

NRC *insights*

DECEMBER 2017

VOL. 9, 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.



According to the United States Census Bureau, by 2029, when all of the Baby Boomers will be 65 years of age or older, they will make up more than 20 percent of the total U.S. population.

Not only will this shift in aging shape the demographic composition of the United States, it will also shape the future of caregiving.

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PREPARING *for the Unexpected*

Preparing for the Unexpected

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As the aging population grows, so does the need for care services. Decisions about caregiving and caregiving itself often fall to family members – sometimes in unexpected ways. Additionally, the nation faces a senior health care worker shortage, and traditional senior housing options face a lack of occupancy vacancies.

When combined, these factors make it more important than ever to find creative, innovative ways to prepare for and approach an aging trend that will soon impact millions of families.

Make a Difference. Be Prepared.

We never know when our loved one will require our help. There are several things to consider in advance as you prepare to become a caregiver:

- Arrange a family meeting ahead of time and fill out a health care directive. When you discuss the details of giving your time and support to aging family members ahead of time, your family is more prepared when your loved one requires more assistance and caregiving.
- Find out your loved one’s needs and wishes. What sorts of care supports do they require? Do they wish to stay at home? Are there opportunities for involvement nearby, like senior centers or community engagement options?

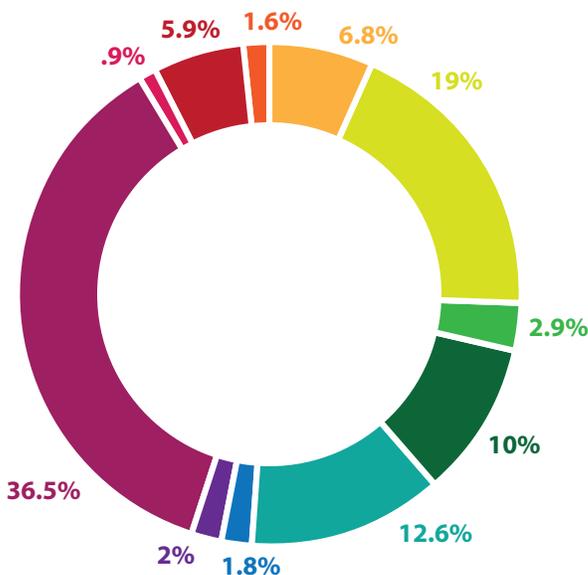
- Weigh whether or not you’re able to be their caregiver. When it comes down to it, the affordable option might be to care for your loved one in their home or move them into yours. Can you adequately support their care needs? Is there a “backup” support system nearby if you go out of town?

The Important Role of In-home Supports

“Aging in place,” or staying in your current home as you age, is a desire consistently being reported by older adults. In fact, 80% of Minnesota seniors plan to remain at home as long as possible. It not only promotes greater independence, but it can also preserve connections to loved ones and friends. Other supports, like in-home care and assistive technologies, play a vital role in enabling safe and happy aging in place. Home care and assistive technologies promote greater independence, thus reducing reliance on others for help, and can also help reduce the number of older adults entering long-term care facilities, providing significant savings to individuals and the health care system and allowing for ease on family members and other caregivers.



For information about health care directives, visit: honoringchoices.org/health-care-directives.



CAREGIVING ACTIVITIES

This graph shows the percent of time caregivers spent in select eldercare activities for the combined years 2015–16.

- Eating and drinking
- Household activities
- Purchasing goods and services
- Caring for and helping household members
- Caring for and helping nonhousehold members
- Working and work-related activities
- Organizational, civic and religious activities
- Leisure and sports
- Telephone calls, mail and email
- Traveling
- Other activities, not elsewhere classified

Data provided by the U.S. Bureau of Labor Statistics



Test Your Home and Community Care Knowledge

How much do you know about aging in Minnesota? [TAKE THIS QUIZ TO FIND OUT!](#)

1. How many Minnesotans will turn 65 every year now through 2030?
a. 20,000 b. 40,000 c. 60,000
2. By 2022, how many seniors will live in Minnesota?
a. 400,000 b. 750,000 c. 1,000,000
3. How much less does it cost to provide care and support for seniors through home and community-based services rather than in a nursing home, on average?
a. 1/2 as much b. 1/4 as much c. 1/8 as much
4. Why can't more Minnesota seniors receive care and services in their homes and communities today?
a. Necessary services aren't available in all parts of the state.
b. There aren't enough qualified caregivers to provide home and community-based services.
c. The demand for these services statewide is 3 to 4 times higher than the demand for nursing home care.
d. All of the above.
5. According to a statewide survey, what percentage of Minnesota seniors plan to remain at home as long as possible?
a. 25% b. 75% c. 80%

TAKE THE QUIZ ONLINE:
faceagingmn.org/home-community-care-quiz

This quiz is adapted from Face Aging MN, a statewide campaign that raises awareness about the issues that accompany the reality of a rapidly aging society. Information sources include the Minnesota State Demographer, Long-Term Care Imperative and Minnesota Board on Aging.

