



Crosslake Area Senior Services, Inc.

Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 11 | Winter 2024

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Join us for the 3rd Annual

SENIOR DAYS & EXPO

April 26, 27, & 28, 2024

- ✓ Senior Presentations
- ✓ Train Museum Event
- ✓ Senior 3K Walk
- ✓ Senior Restaurant Discounts
- ✓ Senior Store Discounts
- ✓ Senior Prom
- ✓ Senior Pickleball
- ✓ Senior Golf Discounts
- ✓ Senior Expo

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EXPO Keynote Speaker

JOE SCHMIT

Our Expo Keynote Speaker is sponsored by Cuyuna Regional Medical Center

EXCITING SENIOR DAYS WEEKEND AHEAD!

Crosslake Cares is thrilled to announce our upcoming Senior Days weekend, featuring the fifth Senior Expo, and celebrating five years of Crosslake Cares. Join us for a host of events from April 26 to April 28, 2024, with most activities being free or discounted.

To kick off the festivities on Friday, April 26, we're offering four engaging *Senior Presentations* at Crosslake Lutheran Church. The first will be Senior Technology from 10-11AM presented by Krystin Peterson of Tremolo. The next will be Senior Transportation from 11:15-11:45AM by Pam Vaughan and Sandy Anderson, followed by a break for lunch. After, Jon Mobeck of the National Loon Center will present from 1:15-1:45PM, followed by Kate Williams, Historical Society from 2-2:30PM. The evening continues with a *Night at the Train Museum* at 5PM hosted by the Crosslake Northern Trackers Railroad Museum, featuring refreshments, snacks, tours, and education.

Throughout the weekend, local restaurants and stores will be offering senior discounts, and Crosswoods Golf and Whistling Wolf Mini Golf will be offering exclusive senior golf discounts. On Saturday, April 27, the action-packed day begins with a *Senior 3K Walk* (7:30AM) starting and ending at The Log Church. Following this, head to our Senior Expo at 8:30 AM, featuring educational

mini-talks, prizes, giveaways, free coffee, and pastries from *Café Cares*, and visit with various exhibitors of local organizations, specializing in resources for our area's seniors.

We will conclude the Expo with an engaging presentation at 12 Noon from our Keynote Speaker, Joe Schmit, sponsored by Cuyuna Regional Medical Center. Joe is an award-winning sports broadcaster for KSPT who has covered every major sporting event in the past four decades and has interviewed many of the biggest names in sports. He is also a community leader and author. His talk is called **Silent Impact**. No matter what age you are, you can make a profound impact on your world. In Joe's presentation, you will be inspired to be more aware and intentional to lead a life of significance.



concludes with glitz and Ritz at the *Senior Prom*, held at Manhattan Beach Lodge doors, open at 5:30PM. The theme this year is, *Putting on the Ritz*, where guests are encouraged to wear black and gold. Enjoy a 3-course dinner, music, and dancing with a DJ and photo booth. Call Manhattan Beach Lodge (218-692-3381) to reserve your spot today. Let's make this **Senior Days Weekend** unforgettable!

After the Expo, join us for a lively Pickleball event where area experts will guide you on "Learn the Game" and "Come play some short (get to know you) games," for our seniors. Pickleball is at 1:30PM on both Saturday and Sunday. The night

HEART OF A LION

We are so fortunate to live, work, play and volunteer as Crosslake Ideal Lions in one of the most beautiful



places on Earth.. our Lakes Area Township. Our continuing efforts are committed to supporting this community with

service, such as assisting in the Red Cross Blood Drive, and our *Kidsight* screenings. Events, such as the ever popular and fun *Music in the Square* and sponsoring the *Senior Expo!* Monetary contributions to help individuals with hardships or school scholarships; local school support for Robotics, Hockey and Trap teams; raising funds to assist our Parks and Community Center as well as building; and maintenance of schools and local businesses.

Through the LCIF Hunger Grant, Lions can support school-based feeding programs, food banks, feeding centers and similar facilities that provide food to people when they need it most.

