

Connections

FALL 2010

*Faithfully
Serving...*

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"Honor the aged, show respect for the elderly and revere your God. I am the Lord."

Leviticus 19:32

The Catholic Eldercare Community

Includes These Residences, Programs, and Partnerships

1101 On Main

The newest residence in the Catholic Eldercare community has 45 one or two-bedroom condominium-style luxury rental units for independent adults. Located just one block from the main Catholic Eldercare campus, 1101 On Main addresses a growing need for affordable rental housing in Northeast Minneapolis. For more information, please call 612-378-8814 or visit www.1101onmain.com.



Adult Day Program

This program offers care and programming for the isolated elder who may require modest assistance when a spouse or other loved ones are unavailable to help attend to their needs. Adult Day also serves as a respite for family caregivers who may find it increasingly challenging to care for an elder. The weekday program is affordable and flexible. Clients may be eligible for financial assistance. Transportation can be arranged. Located at 817 Main Street NE in Minneapolis. 612-379-1370.



RiverVillage

This inviting 107-unit senior campus, located adjacent to St. Hedwig's parish in the Marshall Terrace neighborhood of Northeast Minneapolis, serves low and moderate income elders. RiverVillage is touted by community leaders as an ideal model for providing affordable senior living. RiverVillage East (assisted-living, memory care) and RiverVillage North (independent-living) are located at 2919 - 2921 Randolph Street NE. 612-605-2500.



MainStreet Lodge

This assisted-living residence, located at 909 Main Street NE in Minneapolis, includes 51 assisted-living units in a warm, comfortable atmosphere. 612-362-2450.



Catholic Eldercare on Main

The 150-bed skilled nursing residence, with dedicated memory care floor, was established in 1982 to meet a serious need for skilled care. Located at 817 Main Street NE in Minneapolis, the nursing home is physically connected to St. Anthony of Padua church for ease of worship and socialization opportunities. Residents enjoy a diverse mix of daily programming. 612-379-1370.



Catholic Senior Services

Catholic Eldercare is a founding affiliate in the archdiocesan network created to address the need for quality senior housing and services in the Archdiocese of St. Paul and Minneapolis.

SummerWood of Chanhassen

Catholic Eldercare partners with Presbyterian Homes & Services and the St. Hubert Catholic Church community at SummerWood, a residential senior campus in Chanhassen. Catholic Eldercare and St. Hubert Catholic Church share partial ownership through the nonprofit Chanhassen Catholic Housing (CCH). CCH assists with the pastoral care program, and other programs of interest to residents and families.



In Memorium

Bob Hannah, one of Catholic Eldercare's co-founders, died at the age of 82 on July 6, 2010. Bob was the treasurer of the board of directors when the organization was incorporated in 1980 and remained a valuable member of the Catholic Eldercare Foundation board until his death. Bob's dedication, wise counsel and inspiring leadership served the organization well over the past 30 years. He is missed.

When helping plan Catholic Eldercare three decades ago, Bob related in a previous Connections interview, it was a sobering and galvanizing moment for him. "There were many older people in Northeast and there was just nothing for them to do," he said. Once Catholic Eldercare opened in 1983, it didn't take long to reach full occupancy. "At one point," Hannah related, "I think someone estimated it would probably take us three years to fill the nursing home, but in five months it was full." Hannah called the nursing home a godsend for Northeast seniors. "We're all very proud of it. Catholic Eldercare was needed and it has good support from the neighborhood and the parishes here. We just couldn't fail."

Bob is survived by his wife, Dae, daughters Michele and Amy (Christopher Brown), and granddaughter Emma Grace.



Robert Hannah

Catholic Eldercare provides the care, housing and services needed by older adults to continue living fully, with dignity, within an intentionally created caring community.

Inspiring 8th Annual Celebrating Lifelong Living Luncheon Draws Large Crowd to Support Mission



Juanita Jensen shared her family's inspiring story with luncheon guests.

"What an inspiring hour," said one guest. "Thank you Catholic Eldercare for all that you do," said another. These are just a few responses from guests who attended the *8th Annual Celebrating Lifelong Living Luncheon* held September 16 at the Earle Brown Heritage Center.

The donated gifts, pledges, and sponsorships totaled \$108,000. The funds support the pastoral care, therapeutic recreation and volunteer programs. Charitable gifts fill the gap between government reimbursement rates and the actual cost of programs and care. "We are very grateful for this year's turnout and for the generous support of our friends," said Kristine Smyth, director of development.

