

CONNECTIONS

FALL 2009

Therapeutic Recreation

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The Zest in Daily Living

LEADERSHIP

Dear Friends,

As we look forward with great anticipation to the Thanksgiving and Christmas seasons, we want to extend our gratitude to you for supporting Catholic Eldercare during every season.

The fall fundraising luncheon was a wonderful event, a shared experience among hundreds of friends who understand and appreciate our vision and clear purpose.

You recognize that the quality care and programming that benefit elders and their families are the result of a community response. During this era of reduced government reimbursements, the generous Catholic Eldercare community understands that this human mission is for all times and must not only endure, but thrive. We owe our elders, this greatest generation, no less.

We are joined by loving, dedicated staff members who bring their full attention and devotion to their work. It is a labor of love, and this dedication is heartening to witness every day.

Our volunteers help extend this loving reach, befriending residents and brightening the lives of their elder friends. In this issue of *Connections*, you'll read about the vital work underway to make every day an interesting, fun, and fulfilling experience.

And, as always, this life is built upon faithful ground with the church and pastoral care at the heart of daily living.

Thank you for your continuing commitment to our mission. We pray you and your loved ones will have a blessed holiday season of thanksgiving for the provision and promises of our Lord God.



Tom Beck
Board Chair



Dan Johnson
President and Chief Executive Officer



Tom Beck



Dan Johnson

Catholic Eldercare provides affordable housing, quality care, and engaging programming for elders of all faiths in an atmosphere of compassion, dignity, faith, and self-determination. Catholic Eldercare utilizes a community model, establishing residences in neighborhoods with close connections to a church.

7th Annual Celebrating Lifelong Living Luncheon Draws Large Crowd to Support Mission

More than \$135,000 was donated or pledged during the seventh annual Celebrating Lifelong Living Luncheon held September 24. More than 500 guests filled the Earle Brown Heritage Center ballroom to support the vital programs that enrich elders' lives throughout the Catholic Eldercare community.

The gifts and pledges support the pastoral care, therapeutic recreation, and volunteer programs. "Luncheon gifts to our annual fund help sustain these key programs that directly impact the quality-of-life for older adults," said Director of Development Kristine Smyth. "We are very gratified with the turnout and the generous support shown."

"We are deeply grateful for our growing community of supporters," said President and CEO Dan Johnson. "They enable us to help seniors live vitally, to pursue their interests, avocations, and faith." In his luncheon speech, Johnson said this essential partnership supports growing needs. "We are here for elders and their families. We are their partner, providing quality housing, care, and services. No one can do this alone. What we do – together – is respond to the needs, and it's an honor to be a part of this mission."

Johnson told the audience that charitable gifts help make up the difference between government reimbursement rates and the actual cost of the programs and care provided elders.

A Family's Gratitude

Luncheon guests heard from speaker Ruth Mahlum, whose mother, Patricia, has lived at Catholic Eldercare for nearly a decade. Patricia suffered a stroke when Ruth was a toddler and entered skilled-care at age 35. She lived in other nursing homes before coming to Catholic Eldercare.

Ruth told the audience that her mother enjoys a fulfilling life at Catholic Eldercare.

"My family believes, with all our hearts, that Catholic Eldercare is unique and truly one-of-a-kind," Ruth said. "They strive to make a difference in the residents' lives, surrounding them with this warm inviting embrace of family, friends, faith, and community. "What I've discovered in this lifelong journey is that it takes faith, hope, and love to make a difference, and all three flourish at Catholic Eldercare. We feel blessed that Mom has such a beautiful, loving home." Ruth ended her remarks by introducing her mother, Pat, who attended the luncheon.

Twenty-four program sponsors, 52 table hosts, and their guests made the 2009 luncheon a success. Thank you.

"We feel blessed that Mom has such a beautiful, loving home."

—Ruth Mahlum



Luncheon speaker Ruth Mahlum (left) with her mother, Patricia Vogt, and CEO Dan Johnson. "My family believes, with all our hearts, that Catholic Eldercare is unique and truly one-of-a-kind," Ruth told the audience.

