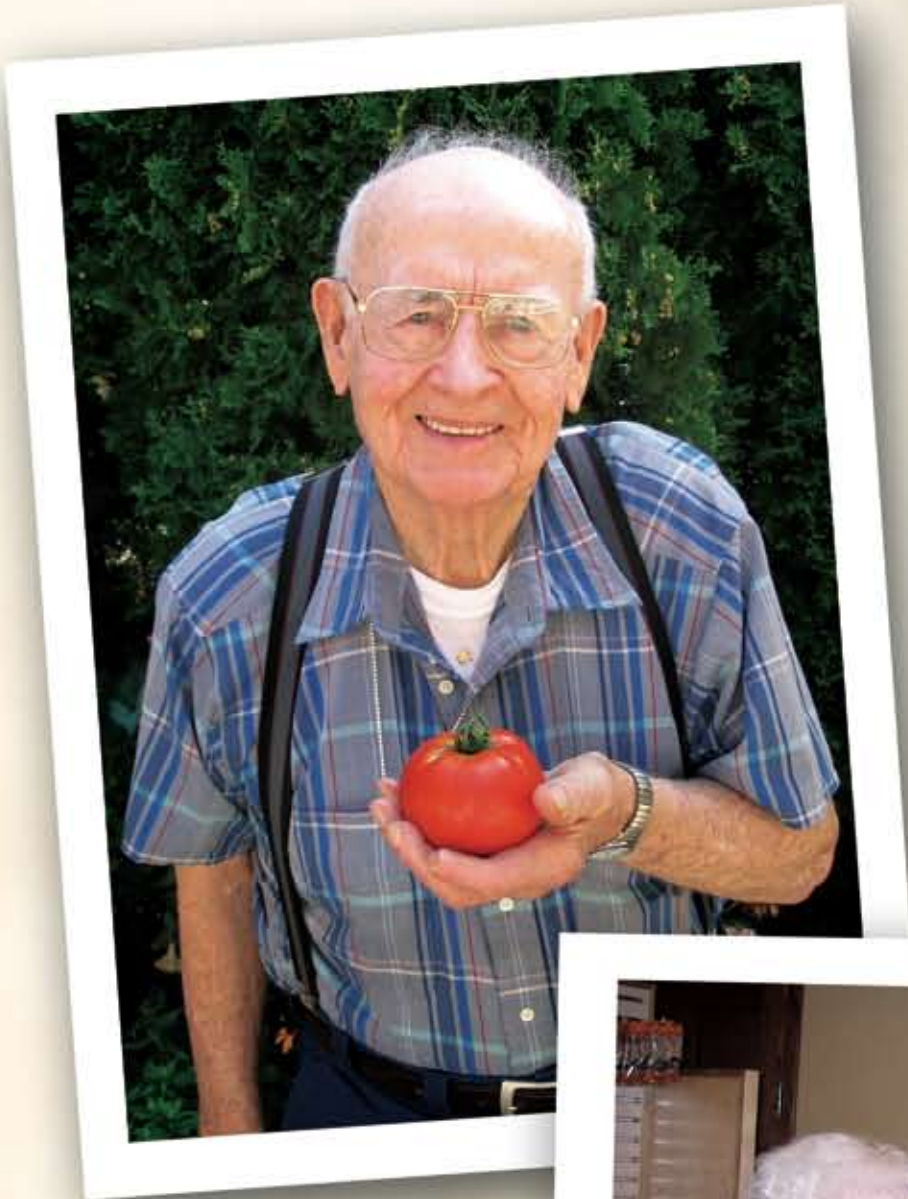


CONNECTIONS

FALL 2008



In this issue:

Fall luncheon update.....	2
Life at 1101 on Main	4
Volunteers make beautiful music.....	6
Planning for future growth.....	7
Green thumbs galore	8
Grace Cavanagh leaves a legacy	9
IRA rollover extension	14



Even in old age they will still produce fruit;
they will be vital and green.

