



Living with Older Generations Made Her a Better Physician

For many years, University of Minnesota Professor Edward Ratner, MD, regularly brought medical students to Augustana Care to help them learn about the unique needs of older adults. In 2010, we created a program enabling students to live alongside older residents to create deeper intergenerational connections. Dr. Lindy Watanaskul was one of the first students to move to our Minneapolis campus. Here, she talks about how living at Augustana Care enhanced her present experience as an anesthesiologist.

How long did you live at Augustana Apartments of Minneapolis and what do you remember most?

I lived at the apartments for two years and will always remember the warmth and vitality of residents. It was also a great place to live. The rehearsal dinner for my wedding was in the Skyroom at the Minneapolis location!

How did you interact with residents here?

I visited with different residents weekly, including a woman who was more than 100 years old. I attended game nights and other activities. I also visited residents to learn about their health and activities. Dr. Ratner asked us to talk with residents about their energy and daily routines, and get permission to look in refrigerators to see if there was enough nutritious food.

How did living alongside older generations strengthen your medical skills?

Anesthesiologists have only a brief time with patients, and need to know what questions to ask. Do they have a support system at home when the operation is over? What physical obstacles might they face

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at home? Do they need someone to help ensure they take their medications properly? I wouldn't have even thought about issues like these unless I lived alongside older generations.

What else did you learn from your older neighbors?

The little materialistic things you think about in your twenties don't matter all that much! When you talk with someone older, you get to reflect on what's really important.

I learned that we need to be really grateful for each day, for well-being and health. That's what really matters, along with relationships you make with friends and family.

Do you think the student residence program made you a better medical professional?

I wouldn't be the doctor I am today without the program. It shaped me as a physician and informed the interactions I have in operating rooms and clinics. I feel this program should be an integral part of medical school education.

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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Gethsemane Lutheran Members Find Treasury of Wisdom at Augustana Lakeside

Linton Isaacson is 97 years old and has been a member of Gethsemane Lutheran Church in Dassel since his confirmation at age 19. Along with other church members, Linton visits residents monthly at Augustana Lakeside, sometimes explaining that the house where he grew up used to be on land where the Dassel Care Center is now.

Gethsemane Lutheran has been connected with Augustana Care since 2007. The church became an affiliate to formalize the relationship more than a year ago.



Long-time Gethsemane Lutheran member Linton Isaacson says visiting Augustana Lakeside with Interim Pastor Daniel Belgum-Blad lets him connect with old friends.

When parishioners visit and clergy lead monthly Bible studies or services, it "sustains relationships that promote good will, trust and support," says Interim Pastor Daniel Belgum-Blad. "Augustana Lakeside is an important place in our community for those who need extra care or assisted living."

Belgum-Blad says visits also give church members a chance to enjoy the insights of older adults. "They have a treasury of wisdom and a granary full of experience," he says. "They have a lot to offer, spiritually and otherwise."

Scholarships Offer New Career Paths While Addressing Worker Shortages



Training scholarships for certified nursing assistants are designed to help caregivers seeking a career in the health care field.

A recent American Health Care Association study shows worker shortages climbed 17 percent between 2010 and 2012—and are likely to climb further. Augustana Care staff believes it's crucial to address these shortages as soon as possible.

Two new programs at Augustana Care are designed to recruit staff specifically at Apple Valley, Hastings and Moose Lake campuses. The Minnesota Department of Health is providing funds for training so more caregivers may work as certified nursing assistants (CNAs) in assisted living and adult day services. If you meet the requirements needed to become a CNA, you will be awarded a full scholarship for training, valued at \$1,100.

Augustana Care provides numerous benefits, including health care, paid vacations, scholarships and more. Certified nursing assistant positions can also lead to other careers, including nursing or becoming health support specialists.

The Health Support Specialist Registered Apprenticeship program was developed by LeadingAge Minnesota and Bridgewater Community College. Apprenticeships combine on-the-job training with online instruction in areas caregivers utilize daily:

- Meaningful activities
- Memory care
- Culinary care
- Environmental services
- Physiological care
- Psycho-social care

Apprenticeships are currently funded by the 2016 Minnesota Department of Health Home and Community-Based Services Employee Scholarship Grant Program. To learn more, please contact Regional Housing Director Mary Jo Thorne at mthorne@augustanacare.org or 612-238-5992.

Name Changes at Moose Lake Campus



Though names are changing at our Moose Lake campus, staff members' dedication to excellent service remains the same.

To reflect what we offer at our Moose Lake campus more accurately, names are changing. However, our staff's dedication to excellent service will remain the same. Assisted living apartments are now known as Augustana Care Moose Lake Kenwood Place.

Skilled nursing will be provided at Augustana Care Moose Lake Health and Rehab, while assisted living and memory care is offered at Augustana Care Moose Lake Oakview. The entire campus is now known as Augustana Care Moose Lake. We hope you'll drop by if you're in the neighborhood to learn more about this beautiful community.

Individual Retirement Accounts Offer Excellent Options for Donations

Are you an Individual Retirement Account (IRA) owner? The IRA Charitable Rollover provision allows people age 70½ and older to contribute up to \$100,000 to charitable organizations directly from their IRA without treating the distribution as taxable income. In 2015, the provision was made permanent.

To donate an IRA contribution, please instruct your IRA trustee to make the contribution directly to Augustana Care by December 31, so you can reap the tax benefits in 2016. Please keep in mind the distribution must be sent directly from the IRA company to Augustana Care.



You can contribute up to \$100,000 to Augustana Care without treating your contribution as taxable income. Talk with your accountant to learn more.

A Proactive Approach to Aging in Place: Access Solutions

Access Solutions Director Alissa Boroff shows a client how to make his home easier to navigate, with a few simple modifications.



Suppose you or an older relative have physical problems that make it tough to live at home. Help is available from Access Solutions, which provides universal and accessible design consulting services to promote active, safe, independent living.

As part of Centrex Rehab (originally launched by Augustana Care and Ebenezer), Access Solutions works to help people age in place. Services help people like Katy Watson, whose 83-year-old father lives at home.

“My father used to climb the basement stairs putting one hand over the other,” Watson recalls. Access Solutions consultants recommended a second handrail on the staircase and other improvements that made Watson’s father’s life easier. “We don’t think my dad could be at home without these adjustments,” she says.

Client June Shuck called Access Solutions after her husband’s medical issues necessitated using a wheel chair. Staff recommended widening the bathroom doorway and getting a walk-in shower. “Access Solutions allows us to be together in our home, where we both want to stay,” Shuck says.

“Universal design can benefit all ages and abilities,” says Access Solutions Director Alissa Boroff. “We recommend people be proactive to reduce the risk of falls.”

Project Coordinator David L’Allier agrees. “The most exciting part of my job is to see lives change after making a few modifications,” he says. Contact aboroff@CentrexRehab.com or call 952-495-6006 for more information.

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Brighten Your Holiday Season at Augustana Regent

Start the holiday season enjoying beautifully decorated trees and elegant treats from around the world at Augustana Regent of Burnsville's Festival of Trees benefit. Refreshments include king crab legs, carved roast beef, a chocolate fountain and much more.

Holiday
TREE
FESTIVAL

The event will be held Saturday, November 19 between 3 and 6 p.m. Funds will be used for a peace garden with special amenities. Advance tickets are \$40 for adults and \$10 for children aged five to twelve; tickets are \$50 for adults and \$12 for children at the door. For information and tickets contact vmtobroxen@augustanacare.org or call 952-898-1910.

