



Jones-Harrison in the News

GOV. WALZ VISIT

On Tuesday, February 9th we had the pleasure of hosting Gov. Tim Walz. He discussed the status of COVID-19 and how senior homes in Minnesota are seeing cases decline. According to an article published by Star Tribune, "The weekly count of coronavirus cases in long-term care has plunged 90% from mid-November to the last week of January."

We are celebrating warmer, brighter days ahead. With the 2nd round of vaccines complete, residents are coming together again and participating in enriching activities we have lined up. There is much to be excited about in 2021 and we encourage you to stay connected to learn more about what we have coming soon to Jones-Harrison.

Activities & Celebrations

SOPHIE'S 97TH ZOOM BIRTHDAY



While the pandemic has altered many of our routines at Jones-Harrison, we are still finding ways to connect with one another and create joyful memories with our community. In February, our current resident Sophie was planning to spend her 97th birthday alone, from the safety of her own room. Little did she know, Jones-Harrison's staff had been secretly planning with Sophie's family for a special surprise on her big day. Our Therapeutic Recreation Coordinator, Savannah, and Visit Coordinator, Scott, helped set the stage for Sophie to virtually celebrate her birthday with loved ones on Zoom. Sophie's family made the day even more special when they dropped off delicious treats from Nothing Bundt Cakes to share with other residents and staff. The chance to celebrate Sophie's birthday was an important reminder that even during challenging times, our Jones-Harrison community still comes together to support each individual resident with compassion and care.

Care as Unique as Your Needs

Letter from Annette

Dear Friend of Jones Harrison,

We've heard it so many times recently: this year has been unprecedented. But how do we quantify that? Here at Jones-Harrison, we know 2020 and 2021 are unlike any other year before because our residents—some of whom who've been witness to our nation's history in nearly 100 years—say so. This year has been challenging, heart-breaking, and stressful. But it's also been beautiful, heart-warming, and inspiring. When I think of how far we've come over the last year, I keep thinking of the Shakespeare quote, "Though she be but little she is fierce." Jones-Harrison is still an independent campus and considered small by some, but what we really are is fierce, a leader.

Our impact has been and always will be providing care to seniors and their families. COVID-19, which forced us to change the ways we deliver care, makes our work more important than ever. While our staff has worked tirelessly to incorporate human connection without human touch into our programs and restructure residents' rooms and care units to respond to this unpredictable and frightening disease, our community has also been hard at work, as well. Jones-Harrison has been the grateful recipient of meals and gifts, home-made safety masks, and other tokens of appreciation for residents and staff. Our neighbors continue to offer more of anything if residents or staff need it. Our hearts at Jones-Harrison feel humility and gratitude for those who believe in our work and commitment to carry out a 133-year-old mission.

Jones-Harrison was founded by community members who saw Minneapolis and Cedar Lakes area as a strong knit, welcoming community. The challenges of this year have shown we are fierce when we have the love and support of our families and friends. Thank you all for your kind words, actions, and gifts.

With Gratitude,

Annette Greely, President and CEO

HOLIDAY CELEBRATIONS AT JONES-HARRISON

Valentine's Day at Jones-Harrison in 2021 was filled with fun and delicious surprises. Wuollet Bakery, a Minnesotan culinary staple for more than 75 years, baked 150 chocolate- and vanilla-frosted, heart-shaped donuts at their Edina store for our residents to celebrate the holiday. To add to the special occasion, volunteers from Medtronic and Christensen Group Insurance crafted and delivered homemade Valentine's Day cards to our residents. Our staff and residents are grateful to the businesses and volunteers in our community whose kindness and compassion enriches the lives of our residents.

On St. Patrick's Day, the celebration continued, and residents were treated to classic Irish fare and drinks including green beer and Bailey's Irish Crème drinks. Staff also provided savory snacks like pretzels and cheese dip from our "Traveling Treat Cart" during the St. Patrick's Day festivities and hosted two McDonald's dine-ins for residents to enjoy. While holiday socializing in 2021 looks different from previous years at Jones-Harrison, our staff are committed to creating joyful and lasting memories for our resident community.

FURRY FRIENDS DONATED

In 2020, Gifts for Seniors donated 4 animatronic cats that have been providing companionship and putting smiles on residents' faces. Animatronic pets are shown to reduce loneliness and stress while enabling residents to focus on positive, nurturing emotions. These life-like, battery operated cats have built in sensors that enable them to respond to motion and touch. They even meow, purr and move offering a holistic experience for seniors wanting a furry friend without all the other responsibilities. "The animatronic kittens are such a nice thing to have for our residents. You can tell they really bring a sense of comfort and companionship—both through a sensory experience and reminiscing about pets they've had in the past or animal stories in general," Amanda Beehler, Director of Therapeutic Recreation, recently shared. We are grateful for the thoughtful donation and seeing the joy it brings our residents. Thank you, Gifts for Seniors, for your donation!



Program Updates - 2021 January to March

VIRTUAL ARTS PROGRAM

The resumption of our arts programming in 2021 was essential as it contributes to residents' sense of accomplishment, self-worth, and connection. Due to social distancing guidelines per COVID-19, we brought in new equipment to build "virtual venues" for musical concerts, performances, and other creative workshops to be held live and on-site. One really fun example is our brand-new kiln for ceramics which Sally Wingate thoughtfully donated. Art therapy is proven to offer many benefits including reducing stress and anxiety, increasing well-being, elevating mood and much more according to an article published by Mayo Clinic in 2020. We are thrilled to resume this program in an innovative way and see residents' creativity and joy unveiled.