"Our supporters help us create a warm and interesting home for seniors," said President and CEO Dan Johnson. "What we do – together – is respond to the needs of families in a way that is faithful to our scriptural guidance."

"Thank you from the bottom of my heart, for extending your loving care to someone so dear to us."

**Juanita Jensen,
family member and speaker**

A Family's Gratitude

Luncheon guests were moved by speaker Juanita Jensen, whose mother Sylvia Jensen is a Catholic Eldercare resident and a former client of the Adult Day program. Juanita detailed the family's many connections with Catholic Eldercare. Her mother volunteered for years and became a resident, a grandmother lived there in the 1990s, a cousin has worked at Catholic Eldercare for nearly 25 years, and Juanita volunteered and met her husband on the nursing home campus in 1991. "Wow, talk about a multitude of blessings," Juanita told the audience. "A lot of blessings have taken place in that little corner of Northeast."

Family Needs Change

Sylvia and Leo Jensen raised ten children in Northeast Minneapolis. But as their parents grew older, Juanita explained, keeping up with their care needs taxed even this large, loving family. After Leo died, the family faced growing care needs for Sylvia who had developed Alzheimer's disease. "I will tell you straight out," Juanita told the audience, "this kind of constant care takes a toll on *everyone* involved. So when my mom needed more support than we – a family of ten – could provide, it was a no-brainer for me to look to the compassionate and welcoming help from a source close to our hearts – Catholic Eldercare."

"I knew my mom would be comfortable there and well cared for. She has always been a very busy and social woman who puts God first, so this was a perfect fit. We find peace knowing she is comfortable, safe, and having fun. Thank you Catholic Eldercare from the bottom of my heart, for extending your loving care to someone so dear to us." Juanita said in closing.

Board member John Hovanec concluded the event by explaining ways to financially support the Catholic Eldercare mission. Twenty six program sponsors, 53 table hosts, and their guests, made the 2010 luncheon a success.

Mark Your Calendar!

The ninth annual *Celebrating Lifelong Living Luncheon* will be held September 22, 2011.

Thank You Luncheon Sponsors!

These sponsors generously funded the 2010 luncheon event, enabling every donor gift to go directly to support the Catholic Eldercare mission.

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Table Hosts

A special thanks to the table hosts for making the 2010 luncheon event a success.

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Helping Families

When They Most Need Support

Catholic Eldercare supports families who are struggling with the care needs of an older loved one. A full complement of care services ensures every senior can live as independently as possible, and enjoy life to a greater degree. Family members gain peace of mind knowing their loved one is safe, comfortable and well cared for. And with it comes a heightened recognition and appreciation for the positive potential that comes in this season of life.



Rosamond 'Roz' Jacob enjoys a good laugh during morning coffee at Adult Day.

Just ask Bernard Jacob, whose dear wife Rosamond ('Roz') has been coming to the Adult Day program for two years, what peace of mind feels like. "It's tremendous," he says. "She has mild dementia, and it's so nice to know she's in very good hands. I could never imagine that such a program could be so creative, imaginative, and smooth. And they have a nurse right there with them."

The popular Adult Day program helps seniors live as independently as possible through weekday socialization activities that enrich their lives. The dedicated staff provide the cognitive stimulation, engaging activities, pastoral care, physical exercise, and nutritional support that enables the seniors to live vitally and delay the need for a more structured senior care setting. Adult Day clients also can obtain help with receiving medications, monitoring their vitals, assisting with diabetes management, enjoy whirlpool baths, receive therapy, and get their hair done down the hall.

On a typical weekday morning, Roz and several other seniors enjoy morning coffee and conversation about old memories, their families, and current events. Laughter fills the air as Andy, an endearing and spirited storyteller, tells a joke. The group grows excited as they learn about upcoming field trips. "We're going bowling next week and then we'll visit the Como Park Conservatory," Activity Coordinator Matthew Swanson explains.

When Roz, a retired librarian, was home all day, it was challenging for her. "She needs more stimulation with her dementia," Bernard explains. "It was frustrating because she became more and more insular, and was seeing only me, and that gets old after awhile," he says. "She's always been a shy person who would not impose herself on others or seek people out. At Adult Day she's made friends and loves it. There's not

been a day go by when she hasn't commented on what a nice day she had there."

"It gets me out with people," Roz agrees. "It's a lot better than staying at home all the time," she adds.

