

Navigating Elderhood Newsletter

A Need for Connection

While accompanying residents of a local assisted living facility on a field trip a few months ago, Cori noticed a common trend arising from her conversations with these individuals. Though they lived in luxury apartments with assisted living service options and had the financial resources to hire professionals in services such as moving, driving, and grocery delivery, they had not been connected with these services and did not know where to look for them.

Aging members of our community require connection not only with those who can provide specific services but also with their adult children or other family members. The complexities that come with aging can most effectively be addressed when an entire family is on the same page, yet this is not always the case. Additionally, family members who have begun to connect with each other can still benefit from trusted professional support. Navigating Elderhood hopes to address both of these needs for connection as it continues its work in this new year.

Spotlight: Scott Strassburg

Transportation services can transform the lives of aging individuals by ensuring their access to the outside world, a lack of which can lead to severe isolation and loneliness. Scott, a compassionate man and former Uber driver who is using his skill set to benefit others. He has a limousine license and is able to transport several passengers at a time. If you are interested in his services, you can contact him by phone at 763-288-3962 or by email at tcfirstclasstransportation@gmail.com.

Recap: “Grand Finale” End-of-Life Symposium

On December 13th, 2023, Cori and other like-minded professionals came together for a community event at the University of Minnesota’s McNamara alumni center. Cori had the opportunity to present on the widespread need for family conversation, compassionate caregiving, and other resources. This included identifying essential tools to be a successful caregiver:

- Understanding the capabilities of the client or loved one
- Focusing on the person, not the disease
- Creating a care plan
- Maintaining a sense of humor
- Utilizing safety resources
- Knowing how to recognize health changes
- Validating the emotions of the client or loved one
- Maintaining your mental and physical well-being as a caregiver

Cori was honored to be invited. The Symposium created a unique space for meaningful conversation and emphasized the importance of erasing the stigma around end-of-life discussions.



Are you ready to start having end-of-life conversations with the whole family?

Though the idea of discussing end-of-life topics may seem frightening to aging family members as well as younger ones, this dreaded conversation may be heartwarming as a family comes together to connect and support each other. If you are unsure of where to start, Navigating Elderhood offers a variety of low-pressure options:

Attend a no-cost monthly Chat with Cori

Chats with Cori are virtual, no-cost discussions now being held one Wednesday of each month. The Zoom meetings can be accessed through the following links:

[January 10 @ 7pm CST](#)

[February 7 @ 7pm CST](#)

[March 13 @ 7pm CST](#)

Schedule a 1-1 call

For those seeking personalized support as they put a plan in place, Cori offers one-on-one sessions providing non-medical options and situational suggestions. She is able to offer guidance on both the practical and emotional aspects of elder care and end-of-life planning. Meetings can be by phone or Zoom. Please email Cori at info@navigatingelderhood.com to know her availability and to book a session.

How can you participate in Navigating Elderhood's offerings during this season?

Register for Cori's "All About Doulas" class at the Edina Senior Center

On January 23 at 11am, Cori will be presenting on the role of an end-of-life doula and how doulas can meet needs that medical professionals may not be trained to address. Registration for this class is only \$5, and can be done through the [Edina Senior Center website](#) or by calling 952-833-9570.

Register for the February Caregiving Training

It's not too late to register for Navigating Elderhood's February Caregiving training! This training will provide about 20 hrs of education, including resources, case studies, and hands-on and practical information. There will be options for both virtual and in-person attendance. At the completion of the training, participants will understand how to observe and anticipate changes in a client's health, manage and maintain a care plan, support and advocate for a client, and facilitate the conversations that need to take place during the end-of-life process. There are only three spots remaining, and the deadline to register will be in mid to late January.

This training includes four classes, which will meet on Thursdays at 7pm CST, as well as three individual coaching sessions. The cost of the classes will be \$475, and the combined cost of the classes and the individual sessions—the complete course—will be \$773. There are multiple payment options available.

Your perspectives and experiences help NE help the community!

What kinds of resources do you wish you had more of when it comes to aging and end-of-life issues? If you would like to share, please respond directly to this email and click “reply” rather than “reply all”. Otherwise, Cori can be reached at levincori@gmail.com