.
- Be open to all—reach out to the communities we serve.
- Link informal and formal services.
- Design and implement with replication in mind to help other organizations learn from our experience.
- Provide lessons learned, technical assistance.
- Make good use of staff, financial, and physical resources and partner/other organizations' strengths.
- Proactively measure impact.
- Report results.
- Offer spiritual support.
- Bring people together and enhance communities.

Our History

The Normandale Center for Healing & Wholeness began as a pilot project in



1998. Normandale Lutheran Church recognized that many of its older members were experiencing failing health and were increasingly unable to participate in the life of the Church or in the larger Edina community.

Seniors and caregivers from outside the Church congregation also began to contact the Center for help. To address those needs, we expanded the



reach of our services and increased the types of support provided. A Board of Directors was appointed to guide our development as an organization.

The Normandale Center for Healing

& Wholeness was formally incorporated in 2000 as a non-profit organization through a partnership between Normandale Lutheran Church, Fairview Health Services, Lutheran Brotherhood (now Thrivent), and Lutheran Social Services.

Partners/Collaboration

Our current financial and programming partners include Normandale Lutheran Church, Fairview Health Services, and The Colony (Eden Prairie).

In addition to our partner support, the Center has been funded through individual contributions, memorials, and grants (e.g., U.S. Administration on Aging, City of Edina, Metropolitan Area Agency on Aging, State of Minnesota).

Normandale Lutheran Church

Normandale Lutheran Church, located in Edina, has a congregational membership of 2,900. The Church fostered the development of the Center in 1998 as a founding partner, and it provides the Center with office space and administrative support. The pastors of the Church work with the Center to provide spiritually-based outreach and support, especially during difficult times in the life of a senior or family member.

Fairview Health Services/ Fairview Southdale

Fairview Health Services, a founding partner, is a large regional healthcare system with hospitals, clinics, a university medical center, and numerous healthcare services. With Fairview we are able to offer innovative health education, prevention, and wellness programs.

The Colony at Eden Prairie

A partner since 2003, The Colony is a senior living residence located in Eden Prairie. Its comprehensive programs include a memory support program and a transitional care center offering rehabilitation services. The Center organizes volunteer teams for residents through the Care Team Ministry.

Other Collaborations

The Center works with many organizations to benefit our mutual “client.” We refer to existing social service, advocacy, and healthcare-related organizations and receive referrals from them. Some of these organizations include:

- Edina Resource Center
- Senior Community Services
- Bloomington Public Health
- Metropolitan Area Agency on Aging
- Neighborhood Partnership/Living at Home/Block Nurse Program
- Hennepin County
- American Red Cross

For the whole law is fulfilled in one word, “You shall love your neighbor as yourself.” Galatians 5:14

Serving seniors in transition and their family caregivers to support health in spirit, mind, and body



Services of the Center



Our programs and services are provided without regard to faith practices, race, ethnicity, or economic need and are free unless noted otherwise.

Resource Coordination

The Center's Resource Coordinator works one-on-one with caregivers and seniors, helping them find resources through community agencies and state programs.

Parish Nurse Services/ Education

The Center's parish nurse arranges and coordinates health education and wellness programs. She also provides telephone re-assurance "check-ins" following hospitalizations.

Screenings and Shots

Cholesterol testing is available by appointment (supply fee charged). Flu shots are offered in the fall (fee charged). Blood pressure checks are offered by the Center's parish nurse and volunteer nurses.

Tai Chi Class

Classes are held weekly at the Center. A Stroke/Heart Tai Chi class is offered through Fairview Southdale's Stroke Prevention Program, and a bi-monthly class is also offered to seniors, both at a nominal cost.

Foot Care Clinic

Foot care is provided in the Center once a month at a reasonable cost payable directly to the foot care nurse.

Adaptive Medical Equipment

Used equipment is accepted as a donation and is loaned out on a temporary basis.

Care Team Ministry

Teams of volunteers are organized to provide for non-medical needs of seniors and their family caregivers (e.g., friendly visits, errands, household tasks). Care Team volunteers are given education, training, and ongoing support through the Center's Care Team Coordinator.