Mark Your Calendar!

The eighth annual Celebrating Lifelong Living Luncheon will be held September 16, 2010.

Three Longtime Friends Recognized for Their Service

Three community leaders were recognized for their dedication and leadership at the luncheon event by Catholic Eldercare Board Chair Tom Beck.

Ruth Kildow, the current secretary of the board of directors, is the Senior Services Ombudsman for the City of Minneapolis. “Ruth is one of those people who can always offer solutions and clarity to a situation. She is a wonderful advisor and we appreciate her wise counsel,” Beck said.

Carolyn Olson, president of the Greater Metropolitan Housing Corporation, has served as a board member for many years. “Carolyn is a leader in planning and creating affordable housing, and assisting communities with housing revitalization,” Beck told the audience.

Chuck Sullivan is President of Sullivan Group Architects. His involvement as a board member dates back to Catholic Eldercare’s founding a quarter century ago. “Chuck is an expert on the design of quality senior housing so his contributions have been invaluable over the years as the Catholic Eldercare community has grown,” Beck said.



Ruth Kildow



Carolyn Olson



Chuck Sullivan

Meet Tom Beck, New Board Chair



Tom Beck

Northeast Bank President Tom Beck has been a trusted presence in Northeast Minneapolis since he joined the bank in 1978. So it’s only natural that eventually he would somehow become involved with Catholic Eldercare. “I had connections with Catholic Eldercare from a business accounts perspective, and I knew Mike Shasky, Mary Broderick, Al Hofstede, Tom Glodek and the other founders, so I guess it wasn’t a huge surprise when Al and Tom came to my office one day and asked me to serve on the board of directors,” Beck explains. “And when Tom and Al ask, it’s difficult to say no. I thought it was a great idea to be involved, and I was quickly impressed with how strong the organization was financially, and what a great job the leadership and staff have done through the years.”

Last fall, Beck accepted a call to be the new board chair, beginning in 2009, succeeding Rev. Charles Froehle who served so capably. “We give Father Froehle our thanks and gratitude for serving so well. His intelligence, influence, and a wonderful, calming demeanor serves as a great example,” Beck says.

In these challenging economic times, Beck explains that it is vital to sustain the firm financial footing that has been a cornerstone of Catholic Eldercare’s strength and stability for decades. Given his financial expertise, Beck sees his key role as that of a sounding board, providing counsel and feedback. “I see myself offering support to Dan Johnson (CEO) and Mike Shasky (CFO); we often discuss ideas. We’re all stewards of this mission and we must remain in the black to continue meeting growing needs,” Beck says.

Citing the coming demographic Age Wave in the number of older adults, Beck says Catholic Eldercare will remain on the front line looking for ways to meet growing community needs. “There are many issues to address, but bottom line – we want elders to have a full and vibrant life, to the greatest extent possible, with care provided with love, dignity, and respect.”

Beck says Catholic Eldercare has enjoyed remarkable leadership stability since its creation, citing the founders and Chief Financial Officer Mike Shasky, who has been with the organization for more than a quarter-century. “You can’t put a price tag on the value of this leadership stability. I feel very privileged and blessed to be able to serve Catholic Eldercare. It has enhanced my life to work with the leadership and the staff.”

Thank you Luncheon Sponsors!

These sponsors generously funded the 2009 luncheon event, enabling every donor gift to go directly to support the Catholic Eldercare mission.

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A special thanks to these table hosts for making the 2009 luncheon event a success.

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Peggy Thompson

Marge Vajda

Donna Walicki

Sandi Westberg and Gary Quam

Paula Wiehle

Beth Wizik

Fran Wlazlo and John Wlazlo

Patrick Zeman

Therapeutic Recreation: Nurturing Residents' Spirits

Satisfying individuals' preferences enhances joyful living



Harriet Korzenowski and her son, Kevin, with the wedding dress she wore in April 1942, just before her husband went off to war.

