



Augustana Open Circle

Apple Valley / Heritage Park / Hopkins



fostering fullness of life

Older adults are vital to our communities. New experiences, relationships and giving back to the community are all important aspects of their lives, even as they experience age-related changes.

At Augustana Care, we provide services that help older adults celebrate life as they live it to the fullest.

Cover Photo: Augustana Open Circle choir

Founded over a century ago, Augustana Care understands that all of us need opportunities to contribute and enjoy a fulfilling life.



Augustana Care's adult day services help people with changing physical, cognitive and/or social abilities achieve those goals by attending to the mind, body and spirit in structured and nurturing settings.

Members develop new friendships, use their skills and strengthen their abilities to remain vital in the larger community.

Individuals can attend one of the centers two to five days a week where they are in an environment that enables them to thrive.

With locations in Hopkins, Apple Valley and at Heritage Park Senior Services Center in Minneapolis, each center offers programs, recreation, personal care, respite and social connections to individuals with memory loss or other emotional or physical needs.

At Augustana Open Circle, we respect each person's journey as unique and are honored to be part of it. We invite you to visit and experience life as it is lived and celebrated here. You are always welcome!



Augustana Open Circle

Augustana Open Circle is about community and connection in an environment that promotes healthy living and personal independence. Members will find both variety and structure, authentic connections with others and a sense of purpose and renewal.



The poet Cesare Pavese once said, “We do not remember days, we remember moments.” Augustana Open Circle is a place where moments are savored.

Changes in cognitive or physical abilities are often perceived as situations where more is being lost than gained. Augustana Open Circle breaks away from that view and looks for joy in the moments we have.

Every age has its own purpose. For older generations, life offers more time for reflection, simplification, teaching, deep listening and authentic connection. Friendships grow at Augustana Open Circle because we create the opportunity for people to connect. When individuals with memory loss or chronic disease realize they can still build meaningful relationships, purpose and meaning are restored.

**We do not remember days,
we remember moments.**

Our philosophy is more than just words; it guides everything we do:

- We believe in the dignity of each individual and each individual's right to a meaningful life in community.
- We believe peace of mind comes with knowing a loved one is in a secure and comfortable environment, which is important to a manageable family life.
- We believe in the importance of lifelong learning.
- We believe in fostering intergenerational friendships.
- We believe we are a team with members, family, caregivers and medical providers. All team members are essential for success.

We believe people need to socialize, make friends and have fun throughout life.



Above and Beyond

The professional staff at Augustana Open Circle helps provide respite and peace of mind to families and caregivers when they feel overwhelmed by responsibilities. Augustana Open Circle staff understands these feelings, which is why we created a community that goes above and beyond providing physical care.

Social Activities



Members come to our centers with a wide range of cognitive and physical abilities. We start by assessing each individual's physical, social and spiritual well-being, and develop a plan tailored to his or her needs.

Each day provides learning opportunities, stimulating conversation, interactive activities and engaging entertainment. Individuals develop lasting connections as they share their experiences. Everyone contributes, drawing from his or her strengths. Members welcome newcomers, sing in the choir, work on community service projects and more. They also have the opportunity to choose and participate in programs that reflect their interests and abilities.

Support for Caregivers

Structured, regular communications with caregivers are central to our philosophy to assist with stress relief and peace of mind. Support groups, facilitated through Augustana Care's adult day centers, provide support for caregivers that goes beyond respite.

Personal Care

With nutritious refreshments and lunches, daily exercise and supportive services, our centers promote healthy living. We provide assistance for daily routines, bathing/showering in a private environment and other personal care services that add to the quality of life.

Health and Wellness

Our interdisciplinary team provides on-site health care. Registered nurses do regular health checkups and administer medication, assist with chronic care management and act as physician liaisons. Rehabilitative therapies are available on site. With a focus on healthy living, our exercise programs are designed to maintain/increase strength, flexibility, balance and coordination.

Spiritual Support

To nurture spiritual life, we provide opportunities for the expression of one's faith. Augustana Care BeFriender volunteers are also available for members and caregivers.

The purpose of life is a life of purpose.

- Ludwig Wittgenstein and Robert Byrne

Complementary Services

Access Solutions

Access Solutions provides universal and accessible design consulting services to promote active, safe and independent living for people of all ages and abilities. Services include, but are not limited to, home access assessments, design development, project management and education/outreach. Call 612-238-5429 to learn more.



Table Talk Catering

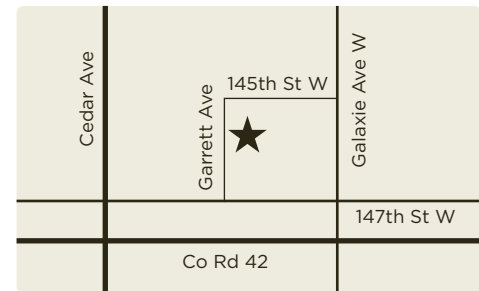
Are you planning a party, celebrating a graduation or a special event? Table Talk Catering provides delicious meals and refreshments for all your special occasions. Call Table Talk directly at 612-238-5264.



Locations

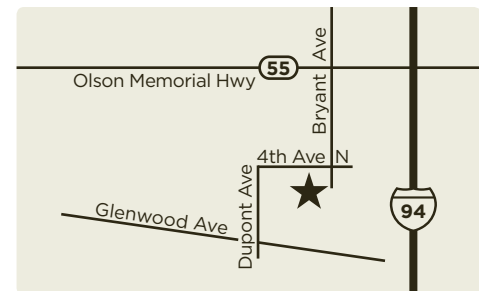
Call us today to tour one of our centers or learn more about how Augustana Care's adult day centers might fit your needs.

www.augustanacare.org



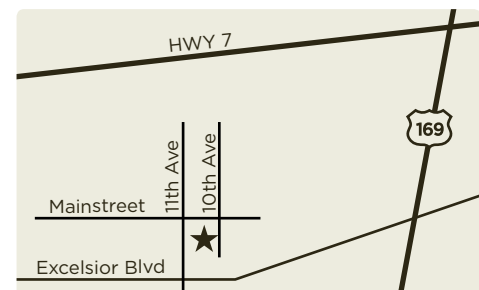
Augustana Open Circle
of Apple Valley

14610 Garrett Avenue
Apple Valley, MN 55124
952-236-2524
pcrawfor@augustanacare.org



Augustana Open Circle
of Heritage Park

1015 4th Avenue North
Minneapolis, MN 55405
612-843-4940
pryan@augustanacare.org



Augustana Open Circle
of Hopkins

34 Tenth Avenue South
Hopkins, MN 55343
952-935-8143
psgaard@augustanacare.org

Helping Elders Thrive

Older adults contribute so much to the vibrancy of our communities. We invite you to consider supporting Augustana Care's efforts to help elders thrive. For more information, please contact Augustana Care's development office at fundraising@augustanacare.org or 612-238-5209.

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