

# EMERALD CREST

Intelligent Memory Care by  AugustanaCare

Winter 2015

fostering fullness of life

## Emerald Crest First Annual Family and Friends Symposium

The first annual Emerald Crest Family and Friends Symposium took place on November 1, 2014 in Eden Prairie. We enjoyed insightful presentations from Occupational Therapists **Theresa Klein**, **Sarah Hartmann** and **Jenny LaVoi**, Elder Law Attorney **Mary Francis Price**, and Resident Director **Denise Beck**. Sponsors and vendors of the event included Home Care Assistance, Lifesprk, Touching Hearts at Home, Loving Hearts Nursery, and Long, Reher, Hanson. Emerald Crest and Augustana also shared great care giver resources and materials for families.

Did you miss out in 2014? No worries, we will be hosting another Family and Friends Symposium in 2015! For more information, contact Christine at 952-856-7521 or [cdrasher@augustanacare.org](mailto:cdrasher@augustanacare.org).



*Theresa Klein, Occupational Therapist*



## Happy Holidays!

Happy Holidays from Emerald Crest of Shakopee! Residence Director **Denise Bissonnette** with sisters Deb and Darlene and mom Jan. Marketing and Admissions **Justine Aretz** with husband Kory.

Check out more pictures from Emerald Crest holiday celebrations on Page 5.

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# Care.Giving.

**Happy New Year!** As we reflect on the blessings of 2014, we want to let you know how much we appreciate your involvement at Augustana Care and Emerald Crest. Thank you for all the ways you gave so generously to help those we serve.

We have been fortunate to receive generous philanthropic support this past year. In 2014, we raised over \$4.2 million through gifts from residents, families, employees and board members, grants and bequests.

Gifts to our annual campaign and Castle Peak capital campaign enable us to help older generations live fuller and more vibrant lives at Emerald Crest and throughout Augustana Care.



*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.*

## SADD Group at Emerald Crest of Shakopee

Several residents at Emerald Crest of Shakopee enjoyed our visitors from Students Against Destructive Decisions (SADD) from Shakopee High School. The students assisted our residents in making Thanksgiving door decorations for their suites.

SADD will join us one Saturday of every month to help with special activity for our residents. For more information, contact Justine at 952-856-752 or [jparetz@augustanacare.org](mailto:jparetz@augustanacare.org).



# Serenity Dolls at Emerald Crest of Minnetonka and Burnsville

Emerald Crest of Minnetonka and Burnsville are excited to announce the arrivals of their Serenity Dolls! Through the sites' fundraising efforts they raised enough money to adopt two serenity dolls for programming.



With much gratitude and appreciation, we want to thank those that donated and support our efforts at Emerald Crest. The impact of these life-like dolls is so great that during the Family and Friends Symposium, our friend at Home Care Assistance donated TWO more dolls, one for Minnetonka and one for Burnsville!



## Rising from the Fog

By Chaplain Alex Treitler

It is often said disparagingly of elders that they “live through their memories” or “dwell in the past”. I wonder, what is so bad about that? After all, “present” can be used subjectively to describe what is **most present to us**. The beauty of religion is that it does the same thing to history as it is said that age does to



## Journey of the Heart: A Collaborative Support Group

Emerald Crest of Burnsville and Heartland Home Care and Hospice hosted an 8 week support group program called “Journey of the Heart”. Participants gained strength and encouragement in this program that is specifically designed to address the unique needs of caregivers of patients with dementia. We shared our stories, learned about the disease and what to expect, gained coping tools and strategies to meet individual caregiver needs.

Congratulations to those that participated and celebrated their 8 week commitment on November 11th. The group will continue to meet monthly at Burnsville and welcome others to attend this wonderful support group opportunity. For more information contact Denise Beck at [dbeck@augustanacare.org](mailto:dbeck@augustanacare.org).

memory. Religion unhitches the holy events and holy men and women from history so that they are in our present. The Christmas story is not just history, but **our** story of God entering into our lives. There will be Christmases when God seems for us still shrouded in fog. But then surprisingly, comfortingly, hopefully comes the Christmas when we again meet the Child who teaches us to laugh and again, to live.



For too many older adults, life can become a series of crises, sending them in and out of the hospital repeatedly.

To address this issue, we initiated a new program called Thrive On @ Home at Augustana Care Apple Valley and Chapel View campuses. Patients discharged from health care centers after rehabilitation receive support from a registered nurse and life care navigator to help prevent rehospitalizations. Thrive On @ Home was created to provide a solution to help more people live as independently as possible in their homes or assisted living communities.

Program services include free phone support, educational tips and connections to valuable resources, with an eye toward helping people stay successful at home after a hospital or transitional care discharge. Follow-up calls and visits are made periodically to assess people's ongoing needs and connect them to services and resources when needed. For more information, call 1-877-345-3319.

*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](http://www.emeraldcrest.com)**

## Garage Sale Fundraising at Emerald Crest of Shakopee

This past August, the team at Emerald Crest of Shakopee hosted a garage sale following the long anticipated completion of the remodel. The sale was a huge success with over **\$1,300.00** raised to support resident and staff needs at Shakopee. Thank you to those that came out and support us!

## Alzheimer's Walk 2014

The Alzheimer's Walk hosted by the Alzheimer's Association is an event held very near and dear to us at Emerald Crest. Aside from serving those affected by this disease, many of us here have personal experience through our own family and friends. It was a beautiful fall Minnesota day at Target Field, Emerald Crest had over 30 walkers and raised over \$1,500! Want to join us next year? Contact Sarah at [shartmann@augustanacare.org](mailto:shartmann@augustanacare.org).



## What's Happening at Emerald Crest?

On the first Wednesday of every month, Shakopee is hosting a Memory Loss Support Group for family and friends in the Shakopee community.

If you are interested or have questions about the support group, contact Denise at 952-233-8811 ext. 201.

## Holiday Happenings at Emerald Crest!



*the*  
**Spirit of Care**

*By Chaplain Lette*

In early December, we enjoyed the annual Christmas party at Emerald Crest in Minnetonka, complete with festive music, sweet treats and a visit from Santa and Mrs. Claus.

There were smiles of delight and joy for everyone as residents sat with Santa.



When he asked what they wanted, many could not think of what to ask Santa. It didn't matter; the visits were delightful and filled with warmth and laughter.

All of us, family members and staff gathered in a large circle around Santa to celebrate this special time of year with our residents.

Like a family we knew both joys and struggles of this past year, and were able to set them aside to find the bonds of blessing and love that bind us as God's family. The day was truly merry and bright, and such a blessing of a time!

May we all find similar joys in the New Year.