



Crosslake Area Senior Services, Inc.
Connecting Seniors to Services

SENIOR CONNECTIONS

Volume 2 | Fall 2020

www.CrosslakeCares.org

Seniors Doing Well During the Pandemic

**COVID-19 Can't
Keep a Good
Community
Down!**

Crosslake Lutheran Quilters Go On

Crosslake Lutheran Church Quilters have donated an average of 180 quilts a year since 2010 to individuals, organizations, auctions, and raffles. The purpose of Crosslake Lutheran Church Quilters is to use the talents God has given to us to promote warmth and caring as we create quilts to be donated to charities and individuals as needed. Working together we also enjoy our common bond of faith and fellowship.

While our church building is closed, the outdoor facility of Crosslake Lutheran is able to accommodate many of the ministry groups of the church. However the quilters, with our need for a large covered space and tables, just isn't one of them. So Carolyn and Roy Silcox adapted their garage to provide a large space so the quilters can continue each week for fellowship. Also, many women from Crosslake Lutheran are sewing the quilt tops together in their homes, and much of the material is donated regularly. Since we started in the garage, we have done about 5 or 6 quilts a week for ten weeks and have been able to continue our ministry.

Thanks be to God!

*Submitted by Pastor Kristin Oltmann,
Crosslake Lutheran Church*



Quilters at Crosslake Lutheran Church



New Pickleball Courts - Great Exercise for Seniors



New Pickleball Courts at Crosslake Community Center

On July 1, 2020 the new dedicated outdoor pickleball and basketball courts were opened at the Crosslake Community Center. In addition to these brand new outdoor facilities, the existing tennis court area was resurfaced and repainted. During our summer of COVID-19 the opportunities to play and exercise outdoors were significantly increased in the greater Crosslake area when these courts became available.

Since the opening, there has rarely been a morning when players both - young and old - have not been enjoying themselves in one, if not all, of these three sporting activities.

While I have personally enjoyed many hours of play on the pickleball courts, I can get nearly as much enjoyment just sitting in the picnic shelter area and watching the action in any of the areas. It'd wonderful to watch the classes going on for the new generation of young tennis players, or to observe the various basketball pickup games by the teenagers and older.

On the pickleball courts, especially at the weekends, you can find all six courts being used with additional players properly socially distancing as they wait their turn. And the play level will vary from very high skilled and challenging matches all the way to families new to the game giving it a try with grandpa and grandma showing the grandkids how it is done. Word of mouth has gotten out and people are calling their friends and family members. There is more to do in Crosslake than to be out on the water or fishing off a dock.

Come on up, come on out, and enjoy what Crosslake has to offer to keep you active and young at heart.

*Submitted by Peter Graves,
Pickleball Instructor*

Seniors Doing Well During the Pandemic

One Step at a Time

In the last few months, our lives have been interrupted by the COVID-19 pandemic but that doesn't mean we should stop enjoying life! We still have the option of going outdoors and enjoying nature while adding some exercise to our daily routine. This is the best exercise you can do by pacing yourselves each and every day. Don't lose the connection you have with your friends and family by not being active even if you have to wear a mask.

You can walk for free inside at the Crosslake Community Center every day, and there are also several classes for you to choose from.



INTENTIONAL STEPPING

What it does: Mindful walking combines the mental perks of meditation, like lowered stress and better concentration, with the physical benefits of moving.

How to do it: As you walk, stay attuned to your body. Breathe and think about how it feels to stretch your legs, place your feet on the ground and break a light sweat. You can also focus on observing your surroundings. If you are getting bored with your usual routine, there are lots of ways to switch it up. Research shows that trying something new boosts enthusiasm and can lead to better results by challenging different muscle groups. Contact the Crosslake Community Center at (218) 692-4271 to join a senior exercise class or call Donna Keiffer, Senior Fitness Instructor at (218) 821-1158.