We invite you to join us and share in this journey in becoming the Heart of a Lion and living the mantra, "Together We Can"! For more information, please contact us at Crosslake Ideal Lions online (info@crosslakeideallions.org) or come to a meeting and find out more about the club. We meet every second Wednesday at Maucieri's Restaurant in Crosslake at 6:00pm. We look forward to seeing you!!

Kim Walesheck- Secretary
Melissa Kay Krueger- President
Crosslake Ideal Lions



EMBRACING CONNECTION: TACKLING AGE-RELATED LONELINESS

“Loneliness and the feeling of being unwanted is the most terrible poverty.” This was recognized by Mother Teresa, and unfortunately, it strikes a chord with many as they age. If you’re nodding along, you are not alone. A striking one-third of adults aged 45 and above struggle with feelings of profound loneliness.

Social isolation is thought to be the cause of loneliness in advancing age, often resulting from retirement and loss of work friends, the death of a partner or spouse, solitary living, chronic illness, and the onset of hearing loss. Not only does social isolation negatively impact mood by causing loneliness and depression, but it also significantly increases the risk of premature death-about the same amount as smoking cigarettes or obesity! Loneliness even raises the likelihood of dementia by 50 percent.

The secret to shaking off loneliness and enhancing quality of life? Connecting with others. This social connection has even been called the “silver bullet” to staving off depression

and dementia in the elderly. There are many practical strategies you can use to kick-start social engagement in your day-to-day life.

Create a Social Calendar: Actively fighting loneliness involves intentionally populating your calendar with social engagements. For example, make it a priority to have a weekly coffee rendezvous with friends, volunteer routinely through your church, exercise regularly at the local community center, and carve out dedicated family time. These are all pivotal measures to cultivate social connections and mitigate loneliness.

Harness Technological Skills: It is important to recognize technology as a powerful tool to enhance social connections. A variety of phone and computer applications and programs are available to help you connect with family and friends from around the world. Technology can also be used to learn about community resources geared toward seniors. Specifically, *Crosslake Cares* is a local organization dedicated to enhancing, developing, and promoting opportunities for connection for seniors in the greater Crosslake area.

Overcoming Barriers: Lastly, if you struggle with chronic medical conditions, such as hearing loss, impaired mobility, or memory loss, and this makes it challenging for you to connect with others, please speak to your doctor. Many resources and services

are available to help reduce or eliminate these barriers to social engagement.

The battle against loneliness in aging adults takes intentionality. By being proactive with your social calendar, welcoming technology as an asset, and seeking professional support from your doctor, you can tackle loneliness, and you can make your golden years truly shine!



Article submitted by
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CRMC is the Platinum Sponsor of our
Keynote Speaker, Joe Schmit, at our Senior Expo

ESTATE PLANNING TOOL BOX

As part of the Senior Expo Newsletter last year, I encouraged you to take action to get key estate planning documents in your Estate Planning Toolbox. We want to be sure you have documents in place that will help your family or even your friends step in and help you if you are not in good health or upon your death. This could include assistance with financial decisions, health care choices and your estate settlement to describe how you want to distribute your estate after your death.

Knowing where to start can be challenging. Before you set up your appointment to meet with your estate planning attorney, put together a list of your family/friend contacts that include names, addresses, phone numbers, emails of people you may want to have help you. Put together a list of your current assets. That list can be accomplished for most assets by simply saving a recent copy of your financial account statement (e.g. bank, CD, retirement plans), copy of any property tax statements, life insurance policy information, long term care contracts. We generally do not

require itemized household lists to do estate planning. When clients set up their appointment, we generally mail out a checklist of the items to gather for the appointment to make the whole process easier for you. This information is also helpful for anyone that has to step in and assist you, they have a starting point.

Work with an experienced estate planning attorney to help you get tools in your toolbox. While the forms may seem simple enough, we have seen the impact and interpretation of the forms so we can help you avoid potential pitfalls. The internet is not the best place to obtain documents and create your own. We are here to help you.

