

# NRC *insights*

NOVEMBER 2018

VOL. 10, NO. 3 | A publication of Northfield Retirement Community

Educating the public and caregivers about a variety of issues related to aging.



Northfield  
Retirement Community  
*Innovation. Choice. Tradition.*

## TECHNOLOGY:

### *The Smart Companion*

What do daily life, health monitoring and safety have in common? They all have the potential to be positively impacted by an increase in the accessibility of technology.

Integrated technology is now more than just counting steps or video-chatting; from bridging the caregiver shortage to keeping up with senior housing trends, it could help solve some of the most important issues facing our nation's senior care industry.

*continued inside*

# Technology: The Smart Companion *continued from cover*

## Accessibility Shapes the Future

Ensuring that technologies are increasingly accessible for people of all ages is critical to embracing innovation and putting it to use to benefit a variety of audiences. Everyday technologies that people already use is a great place to start.

### Technologies Abound

- It's not just about counting steps anymore. The Apple Watch Series 4 has entered the medical sphere. The wearable technology can detect falls and comes equipped with an electrocardiogram monitor. Apple even gained FDA clearance to use the watch's sensor and accompanying app to detect atrial fibrillation, or A-fib. Having devices that people already wear could make it easier to detect health irregularities.
- Best Buy recently ventured into the world of senior health care when they acquired GreatCall, a leader in senior health technology solutions, for \$800 million. Additionally, the retailer has expanded other health care-related technologies they sell to include more options for the whole family. This includes Assured Living, Best Buy's senior caregiving technology solution, which can share with families real-time alerts in case of fall or missed medication, as well as insights into activity levels.
- Specialized tablets, like GrandPad, which got its start at the Mayo Clinic, are specifically designed for older users and require no wi-fi, home phone lines or passwords to remember. The technology also features oversized buttons and other easy-to-use features.
- Voice-first technologies, like the Amazon Echo, Google Home or others geared to older adults, can help individuals avoid social isolation, age in their homes longer and stay connected to outside news and happenings. They can even give users health-

related prompts, like reminders to drink water or to meet fitness goals.

Innovative technologies are not only becoming more embraced and accessible for the health and safety of aging adults, but they also have the potential to help solve other emerging needs.

### Bridging Health Care Workforce Shortages

It's no secret that our nation faces a senior health care worker and caregiver shortage as a result of a quickly growing aging population. Leveraging in-home and assistive technologies can bridge the caregiver gap and reduce the number of adults entering long-term care facilities by allowing people to stay in their homes longer.

---

Leveraging in-home and assistive technologies can bridge the caregiver gap and reduce the number of adults entering long-term care facilities by allowing people to stay in their homes longer.

Aging in place is an increasingly popular choice amongst older adults, and as traditional senior housing options face a lack of vacancies, it is in our best interest to find ways to support this trend of independence using technology. In our state alone, 80% of Minnesotans plan to remain at home as long as possible. Supportive technologies like health care monitoring, safety alerts and easy communication tools have the power to enable older adults to live safely and happily at home as they wish, without feelings of isolation or lacking care resources.

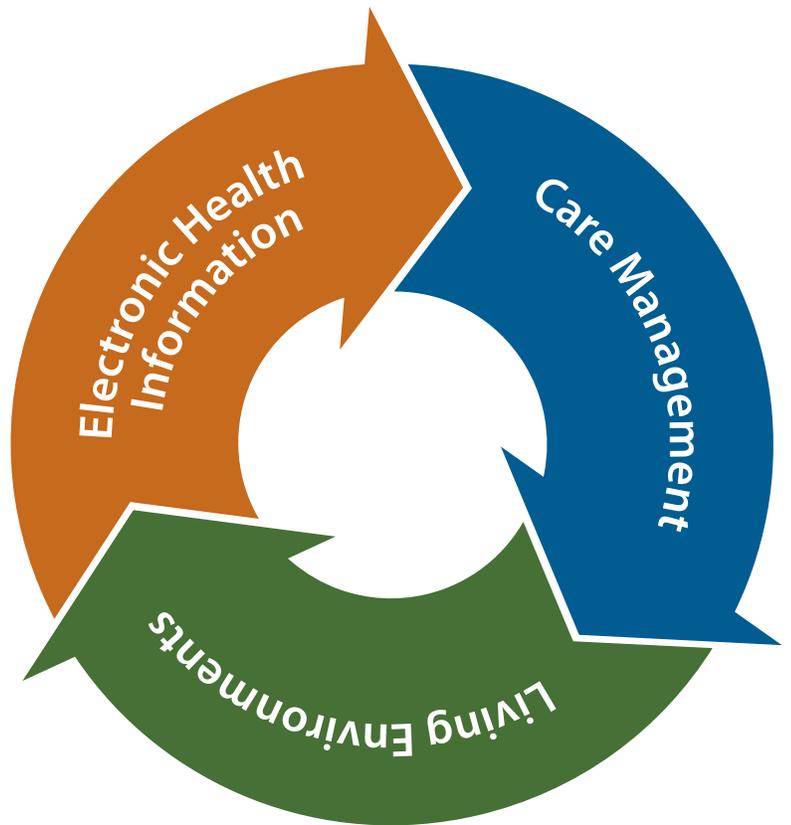
## The Gift of Innovation

Considering the gift of technology as a holiday present for an aging loved one? Ask yourself these questions before you buy. It may help you decide what type of solution is the best fit!

