

NRC *insights*

MAY 2019

VOL. 11, 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.

CELEBRATING *50 years*



SAFE CARE *for Seniors*

Currently, Minnesota is the only state in the nation that doesn't license assisted living facilities. State lawmakers are working hard to make sure this changes for the safety of our aging population.

Historically, there has been a lack of a clear definition of assisted living. The diversity of care options that fall under assisted living have made it challenging to regulate and compare facilities. Some assisted living residences include shared housing communities that provide personal care services, while others have added memory units and provide skilled medical care.

continued inside

Safe Care for Seniors *continued from cover*

Defined Care

The Minnesota Department of Health has proposed a multi-tiered licensing system that would be based on services offered and the needs of residents. The tiers would include basic care, comprehensive care and dementia care. These tiers would help clarify the services a facility provides, giving residents and their caretakers a clear understanding of what types of care to expect.

The Benefits of Accountability

In regulating assisted living facilities, residents can be assured they are receiving the care they need in a clean and safe environment. Currently, residents in assisted living facilities in Minnesota can be discharged for any reason. This bill would provide clear rules and regulations for when and why services can be terminated, ensuring residents continue to receive the appropriate care when needed.

“For many years, Northfield Retirement Community (NRC) has had a comprehensive licensure for the services offered in our assisted living facilities,” says NRC President and CEO Kyle Nordine. “NRC’s commitment to seniors each day is unwavering. Caregiving is our calling and we do everything we can to provide safe, quality care.”



In Support of Safety

At NRC, we are dedicated to supporting advancements and changes that improve the elder care system and continuing to provide a safe, comfortable environment that empowers residents to live active, fulfilling lives in a place they can call home.



To learn more about the services and living options that NRC provides, visit: northfieldretirement.org/living-services

Granny Pods, Tiny Houses, ADUs

With the costs of care going up and the availability of senior housing going down, many aging adults and their caregivers are taking matters into their own hands. Accessory dwelling units (ADUs), more commonly referred to as granny pods, tiny houses or in-law suites, are becoming a topic of conversation. An ADU is a living space added to, created within or detached

from a single-family dwelling that provides basic living, sleeping, eating, cooking and sanitation. The City of Northfield has permitted the building of ADUs since 2012, however few have been built.

Recognizing the need for alternative housing options, the city is considering making some changes to its current policy. To learn more and follow the conversation visit:

ci.northfield.mn.us/500/Accessory-Dwelling-Units

A Beautiful Partnership

Northfield Retirement Community is proud to announce it has received the President's Community Partner Award from Minnesota Campus Compact. The award is given to a community-based organization that enhances both the quality of life in the community and educational outcomes in meaningful and measurable ways, and nurtures the relationship with a partnering Minnesota Campus Compact member college or university.

Northfield Retirement Community was nominated for its 15 years of partnering with St. Olaf College by providing social work internships and vocational exploration along with the Story Partner program that matches residents with students for one-on-one visits. NRC provides a commitment to educating the students about issues related to aging and also provides excellent on-boarding orientation, ongoing event support and transportation for students.



From left to right: Milosha Malecha (Director of Activities), Belinda Peterson (Director of Social Services), Ella Skrien (St. Olaf student and Story Partner program participant), Melissa Mendez (Visiting Assisting Professor of Social Work & Family Studies at St. Olaf College)

NAR Summer and Fall Classes

Northfield Retirement Community is offering summer and fall nursing assistant courses to prepare participants to successfully pass state exams and be placed on the registered nursing assistants (NARs) roster for the state of Minnesota. This hands-on experience prepares nursing assistants for future jobs in health care. Many schools accept this work experience as course credit.