Psalm 92:14



President & CEO Mary Broderick

A Letter From Mary Broderick

Dear Friends,

As I approach retirement, I want to thank you for the friendship and support you extended to me over the past decade as President and CEO. I leave Catholic Eldercare with complete confidence that the organization will continue to thrive and grow because of all of you. The Catholic Eldercare community is deeply grateful that you are a part of this vital mission in support of our elders.

As I look ahead, I reflect more broadly on the important life transition into “elderhood” and what it means for Catholic Eldercare’s work. Every season of life – every day – is a gift from God, filled with promise, hope, and opportunities to do good. As we grow older, we begin to see the world through the lens of wisdom and experience. This influence, this maturing, by our oldest citizens is a blessing for the entire community.

The older adults we serve deserve the best we can offer, because they have made all of us better. They have built our communities, raised families, been there for us in those moments of great joy and offered an understanding ear and a shoulder to lean on during our trials and struggles.

In our work, we embrace our biblical mandate to honor thy father and mother, and all the elders in our lives. Our staff, volunteers, families, and supporters collaborate to ensure our residents enjoy loving, fulfilling lives.

We maintain an important perspective that views the later years as one step in a journey from birth to eternity. Every phase of life offers a meaningful preparation. The elder – in the later years – faces more challenges certainly, but also many opportunities for personal and spiritual growth. It can be a beautiful time, and we are all better for having older adults as contributing members of our wider community.

I look forward to taking the next step on this beautiful journey.

Thank you for your continuing commitment to our mission of love and service.

Mary Broderick
President & CEO

Celebrating Lifelong Living Luncheon Draws Large 25th Anniversary Crowd to Support Programs



An estimated 550 guests attended the 2008 fundraising luncheon.

Approximately \$110,000 was raised at the sixth annual Celebrating Lifelong Living Luncheon on September 11. Nearly 550 guests filled the Earle Brown Heritage Center ballroom for the popular annual event which supports the Catholic Eldercare Annual Fund.

“Luncheon gifts help sustain key programs that directly impact the quality of life for the older adults living in Eldercare’s senior residences,” said Director of Development Kristine Smyth. “We were very pleased to receive several gifts and pledges, each totaling several thousand dollars.”

President and CEO Mary Broderick said, “We are so grateful for our growing community of supporters. They enable us to help seniors live vitally, to pursue their interests, avocations, and their faith, as fully as possible. Everyone deserves a life with quality care and support in our later years.”

Broderick 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 to elders.

Family Expresses Gratitude

The program speakers included Paula Wiehle; her mother worked at Catholic Eldercare and both parents later lived there. “Thank you, Catholic Eldercare, for all you did for our parents and for our family. The entire staff was so amazing,” Paula told the audience. “You have been a part of our family for over 17 years and we are forever grateful for the many friendships that Mom found as an employee, and in the loving and compassionate care both Mom and Dad received as residents. They were truly home at Catholic Eldercare, and there was absolutely no better place for them at the end of their lives.”

Twenty-nine program sponsors and 61 table hosts helped to make the 2008 luncheon a success. The seventh annual Celebrating Lifelong Living Luncheon will be held September 24, 2009.

Thank You Luncheon Sponsors!

These sponsors generously funded the 2008 luncheon event.

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Northeast Bank

Omnicare Pharmacy Services

Strauss Management Company

SYSCO Foods Service of Minnesota

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Table Hosts

A special thanks to these table hosts for making the 2008 luncheon event a success.

Ken Baltes and Dorothy Elion

Tom Beck and Sue Sjoselius

Peter Borman

Rev. John Brandes

Sharon Bredemus

Frank Broderick

Mary Broderick

Mary Burke

Catherine Callaway

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John Wlazlo

Patrick Zeman



Ken Baltes, Jeryl Hirsch, Bob MacMurdo



Carla Frantz, Kim King, Sr. Ruth Roland, Jenny Pantaleo



Bill Jackson, Mary & Frank Broderick, Jackie Breher



Paula Wiehle (third from left) with family members

Life at 1101 on Main

“I love it here. I’m close to everything.” — Evelyn Donovan, tenant

Evelyn Donovan, a Northeast resident for nearly 40 years, gave up her duplex and moved across the street to 1101 on Main over the summer. “I watched this place being built, and I always wondered what they looked like inside,” Evelyn says.