Bernard, a retired architect, drives Roz to Catholic Eldercare, and picks her up each afternoon. The couple's children live out of town so the caregiving role has been on his shoulders for many years. The respite that Adult Day offers gives him more time to handle household duties. Bernard recommends the program for anyone with a family member who needs more socialization, and for individuals who need a respite from constant caregiving. "She's quite engaged and happy. I couldn't be more pleased," Bernard says.



Across the table from Roz, 102-year-old Agnes Richter enjoys her coffee as she signs a thank-you card the group has made for the physical therapy staff. Agnes, bright eyed and always wearing a smile, still lives alone in her Northeast Minneapolis home where her children visit frequently to check on her and help with chores. Agnes started attending Adult Day last summer to ease isolation. "She needed to socialize more. She often had too much time on her hands and would start to worry when isolated. And her hearing loss ended her telephone chats with friends," says Don Richter, Agnes' son.

"We have a lot of laughs, a lot of fun," Agnes says of her new friends.

"Initially she resisted the change a bit, but once she met Joyce (McIntosh, Adult Day Director) and realized that her youngest daughter Cindy had attended school in the same rooms (when the building was a girls school decades ago), all that changed. Then, she loved it, and still does," Don adds.

Agnes quickly discovered how socializing eases worrying and isolation. "She reconnected with some old friends she knew from another senior program years ago," says Don. "She's had many friends or relatives at Catholic Eldercare over the years, and has been a member of St. Anthony of Padua Church for 72 years, so it's home in a lot of ways." adds.

The Adult Day Program is affordable and flexible. In many cases, financial assistance is available and transportation can be arranged.



At age 102, Agnes Richter still lives in her own home, but attends Adult Day twice a week to socialize with friends.

Community Collaboration



University of St. Thomas music professor Suzanne Schons, Ph.D. spoke on the music of Felix Mendelssohn at the first in a series of lectures at RiverVillage October 7. The ongoing series is a collaboration between Catholic Eldercare and the university's Center for Senior Citizens' Education. "This relationship reflects our philosophy of living fully and welcoming the wider community to be a part of life here," Catholic Eldercare CEO Dan Johnson told the near capacity audience.



Vintage Cars Spur Memories

In early summer, the Catholic Eldercare parking lot went retro for the afternoon as the present took a back seat to the past. Nearly two dozen beautiful vintage cars, from Model As and Model Ts to the classic Chevy's and Fords of the 50s and 60s, were admired by residents, visitors and staff.

"This was a real team effort involving the therapeutic recreation staff and the residents," said second floor Therapeutic Recreation Coordinator Scott Horowitz. "Thanks to the Tonka Cruzers Car Club, these cars are really bringing back memories for the residents."

And a special thanks also to Bob Borries, son of resident Helen Borries, who helped bring the show to Catholic Eldercare.

What a Ride

Nursing home resident Art Borchard, whose first car was a 1930-something Ford, enjoyed the classic car show. "Boy, these things are really something," he said. "I like them better than the new cars."

Valeria Szewczyk says she'll never forget the first car ride she took. "When my dad got our first car, he drove us one mile, from home to the church. I thought we'd set some kind of distance record," she laughed. "It was the farthest I'd ever ridden in a car."

Betty Cismowski, while admiring a 57 Chevy, said that seeing the old cars always brings back lots of good memories. "My brother and I used to play in the rumble seat of our family's Model A. It was such fun riding back there."

Ellen Schneider, with her reddish hair glimmering in the afternoon sun, smiled broadly while admiring a 1957 powder blue Ford Club Victoria, "I'm a classic, too. I'm vintage and this is as good as its gonna get," she said with a laugh.



Nursing home resident Ellen Schneider, with her reddish hair glimmering in the afternoon sun, smiled broadly while admiring a powder blue 1957 Ford Club Victoria, "I'm a classic, too," she exclaimed.

Your Gift Matters



Your generosity brings a special zest to the lives of seniors every day. Donor gifts fund engaging and fun programs, and help close the gap between the true cost of the quality care and the amount reimbursed by the government.

Just a click away

By visiting www.catholiceldercare.org, you can access comprehensive information on the various ways to support the mission. Just click on **GIVING** to explore the latest, continually updated, resource information.

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.

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As a Catholic Eldercare supporter, you can make a meaningful difference in the lives of seniors. Your gift enables Catholic Eldercare to provide quality care, affordable housing and engaging programs that bring fulfillment to each day. Please help Catholic Eldercare meet growing community needs by providing a tax-deductible gift today.