Answers: 1. c / 2. c / 3. a / 4. d / 5. c

Foundation Focus

INSIGHTS FOR OUR FRIENDS IN GIVING

St. Dominic School Partnership Brings Smiles Long After the Holiday Season

Northfield Retirement Community finds mutual benefit in building strong and lasting relationships with community members and organizations that share our core values. One such partner is St. Dominic School.

Every January, eighth grade students at St. Dominic School travel on a mission trip to help others, most recently serving in an orphanage in San Antonio, Texas, and helping the less fortunate in Maltrata, Mexico. Moved by the natural disasters and storms that have ravaged our country recently, this year's students have requested to travel to Miami to work with hurricane relief ministries.



In addition to a host of fundraising activities students engage in throughout the community, NRC supports their mission trip by offering a gift of thanks for students' assistance in decorating the NRC campus for Christmas. Every year, we look forward to their presence, and our residents delight in seeing the students work cheerfully and diligently to hang holiday banners and twinkly lights around campus.

Anna Tritch, a recent graduate of St. Dominic School, said, "Decorating at NRC was a fun way to start the holiday season. I enjoyed talking with the residents and seeing their excitement as we decorated. It was nice to come back after the trip and thank everyone for the opportunity and to share information about the mission trip with them."

Following the missionary work, the students visit NRC residents and host a presentation of their trip. Students share photos and stories about their experiences helping others. Conversations between the students and residents are incredibly lively and rich – each has something to share with one another.

It's partnerships like this that make NRC so special. Shared experiences, like NRC's partnership with St. Dominic School, add an important and meaningful dimension to life at NRC.



Honor a Loved One and Support NRC

Each year, Northfield Retirement Community displays a 12-foot-tall beautiful Holiday Tree. The tree graces our Chapel throughout the holidays, creating a festive atmosphere for Advent and Christmas worship.

For each gift of \$50+ given in honor or in memory of a loved one, a beautiful poinsettia plant will be added to the Holiday Tree. Your name and the name of the loved one you honor will be listed in a display beside the tree.

Proceeds from this special fundraiser will help ensure that our residents

receive spiritual care and counseling and assistance paying for services when they cannot afford them and that the campus is equipped with new technology for those battling Alzheimer's, dementia and memory loss.

To make a gift, complete the enclosed gift envelope and write "Holiday Tree" next to your name or give online by visiting northfieldretirement.org/give.

iN2L Memory Loss Technology is Popular Among Residents

Northfield Retirement Community utilizes the It's Never 2 Late (iN2L®) system to improve the lives of aging adults suffering from memory loss issues like Alzheimer's and dementia. The funding for this new equipment was made possible with proceeds from the NRC Golf Classic.

iN2L helps an aging population easily use technology and stay connected to loved ones through activities designed to enhance brain function and quality of life.

iN2L is a picture-based, touch screen that empowers users to simply "touch" their way to educational, spiritual and personalized content. With one or two touches, grandparents can send emails with photos to loved ones or let off-site caretakers know how they are feeling today and if they have taken their medications.

NRC staff members Milosha and Linda report that everyone on the NRC campus is loving the new technology, especially our memory care residents in Evergreen Lodge. Residents and staff are enjoying



learning something new together. "We try new things and let the residents know that we are learning with them. We encourage visiting families to use iN2L so they get comfortable interacting with their loved ones through iN2L when they are away," says Milosha.

For questions about giving to the NRC Foundation, contact DawnMarie Vihrachoff at 507-664-3471 or dvihrachoff@northfieldretirement.org.



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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. 

Kyle Nordine Named to LeadingAge Minnesota's 50 for the Next 50

Kyle Nordine, President and CEO of Northfield Retirement Community, has been named to LeadingAge Minnesota's "50 for the Next 50." This list recognizes innovative and influential leaders who are charting the course for the next wave of older adult services that will empower Minnesotans to age well and live fully.

"50 for the Next 50 are pioneers, challenging the status quo to transform and enhance the experience of aging," said Gayle Kvenvold, President and CEO of LeadingAge Minnesota. "These leaders are making forward-looking innovations in service delivery, elevating the profession of caregiving and best preparing Minnesota for the future needs of its aging population. We are energized by what lies ahead with the mix of these experienced and next generation leaders at the helm."

Nordine has served as President and CEO of NRC since 2002. During this time, he has helped to shape the future of senior care in rural communities across the state. Understanding the challenges that rural communities face to meet the financial pressures of providing exceptional care in a heavily regulated industry, he has been a champion for aging in place, pioneering the use of in-home assistive technology solutions and implementing strategies to make the technology more accessible in communities around the region.



LeadingAge™
Minnesota

READ THE FULL STORY: northfieldretirement.org/news