RICKSHAW BICYCLES

Many senior/aging communities across the nation are turning to rickshaw bicycles for safe and enjoyable opportunities to promote outdoor activities and sight-seeing trips. At Jones-Harrison, we want to invest in one or two rickshaws for our residents to use and we need funding to support the purchase.

Rickshaws are specially designed for one or two passengers to sit in the front while caretakers easily maneuver the pedals and steer from behind. As passengers, residents can more accessibly make decisions about how they want to engage with their surroundings and curate meaningful outdoor experiences for themselves. Housed on the shores of Cedar Lake, Jones-Harrison's campus is ideal for leisurely activities along nearby park trails and to various waterfront destinations. In addition to recreational uses that reconnect riders with the natural environment, rickshaws also provide substantial health benefits by addressing concerns of social isolation and easily transporting passengers to and from nearby appointments. As a cornerstone of our mission, we seek to provide creative activities and supportive services that are valued, comfortable, and accessible to all residents on our campus. We can't wait to see our residents cruising by with the wind in their hair, riding on a new rickshaw.

SNOEZELN ROOM

Jones-Harrison has many things to be excited for in 2021. One in particular is an innovation we will soon bring to our residents—our very own Snoezelen Room. This type of room has been shown to help individuals experiencing cognitive decline by providing an environment where they feel calm and can regain control of their emotions. From the Journal of Clinical Nursing, "most kinds of sensory stimulation reduced anxiety, agitation, aggression, depression, and improved the quality of life for those with Alzheimer's." Our goal is to create a relaxing space for residents to feel comfortable and safe while enjoying the stimulating features in the room around them. We are thrilled to bring this innovative therapy to Jones-Harrison and lead others to do the same.

COMPAS FEATURE

COMPAS is an arts education organization where our mission is to deliver creative experiences that unleash the potential within all of us. Since 2017, we have partnered with Jones-Harrison Residence to bring dynamic, interactive arts experiences to its residents through our Artful Aging program, activating the creative potential in every individual and increasing social connections through hands-on artmaking residencies.

Teresa Cox teaches visual art at COMPAS, inviting participants to explore self-identity through collage, painting and art history discussions. In 2019, Teresa was joined by visual artist Mike Hazard to lead Jones-Harrison residents in a photography residency which used cameras to learn beyond the basics of photography skills. Teresa and Mike collaborated on a Self-Portrait Collage residency where residents used images from Mike's class and incorporated them into mixed media self-portraits.

COMPAS teaching artist Rachel Moritz, a writer trained to work with people experiencing dementia, led Jones-Harrison residents of all abilities in a community poetry residency and created poems together in a positive and engaging environment. In 2018, Rachel invited world-renowned musician and COMPAS teaching artist Nirjala Rajasekar to Jones-Harrison to introduce Indian carnatic music and culture through performance, storytelling, and music participation.

In 2019, Ann-Marie Loushine-Thomsen brought her years of experience as a dancer to a creative movement residency for residents in Memory Care. She will return to Jones-Harrison in 2021-2022 to reconnect with the community through her interactive style of teaching that encourages social interaction and movement for everyone. Coinciding with her sessions, a community-wide series of global music and dance performances will round out COMPAS programming in spring 2022.

Through continued partnerships like these we bring creative experiences to the vibrant, inquisitive community at Jones-Harrison Residence, ensuring older adults continue learning, interacting, and creating at every age.

UPDATE YOUR CONTACT INFORMATION

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ ZIP: _____

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Check if you want to opt out of future mailings Check if you want to opt out of email messaging

You can also fill out this form on our website at: www.jones-harrison.org/update-your-contact-information

HEALTH & WELLNESS

Improving the health, wellness, and independence of residents at Jones-Harrison has always been the top priority for our nurses, rehabilitation staff, administrators, and support professionals. Physical therapy and recreation activities at our Wasie Wellness Center, named after the Wasie Foundation whose generous contributions were instrumental in advancing health and wellness at Jones-Harrison over the past two decades, are tailored to the specific needs of aging adults. Designed to decrease arthritic pain and other musculoskeletal conditions, our amenities include a therapeutic swimming pool, rooms for sensory stimulation and arthritis care, massage therapy, and individualized exercise programs.

Residents utilize strength and cardiovascular conditioning equipment, such as our Technogym BioStrength system, to develop exercise routines and build their physical strength and endurance. The Holden Warm Water Pool, named in honor of Harriet T. and Harold L. Holden, offers a restorative, relaxing, and temperature-controlled aquatic environment to support a greater range of motion and decreased pain sensitivity for residents. Following physical therapy activities, residents can book therapeutic massages or enjoy socializing with one another at the Walter Stremel Juice Bar.

For our Jones-Harrison community, the benefit of health and wellness amenities helps foster greater independence and improves the quality of resident life through physical activity. "I feel taller and more energized after my workouts," said Margaret, a resident in our Assisted Living Facility, "It is the highlight of my week. I enjoy it more each time!"

Thank You to all of our Donors! (January 1 through March 31, 2021)

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This list may not be complete at time of print. If you have any questions about a donation, contact Colleen Rempfer at 612-928-3552.