



Serving all Faiths and Traditions: New Spiritual Director Nancy Carlson

Chaplain Nancy Carlson has provided spiritual care at Augustana Chapel View since 2013 and is now our new director of spiritual care. She shares some thoughts and ideas with us in this interview.

Why did you want to become a chaplain who primarily serves older adults?

I've always had a passion for older adults. They have so much to teach us and can help us learn how to grow older with grace and dignity.

How does the position connect with your goals to provide spiritual care to those in need of it?

I believe God sends us out to serve, meeting people where they are and inviting them into fullness of life through restoration, transformation and healing.

How does Augustana Care address the needs of people of all faiths and denominations, regardless of affiliation with any particular house of worship?

We are advocates, supporting people on their journeys. We hope to empower them to be restored to their full selves and be healed in body, mind and soul. Chaplains call upon our cohesive knowledge of other denominations and non-religious communities to connect people with the support they need.

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How will Augustana Care's affiliation with Elim Care affect the commitment to serve people of all faiths and beliefs?

The affiliation will strengthen our commitment to serve people of all faiths and beliefs. Elim Care's Vice President of Spiritual Life and I meet monthly. Our chaplains will be meeting to continue learning from each other. We believe in modeling unity in diversity and remaining respectful of all faith traditions.

What are some of your goals?

Augustana Care has eight chaplains. I want to meet with each chaplain to provide support and encouragement and help find new ways to offer spiritual support to staff and families. Also, many of our chaplains are eligible to become board certified and I want to offer as many resources as I can to help them do that.

What do you most want readers to know about how they can help provide spiritual care to those we serve?

Donations and volunteers are essential to our work. We truly couldn't do all that we do without you!

The mission of Augustana Care is to serve God by fostering fullness of life for older adults and other people in need through the provision of health care, housing and other services in a Christian tradition.

If you have questions or feedback, please contact our communications office at jjzark@augustanacare.org or 612-238-8552.

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New Life-Enrichment Community Coming to New Prague



A recent groundbreaking ceremony in New Prague marked the start of a new community being built by Makado to serve people in rural areas. Augustana Care will provide care and services.

This past winter, a groundbreaking marked the beginning of an engaging new life-enrichment community in New Prague, called Praha Village. Independent living, assisted living and memory care will be offered by owner Makado. Augustana Care will provide care and services.

Makado was drawn to New Prague's strong sense of community, rich history, vibrancy, access to healthcare and strong city and civic leadership. "New Prague offers Makado the opportunity to create a supportive environment for rural residents to live vital, safe, joyous and engaging lives," says Makado Owner Mark Appelbaum.

"Makado works with local residents to understand the area's nuances and create a living environment reflective of residents and families," Appelbaum adds. Augustana Care looks forward to serving more people in rural communities, which are traditionally underserved.



Our partnership with Faith Community Nurse Network of the Greater Twin Cities allows us to bring evidence-based fall prevention classes to older adults at independent living settings.

“Stepping On” Program Puts Older Adults on Firmer Footing

Can older friends and family members reduce their risk of falls? That’s the idea behind the evidence-based Stepping On Program, shown to reduce falls by thirty one percent in a study published in the Journal of the American Geriatrics Society. The program is for older adults living independently without cognition or memory issues. Participants attend seven two-hour sessions with a rigorously-trained health professional.

Augustana Care partnered with Faith Community Nurse Network of the Greater Twin Cities (FCNN) to bring the program to our campuses and local churches. “We’ve

offered this program to area churches for a while, but wanted to bring it to financially challenged congregations for years,” says FCNN Founding Director Wanda Alexander. Recent funding is helping to make that possible.

Participants learn strength and balance exercises and discuss fall prevention techniques with professionals such as physical therapists and pharmacists. “Thousands of people in the area could use this,” says one participant. “I hope to stay in my home for a very long time,” says another. Participants say the program is reducing their fear of falling, too.

A SPECIAL THANK YOU

Augustana Care is very grateful to partners that help further our mission, including Centrex Rehab, Grace Hospice and Guardian Angels Elim Home Care and Hospice.

