



## Our Community Newsletter

*Discover what's going on in our community.*



### Welcome Greta!

**Hello everyone! My name is Greta Kunze, and I am the new Administrative Intern at Providence place. I just started at the beginning of June and will be here until May (so almost a year). I am currently attending the University of Wisconsin – Eau Claire and pursuing a degree in Health Care Administration. A fun fact about me is I play rugby. I played at Eau Claire, and now I play for the Twin Cities Amazons. My current passion is sitting out in the sun and exploring Minneapolis. I also love trying new foods, so if you have suggestions, I would love to hear them! I am very excited to meet everybody and gain new experiences here.**

## From the Executive Director

Providence Place continues to have a good working relationship with our landscaping company. We have been pleased with the services being provided to the location. Our community has also continued to see a great number of employment applications from qualified individuals looking to join our community! We have recently begun planning our National Night Out Event scheduled to kick off in August; Our team is very excited to collaborate with our sister facility, Minnehaha Senior Living, and share our vision of the event!

## Grip Games Are Coming!

A well-established body of research links improved grip strength to greater health and longevity. Researchers also found reduced grip strength to be associated with chronic medical conditions and a reduced lifespan. While many studies support the goal of enhancing the grip strength of older people there is little research showing how to accrue those gains efficiently. The Grip Games emerged as a means of connecting research to practice and, in doing so, help people experience greater strength, purpose, and belonging. Lifespark invented a device called the "Power House" that allowed for team based grip strength competitions. The first ever "Grip Games" were held in the summer of 2022 and brought together 24 teams who engaged in head to head contests of strength and endurance. If you are interested in learning more or joining the team, contact Community Life staff today. The season starts July 16th!

## Use Your Voice: Vote July 31st

This year's primary election voting day is Wednesday July 31st. Election Judges from the city will be on-site to help you cast your ballot for president, US senator, US representative and more! To register to vote, or for more information, please contact Community Life staff. Your vote matters!

### Happy Birthday!

July 1- Colleen S. - 2S

July 4- Maria V. - 2S

July 10- John A. - 2N

July 10- Roger J. - 2N

July 11- Greg M. - 3N

July 26- Diane O. - 2S

July 26- Robert W. - 3N

July 27- Felix G. - 3N

# The ‘Sick Care’ Roller Coaster Explained And Why It Matters To Your Health

We talk a lot about the ‘sick care roller coaster’ and why it’s the ‘villain’ preventing seniors from aging magnificently. What we are referring to is the cycle of emergency room visits and hospitalizations that take a toll, gradually robbing seniors of their independence and ability to live life on their terms.

Alice, whose name is changed for privacy, has advanced chronic obstructive pulmonary disease (COPD) and every time she experienced symptoms or a flare-up she immediately went to the ER or urgent care. Each time she did, she was treated for the symptoms and released, becoming more and more tired and discouraged every time she rode the roller coaster.

What you don’t often hear in health care today is: ‘Do you want to get off this roller coaster?’ Instead, we continue to pursue aggressive treatments, even when these interventions won’t positively change the person’s health outcomes. That’s what happened with Alice. According to Jackie Guetzko, DNP, APRN, CNP, Lifespark Director, Experience Services, we’ve made the hospital the default for any and all urgent needs; we incentivize older adults to see all the specialists; and we prescribe more and more medications—without regard for the individual’s preferences or personal goals.

That changed for Alice when she enlisted the support of her Lifespark team. Now, through a close partnership with her Lifespark providers, she has a contingency plan to activate orders for a nebulizer, prednisone, and antibiotics at her pharmacy when she needs them. And she does all of this from the comfort of her home while gaining trust and confidence in managing her own care. The result: Alice hasn’t been to the ER in over four months. Why does this matter? Because when we are on the roller coaster it’s hard to see the end – is this just normal aging? Is it possible to end the cycle of hospitalizations or urgent care visits? (We believe you can.)

“Because we’re accountable for our clients’ health outcomes, our interventions are less about prescribing a drug or writing a referral, and more about delivering health education, having meaningful discussions on goals of care and advanced care planning, and helping people navigate logistics,” added Jackie. What it comes down to is looking at the whole person holistically. Instead of focusing on the acute reactive need, we turn to the root cause so we can be proactive in aligning medical expertise and senior health services with your goals. How you want to live is a key driver in keeping you off the roller coaster. In other words, when we know you, we can re-center health around you.

## Chaplain Chat

Music is a powerful tool for evoking memory, emotion and building relationship between people, places and times. We know that even the most dementia-challenged people can find music tapping into brain patterns that even the cruelest of diseases can’t reach. Music is simply amazing! So is silence. When my daughters were little and sitting the car for long rides, sometimes I would turn the music off. Sure enough, after a few minutes, I would hear little voices making up little melodies about the trees and the cars and the squirrels and the horses in the fields. I’d hear (and feel!) their toes tapping against the seats to the beat of their own tunes. Other times, I would just hear their breathing. And that was magical too. Take time together listening to music and listening in silence. There’s magic in both!

-Rev. Shari Howell, Senior Living Chaplain

# TV Station Guide

- 2 PBS (KTCA)
- 3 Providence Place Community Channel
- 4 CBS (WCCO)
- 5 ABC (KSTP)
- 6 PBS (KTCI)
- 7 CW
- 8 MNT (Fox 29)
- 9 FOX
- 10 IND (KSTC 45)
- 11 NBC (KARE 11)
- 12 CNN
- 13 FS1
- 14 Fox News Channel
- 15 USA
- 16 TBS
- 17 TNT
- 18 Discovery Channel
- 19 TLC
- 20 AMC
- 21 ESPN
- 22 Animal Planet
- 23 Lifetime
- 24 ESPN 2
- 25 History Channel
- 26 A&E
- 27 HGTV
- 28 Food Network
- 29 Trinity Broadcasting Network
- 30 Bally Sports
- 31 FETV
- 32 INSP
- 33 TV Land
- 34 Hallmark
- 35 Turner Classic Movies
- 36 Game Show Network
- 37 National Geographic
- 38 CARE Channel