



Elderberry Institute eNews

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Send Us Your Stories!! If your Program has a news update or story to share, please send an e-mail to LMuenchow@elderberry.org

Success Story of the Month: "Dee"

Submitted By: Grove City Area C.A.R.E.

Dee is an 80-year-old citizen who has known Grove City C.A.R.E. Program Director Ronda Johnson for over 30 years. Dee was widowed 15 years ago and moved from her farm into a rambler in Grove City.

Last year, one of Dee's daughters came to the C.A.R.E. office to talk about concerns the family had for Dee. She was beginning to show signs of memory loss and they were worried about the safety of her living all alone.

The Grove City staff had the opportunity to show Dee and her children an empty apartment in the Southgrove building where the C.A.R.E. office is located. They liked the laundry facilities, senior dining program and the nice dining room available for parties.

Dee moved into the building in July. Ronda sees her nearly every day that she's at work. Dee's memory loss has been slowly progressing and she sees her doctor on a regular basis. Ronda feels that the C.A.R.E. Program has been able to keep her from going to a nursing home. They remind her of such things as her foot care appointments, blood pressure checks and Friendship Club meetings which are all services provided by C.A.R.E.

This new lifestyle has helped take away some of Dee's frustrations. She now knows that the C.A.R.E. Program will be there to help her deal with her memory loss. Ronda says, "It feels so good to be able to help seniors through the C.A.R.E. Program!"

Elderberry News: CS/SD Proposals

Elderberry Institute as well as many LAH/BNPs were pleased to submit CS/SD proposals on February 29, 2008 to DHS. Elderberry submitted five proposals and is a partner with another proposal being submitted by Axeos Consulting.

The six proposals are:

1. Metropolitan Minnesota Senior Transportation Partnership (MMSTP). Elderberry Institute is a lead partner and fiscal agent for a project designed to coordinate and improve informal and formal transportation to elders in all metro LAH/BNP areas.
2. St. Paul Age and Disability Resource Center (SP-ADRC). Elderberry Institute is a lead partner and fiscal agent for a project designed to improve access to information and care connections for consumers. Initially, the project will expand the capability of five LAH/BNPs and Wilder Home Care in St. Paul to become ADRC centers, as well as establish ADRC outreach sites in the three District Council areas without LAH/BNPs. By the end of the year, the project will include other LAH/BNPs and interested organizations.
3. Enhancing Connections to Community Organizations for Elders (ECCOE). Elderberry Institute is the lead partner and fiscal agent for a project designed to build on the SPICE-Bridge collaboration. Working with over 20 partners, it will establish rela-

Tipsheet of the Month - Alzheimer's

1. Maintain eye contact, use touch to help them focus, and stand directly in front of them if possible.
2. Speak softly, slowly, and clearly. Use simple words and sentences. If needed, repeat the exact same words.
3. Use direct statements when you want them to do something. 'It's time for lunch now.'
4. Do not rush or expect a quick response. Ask again using the exact same words, or try again a few minutes later.
5. Use humor when appropriate.
6. When the person is uncooperative, use distraction. Try changing the subject, this may cause them to forget what was causing the problem.
7. Never accuse them of lying or being difficult on purpose. This requires complex thinking and planning which they can no longer do.
8. Do not argue or confront, their reality may be different than yours.
9. Respond to their emotions, not necessarily their words.
10. Avoid putting your loved one in a position where they need to make choices. Using close-ended questions that require a yes or no response. 'Do you want coffee?' instead of 'What do you want to drink?'

Welcome to the Network!

- Nancy Farnham - Board Chair, *Enderlin*

Important Dates:

- **Mar 19** - METRO - New Board/Staff Orientation
- **Mar 26** - OUTSTATE - New Board/Staff Orientation
- **April 3** - 2008 Day at the Capitol

tionships with first responders, local businesses and service providers leading to identification, communication and referral systems that will lead to earlier interventions with elders.

4. Enhanced Consumer Directed Options for Elders (ECDOE). Elderberry Institute is the lead partner and continues marketing and development of our capability as a Fiscal Support Entity for Consumer Directed Services, including a special pilot project in Carver County with consumers able to purchase long term care services with private funds.
5. Elder-Friendly Hearing Technology Assistance (EFHTA) Project. Elderberry Institute is the fiscal agent for a project by four LAH/BNPs that focuses on elders who are experiencing hearing loss and their caregivers by assisting them with transitions to the use of assistive listening technology and making the process of dealing with hearing loss as user-friendly as possible.
6. Point of Care Smart Card (PoCSC). Elderberry Institute is partner along with Axeos Consulting, Inc., three participating LAH/BNPs and others in an innovative technology project designed to pilot use of smart card technology to better manage critical medical data and health information at the point of care.