Families need to build their estate planning tool box. It does not matter how large your estate is, you should have some key documents to help address the additional concerns mentioned above. Your tool box should include a health care directive, power of attorney form and a Will (or a Trust). Sit down with your estate planning attorney and talk through your goals for your family, asset titling/beneficiaries, how you want

to distribute your estate and we can help you identify the best tools for you and your family to fill your toolbox. We can also help you think about the best way to minimize any potential estate tax or income taxes.

Without these key documents, families can encounter roadblocks when trying to step in and help you. In some cases, it may lead to additional time and expense your family may incur for a guardianship/conservatorship court process. If you pass away without any tools in the toolbox, it could create a distribution of your assets that is very different than what you had intended. Take the next step!

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ASSISTED LIVING: PROMOTING INDEPENDENCE IN A COMMUNITY SETTING

Whether you are familiar with assisted living or just starting your journey of discovery, we invite you to entertain the idea of community living, with autonomy and independence.

Living in a space that was designed for you will



can promote independence. You may even be able to do things on your own again that once

help you maintain the independence you crave. Special features like handrails, walk in showers, non-slip floors, and emergency pendants are just a few examples of how the physical environment

required assistance, such as getting into the shower.

Enjoy the peace of mind that help is here when you need it. With team members working around the clock to provide personal care or assist in an emergency, you and your loved ones will have less worries about health and safety.

Community living also promotes socialization and the feeling of belonging to a group. Building relationships with other residents and staff has

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proven to reduce the symptoms of loneliness and depression.

In an article by the Centers for Disease Control and Prevention (CDC) titled, “Loneliness and Social Isolation Linked to Serious Health Conditions” these facts are cited:

- Social isolation is associated with about a 50% increase in dementia and other serious medical conditions.

- Poor social relationships are associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness is associated with higher rates of depression, anxiety and suicide.

When making the choice to move to assisted living, you are making the decision to fully live your next years possible. Remain in control by receiving the help you need when you need it. Preserve your independence and live a vibrant, balanced lifestyle.



Whitefish at the Lakes
A Lifespark Community

Article submitted by
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ALL ABOUT BALANCE

Do you find that you aren't as steady on your feet as you used to be? Are you feeling more cautious about participating in hobbies and accessing the community? Research suggests that balance abilities begin to decline as early as 50 years old. One in four older adults have reported at least one fall every year. Don't wait for a fall or significant decline in abilities to work on your balance! The CDC suggests incorporating balance exercises into daily routines at least two days a week. Take back control of your movement and exercise your balance systems to help prevent natural decline.

The three systems that contribute to balance are the following: visual, vestibular (the inner ear system), and sensory (nerves throughout the muscles and joints of the body). In aging adults, these systems naturally decline in sensitivity, resulting in delayed response times and slower balance corrections. Participating in activities that challenge these systems can keep them running more optimally and, in turn, keep you more steady on your feet. The following are examples of exercises to

incorporate into your routine:

- Practice standing with your eyes closed, with or without hand support
 - Perform head turns in standing with feet apart, together, or heel to toe for greater challenge
 - Stand on something soft like a folded up blanket or soft couch pillow
 - Try a yoga class or search online for beginner yoga videos to follow at home
 - Dance
 - Walk indoors or outdoors
- * Please note: some of the activities above may be more challenging for certain individuals than others. Ensure your safety, do not overexert yourself, and make sure you have something nearby to grab onto in case of loss of balance.

Do not forget strength! Strength is a large component of improving and maintaining balance abilities. Keeping our muscles strong helps us to more effectively adapt to external factors such as uneven terrain or unexpected perturbations. Incorporating activities such as resistance training can contribute to maintaining or gaining strength. This could be accomplished through free weights, resistance bands, or body

Select Therapy

Your first choice in physical therapy.

weight activities such as standing from a chair, doing squats, leg raises (in standing or lying), and calf raises.