Volunteer Drivers

With a week's notice, a staff member sets up rides to medical appointments within a set geographic area.

CareRing

Volunteers make telephone calls to "check-in" on homebound seniors at their request.

Caregiver Training and Support

Periodic education and training programs are offered by the Center for family caregivers.

Prayer Shawl Ministry

Volunteers knit prayer shawls for those who are experiencing difficult times, such as surgery, illness, or personal crisis. The knitters pray as they knit, and the shawls are blessed by a pastor when they are completed.



*Therefore,
my beloved
brethren, be
steadfast,
immovable,
always
abounding
in the work
of the Lord,
knowing that
in the Lord
your labor is
not in vain.
1 Corinthians
15:58*

Sharing Our Learning

The Center is committed to helping other organizations improve their programming by sharing our learning. We have provided over a dozen churches and senior residence communities with help in replicating our Care Team Ministry program. We have also produced a resource, *Education Module for Care Team Ministry Replication*, which can be downloaded from our Web site (www.normluth.org).

Words of Appreciation

“I want to express our appreciation for all that you did for Dad as well as for Mom. Your volunteers who serve as drivers for appointments, visit with Dad and Mom, and man the foot care clinic are truly a gift from God to our family.”

“You have no idea how blessed I know I am to have the kind, thoughtful, unselfish, and dependable friends who transport me hither and yon.”

“I can’t say anything more except how very, very happy and pleased and appreciative I am for the work of the Center. Their work with us has helped me and my family. My family members in particular are so relieved now that they know that all this help is available. I don’t have family or relatives close by. They are all out of state. And so, the first time my daughter from Montana called the Center, right off, they said that they could do this or do that. It was just such a tremendous load off of them and off of us too.”

*But they who wait for the Lord
shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.*

Isaiah 40:31

Contact Us

We are located in a wing of Normandale Lutheran Church, at:
6100 Normandale Road
Edina, MN 55436

For more information on the Center:

Call—(952) 929-1697

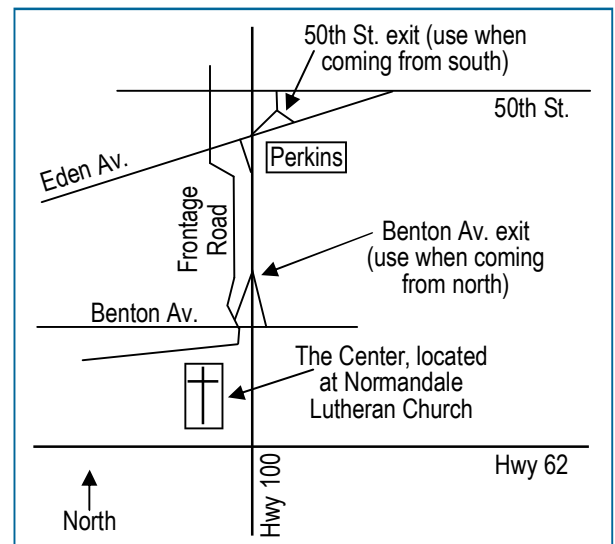
Visit—www.normluth.org



How Can You Get Involved?

There are many ways that community members (individual and corporate) can participate in the Center’s mission. We welcome your involvement in any of our initiatives and invite you to contact us at the number below. Specifically, you can:

- Pray for the Center.
- Volunteer as a Care Team member, driver, CareRing caller, nurse, prayer shawl knitter, or office helper.
- Provide a financial gift/grant.
- Lead an educational seminar on a senior/caregiver-related topic.
- Participant in our wellness activities.
- Become a “Friend”—Friends of the Normandale Center for Healing & Wholeness sign a covenant agreement to provide support in a number of ways.
- Donate medical equipment.



From the North: Take Highway 100 south to the Benton Avenue exit. Go straight, through stop sign, on Normandale Road to Normandale Lutheran Church.

From the South: Take Highway 100 north to the 50th Street exit. Make two right turns (onto Edin Avenue), go over freeway, and turn left onto the frontage road heading south to Normandale Lutheran Church.