

## Individual & Family Support

### *You Don't Have To Go It Alone!*

#### Telephonic Coaching

Are you motivated to improve your health behaviors? Then this 6-week program may be just what you need. This program will match you with a trained Volunteer Telephonic Coach who will help you identify your goal and develop a plan to help you succeed through weekly telephonic sessions. Once the 6 weeks are complete, you may request another 6 weeks to further explore your goals.

**Cost:** \$20—Sliding Fee Scale Available\*

#### Elder & Family Resource Consultation

Our Resource Consultant (Social Worker) provides support in areas such as:

- Finding & navigating community resources
- Implementing paid & unpaid services
- Exploring senior housing options
- Facilitating family meetings
- Caregiver coaching
- Short & long term planning



We have expertise, resources, and connections to help you meet life's challenges. We will connect you with the information and support your need in a confidential and respectful way.

**Cost:** Determined by level of service.

Sliding Fee Scale Available\*

#### Service Level: Tier 1—Information & Referral

After talking with you about your situation, our Resource Consultant helps you decide what information and resources meet your individualized needs. This is usually done via a phone call.

#### Service Level: Tier 2—Action Plan Development

Available for seniors or family caregivers whose needs are beyond basic information, have multiple concerns, or need a family-involved action plan. 2-3 In-Depth Meetings.

*\*Many individuals qualify for no cost or a reduced rate. Please inquire!*

**For information about these programs, contact:**

**Jeanne Schuller, Resource Consultant**

**952-929-1697, ext 46**

**Jeanne@normluth.org**

## Health & Wellness Offerings

### Evidence-Based Programs

#### Matter of Balance

Have you turned down a chance to go out with family or friends because you were concerned about falling? Fear of falling can lead to isolation and further decline. Through this **8-week group program** you will learn exercises to increase your strength and balance, make changes to reduce fall risks at home, and set goals for increasing activity.

**Cost:** \$60—Sliding Fee Scale Available\*

#### Better Choices, Better Health

Do aches & pains limit your activities? Does fatigue limit your socialization? Do you want to set some goals for improving your health? If you answered yes to any of these questions and are 60 or older, this **6-week group program** may be just what you need. This course, developed by researchers at Stanford University, will increase your confidence and skills in managing care for yourself.

**Cost:** \$60—Sliding Fee Scale Available\*

#### Healthy Moves

This **12-week in-home program** provides older adults the opportunity to learn 3 to 5 simple exercises that they can do to build strength, flexibility and endurance. You will receive an in-home enrollment visit by a trained professional who reviews the exercises and helps you set goals. Once enrolled, you are supported by a volunteer motivational coach who contacts you weekly by phone to monitor your progress and provide encouragement.

**Cost:** \$60—Sliding Fee Scale Available\*

**Location: Your Own Home**

- **Healthy Moves**—Can start anytime. Register by calling The Center at 952-929-1697.



*\*Many individuals qualify for no cost or a reduced rate. Please inquire!*

## Health & Wellness Offerings

### Wednesday Walkers

#### Senior Walking Club

Physical exercise doesn't need to be complicated. Regular walking can help you:

- Maintain a healthy weight
- Strengthen your bones
- Improve your balance
- Lift your spirits

Something as simple as this can help you live a healthier life. Walk your way to fitness by joining the Wednesday Walkers!

**Cost:** No Charge

### T'ai Chi

#### Taught by Brian Kuebler, Certified Instructor

T'ai Chi is a very old Chinese exercise characterized by a series of careful, precise, fluid movements—something like slow motion dance. Its purpose is to cultivate relaxation, balance, strength, and flexibility.....both in body and mind.

**Cost:** \$5.00 per 1-hour class.

### Podiatry Clinic

#### Provided by Dr. Richard Picha



This podiatric service includes:

- nail trimming
- general foot and leg assessment
- self-care education
- treatment of corns, calluses, and foot conditions such as fungus, thick or ingrown nails or other foot disorders.

If you have a history of diabetes, fungal or foot infections, corns, calluses or cellulitis, you are strongly encouraged to see the Podiatrist.

Call 952-929-1697 for an appointment.

