



EMERALD CREST

Intelligent Memory Care by  AugustanaCare

Summer 2015

fostering fullness of life

SAVE THE DATE!

Second Annual Emerald Crest Family and Friends Symposium

November 7, 2015 | 8:30 am to 1:00 pm

Pax Christi Church | 12100 Pioneer Trail, Eden Prairie, MN

This event is for all Emerald Crest Families and Friends. The Symposium is a FREE event that features a vast array of resources, information and educational seminars on dementia care and living at Emerald Crest.

Meet the Team: *Martha Sawyer, Occupational Therapist at Emerald Crest of Minnetonka*

“My name is Martha Sawyer and I am the new Occupational Therapist at Emerald Crest of Minnetonka.

I feel called to work with the elderly population and particularly those with cognitive decline. I have been an OT for the past six years working in long term care, home care, as well as serving as the OT for Emerald Crest of Victoria and Shakopee in 2010.

I grew up in a farming community in rural Illinois and attended Concordia College in Moorhead, MN

for my undergraduate degree. Once my children were both in school I went back to St. Catherine’s University for my Masters Degree in Occupational Therapy.

I live in Bloomington with my husband, two children, a black lab, and a kitty. I am thrilled to be back working at Emerald Crest!”



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Care.Giving.

Summer is finally here and there is a lot to look forward to in the upcoming months. This is an exciting season for us as many special events bring people together to celebrate Augustana Care and Emerald Crest.

There are too many to list them all, but here are some of this summer's special events include the following:

- **July 21:** Augustana Care's 25th Annual Golf Tournament, Silent Auction and Dinner at Crystal Lake Golf Course
- **August 8:** Augustana Chapel View's State Fair
- **August 13:** Augustana Apple Valley's wine tasting event

You are invited to join us at any or all of these events. Please look for more information about special events on Emerald Crest throughout the summer. Your involvement in Augustana Care and Emerald Crest makes a wonderful difference in the lives of the people we serve.

To learn more please call:

Kay Gudmestad, Vice President of Fund Development
612-238-5209

Annette Rodriguez, Gift Officer
612-238-5213

Your support of Emerald Crest makes an impact.

Meet the Team:

Penny Mueller, RN, Residence Director at Emerald Crest of Minnetonka

"I'm a mom of four almost grown children.

My oldest is an architect in Denver, two of my children are attending North Dakota State University, and my youngest is a senior in high school. When I'm not busy visiting kids Denver or Fargo, or attending high school choir concerts and music festivals, I enjoy kayaking, rollerblading, knitting, soapmaking and reading.



In nursing school, I received specialized training in geriatrics and hospice, which is where I discovered my desire for holistic nursing. My nursing career spans pediatrics, adolescent care in school nursing, adult nursing in a jail, case management for hospice and case manager for a memory care unit in an assisted living setting. I am a student of aromatherapy and am studying ways to implement alternative therapies into the care of seniors.

Having been with Emerald Crest Minnetonka and Victoria for almost five years, as a part-time campus nurse and on-call triage nurse, I am very excited to be coming back to Minnetonka as the Residence Director.

Krissi Barnett has done an amazing job and I have some big shoes to fill. She has been a huge influence on my career over the years, and I plan to carry on the good work she has done. I look forward to working with the residents, staff, and families as we move forward and learn more about dementia, memory loss and Alzheimer's every day and strive to make the lives of those affected the best they can possibly be."

Summer Fun at Emerald Crest!



Nostalgia

By Chaplain Alex Treitler

Summer stirs up memories. The long evenings give ample room for a nostalgic return to the sunny summer days of childhood. And this is nostalgia: Glowing with good memories of times past, and edged with sorrow that these times have passed.

The term “nostalgia” goes back to Greek words meaning “homecoming” and “pain.” The term was used to describe a mood disorder affecting soldiers far from home. The soldiers’ longing was so painful that they would sometimes

stop eating and drinking and simply waste away—or so it was said.

Of course, intense longing for things past existed long before there was a word for it. Psalm 84 begins, “...My soul longs, yes, even faints for the courts of the Lord; My heart and my flesh cry out for the living God.” Like the homesick soldiers, the psalmist longs in body and soul for restoration. The psalmist isn’t returning home, but retracing the footsteps of the faithful, trusting that he in future will be welcomed “in the courts of the Lord.” By remaining faithful to the commandments and God’s covenant, the psalmist is restored.

Today, psychologists see nostalgia as serving an important positive function. Nostalgia can be a way of going back in time through memory to relive strong, personally affirming memories. The individual then returns to the present, energized by the new perspectives these memories give.

For a person of faith, this nostalgic journey is not one made alone but rather as a whole people, following Abraham to the promised land, Moses to the Red Sea, David to battle...For a person of faith nostalgia is ritual, an ongoing remembering of God’s work in history: the healing history of me, and the healing history of all.



Augustana Care is pleased to announce that Oakview Assisted Living and Memory Care became part of the Augustana Care family this past spring.