Hopkins Memory Café Offers Fellowship and Support

Are you caring for someone with dementia or dealing with it yourself? This winter, the community of Hopkins opened a memory café to support the journeys of people with dementia and their care partners.

Memory cafés will be offered the second Tuesday of each month in the Hopkins Library at 22 11th Avenue North, from 4:00 pm to 5:30 pm. The effort is part of a broader initiative to make Hopkins a dementia-friendly community, coordinated by Augustana Care Services and Communities; Augustana Chapel View Health Care Center; Augustana Open Circle; Emerald Crest; Hennepin County; the Hopkins ACT on Alzheimer's Action Team; and the Hopkins Library.

Activities include reminiscing, using memory-minder kits and sharing experiences and resources such as adult day services or memory care. "It's a place to find support and exchange information," says Augustana Chapel View Admissions Director BillieJo Armstrong.

Memory cafes are meant to be attended by care partners and people with dementia, but don't offer respite care. To learn more, call (952) 856-7521.



A new memory café in Hopkins, Minnesota is part of a collaborative effort to make the community more hospitable to those with dementia. The café serves caregivers and people with conditions like Alzheimer's.

Learning Lab Partners with Local Organization to Serve Those with Impaired Vision



Augustana Care's Learning Lab received funding to acquire technologies such as this LED dog collar, recommended by people with low vision who have used them in their homes.

If you or someone you love has experienced vision loss, you know how challenging it can be to navigate your home. New technologies can help, but you may not know which ones have proven benefits to consumers or how to find them.

Recently, Augustana Care's Learning Lab for Eldercare Technologies received funds from Minneapolis Foundation's Smith-McCarthy Funds for the Blind and Visually Impaired. Funding allows the Learning Lab to partner with the Vision Loss Resource Center.

We are now assembling focus groups for visually impaired adults to determine how to better meet their needs. This input will inform curriculum development and acquisition of technologies specifically for caregivers and older adults with vision loss.

Equipment may range from dog collars that light up to high-end e-reader magnifiers and high-contrast masking tape for cabinet edges. "This is an area where technology can make a huge difference in someone's life," says Learning Lab Director Kate Ingalls-Maloney.

A Stronger Voice for Those We Serve

As health care regulations are changing rapidly, we need to anticipate those changes. An affiliation between Augustana Care and Elim Care makes us stronger together as a voice for older adults and employees. The affiliation also allows us to connect with more resources and creates new opportunities to collaborate with health care organizations. Other benefits include the following:

- 1. Strengthens mission** by boosting capacity to broaden our vision regionally and nationally
- 2. Increases ability to anticipate and respond to change**, connecting us with more resources to keep up with rapidly-changing regulations; provides more opportunities to partner with other health care organizations
- 3. Enhances innovation** by speeding up our ability to pursue new possibilities in technology, care delivery and risk management



- 4. Enhances best practices**, strengthening the nonprofit, mission-driven abilities of both organizations to focus on the best practices of each organization
- 5. Increases ability to position the combined organization as a market and thought leader** to attract and retain talented leaders and individual contributors
- 6. Builds Financial Strength** to enhance programs and services and invest in innovation

More information about next steps will be coming soon.



Co-CEO Bob Dahl spoke at a March 9 gathering of staff leaders.

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SAVE THE DATE:

Annual Golf Tournament Monday July 23 at The Wilds



Enjoy a beautiful day of golfing at our annual tournament on Monday, July 23 at The Wilds in Prior Lake—or join us for a festive evening to help support spiritual care for those we serve. To register for the golf tournament and/or evening event, learn about sponsorship opportunities or donate to the silent auction, contact preis@augustanacare.org or call 612-636-3905.

Life-changing gifts

What's the best way to leave a legacy conveying your values while helping others for generations to come? Gifts by bequest enable Augustana Care to improve the quality of life for those who give so much of themselves. Donations may be made using cash, securities, IRA and other retirement accounts, real estate or tangible personal property.

Gifts are deductible to the full extent of the law; consult an attorney to be sure. You'll also want your attorney to verify that the provision states our legal name: Augustana Care. Please inform us of your bequest so you may be acknowledged and Augustana Care may better plan for the future.