

NRC *insights*

MAY 2016

VOL. 8, NO. 1 | 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 for the Aging

It is well known that the wave of baby boomers now entering the retirement waters is

TSUNAMI

creating a fantastic swell across the state and the nation. While we cannot stop the aging process, we can use a set of new tools to help make the journey more tolerable and exciting.

The number of new gadgets, apps and electronic gizmos that are hitting the human marketplace can make your head spin. You can now open doors remotely, order groceries online to be delivered to your door, and set the thermostat in your residence to be the perfect temperature at a specific time.

continued inside

Technology for the Aging Tsunami *continued from cover*

What is so exciting about all of these new toys is that they make life more simple and allow us to age gracefully in our home living environments.

Northfield Retirement Community is embracing these new concepts and is embarking on an extended mission to help seniors in our area connect with technology and stay in their current living situations for an extended period of time. NRC has been using sensor technology since 2007, when it introduced Healthsense®

into the apartments in ParkView. Now the organization is ready to take this technology to the broader community and into the homes of those who choose to delay moving to a senior retirement community.

The new technology gives family members and their loved ones more confidence in being secure and aware of health conditions as they change. These quickly changing health conditions can cause serious consequences and force all parties into making decisions without the desired time and research

needed to make all members of the family feel comfortable and assured that they are creating the best scenarios.

It is the commitment of Northfield Retirement Community to support seniors at home with these new technologies and provide a platform for health planning and a forum for safe and secure options for all concerned.

NRC offers both Healthsense® and GrandCare™ products throughout Northfield and surrounding communities. If you are interested in these new technologies and how they can help you or a loved one stay at home a little longer, give us a call at 507-664-3466.

Bob Will, who is a longtime board member and contributor to the ongoing mission and vision of Northfield Retirement Community, has recently had the complete eNeighbor remote monitoring system installed in his home near Carleton College. He said, "I want to remain in my own home for as long as I can." And after more conversation said, "It's a reassuring thought and gives me a sense of comfort to have the sensors in place." The picture is of Bob relaxing in his home surrounded by just a small portion of the memorabilia that fills the walls.

When asked about his experience with Healthsense®, Dick Jarvis commented that although he and his wife, Leone, never had the occasion to actively use the system, it gave him a sense of comfort knowing that they had help at the ready should they need it. Having Healthsense® was one of the safety nets that allowed them to live in their home.



NRC Keeps Ahead of the Curve for Innovation

Whether in a private home setting or a senior living facility, Northfield Retirement Community offers two innovative monitoring systems that make remote caregiving a realistic addition to in-home care, allowing seniors to live independently longer and safer.

Healthsense® health and safety monitoring provides a high-tech “good neighbor” that gives seniors and their families an added sense of security. The Healthsense® system monitors everyday living activities using wireless sensors in the home to gather information that establishes individual behavior patterns. Its proprietary technology evaluates data, compares current activity to past trends and provides updates with relevant, timely information so

caregivers can react in real time, 24/7, to safety concerns and proactively identify health needs and detect possible clinical risks.

GrandCare Systems™ is a caregiving tool that is designed to reduce healthcare costs and improve outcomes by enabling designated family members, caregivers and healthcare professionals to remotely care for an individual in a residence, regardless of geographic location. The heart of GrandCare™ is a large touch screen located in the residence, which provides the individual with social communications, instructions, reminders and medication prompts. No computer skills are needed



for the resident to fully engage in all of the touch screen features.

The Care Portal can be accessed anytime, anywhere from any internet-connected device, making it easy for family members to check on their loved ones from afar. And residents can instantly access video chat, photos, letters, and calendar events from family and caregivers.

Contact NRC to learn how these monitoring systems can enhance the opportunities for you or your loved ones to remain in the preferred care setting.

Proceeds from 2016 Golf Classic to Fund New Technology

The 2016 NRC Golf Classic will raise funds that will allow NRC residents to use the highly acclaimed It's Never 2 Late (iN2L®) information technology. With iN2L's intuitive design, seniors, regardless of experience and physical or intellectual abilities, can use the computer and hundreds of applications that include brain exercises, word games and therapeutic activities.

Last year, thanks to the 2015 Golf Classic, NRC added Biodex Balance System™ SD to our extensive therapy department.

Thanks for making the Golf Classic a success.

Save the date!

10th Annual NRC

GOLF CLASSIC

Courtesy of Neuger Communications Group, Tournament Sponsor

Thursday, June 2, 2016

Join us for an exciting 18 holes of golf while supporting the mission of Northfield Retirement Community.



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 more than 45 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**

 **Memory Care**

 **Assisted Living**

 **Care Center**

 **Skilled Nursing**

Northfield Retirement Community is an Equal Opportunity Provider. 

NRC Receives *Star of the North Award for Service*

Emily Kerling, RN, Director of Health Services, accepted the Star of the North Congressional Award on behalf of Northfield Retirement Community from Congressman John Kline. The award was created to recognize the extraordinary acts of service and random acts of kindness performed by Minnesotans in the 2nd District.

Kerling was recognized for her role in organizing Northfield's Walk to Remember, a movement to reclaim the future for millions. The 2015 event had 143 participants and was a combined effort of Northfield Retirement Community and Three Links Care Center. With more than 40 volunteers and 20 sponsors, the event was a huge success, raising over \$5,600 to fund the Alzheimer's Association care, support and research programs.

"We are blessed in Minnesota to be surrounded by so many selfless individuals who are willing to step up to address the needs they see in our communities and beyond," Congressman Kline said. "These 'Stars of the North' have given far more than they have received – volunteering, offering a helping hand, reaching out to a neighbor to ask, 'What can I do for you?'"



9TH ANNUAL
WALK TO *Remember*

Sunday, September 25, 2016
Northfield Retirement Community Campus