Sister communities in Moose Lake include Augustana Mercy Health Care Center and Kenwood Place Apartments. Now known as Augustana Oakview, the care community contains three households, each with ten private and semi-private suites surrounding a central living and dining room. Assisted living at Augustana Oakview includes health and personal care addressing a variety of needs. Advanced care is also available for those with complex medical needs. One household is dedicated to caring for those with conditions like Alzheimer's that result in memory loss.

The new relationship to Augustana Care creates opportunities for both staff and residents. One change will be that Augustana Oakview residents now have priority access to Augustana Mercy Health Care Center. To schedule a visit or learn more, please call Brenda Danielson at 218-485-8779.

With a deep knowledge of memory care, we offer a specialized assisted living setting for seniors with Alzheimer's and dementia-related conditions.

*Burnsville | Minnetonka
Shakopee | Victoria*

*952-908-2215
www.emeraldcrest.com*

What's Happening at Emerald Crest?

Emerald Crest of Burnsville Family Support Group takes place the second Tuesday of every month at 5:00 pm. For more details please contact Denise Beck at dbeck@augustanacare.org or 952-890-2652 ext. 203.

Emerald Crest of Minnetonka Summer Party is August 11. House 1 party will take place at 5:00 pm, House 2 at 5:30 pm and House 3 at 6:00 pm. The theme is "Dog Days of Summer."

Memorials to Honor Past Emerald Crest Residents: Dementia robs us of our loved ones in increments long before they pass way. This can be an important time for final closure with the staff and other family members who understand the unique grief and loss you may have experienced with your loved one. Hope to see you then.

- **Burnsville:** Tuesday, August 4 at 1:00 pm (House 4)
- **Victoria:** Wednesday, August 12 at 1:30 pm (House 2)
- **Shakopee:** Friday, August 21 at 1:30 pm (House 3)
- **Minnetonka:** Thursday, August 27 at 1:30 pm (House 1)

Walk to End Alzheimer's

Mark your calendars for September 26. The Walk to End Alzheimer's returns to Target Field! Consider joining Emerald Crest and Augustana Care on the walk or making a donation on behalf of your loved one. More details to come this fall!



By Chaplain Lette

Witnessing the change of seasons is one of the most beautiful aspects of living here in Minnesota. Every season has its stirring beauty, from the vibrant greens of spring, to the silvery hot sunny days of summer, to the fiery colors of cool autumn days. Even winter, the longest (and sometimes most dreaded) season in Minnesota has its unique beauty; crystal blue skies and sparkling snowy covered landscapes. Even downtown buildings in the heart of the city look magical with a thick frosting of fresh snow.

As a pastor to those with dementia, when I begin our worship service in the living rooms of each house I visit, I point out the weather of the day through our large living room window. I ask the residents what they see and they answer as they are able; most remark about some aspect of the season. They remark on the colors they see, the white snow, the grey clouds, the green grass and plants, the bright, colorful flowers. Sometimes they spot birds or a squirrel which always delights us.

Rev. Lette Gamble is the Chaplain to all four Emerald Crest locations. Chaplain Lette attended the University of Minnesota and Luther Seminary and trained at Augustana Care center and Methodist Hospital. After her recent ordination, she was called to a large parish in Burnsville where she served on the spiritual care team for prayer and older-adult ministries. Chaplain Lette provides worship services, communion, one to one visits and devotions at Emerald Crest and also provides support for family members and staff. "It is a privilege to serve and support older adults at Emerald Crest," she says.

The spiritual care program at Emerald Crest is 100% supported by Augustana Care's Spiritual Care Fund. We appreciate those that have supported the fund through contributions over the past few years. If you are interested in supporting the continued efforts both Lette and Augustana Care provide to Emerald Crest Residents please email mowens@augustanacare.org for more information.

The seasons remind us that all things around us change in regular rhythm, and it returns to what is once was in the beginning of the cycle. Such is the rhythm of aging. Time passes and we grow, age, and then return to what we once were; dependent on others for our daily guidance.



Our job here at Emerald Crest is to remind our residents that they are cared for, that they have meaningful activities despite these changes, and they are not alone. Our God is a God who is eternal loving and changeless, despite the changes of the seasons, or the changes of our loved one's health, intellect and activity as they age. Everything has a rhythm, everything changes, yet there is an eternal God who never does, and that eternal love enfolds us in a constant embrace.

We Want Your Feedback!

Help us communicate with you better on social media by providing your thoughts in this brief questionnaire.

When you're done, cut on the dotted line and mail to:

8150 Bavaria Road
Victoria, MN 55386

Thanks—and don't forget to follow us!



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[Twitter.com/emeraldcrestmn](https://twitter.com/emeraldcrestmn)

Social Media Questionnaire:

Resident Name: _____ **Site:** B M S V

Designated Resident Representative: _____

Email: _____

Other Resident Representatives:

1. **Name:** _____ **Email:** _____

2. **Name:** _____ **Email:** _____

3. **Name:** _____ **Email:** _____

What form of social media do you use: (check all that apply)

- Facebook
- Twitter
- Linked In
- Instagram
- Other: _____

Emerald Crest offers great events and caregiver information to our families throughout the year. How would you prefer to receive this information:

- Email
- Mail (post office)



Thank You!