Happy memories were shared when Catholic Eldercare on Main's dining room was transformed into a wedding fashion runway. Residents, family members, and neighbors gathered for a display of wedding gowns from the past. The dresses, several made and worn decades ago by nursing home residents, were modeled by family members, volunteers, and staff members.

The event included a display of wedding gowns, many with 18" waists. "I can't believe how tiny these ladies were on their wedding day," exclaimed one guest. Nursing home resident Harriet Korzenowski proudly showed her son the petite wedding dress she wore in April 1942, just before her young husband went away to war.

The event was the brainchild of third floor Therapeutic Recreation Coordinator Cindy Smith. Cindy and the other TR specialists on Beth Wizik's Therapeutic Recreation team, work hard to ensure elders enjoy fun and engaging lives.

While a senior community includes people with a variety of medical, cognitive, and mobility challenges, they all share one thing in common: They want to do something fun and interesting with their time.

Federal rules require a skilled nursing facility to assess the needs and interests of residents and develop activities that are appropriate for all residents. The goal is to keep residents happy and engaged as a means to improve their overall quality of life, so they can look past the inevitable challenges aging brings and discover a vitality in daily living. "We want to help them maintain the highest practical level of functionality," explained Wizik, director of therapeutic recreation and volunteers. "We are here to not just entertain them; we want to engage them so they are actively involved."

The residents enjoy the diversity of activities that bring a special richness to daily living. "The various activities are something to do to keep me active and moving," says Vicki, a Catholic Eldercare resident. "I'd be lost without all the activities. They make me feel good for the rest of the day," exclaims fellow resident Amy.

Variety, the spice of life

While these activities are fun and seem effortlessly implemented, it's no easy task programming to a population with a variety of personalities, ethnicities, interests, hobbies, life experiences, and individual abilities. Staff has to determine what people enjoy, and that often varies residence to residence or even floor to floor.



Therapeutic recreation specialists at Catholic Eldercare on Main, MainStreet Lodge, and RiverVillage, give careful attention to their work. There is a deeper purpose behind each activity. Here, the wedding dress fashion show spurred discussion among residents about favorite memories.

The popular Wii interactive computer game, for example, allows residents to bowl, golf, play tennis, and explore other games without ever leaving the lounge. Wii gives residents a sense of self-esteem, achievement, and enjoyment, especially for individuals with mobility challenges.



Friday afternoon music and dancing gets residents, family members, and volunteers singing and moving. The old lyrics come flooding back, sparking conversations about life in earlier times. The hour of music and fun eases pain, depression, and loneliness. And the entertainment often helps to get a shy, reticent resident more involved in the broader life of the community.

The Animal Assisted Therapy program offers residents an immediate emotional intimacy with cuddly dogs and bunnies. Research indicates these animal-human connections – and therapeutic recreation activities in general – have a profound effect on well-being and self-esteem.

Sometimes the germ of an idea comes from the residents themselves. When several residents were reminiscing about baking apple pies, TR staff helped centenarian Betts Ruffenach and some of her friends relive their baking days. Betts convinced retailers to donate the apples and pie crusts. And on a sun-splashed afternoon, the pie team gathered in an activity room and made a couple dozen homemade apple pies. As apples were peeled and pie crusts rolled and crimped, the conversations were sprinkled with laughter as old stories were shared. The pies were enjoyed by all of the nursing home residents at dinner. Betts and her friends had made a difference and brightened the day in their own unique style. “We had such fun, it was just like back on the farm. A busy day of baking,” said one resident.

“TR is a very fulfilling program,” says Wizik, who has led the Catholic Eldercare program for a decade. “It is very gratifying to work with the residents because Catholic Eldercare puts a high priority on resident activities, and we can thank our donor community for helping support therapeutic recreation at all of our campuses.”

Looking ahead, as the baby boomers require senior housing and services, they will desire a broad variety of activities, so therapeutic recreation specialists will be additionally challenged to think outside the box to offer creative solutions.

Who knows what the Wii of tomorrow might offer. A virtual vacation in the Carribbean anyone?