If you would like more information or have questions or concerns regarding your balance, contact your primary healthcare provider for a physical therapy referral or reach out to us directly at Select Therapy Crosslake at (218) 692-5020.



Article submitted by *Kimberly Palkert, DPT*
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CONFRONTING ALZHEIMER'S: UNDERSTANDING THE DISEASE AND TAKING STEPS FOR A BRIGHTER FUTURE

At Essentia Health, it's crucial to address patients' concerns about dementia as soon as they occur. While some memory changes are normal with age, others may indicate dementia. According to the Alzheimer's Association, normal age-related



memory changes include forgetting names or where items were placed, but recalling them later. Abnormal changes include confusion, difficulty with daily tasks and mood changes. Forgetting simple events like a trip to the grocery store earlier in the day or getting lost while driving on a previously well-known route are both examples of abnormal memory loss. To keep

your brain healthy, engage in mentally stimulating activities, exercise regularly, socialize, manage chronic conditions and avoid too much alcohol. The American Academy of Family Physicians recommends staying socially active and incorporating activities that challenge your brain, like puzzles or learning a new skill.

The Alzheimer's Association reports that every 65 seconds someone in the United States develops Alzheimer's disease. It's the sixth-leading cause of death and, by 2050, the number of Americans with Alzheimer's may nearly double. Early detection and treatment can improve outcomes. If you notice changes in your thinking or memory, don't hesitate to seek help. Additionally, maintaining a healthy diet, getting enough sleep and staying engaged in activities you enjoy also supports brain health. Additionally, it's essential to manage chronic conditions like diabetes, hypertension and depression, which can increase the risk of dementia.

Dementia is not a normal part of aging, and there are steps you can take to reduce your risk. By taking care of your brain and body, you can live a healthy and fulfilling life as you age. If you have concerns about your memory, schedule an appointment to be seen. There are reversible

causes for memory changes, as well, and it is important to have an evaluation. Labs and sometimes imaging is necessary. Medication options may be appropriate for some patients. Medical professionals are here to help. Together, we can work toward a healthier future.

Lastly, it's important to remember that dementia affects not only the individual but also their loved ones. Encourage family members to get involved in their loved ones' care and offer support. Let's come together to support those affected and find ways to promote brain health, early detection and effective treatment options for dementia. By working together, we can create a society that is more supportive and inclusive of individuals with dementia and their families.



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HOW TECHNOLOGY IS HELPING SENIORS LIVE INDEPENDENTLY

Given the comforting familiarity and fond memories of home, it's no surprise that home is where many seniors prefer to spend their golden years. Yet declines in physical abilities or cognitive function can make living alone an unsafe option. Thankfully, new technology is enabling more seniors to stay in their homes and age in place.

A growing number of affordable devices are now on the market to help seniors enjoy greater independence and give their families more peace of mind. They include:

- **Smart Detection Devices** — There are smart stove alarms to alert older adults to potentially dangerous situations in the kitchen and smart bath monitors to detect potential overflow issues and shut off water before the bathtub overfills.

- **Smart Medication Reminders** — Since seniors often take multiple medications, making sure the correct medication is taken at the correct time is a worrisome issue for many families. To address it, smart medication pillboxes offer audible or visual cues to prompt users to take their meds and can also send remote alerts to caregivers.
- **Smart Doorbells** — By providing a video picture of visitors, these devices help older adults decide whether or not to answer the door to a stranger.
- **Smart Home Security Systems** — These can be programmed to automatically lock doors, arm security systems, and alert homeowners and caregivers remotely if issues arise.

In addition, personal emergency response systems (PERS) provide seniors with a personal help button that's worn around the neck or wrist. Even in cases where an individual is unable to push the button, these devices are designed to sense a fall and connect automatically to a response center. There are also mobile PERS devices with GPS satellite tracking ability to alert

the family of a senior's location. Other assistive devices include phones with large buttons that are easy for stiff fingers to use, and curtains or blinds that can be operated with remote controls.

Smart devices which help seniors age in place add to the demands of a home's internet connection. Contact Tremolo Communications for more information on speeds and prices of our internet plans.