- Flexible, varying course lengths, lasting three weeks or six weeks
- Combines classroom and clinical components
- Minnesota Department of Health-approved curriculum taught by NRC's award-winning care team
- Offers hands-on learning experiences
- Prepares participants for the State Nursing Assistant Registry exam
- Class fees are often covered or reimbursable

If you have any questions, please contact Deborah Ward at dward@northfieldretirement.org or 507-664-3480. To register, visit northfieldretirement.org/join/training-education



UPCOMING COURSE DATES

JUNE 10–27, 2019

Monday–Thursday, 8 a.m.–12 p.m.
Registration Deadline: May 27

JULY 29–AUGUST 15, 2019

Monday–Thursday, 8 a.m.–12 p.m.
Registration Deadline: July 15

SEPTEMBER 30– OCTOBER 31, 2019

Monday–Thursday, 4–8 p.m.
Registration Deadline: September 16

COST: \$850

Foundation Focus

INSIGHTS FOR OUR FRIENDS IN GIVING

Spring Has Sprung at Pathways of Faith Park

With warmer weather approaching, it is the perfect time of year to visit NRC's Pathways of Faith Park. Available for the entire Northfield community to enjoy, all are invited to visit the park, enjoy the paths through nature and relax in the sound of tranquil water.

The newer additions of an artfully designed 13-foot cross and sculptures representing the 12 apostles provide a serene place for visitors to reflect on their spiritual journeys. These masterpieces were crafted locally through generous donations of time, talents and financial resources.



Pathways of Faith Park brings great joy to residents on campus. The park serves as a lovely place to go for a walk, a golf cart ride destination for those with limited mobility and an event space for a variety of fun activities.

Volunteer Opportunities Abound!

Pathways of Faith Park is grateful to have volunteers help to maintain the grounds for all to enjoy. From spring planting to fall clean-up, NRC is always welcoming of an extra hand or a green thumb. If you or someone you know is interested in helping support the park, please contact Milosha Malecha at mmalecha@northfieldretirement.org or 507-664-3472.

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. Every minute you can give will bring joy to all.



GIVE A GIFT

You can make a financial contribution to NRC using the enclosed envelope or by visiting northfieldretirement.org/donate.

All donations to NRC are tax-deductible.

Thrivent Financial Provides Opportunities for Members to Give Back

Thrivent Choice® allows Thrivent Financial members to have a financial impact on the causes and nonprofits they care about. There are more than 40,000 churches and nonprofits enrolled in the program, including Northfield Retirement Community!

“When I first heard about the benefits that I have through Thrivent Financial, I looked into various opportunities and decided that I like the idea of supporting local programs,” says Lynnette Tupy, NRC’s Manor Service

Coordinator. “Each year, I direct a portion of my Thrivent Choice Dollars to NRC. Experience has shown me that NRC will use those funds to continue to do amazing things. I encourage everyone to tap into the benefits they have and use them in our community – both at NRC and in the greater Northfield community. You just may be surprised to find unexpected benefits in your own lives.”

“Experience has shown me that NRC will use those funds to continue to do amazing things.”

– Lynnette C. Tupy
Manor Service Coordinator



Visit thrivent.com/making-a-difference/living-generously/thrivent-choice/ for more information.



Join us for the 13th Annual NRC GOLF CLASSIC

The NRC Golf Classic is our annual fundraiser that brings together the NRC family to help provide financial support for NRC programs that serve older adults. Each year, friends and supporters of NRC from around the state participate in 18 holes of golf in a scramble format, followed by a banquet dinner and brief program. We would love to have you join us as we Golf for Good!

The 13th annual Golf Classic will be held June 6, 2019 at Northfield Golf Club. To register, visit northfieldretirement.org/golf



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

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

CELEBRATING *50 years*

900 Cannon Valley Drive • Northfield, MN 55057

For 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. 



Northwood Pines Openings

Spacious community living is available now at Northwood Pines!

Available for individuals and couples, this living option combines the privacy of one-bedroom plus den apartments with the enjoyment of community spaces.

- Private one-bedroom plus den apartments
- Family-style meals
- Congregate living spaces
- Around-the-clock care when needed

For more information, contact us at **507-645-3466**
or info@northfieldretirement.org