*Submitted by Donna Keiffer,
Senior Fitness Instructor*

The Log Church Delivers

When the Governor issued the Stay-at-Home order, Pastor Mark Holmen of The Log Church in Crosslake knew we had a problem; that many in our community and surrounding area would have problems getting the food and medications they needed. Pastor Mark thought he had a solution and after contacting several of the area restaurants it was decided that the The Log Church could provide that solution! *TLC Delivers* was born. Within 48 hours the church had formed a team of over



Immaculate Heart Church Delivers Meals on Wheels



Meals on Wheels is a program that delivers meals to individuals at home who are unable to purchase or prepare their own meals. The program is provided through Lutheran Social Services of Minnesota. Each community has a location where the meals are prepared and bagged for delivery 5 days a week. There is also an option to receive additional frozen meals for the weekends.

In Crosslake, the distribution center is at the Crosslake Community Center. Every morning the volunteer drivers arrive to pick up 15 to 25 meals that will be delivered to the homes of the participating individuals and families. However, during the COVID-19 pandemic, the center was closed, and Immaculate Heart Catholic Church was the distribution center. The volunteers are members of our community who deliver all year round... even through the snowy winter! Research shows that home-delivered meal programs significantly improve diet, quality, increase nutrient intake and overall improvement in the quality of life for the participants.

If you or someone you know would like to learn more about the program, or would like to be a volunteer for Meals-on-Wheels, please contact the Community Center at (218) 692-4271.

*Submitted by Jeanne Keiffer
Immaculate Heart Catholic Church*

25 drivers and found a coordinator, Lorene Ashford, to become the area's delivery service.

The Log Church partnered with 6 area restaurants, Crosslake Pharmacy, and Ace Hardware to serve as a delivery service to the elderly and those in physical need. Deliveries began within days of the Governor's order. The church continued to deliver from these locations into June when guidelines began to relax, and local seniors became more comfortable in making trips to stores and restaurants. Pastor Mark was delighted with how the church stepped up to serve the community in this time of need, and could be found making deliveries himself.

*Submitted by Troy Nelson, Executive Pastor
The Log Church, Crosslake*

Crosslake Cares "COVID Call-in Line"

At the beginning of the COVID-19 Stay-at-Home order in March, it was apparent that there was a need for a call-in line so that area seniors could be connected to area resources especially in light of rapidly changing information. **Crosslake**



Cares launched this phone line in April manned by trained volunteers who could direct callers to needed services in the area. Gail Smith RN, the Parish Nurse at Crosslake Lutheran, took the lead for calls since she was familiar with area resources

and also forwarded concerns to local providers when there was an unfilled need such as food delivery. The call line was discontinued after several months as travel restrictions eased and the community found ways to meet the challenges of COVID-19.

*Submitted by Gail Smith, RN
Parish Nurse, Crosslake Lutheran Church*

Blanket Makers

The seniors at *Whitefish at the Lakes Senior Living* in Crosslake are keeping busy! Just to name a few, during *National Assisted Living Week* (September 13-19) the residents participated in activities all week around the theme "Caring is Essential" and most recently, the residents tied fleece blankets for a local animal shelter, noting that "Furry Companions are Essential" too.



*Submitted by Linda Pfaff, Director of Marketing,
Whitefish at the Lakes Senior Living*

Seniors Doing Well During the Pandemic

Thank You!

Thank you to our Platinum sponsor of the **Crosslake Cares SENIOR EXPO 2021**. *Whitefish at the Lakes Senior Living* opened in beautiful Crosslake on February 1, 2020.



Whitefish at the Lakes Senior Living is an upscale, senior community that consists of 86 spacious apartments with 21 in our designated

Legacy Court Memory Care wing. The remaining 65 are for independent and assisted Living tenants. Their beautiful 1 bed, 1 bed plus den, and 2 bed/2 bath units offer something for everyone, and are pet friendly so you don't have to leave your furry friend behind.

Currently they are one third full, so there are plenty of apartments with various floor plans still available. Features of their building include a bistro, fireside lounge, wellness center, full-service salon, and outdoor patios, as well as nursing staff seven days a week.