“I’d be lost without all the activities. They make me feel good for the rest of the day.” Amy, resident of Catholic Eldercare on Main



Joyful “Guy Time”



Second Floor Therapeutic Recreation Coordinator Scott Horowitz (center) watches as Ted Dudek (left) and Patrick Chuinard complete wooden banks and birdhouses for the holiday bazaar.

Scott Horowitz, second floor Therapeutic Recreation Coordinator, knows when it's time for a “guy thing,” that special way to engage the male residents. “Scott is the first male on our therapeutic recreation team and he is doing wonderful things, connecting with the men in a way that the women cannot,” says Director of Therapeutic Recreation and Volunteers Beth Wizik.

When Scott invited the male residents to “Men's Choir Practice,” there was a bit of mystery in the air. Choir practice? Several curious men arrived at the outdoor patio, discovering – to their pleasant surprise – they would be enjoying a cigar and beer social hour. “We felt like scoundrels, sneaking out back for a beer and a

smoke. The guys loved it,” Scott says with a laugh. “Of course, the nursing staff knew all about it.”

At other times, the Men's Club members gather to watch videos of historic boxing matches, a sport as popular in the 1950s as Monday Night Football is today. They also spent quality time this fall sanding and painting wood products for the holiday bazaar. “The coin banks and birdhouses we made were the Men's Club's donation to the fall bazaar,” Scott says.

Club member Patrick Chuinard enjoys the club activities. “Super, a lot of fun,” he exclaims as he sands a birdhouse. Ted Dudek agrees, adding that there is room for growth. “We could use a few more men,” he says with a laugh while applying decals to colorful coin banks.

Scott is a regular technophile, using the iPod to develop visual quizzes on company logos or famous local buildings. “These are great opportunities to stimulate memories and conversation. The residents really enjoy Scott,” Wizik says.

Scott works full time while pursuing a degree in gerontology at Metropolitan State University. When Scott was in his early 40s he traded a career in restaurant management for one in therapeutic recreation. “This is my chosen career path now, and I enjoy my work with the residents,” he says.

Former President & CEO, Mary Broderick Honored

Mary Broderick, PhD, RN, has been honored as one of the 100 Distinguished Alumni by the University of Minnesota School of Nursing.

Broderick and the other distinguished alumni were recognized for exemplifying the breadth, diversity, culture, and spirit of the School of Nursing. Broderick and her peers were honored at the Centennial Gala banquet held November 5. “The selection committee was very impressed by [Mary's] academic and professional achievements and the impact that [she] has had on healthcare and society,” said Connie W. Delaney, dean and professor at the University of Minnesota School of Nursing.

In a nominating letter, Mary Ann Blade, CEO of the Minnesota Visiting Nurses Association, said Broderick “has been visionary and determined in her approach to ensure quality, innovation and collaboration in every position she has held.”

Blade wrote that Broderick spent the last decade of her career mobilizing Catholic resources to address the coming age wave. “As President of Catholic Eldercare...she grew the organization, built a second campus, expanded the continuum of care, developed numerous community partnerships, established a successful fundraising office, and instituted programs and infrastructure to ensure a home-like experience for the older adults.”

Broderick, who retired in 2009, remains active in the community. She currently serves as a board member and secretary on the School of Nursing's Board of Trustees.



Mary Broderick

Innovative Nursing Education Comes to RiverVillage, Too



St. Catherine University nursing students are spending significant time at Catholic Eldercare. The applied learning is part of an innovative nursing education collaboration drawing national attention.

Catholic Eldercare's superb reputation in the industry is gaining the attention of nursing educators again. Another innovative nursing education collaboration with St. Catherine University now includes the RiverVillage campus, where senior-level nursing students are fulfilling their community health clinical requirements.

The students spend two days a week on campus conducting wellness clinics, home visits, and assisting with educational sessions for tenants on topics such as hydration, flu education, and hand massage. "The program is going very well," explains Director of Housing Janet Carlson. "The residents have been very receptive of the students and look forward to their visits."

Applied Learning

A similar program involving first-year nursing students was launched during 2008 at the nursing home, enabling the students to spend significant time on-site at a skilled-care residence to receive in-depth, applied learning.