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If you would like to make a donation by personal check, please send it to:
Catholic Eldercare
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The quality care and services Catholic Eldercare provides seniors and their families is possible thanks to the generosity of many supporters. We acknowledge their friendship, support, and ongoing commitment.

The following gifts and pledges are for the time period April 1, 2010 through September 30, 2010.

Every effort is made to ensure accuracy. If you see an error or omission, please contact the development office at 612-362-2430.

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Sharing Clinical Excellence



Director of Education, Marilyn DuBay, manages all clinical collaborations. "I love working here because we're excited about providing the best care for great people, and sharing our expertise with the community."

Before Director of Education Marilyn DuBay came to Catholic Eldercare in 1999, she was a clinical nursing instructor at the *Minneapolis Community and Technical College (MCTC)* in downtown Minneapolis. She often had students visit Catholic Eldercare for part of their training to observe 'real world' situations. "The first time I visited, I knew there was something special about it. I felt like this is a place where I could work and be happy," she says. After hearing about a job opening, Marilyn applied and the rest is history.

Today, the students are still coming, thanks to efforts to connect Catholic Eldercare as a center of clinical excellence with the wider community.

Sharing Knowledge

Several times a month, eager nursing and nursing assistant students from *MCTC, Hennepin Technical College, the American Indian Opportunities Industrialization Center, and St. Catherine University* visit the nursing home or RiverVillage with their supervisors for regular clinical training. They observe resident care, chat with the residents, and obtain real-world experience in an industry facing a shortage of nurses and nursing assistants. This required work is closely supervised by on-site instructors and the Catholic Eldercare staff.

"The residents absolutely love the attention from the students," DuBay says. "They like being able to help someone become more knowledgeable and skillful. And they love the one-on-one attention and the chance to get to know young adults."

The senior care collaborations are important because they offer the students a first look at long-term-care. "The students love interacting with seniors and many decide to focus on long-term-care as a career," DuBay explains. "And that's great because we want future employees who are excited about long-term care and who like being around older adults."

Students Alana Clair and Joelle Ross are currently working as nursing assistants while completing their degrees. "I'm thinking about a career in long-term-care, either that or pediatrics," says Alana. "It's so fun coming to RiverVillage. One of the residents calls me her adopted daughter, the daughter she never had. That's so sweet."

Joelle enjoys interacting with real people during the on-site portion of her training. "We get to focus on one resident for the entire day. That's really nice to be able to get to know them and understand their needs."



St. Catherine University nursing students visit RiverVillage East several times each month, developing their clinical skills by assisting with basic resident care.

These clinical collaborations also benefit Catholic Eldercare. "Our work with the students and instructors helps us to see ourselves as life-long learners, always open to new ideas and cutting edge practices," DuBay says. "It helps ensure we continue to attain the highest standards from a quality assurance perspective. And the mentoring is so important. We can all do something to make another person better; and we all benefit from that."

Innovation in Dementia Care

Catholic Eldercare shares expertise in other ways. For example, DuBay and colleagues developed a five-part curriculum training program to teach skilled care staff how to use a proven technique called *Validation* to communicate with severely disoriented seniors. This approach, developed by a clinical social worker, is so effective that other senior care organizations are requesting the training materials developed by DuBay and the staff.

Innovation

Innovative Use of Expressive Arts Enhances Health & Well-Being

A quick glance at seniors in an art class painting may look like nothing more than an enjoyable activity during a relaxed afternoon. But the purpose of this painting session goes much deeper, and is profoundly significant for the older artists' quality of life.

Catholic Eldercare Therapeutic Recreation staff are utilizing *Mneme Therapy™*, which uses painting, singing, movement, and storytelling to enhance whole brain thinking and stimulate a process called neuroplasticity. This creative approach enables a resident who has suffered cognitive or physical decline to benefit from brain stimulation that helps the mind find new ways of learning. The brain is remarkably adaptive, able to move a given function from one location to another and create new neural pathways, regardless of age. The result? Improved quality of life and function for the resident.

Remarkable results

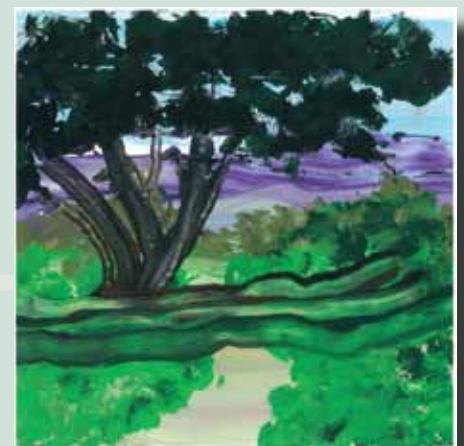
"I have seen a resident with dementia be much more alert and verbal following a Mneme session," said Beth Wizik, director of therapeutic recreation and volunteers. "And two residents with uncontrolled movement and spasticity were able to control their movements enough to successfully complete a painting they could be proud of. For these individuals it was a tremendous lift to their self-esteem."