- Is your loved one open to learning new technologies?
- Does he or she plan to age at home?
- Does he or she have a health situation that requires continuous monitoring?
- Will the technology be used for health and safety monitoring, social connectivity or both?

Connectivity of technology solutions will drive health care outcomes, customer satisfaction and operational efficiencies.

From watches to tablets, as technology becomes more accessible, we have the opportunity to leverage its power and help solve some of the most important issues facing our nation's senior care industry.



## HEALTH CARE CAREER TRAINING AT NRC

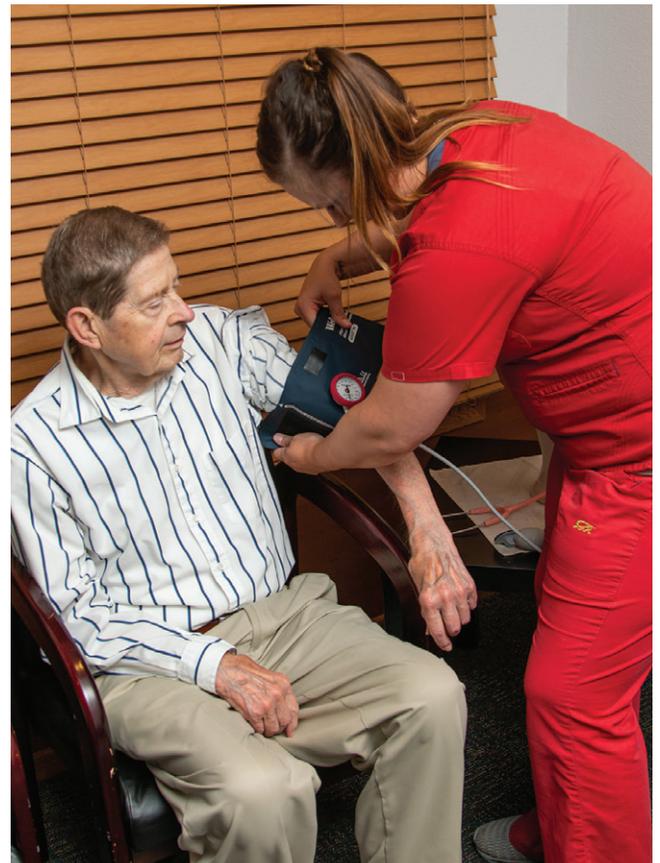
Looking to gain new skills in 2019? Northfield Retirement Community's registered nursing assistant (NAR) training fills up fast! Register now for April's course, which runs April 1–May 2. Anyone 15 years of age or older can register. Registration ends on March 18.

NARs are critical to the success of care teams, as they care for patients and assist registered nurses in day-to-day activities, including:

- Residents' daily tasks
- Bathing, grooming and feeding residents
- Medical checkups and procedures
- Administrative duties

This hands-on, flexible training can be used to advance futures in health care. Many schools accept this work experience as course credit. Plus, the training prepares participants to take the state Nursing Assistant Registry exam.

With nursing assistant employment projected to grow 17% from 2014 to 2024 in Minnesota, participants can use their NAR training to be part of this important, growing field with the in-demand skills they'll gain.



**LEARN MORE AND REGISTER:**  
[northfieldretirement.org/nar](http://northfieldretirement.org/nar)

# Foundation Focus

INSIGHTS FOR OUR FRIENDS IN GIVING

## Smiles and Life Lessons Through Service

For Becki Haar, a fourth grade teacher, her passion to connect students with meaningful service to seniors began in 2000, when she became a co-advisor for student council at Greenvale Park Elementary.

As a service project, she and her students created blankets and delivered them to Northfield Retirement Community's Care Center. "That simple visit made me realize how much impact we could have on residents and students if there was a relationship built over time," Becki says. In 2002, she began walking with her students to NRC once a month.

Becki's goal of teaching students about other generations and offering experiences outside of the classroom continued when she took her position at Sibley Elementary. And, when walking to NRC was no longer feasible, NRC took on paying for the monthly bus rides.