Once she took a tour, Evelyn fell in love. “I looked at five units, and then narrowed my favorites down to three, before finally selecting my end apartment on the 3rd floor,” she says. “I love this place: the windows, the sun, the layout, the neighbors, the convenience, I just adore it all,” she effuses. “The building is very quiet and soundproof. I never hear any noise from outside. And everything is light, clean, and bright.”

From her 3rd floor balcony, Evelyn enjoys a beautiful view and abundant afternoon sun. “I sat out here on July 4th and watched fireworks. It was so nice.”

1101 on Main is perfect for her lifestyle, Evelyn explains. She participates in league bowling at Elsie’s just a few blocks away. The bus lines and her favorite shopping haunts are nearby. “I love to ride my bike, so I can easily bike downtown to the office since the bike paths are nearby.” Evelyn has worshipped at St. Anthony of Padua for 25 years, so getting to church takes mere minutes. And some of her fellow parishioners are neighbors, too.

Evelyn is impressed with the range of housing and services within the Catholic Eldercare community, and says RiverVillage has made her mother feel welcome. “They will put a movie on just for her in the big theater, and even make her popcorn,” she says with a smile. “She is safe and happy. It’s just a huge relief to have her there.”

“I tell my children that someday RiverVillage is where I’m going to be,” Evelyn adds with a laugh.



Evelyn loves her airy one-bedroom apartment. “Everything is perfect,” she says.



From her 3rd floor balcony, Evelyn enjoys a beautiful view and abundant afternoon sun.

Quality Rental Apartments Available

Fifteen 1101 on Main apartments have been rented, and demand continues to be high for the quality residence, located at the northeast corner of Broadway and Main Streets. The residence represents the first middle-income, market-rate rental units in the growing Catholic Eldercare Community.

Older adult tenants have the option of accessing Catholic Eldercare’s quality senior care services as they age. Tenants are given preference on the waiting list for senior housing within the Catholic Eldercare community, if they wish.

The Main and Broadway neighborhood is developing into a popular destination. “With the new coffee shop and fitness center located nearby, this neighborhood has good potential to grow into a more vibrant gathering place, where residents can shop, relax and mingle,” said marketing manager Sue Shasky.

Life in the Later Years

Evelyn especially likes the close proximity to her 91-year-old mother, Margaret Donovan, who lives at RiverVillage East. “It gives me a lot of peace of mind knowing she is secure, well cared for, and nearby. It’s very good, no worries,” Evelyn explains. “I was always concerned about Mom when she lived in a South Minneapolis high-rise. I just didn’t feel like she was safe there. Well, that worry is gone now.”

**For more information
on 1101 on Main, or to
arrange a tour, please visit
www.1101onMain.com
or call 612-378-8814.**

Spring Open House at 1101 on Main

The May 29 open house at 1101 on Main drew scores of visitors, including several who have since rented luxurious and spacious apartments.



1101 on Main Amenities

1101 on Main residents enjoy underground heated parking, decks, nine-foot ceilings, upgraded finishes and appliances, a club room, an exercise room and much more. The apartment homes offer superb space utilization, security and enhanced privacy, with convenient access to shopping areas, worship opportunities, various avocational activities, and many other benefits.