Nearly 30 St. Catherine University nursing students are spending most of their first academic year at Catholic Eldercare or St. Therese New Hope. The students experience the demands and joys of long-term-care nursing by observing experienced senior care staff and appreciating the interdisciplinary team approach, given the diverse medical, cognitive, and safety challenges faced by elders.

The on-site nursing program enables students to be immersed in the long-term-care setting most of the school year, gaining practical exposure to all aspects of the care residents receive. Being on-site, the students are able to develop relationships with the residents and their families, while gaining experience in a challenging arena that requires strong technical skills for the complex care needs of seniors. As a result, the students will be more fully equipped for that first job.

"The program is going well; we have 16 first-year students this semester, so our numbers have increased," says Catholic Eldercare Education Coordinator Marilyn DuBay. "There is excellent consistency at both program sites so the best practices from each location are being shared with all of the students."

Another programmatic goal is to develop a solution to the growing national shortage of long-term-care nurses, a worrisome trend as the 78 million baby boomers create an Age Wave that will challenge the culture.

The nursing education program already has gained significant attention. The education team presented information about the applied learning collaboration at a state conference this fall. And *Provider*, the leading national long-term-care trade magazine, featured a cover story on the program in the November 2009 issue. The article can be found at www.providermagazine.com.

Your 2009 Donor Gifts Mean So Much

Your generosity touches hearts and lives, brightening every day. Donor gifts make the difference between the true cost of quality care and programming and the rate of government reimbursements.

The Catholic Eldercare website, www.catholiceldercare.org, includes comprehensive information that can help individuals explore and consider various giving options for supporting the mission.

Website visitors can click on GIVING to explore the latest, updated donor content.

Ways to give

Discover which type of gift is right for you. Whether you want to reduce tax liability or benefit from an increased income stream, there are gift options for every objective.

Gift calculator

The gift calculator allows you to develop “what if” scenarios to help determine the right gift amount for you. Try different options to see how a gift annuity might work for you.

Essentials and glossary of terms

Planned giving doesn't have to be confusing. The new donor resources help you begin down your planned giving path, informing you about living trusts, the power of attorney, and creating a will. The glossary of terms will make legal terms easy to understand.

Reading room

Articles on topics such as annuity trusts to wills and estate planning are available on the enhanced website. These contain in-depth information on a broad range of gift planning topics.

For more information on giving options, please contact Director of Development Kristine Smyth at 612-362-2494.

Online Donor Resources

1. Go to www.catholiceldercare.org.
2. Click on “Giving.”
3. Select from a comprehensive list of resources from online annual fund giving to planned giving options.



The Catholic Eldercare Community

1101 On Main

Independent Living

1101 Main Street, NE
Minneapolis, MN 55413
612.378.8814

Catholic Eldercare on Main

Skilled Nursing Care

817 Main Street, NE
Minneapolis, MN 55413
612.379.1370

MainStreet Lodge

Assisted Living

909 Main Street, NE
Minneapolis, MN 55413
612.362.2450

RiverVillage

Independent Living

2921 Randolph Street, NE
Minneapolis, MN 55418
612.605.2501

RiverVillage East

Assisted-Living, Memory Care

2919 Randolph Street, NE
Minneapolis, MN 55418
612.605.2500

Catholic Eldercare By Day

Adult Day Program

817 Main Street, NE
Minneapolis, MN 55413
612.379.1370

Partnerships

Catholic Senior Services
SummerWood of Chanhassen

Learn more about Catholic Eldercare housing and services by visiting www.catholiceldercare.org.



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UPCOMING EVENTS

November 21-22

Rummage sale in the nursing home atrium

Saturday: 9 a.m. – 3 p.m.

Sunday: 10 a.m. – 2 p.m.

Proceeds fund Catholic Eldercare's energy-saving enhancements.

December 6

Resident/Family Holiday Open House

1 p.m. – 2:30 p.m.

December 8

Volunteer Holiday Open House

For the latest upcoming events, please visit www.catholiceldercare.org.

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