Join us at the 2024 Crosslake Cares Senior Days and Senior Expo to learn more as our Tremolo experts present on Senior Technology and *Ways to Stay Safe Online*.

Article submitted by Krystin Peterson, Marketing Manager, Tremolo Communications 218-763-3000



LOCAL IS AN OPTION

With the rise in adults over the age of 65, we need to talk about what this means for our community. The Minnesota State Demographic Center identifies that 1 in 5 Minnesotans will be 65 or older by 2030. The United States Census Bureau identifies for the first time ever, there will be more older adults in the United States than children in the coming decades. In 2020 there were 55 million adults over age 65, estimates are rising to 77 million by 2034, and these seniors want to stay home.

Healthcare has already been adapting to these trends. The ability to receive care at home has significantly increased in the past few years. In fact, Quarterly Census of Employment and Wages data shows the number of businesses in the home health care industry have tripled between 2000 and 2015.

Home Instead, along with nearly 15 other agencies, provide various in-home care services in the Crosslake Area. Resources are available for care at home, wherever home may be. Local is an option.

With the increase in the aging population, more families are impacted by Dementia. In the state of Minnesota 163,000 family caregivers are involved in caring for a loved one. Dementia is an overall term for symptoms including difficulties with memory, language, problem-solving and other thinking skills. Causes are reflected in specific changes in the brain. There are several diagnoses that fall under the Dementia umbrella including Alzheimer's. According to the Alzheimer's Association, 99,000 adults aged 65 and older are living with Alzheimer's disease in Minnesota.

Seniors diagnosed with dementia are a unique population that often are physically safe to remain home but are cognitively impaired, making being

home alone unsafe. At Home Instead we have identified key benefits of introducing care early to maximize the quality of life for the seniors and their loved ones.

Let's look at an example of a family in our area. Home Instead gets a call from a daughter who lives in the cities, Mom recently had another doctor's appointment and the doctor expressed concerns with Mom's decline in memory and ability make decisions.

While talking to Dad, the daughter discovers that slowly over time, Dad has taken on more and more household tasks that Mom previously did. Daughter is now working with Mom and Dad to develop a plan for care. The benefits of this discussion early on is Mom gets to participate in the conversation and communicate her wishes for care. This alleviates pressure from Daughter and Dad making decision for Mom. Mom identifies that she is most comfortable at home. Daughter communicates with Home Instead and our Home Care Consultant meets with family in their home. Because care starts early, Mom and the Home Instead Care Professional get to focus on building a trusting relationship. They bake cookies together, go for a walk outside by the lake, fold laundry together and chat while having coffee.

This time allows Dad to have a break from caring for Mom and the household. We know, when Dad gets a break for himself, he, in turn, provides better care for Mom. Home Instead is able to support Dad and Daughter by connecting them to resources, support groups, education and best practices as Mom's dementia worsens. Now, Mom's symptoms are impacting her functioning, and the family decides to increase care with Home Instead. Their Home Instead Care Professional is now a trusted face to Mom and Mom allows her to assist with showering, getting dressed, and making sure her hair is just how she likes it. Home Instead supports Dad, is a companion for Mom and a resource for Daughter. Home Instead is an addition to the care plan to

keep Mom safe and healthy at home.

Home Instead provides comprehensive care supporting seniors who choose to age at home, wherever home may be, including senior living or assisted living settings. Our Care Professionals are specifically trained to provide individualized care to people living with a dementia diagnosis. Services range from 8 hours a week to around-the-clock care. Home Instead has a Registered Nurse that can oversee medical care in the home, allowing seniors to stay home longer.



Home Instead's mission is to *Enhance the Lives of Everyone We Encounter by staying Home Instead.*

Article submitted by Katelin Hohertz, LICSW Executive Director, Home Instead (218) 824-0077

WATCH FOR FULL DETAILS OF THE 2024 SENIOR DAYS & EXPO on our website and our next NEWSLETTER in APRIL