Neighborhood:

- Just a few blocks from the East Hennepin shopping and restaurant area
- Downtown Minneapolis is minutes away, just across the river
- City bus shelter on the corner
- Walk to church, bank, library and parks
- Residence has street-level retail, bakery/coffee shop and fitness center

Home:

- Designer maple entrance door
- Nine-foot ceilings
- Hardwood woodwork
- Private deck
- Full-size washer and dryer
- Heating and central air that you control
- Plush carpeting throughout living, dining and bedrooms
- One-bedroom, one-bedroom + den, and two-bedroom floor plans
- Some have views of downtown Minneapolis

Bath:

- Ceramic tile flooring in the owner's suite
- Cultured marble vanity
- Soaking tub with tile surround and separate shower
- Vanity mirrors with light bar
- Maple cabinetry



Kitchen:

- Maple cabinetry
- Granite-topped island for food preparation or casual dining
- Pendant lighting over island
- Wood flooring
- Stainless steel Frigidaire appliances, including refrigerator, ceramic top self-cleaning range, microwave oven, and dishwasher
- Garbage disposal

Common Spaces:

- Climate controlled, indoor parking with car wash bay
- Remote controlled garage door
- Welcoming main entrance hall with conversation seating and mailbox station
- Controlled-access entry
- Two elevators
- For entertaining, an elegant clubhouse with fireplace, game tables, bar with seating and a full catering kitchen
- Business center and library
- Exercise room with equipment

Marshall Terrace Resident Bitten by Volunteer Bug after Early Retirement

“Steve brings joy to our world.” — June Cirkl RiverVillage tenant

It's early afternoon on a Tuesday, and the RiverVillage coffee shop is filled with song.

The melodious voices of volunteer Steve Johnson and tenant June Cirkl blend for a beautiful duet, as other tenants watch with delight, some joining in as they recall the lyrics to an old classic. “The way you wear your hat,” Steve croons. “The way you sip your tea,” June sings as she joins in. The pair look at each other and lean in, “Ohhh, they can't take that away from me. No, they can't take that away from meee.”

Smiles abound as the small audience of seniors and visitors erupts in applause, as the duo takes a bow.



Volunteer Steve Johnson assists a tenant at the RiverVillage coffee shop

Our senior singer June, a former WWII Marine recruiter, moved to RiverVillage in July 2007 after her vision began to fail. “There are so many things to look forward to,” she says, “and Steve is one of them. He brings this out in me, otherwise I'd be shy and quiet,” she adds with a laugh.

Most Tuesdays are like this at RiverVillage, because Johnson brings a special spark to his volunteerism.

“Music brings people together and cuts through differences. We have sing-alongs every week when I work,” he explains. “The music is good for the brain and it stimulates their memories.”

Steve found his way to RiverVillage after taking early retirement from the Ford plant in St. Paul, where he worked for 30 years in the painting department. “I'd pass by RiverVillage on my walks and often thought that I just might end up involved here.”

One day he stopped in and talked with the therapeutic recreation staff about doing a musical show. (Steve and a friend have a music group called Stage Presence). The RiverVillage staff loved the idea, and the show that Steve and his keyboard player later performed was a big hit.

Now, Steve volunteers weekly at the coffee shop, assisting tenants with purchases and engaging them in lively, fun conversation.

“The people are so approachable and friendly. They are wonderful to talk with,” Steve says. “Many have served in the military; they've built this country. It's an honor to be a part of their lives.” “We like Steve, he's fun,” another resident offers. “No need to be sad when you can be happy,” she says with a wide smile.

“We do have a lot of fun,” Steve interjects. “There's quite a bit of kidding around and lots of laughs.”

Steve believes God had a hand in his volunteerism. “I'd never done this before, but I really have taken to it. God's directed me here for a reason. I think it's about everyone helping each other. That's what it's all about,” he says.

“Steve told me that he never thought he had the talent to do this volunteer work,” says Therapeutic Recreation and Volunteer Director Beth Wizik. “But just look at the faces of the people around him. He engages people and makes them happy.”

“Steve's a wonderful volunteer,” June exclaims. “He brings joy to our world.”

Steve's musical group, Stage Presence, will perform at RiverVillage on December 17, 2008.



Steve Johnson and RiverVillage East resident June Cirkl belt out a duet at one of the regular Tuesday sing-alongs that Steve started. “Steve brings this out in me,” June jokes. “Otherwise I'd be quiet and reserved.”