**Cost:** \$25.00

### Seeing Clearly

#### Provided by Gerry Fuzzey, retired Optician

If your glasses aren't fitting quite right, stop by and see our Optician. He will fit, adjust and do minor repairs on your eyeglasses. No appointment is needed.

**Cost:** No Charge

## Health & Wellness Offerings

### Flu Shot Clinic

#### Provided by Bloomington Public Health

The best way to prevent the flu is through the influenza vaccination. Bloomington Public Health will administer vaccinations and can bill most insurance plans. If they are not familiar with the plan, they will provide a receipt for you to send in to your insurance company for reimbursement.

Call 952-929-1697 for an appointment

**Cost:** To Be Determined



**For information about these offerings, contact:**

**Kim Kritzer, Health & Wellness Coordinator**

**952-929-1697, ext. 27**

**kim@normluth.org**

## Volunteer Services

This is a relationship-based program that matches volunteers to seniors requesting service. Our volunteers are typically part of a four person team who have undergone background checks and are trained before receiving an assignment. The volunteer team concept allows our volunteers to give their time and talents helping seniors without over-committing themselves. This service is a great way to keep older adults connected to their community.

### Care Team Program

Care Teams provide a variety of services including friendly visiting, shopping, running errands, partnering on walks and reading to seniors. This provides friendship as well as a helping hand to the seniors and respite to their caregivers.

### Driving Program

The Center can provide consultation on transportation options. When traditional alternatives don't fit the need, we work to match a volunteer driver with a senior.

**For information about these services, or to**

**become a volunteer, please contact:**

**Sue Schultz, Volunteer Coordinator**

**952-929-1697, ext. 31**

## Service Highlights

Partial Estimate of  
Community Benefit  
in 2012:

**\$138,963**

A selection of the comments  
we've received also tell a rich  
story about **IMPACT & VALUE:**

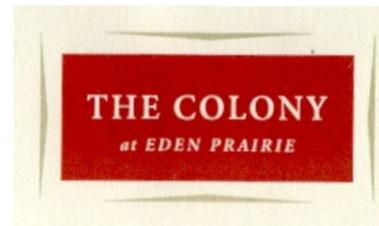
- I didn't think these simple exercises would do much, but I feel stronger now and have an easier time going up stairs.
- Thank you for being available. What a marvelous service!
- I would recommend this program. It is highly informative & valuable.
- I'm happy that Normandale has this Center. I think it's a very important outreach to the community!
- This is an excellent resource for our community. Keep up the good work.
- I think Healing & Wholeness is a wonderful program for elders in their own homes or small buildings that don't offer very many resources.
- Thank you. Your staff are knowledgeable, kind, and considerate.

Donations are greatly appreciated!

## Our Partners



Normandale Lutheran Church



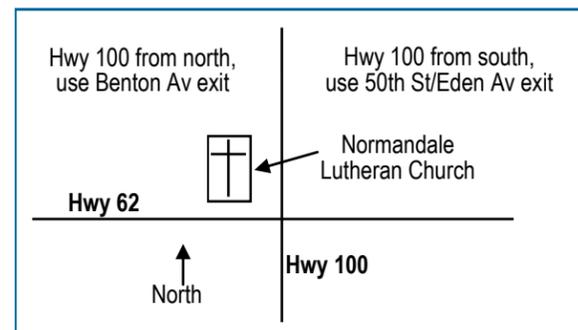
## Our Office Location

The Normandale Center for Healing & Wholeness is located on the east side of Normandale Lutheran Church at:

**6100 Normandale Road  
Edina, MN 55436**

**Phone: (952) 929-1697**

Visit us online at:  
**<http://healing.normluth.org>**



# Welcome To

## The Normandale Center for Healing & Wholeness



## Learn More About Our Services!



## Mission & Vision



**NORMANDALE CENTER FOR  
Healing & Wholeness**

### OUR MISSION

To walk with older adults in transition and their family caregivers to support health in spirit, mind, and body.

### OUR VISION

The Center is a faith-based resource that builds strengths of seniors, family caregivers, and programs through direct service, replication, and collaboration with church and community.

