



EMERALD CREST  
Intelligent Memory Care by AugustanaCare

Hello,

I am Pastor Arlen Solem. Welcome to Emerald Crest by Augustana Care.

I was born in Pelican Rapids, MN which is about 45 miles southeast of Fargo, ND. We moved to Duluth, MN when I was 6 years old. We would move again a couple more times in my childhood with the last stop being in Cameroon, West Africa where my parents were missionaries. This experience changed my life greatly and made my world become much larger.

In my adulthood, I have lived in several states including Minnesota, Texas, Iowa, Illinois, and Wisconsin. My family and I moved to Columbia Heights in the fall of 2016 from Milwaukee. My wife is also a pastor's kid and works as a vocational rehabilitation counselor with the VA. We have 3 children, a girl who is 10 and 2 boys ages 3 and 2. They keep us very busy.

My experience with older adults began as a toddler when my dad would often bring one of the kids to visit congregation members who were homebound or in nursing homes. I would continue this in college when I worked as a nurses' aide. I have served as a pastor at an inner city church in Milwaukee and my chaplaincy experience includes hospital and hospice chaplaincy. Previous to beginning my new call as Emerald Crest campus pastor, I served at Augustana Health Care Center in downtown Minneapolis.


I love visiting with older adults and performing the sensory worship services that are provided each week at all of our houses. This worship is especially designed for people in memory care and includes well known hymns, Bible passages and Holy Communion. Depending on the house and the cognition level this service may also include an interactive sermon that engaged the senses. Friends and family are also invited to attend. It would be wonderful to see you there.

For those residents, who do not identify as Christian or do not want to attend these worship services, I do my best to connect them with spiritual care leaders of their own faith. I also know that many people do not have any religion or faith. For those people, I do my best to get to know them and help them to find and express meaning in the ways that they find meaning or spirituality.

I also would like to invite you to support groups that we hold for the family and friends of our residents. These are held monthly and a great way for people to connect with others who are sharing some common experiences and to help people through the joys and pains of having a loved one with memory issues. Not only is compassionate camaraderie provided but also practical information and suggestions about managing the stress and change of care giving.

These meetings are from 5:00 PM- to about 6:30 PM and include a light dinner. We do occasionally miss a meeting and do our best to contact people when this happens. Otherwise the monthly schedule is as follows:

Shakopee: 1<sup>st</sup> Monday of the Month in the Sunroom of House 3  
Burnsville: 2<sup>nd</sup> Tuesday of the Month in the Sunroom of House 4  
Victoria: 3<sup>rd</sup> Wednesday of the Month in the downstairs of House 2  
Minnetonka: 4<sup>th</sup> Thursday of the Month in the downstairs of House 2



Blessings to you on your journey,  
Arlen Solem  
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