Catholic Eldercare Planning for Future Growth

As part of Catholic Eldercare's strategic planning process, management and board are continually assessing the need for additional senior housing and services. The next anticipated project is an independent living residence planned for Second Street and Broadway in Northeast Minneapolis.

The five-story residence, for adults age 55 and older, will include 66 one- and two-bedroom apartments with decks and ground floor parking.

The residence, which has not yet been officially named, will be built on a 1.2 acre site and oriented toward the intersection of Second Street and Broadway, just one block away from the MainStreet Lodge and Catholic Eldercare on Main campus. The new senior community will strengthen the neighborhood, a popular destination currently experiencing a mini-boom in consumer-friendly retail development.

The spacious residential complex will include a cafe, lounge, wellness center, club room, crafts/activity room, and an outdoor terrace with gardens and extensive landscaping.

While the timeline for developing this project is indefinite, there is a growing need for market-rate independent living housing with some services to accommodate older adults who desire some daily support as they age.



A new senior residence is being planned for Second Street and Broadway in Northeast Minneapolis. The timeline for development is indefinite.

As always, tenants will be able to access the complement of senior services Catholic Eldercare has available to enhance their daily living experience.

The residence is being designed by the Minneapolis architectural firm Miller Hanson Partners.

Seniors Enjoy Field Trip to Elder Art Exhibit

Two busloads of Catholic Eldercare residents traveled to the St. Paul's Benedictine Monastery on July 24 for a public art showing titled *The Eldercare Exhibit*. The displayed art was created by the resident senior artists who participate in Catholic Eldercare's Creativity & Spirituality Program.

The program's founder, Director of Pastoral Care Peggy Thompson, said creating art is an enriching experience that feeds the spirit and helps elders discover new gifts. "In the creating, there is tremendous learning about ourselves and our lives," Thompson said.

Elder art helps empower seniors and breaks down ageism stereotypes. "Studies have proven that we are at our most creative in the later years when we have the luxury of leisure and a life of experiences and memories to feed our creative selves," Thompson added.



Green Thumbs at MainStreet Lodge

Several MainStreet Lodge tenants put their green thumbs to good use and enjoyed a summer of gardening, thanks to new raised planting boxes built by Rick Dischinger, LPN/Health Services Coordinator.

Last spring, Rick built two raised boxes, each four by eight feet, and filled them with rich, black dirt and organic material. “We have tenants who once farmed, so I thought they would enjoy gardening and using those talents again,” Dischinger said. “The raised beds bring the planting area higher so it’s easier to work.”

Well, the tenants took to gardening like bees to honey. The gardeners tended peppers, beets, onions, lettuce, basil, cucumbers, zucchini, tomatoes and parsley.

Gardener John Hodorff joked that at age 89 he shouldn’t be out gardening in the sun, but that’s where you could find him most days. John grew up on a farm near Royaltown, Minn., and he and Mary, his wife, always maintained a large garden at their Richfield home. “We had a big garden every summer and Mary canned for the whole neighborhood,” John says. “It helps me to get out here and putter in the dirt.”



Rick Dischinger, LPN, Health Services Coordinator (right), with MainStreet Lodge tenants Harold Flannigan and Eleanor Peterson.

Harold Flannigan, who moved to MainStreet Lodge in early 2008, was born and raised on a farm in northern Iowa. After his father was killed by a runaway team of horses, Harold helped his siblings on the farm. Later, he maintained a garden at his family’s home in St. Paul. “It’s always nice to get out and dig, and then reap the rewards,” he explains as he plucks a large, red tomato from the vine.



Eleanor Peterson has maintained container gardens for the past two summers.



John Hodorff waters the productive tomato plants.

Eleanor Peterson, who has lived at MainStreet Lodge since 2006, again maintained a potted garden this year with tomatoes, basil, parsley and flowers doing well. “I grew up on a farm near Forest Lake and we always had a big garden,” she explains. “And my husband and I farmed near Blaine. I love gardening. It brings me back home,” Eleanor says with a smile.