This service has grown into meaningful life lessons for Becki's classes. She introduces books about

visiting nursing homes and imparts lessons, like how to communicate with people who are hard of hearing or have mobility issues.

Becki is an encourager of community involvement, facilitating collaboration and stewardship between partners and even her own family.

"For nearly 10 years, my grandmother created blankets," Becki says. "Each year, she made more than 60 blankets and donated 30 to my classroom. When my grandmother became too old to create blankets, my family stepped in, making enough to bring to residents this December."

Years ago, Becki's students also began visiting Cannon Valley Suites at NRC, where they met more special friends. One pair was Orwell, a Cannon Valley Suites resident, and his daughter, Cathy Bennetts, another Sibley Elementary teacher.



Orwell enjoyed the visits, and the annual blankets were of special importance. "My dad cherished the blankets, using them often over his lap," Cathy says. When Orwell passed away, he was covered with the first and last blanket he received.

**> JOIN NRC IN SUPPORTING** these meaningful visits from students! Gifts help fund student bus rides to NRC. Checks can be mailed to Mrs. Becki Haar, fourth grade teacher, Sibley Elementary, 1400 Maple Street, Northfield, MN 55057.

## Make a Difference at NRC



### VOLUNTEER

Sharing your time and talent with our community will leave a smile on your face! Get started by signing up for volunteer opportunities at [northfieldretirement.org/volunteer](http://northfieldretirement.org/volunteer). Every minute you can give will bring joy to all.



### GIVE A GIFT

Please consider making a financial gift to NRC using the enclosed envelope or by visiting [northfieldretirement.org/donate](http://northfieldretirement.org/donate).

*All donations to NRC are tax-deductible.*

# Lives of Grace and Purpose

The aging adults who are a part of our community have an extraordinary opportunity to lead lives of grace and purpose. A monthly gift provides NRC with dedicated funding to build long-lasting programs and allows the organization to allocate funds where they're needed most.

Your gift is also confirmation that you share in our important mission to extend the best possible care to aging adults.

## *Will you make a monthly gift to NRC?*

The NRC Foundation supports the life-giving work of Northfield Retirement Community. Together, our efforts allow seniors to live enriched lives with the support of NRC's quality care and services.

### **EVERY GIFT MATTERS.**

*Thank you for your support!*

SCHEDULE YOUR GIFT ONLINE:  
[northfieldretirement.org/donate](https://northfieldretirement.org/donate)

# NRC FAMILY FUND: HELPING OTHERS

Founded by a group of compassionate ParkView residents, the NRC Family Fund serves to assist residents who find themselves in difficult financial situations, ensuring that they're able to remain at NRC receiving needed services and care that they may be unable to afford.

As the number of those ages 55+ continues to grow, so does the need for affordable senior housing. Many older adults are, or will be, burdened by the cost of living and may need support to continue living life to the fullest in a caring, innovative environment. Your gift can be that lifeline.

**LEARN MORE** or give a gift to the NRC Family Fund at [northfieldretirement.org/donate](https://northfieldretirement.org/donate).

# Give Back Through Thrivent

Thrivent Choice® is a charitable grant program that allows eligible

members to recommend where Thrivent Financial distributes part of its charitable outreach grant funds each year. NRC is an approved Thrivent Choice grant recipient organization! If you or someone you know is a qualifying Thrivent member, please consider using some of those dollars to make a difference at NRC.



*“Using Thrivent to support NRC is a powerful and easy way to give back to an organization we believe in. It simplifies the giving process and helps us make a difference.”*

*– Bill (NRC Board member) and Connie Nelson*

Interested in giving back to NRC using Thrivent Choice? Please contact DawnMarie Vihrachoff, NRC's vice president of fund development, at [dvihrachoff@northfieldretirement.org](mailto:dvihrachoff@northfieldretirement.org), or go to [thrivent.com/thriventchoice](https://thrivent.com/thriventchoice) to learn more.





**Northfield  
Retirement Community**  
*Innovation. Choice. Tradition.*

900 Cannon Valley Drive • Northfield, MN 55057

NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 156  
NORTHFIELD, MN  
55057

---

*For nearly 50 years, NRC has provided high-quality housing and services specifically designed to meet the physical, social, emotional and spiritual needs of older adults.*

 **Independent Living**

 **Care Center**

 **Assisted Living**

 **Short-term Care**

 **Memory Care**

Northfield Retirement Community is an Equal Opportunity Provider. 

# Care Center Receives High Performing Rating from U.S. News & World Report

NRC's Care Center recently received a Best Nursing Homes rating of High Performing on both its overall rating and short-stay rehabilitation rating from U.S. News & World Report. Performance ratings are based on health inspection findings, nursing staffing and medical quality measures using Medicare data.