Check out their website at www.whitefishatthelakes.com and their Facebook page "Whitefish at the Lakes" for some fun pictures and a

drone virtual tour, or call for more information at (218) 210-0770.

Our Crosslake Senior Care Communities are COVID FREE!

Both **Whitefish at the Lakes Senior Living** and **Golden Horizons Assisted Living and Memory Care** in Crosslake have both had zero cases of COVID-19 thus far. With hard work, diligence, attention to changing policies and recommendations and quality screening, these communities have been able to keep COVID-19 out of their buildings and away from their residents.



Congratulations to both communities on this achievement!

Medication Mayhem Taking Your Medications Safely

Taking prescribed medications can be challenging for any age group, but some factors related to aging make this process more difficult. As we age, issues such as sight, memory, or information overload can lead to medication errors that may be life threatening. As an ER and Clinic nurse, there are common issues that can be identified and remedied by easily implemented strategies.

Memory loss for seniors can affect their ability to take medications daily. They may either forget to take their medications or take more than prescribed. Taking medications directly from a pill bottle is one way to miss doses or take too many doses. Pill bottles make it more likely to run out of medication and refills may take time to receive. A better strategy is using an inexpensive medication box that is labeled with the date and time. The senior would need to know the date for the medication box system to work. If a senior is aware of the day of the week, family can assist in filling those boxes that last for one week.



If that system doesn't work, there are also commercially available systems that automatically dispense the med at the correct date and time. This system alarms if that medication is not removed from the dispenser and there are even on-line alerts that families receive. Sight issues can also cause difficulty in taking medications accurately. To accommodate

failing sight, labels have been improved on pill bottles, but they can still be difficult to read. Seniors can request their pharmacy to use larger print to label their pills.

Information overload is a common issue that can occur after hospitalizations or office visits.

New medication information, and how to take it from a doctor, is not always remembered. After-visit summaries are sent after a hospitalization, but the many pages can be confusing. Adding to the confusion is that all medications have two different names- the generic and the brand name. For example, I may ask a patient if they are on Warfarin, they may say no and state they are on Coumadin, which is the same product. Most pill bottles are labeled with both brand and generic names of the medication.

Pharmacists are very helpful with this process. Health care workers try to be clear about new medications and how to take them, but often this information is hard to remember for seniors. It is recommended to have someone else at appointments to assist with hearing the information and writing down instructions easier to understand. This helps ensure new medications are taken and done correctly.

Carrying a list of medications helps health care staff know what you are talking about without having to remember the names of the medication you are on.

Submitted by Gail Smith, RN
Parish Nurse, Crosslake Lutheran Church

Crosslake Cares SENIOR EXPO 2021

It was a great disappointment that we had to cancel our SENIOR EXPO in April 2020 due to the pandemic situation and the Governor's Stay-at-Home order. However, we are excited to announce that we are planning the SENIOR EXPO in 2021. We will be adapting our plans to meet COVID-19 guidelines. Please check our website as we get closer to the event at www.crosslakecares.org for updated information. Our Keynote Speaker for 2021 will be retired WCCO Newscaster, Don Shelby.

(The Keynote speaker is sponsored by Whitefish at the Lakes Senior Living.)



Stay Connected



If you want to receive future Senior Connection newsletters and information - please give us your email and we can keep you connected!

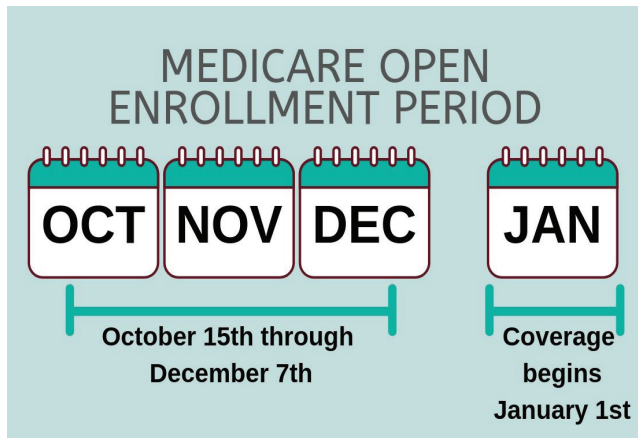
Send your email address to info@crosslakecares.org. (Your email will not be sold or shared)

Please visit our website for helpful Senior information at www.CrosslakeCares.org.