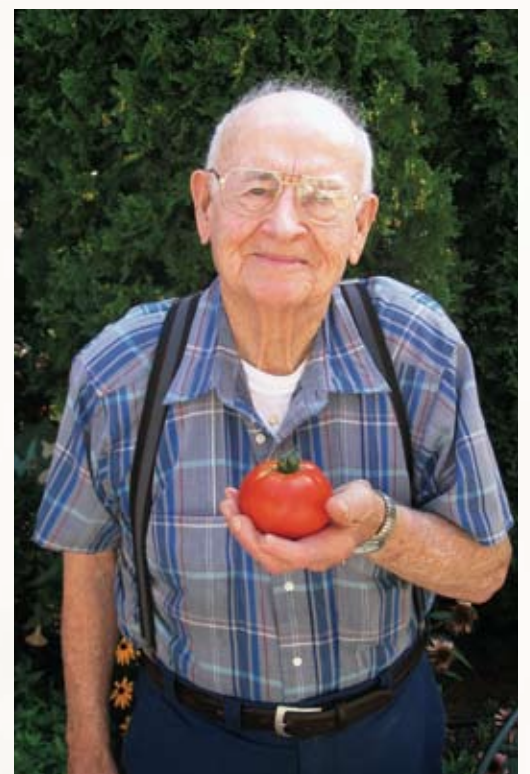
“The gardeners did the watering and tying up the plants, cultivating the soil, and harvesting and distributing the vegetables,” Rick says.

Since the garden is located on the patio outside the MainStreet Lodge dining room, it was a regular source of interest at mealtimes. “Tenants either wandered out to see what was growing or looked out the windows. Many tenants stopped me and asked what was happening with the garden and some talked about their gardening days,” adds Rick.

The gardening seemed to bring a sense of renewal to the gardeners’ lives. Hodorff, who uses a walker, was able to water and tend the boxes without use of his assistive device. “He seemed particularly proud of the garden, and his children always stopped and visited it. The tenants have thanked me for getting it going,” Rick explains.

While the zucchini and cucumbers were smaller than expected, the rest of the garden flourished. Nine large tomato plants continued to produce a hearty yield into early September. The benefits for the tenants will last much longer. They’re already planning their 2009 garden.

“We’ll definitely make this an annual activity. This is a great way to help the tenants stay active, engaged and using their talents,” Rick says.



Harold Flannigan shows off a luscious tomato.

Grace Cavanagh Leaves a Legacy



Grace Cavanagh

The late Grace Cavanaugh, a lifelong Northeast resident who lived at MainStreet Lodge and later the nursing home, has left a substantial five-figure gift to Catholic Eldercare to support the final home that she loved.

Grace, who was 89, died last February. “She was a nice person, always generous to the church and faith community,” says Margie Snipstad, one of Grace’s good friends. “I miss the woman greatly. I’ve never been that close to anybody outside my own family. We talked every day for ten years.”

Margie remembers first meeting Grace about ten years ago at St. Boniface Church. “I was talking with another lady and Grace came up and joined in. She never let me go after that,” says Margie with a smile. “We had a lot of nice conversations.”

Grace was born in Northeast Minneapolis. Her father, a Canadian by birth, worked as a furrier. Grace’s mother, who had immigrated from Austria, kept house. “Grace lived a very simple life. She was frugal. Her father never owned a car,” Margie explains.

Grace worked for decades at Northwestern National Life, a large Twin Cities-based insurance company. “It was her first job and her last,” Margie recalls. Grace saved her money, a reflection of the frugal example her parents had provided.



Grace Cavanagh as a young woman.

Their friendship endured through good times and bad. In the later years, Grace could no longer live alone at home, even with the help Margie was able to extend, so she moved to Catholic Eldercare.

“All the ladies really liked her at Catholic Eldercare. She knew a lot of the other residents. She’d gone to high school with many of them.”