Participants in *Mneme Therapy™* may also gain improved verbal skills, better impulse control, better coordination and spatial acuity, and enhanced understanding of instructions.

Mneme Therapy™ was developed by Noell Hammer, founder of *Art Without Boundaries*. The organization has a member therapist, Larry Homan, CMT, based in the Twin Cities.

"Catholic Eldercare, by virtue of our collaborations with others, is better able to experience proven, cutting-edge approaches that translate to the very best care for residents." Wizik added.

The Mneme Therapy™ program, which is not funded by government reimbursements, is dependent upon the generosity of the Catholic Eldercare donor community. For more information on this innovative therapy, please contact Beth Wizik, director of therapeutic recreation and volunteers, at 612-379-1370.



These paintings, by residents with cognitive or physical decline, were created through the Mneme Therapy™ program that shows promise in helping the brain develop new ways of learning after a diagnosis of dementia or another neurological disorder.

Archbishop Visits Catholic Eldercare

Most Reverend John C. Nienstedt, Archbishop of the Saint Paul and Minneapolis Archdiocese, accepted Catholic Eldercare's invitation and visited the nursing home on May 19. "As a Catholic organization within the Archdiocese, we seek to sustain our positive relationship and continually look at ways to strengthen our faith community and our outreach to those we serve," said CEO Dan Johnson.

"We are honored to host Archbishop Nienstedt, and to share with him our mission and how we are addressing the faith and care needs of seniors and their families," added Johnson. "It was a wonderful opportunity for him to hear about the profound importance of the church in the spiritual and social life of the residents and the broader Catholic Eldercare community, and to recognize the importance of the residents and Catholic Eldercare in the life of the parish."

The Archbishop met with Johnson and co-founders Sister Ruth Roland and Al Hofstede, and toured the nursing home, visiting with many residents, family members, and staff. He also presided at morning Mass at St. Anthony of Padua church.



Archbishop John Nienstedt shown with CEO Dan Johnson and co-founders Sister Ruth Roland and Al Hofstede.



The Archbishop visited with many residents during his tour of the nursing home.



Volunteers Honored

Volunteers enjoyed fellowship and a good meal together at the 2010 Volunteer Appreciation Luncheon.



Staff, Volunteers donate the Gift of Life



Business office employee Tammy Norlin took time out of her busy day to donate blood during the April blood drive.

Catholic Eldercare's dedicated volunteers were honored at the annual appreciation luncheon last April. In luncheon remarks, CEO Dan Johnson said volunteers are essential partners in creating a fulfilling life for residents, bringing friendship and a special richness to these relationships.

Nearly 200 volunteers bring a listening ear, friendly hugs and an energetic work ethic to their volunteer activities. They visit with elders, assist them at mealtime and other events, and perform other assistance that is so meaningful and appreciated by all.

Volunteers typically donate more than 15,000 hours of time to help make life better for the seniors who called Catholic Eldercare home. "We thank the volunteers for answering this call to service on behalf of our friends and neighbors," Johnson said.

For more information on volunteer opportunities, please contact Beth Wizik at 612-379-1370.

Upcoming Events

November 7 Annual Holiday Bazaar
9:30 a.m. - 2:30 p.m. at Catholic Eldercare.

The following Augsburg College Third Age Programs are free and open to the public. Registration required.

November 15
**Mexico: Rich History, Culture,
Music and Cuisine**

Instructor: Irene Khin Jensen - 1:30 p.m. - 3:00 p.m.
at MainStreet Lodge
Call 612-362-2450 to register.

December 13
Poetry: Christian Ideas in Verse

Instructor: Lawrence Moe - 1:30 p.m. - 3:00 p.m.
at MainStreet Lodge
Call 612-362-2450 to register.

April 28 - May 5 - May 12, 2011
**Three part University of St. Thomas Center for Senior Citizens for
Education lecture series , Mary - in Music and Art**

Taught by Dr. Joseph Hallman, retired professor of theology,
University of St. Thomas. 1:00 p.m. - 2:30 p.m.,
at RiverVillage East Community Room.
Call 651-962-5180 to register.

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

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