Reminders!

Medicare Enrollment

Open enrollment is October 15, 2020 through December 7, 2020. Even if you are happy with your Medicare plan, it is important to review your plan every year to make sure everything you need is still covered. Plans can change year to year.



MEDICARE OPEN ENROLLMENT PERIOD

OCT NOV DEC JAN

October 15th through December 7th

Coverage begins January 1st

Medicare can be complicated, but you are not alone. Senior LinkAge Line can help you find the best plan for you. Though they are not providing in-person meetings during the COVID-19 pandemic, they can still help by phone at (800) 333-2433 on Monday through Friday from 8:00 am to 4:30 pm.



Your Vote Counts!

2020 Elections are on Tuesday, November 3. Will you be voting in-person, by mail, undecided or just not sure what is available at your polling location? Office of Secretary of State has information on where to vote, how to vote during COVID, request absentee ballot and more. Visit www.sos.state.mn.us/elections-voting/. The Brainerd/Crosslake Chamber of Commerce provides a local voting guide and other helpful information on their website, check it out www.brainerdlakeschamber.com/vote/.

According to AARP, over half of all voters were over the age of 50 in past elections. Make your vote count Crosslake area seniors!

Not on my Sidewalk

The leaves are falling and snow will be flying before you know. It is important to keep steps, sidewalks and driveways clear of weather debris to prevent a fall. If you need help with fall yard cleanup or snow removal, here are a few places to search:

- ✓ Crosslake Chamber of Commerce website: www.crosslake.com/ search Business Directory and Keyword: *snow removal* or *yard clean up*.
- ✓ Interfaith Volunteers Tel: (218) 820-7454 or email at interfaithvolunteers18@gmail.com.
- ✓ Contact your local church or schools for volunteer fall clean up.

COVID and Cold and Flu... Oh My!

Yup, flu season is here and easy to forget with COVID on our minds. This season, it is especially important to remember your flu shot to protect yourself and your family and friends. Find a location and time for a flu clinic:



Essentia Health
www.essentiahealth.org/flu/
Crosby Regional Medical Center
 Call CRMC at (218) 568-4926 to make an appointment for your flu shot.

Not That Kind of Fall

Fact or Myth: Falls are a normal part of aging? MYTH: Falls are NOT a normal part of aging, yet 1 in 4 adults aged 65+ fall each year. Falls are one of the highest causes of fatal and non-fatal injuries. That is why initiatives, both locally and nationally, work to prevent falls. *National Falls Prevention Awareness week* was September 21-25, 2020 but preventing falls doesn't stop there. Every day you can reduce the risk of a fall in your own home. Check out National Council on Aging's website for information and helpful tips to preventing falls: www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-week/

Taxes, Taxes, Pay Your Taxes

Property taxes are due on October 15, 2020. Contact Crow Wing County Land Service Department at (218) 824-1010 for more information and property tax assistance.



Meet the Crosslake Cares Board



John Bruder
 Founder, President & Secretary



Patty Norgaard
 Vice President & former Mayor of Crosslake



Pastor Kristin Oltmann
 Treasurer & Senior Pastor at Crosslake Lutheran Church



Pastor Mark Holmen
 Senior Pastor at The Log Church Crosslake



Donna Keiffer
 Crosslake Silver Sneakers, & Senior Fitness Instructor



Michael Cranny
 Director of Business Development of Home Instead

The Mission of **Crosslake Cares** is to function as a non-profit organization operating in the long-term best interests of seniors in the greater Crosslake area by developing new opportunities and enhancing access to existing services while providing opportunity for joint promotion. *Crosslake Cares* was incorporated in October, 2018 and approved as a 501(c)3 non-profit corporation in December, 2018.



www.CrosslakeCares.org