“Grace really liked the staff at Catholic Eldercare, especially her nurses Linda and John. She very much appreciated the care that she received.”

Grace’s legacy helps Catholic Eldercare be better prepared to meet the growing needs of seniors in the future. “We are so grateful for Grace’s gift,” says Director of Development Kristine Smyth. “We’re honored that her generosity will help ensure a quality, engaging life for seniors who – as she did – call Catholic Eldercare home.”

“She was a nice person, always generous to the church and faith community,” says Margie Snipstad.

Kristine Smyth Named Director of Development



Kristine Smyth

Kristine Smyth has been named Director of Development, succeeding Thomas Cierzan, who accepted a position with the Minnesota Medical Foundation last August. Kristine worked closely with Cierzan during the past four years as the development department’s Director of Annual and Major Giving.

“Kristine was the unanimous choice to succeed Tom, who served us so well. Catholic Eldercare is fortunate to have Kristine in her expanded capacity,” said CEO Mary Broderick.

Kristine is especially devoted to the needs of seniors, fully recognizing the biblical significance of Catholic Eldercare’s important community mission. “We were put on earth to live a life following Jesus’ example of walking with the frail, infirm and poor,”

Kristine explained.

“What better way to follow His example than to care for the older adult. This work is especially meaningful to me as I am witness to my mother’s aging process and her need for a continuum of care from independent senior living, to assisted-living and now long-term care. It is an honor to be able to provide these special individuals the care that allows them the dignity they deserve. I am grateful to our growing community for believing in the Catholic Eldercare mission. I hope to become acquainted with many more of you and to engage you in the life of Catholic Eldercare,” she added.

Prior to joining Catholic Eldercare in 2004, Kristine was the Director of Development at Pope John Paul II Elementary School, and earlier served in a number of alumnae relations positions at St. Catherine University. Kristine holds a master’s degree in philanthropy and development from St. Mary’s University of Minnesota.

Kristine may be reached at 612-379-1370 or via e-mail at ksmyth@catholiceldercare.org.

GENEROUS FRIENDS

The excellent care and services Catholic Eldercare brings to the community's elders is possible through the generosity of many supporters. We acknowledge their friendship, support and ongoing commitment.

These gifts represent gifts and pledges from May 1, 2008, through September 30, 2008.

Every effort is made to ensure accuracy. If you see an error or omission, please contact the Office of Development at 612-379-1370.

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Your Donor Gift Means So Much

Your generosity makes up the difference between the cost of quality care and programming that elders enjoy each day 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.

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.



For more information on giving options, please contact Director of Development Kristine Smyth at 612-379-1370.

Benefit from the IRA Charitable Rollover Extension

President Bush has extended the IRA charitable rollover for the 2008 and 2009 tax years.

Taxpayers over age 70½ are allowed to make tax-free distributions from their traditional and Roth IRAs directly to qualified charities like Catholic Eldercare. The distribution is not considered taxable income. And you may not claim the distribution as a charitable deduction.

To qualify for this tax incentive:

- The owner of the IRA account must be at least 70½ years of age
- The gift must be completed before December 31
- Donors may make charitable distributions in any amount up to \$100,000 per year (a couple with separate IRAs could each give up to that amount)

This law may be of particular interest to certain individuals:

- Those who are required to take unneeded IRA withdrawals
- Those who have experienced limitations on tax benefits in the past
- Those who have IRAs that will be subject to an estate tax if left to loved ones other than a spouse and who'd like help deciding how to fund a charitable gift

Catholic Eldercare Communities

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 North

Independent Living
2921 Randolph Street NE
Minneapolis, MN 55418
612.605.2500

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

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



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UPCOMING EVENTS

November 20

Minnesota Sinfonia Holiday Concert, 2 p.m., St. Anthony of Padua Church, open to the public

December 9

Volunteer Open House, 3 p.m.-5:30 p.m., Nursing Home

December 14

Family Holiday Open House, 1 p.m.-2:30 p.m., Nursing Home

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

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