

CONNECTIONS

FALL/WINTER 2019

In this issue:

- A Profile in Compassion
- Memory Speaks in Pictures
- Helping the "Forgotten Middle"
and more...



Catholic Eldercare

Nurturing Life's Ageless Spirit

Dear Friends:

Suzanne and I are often asked how it's going at Catholic Eldercare. Where are we now? What's going on? Of course, I want to respond meaningfully, but I sometimes struggle for the right answer. I love idioms! An idiom is a phrase that, through common usage, comes to hold a figurative meaning. Here are a few possible idioms we might use: putting another year to bed, stepping into the future, hunkering down, exploding off the blocks!

I suggest we try this: "Taking stock."

During these past six months, we've been *taking stock* and this is what I see: Wyndris is complete and, as of this writing, only has 15% vacancies. (Yes, there's still room for you!) We are hearing that our Transitional Care service is meeting a need and very much appreciated in our community. We have a Board Committee on Quality giving leadership to our efforts at improving. Across our whole continuum, we are near capacity. We are pushing hard to respond to changes in legislation related to Assisted Living and Home Care. We are taking stock of our critical partnerships because we know going it alone is a hard road.

And there's more! We have a wonderful set of new initiatives underway. In this issue you will read about some of them, including:

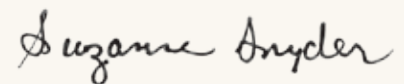
- the "Memory Speaks in Pictures" project;
- our Caring Heart program;
- the new Catholic Eldercare bus; and
- our Antibiotic Stewardship Gold Award

Most significantly, we are engaged in crafting a new strategic plan because we understand that "taking stock" is not about resting on our laurels. It's about taking the next step and answering that "*now what?*" question. I can't wait to share it with you, our community of support, because you are our secret ingredient helping us become more than we can be by ourselves.

So read on, take stock. And then...ending as we began this note, with another idiom, *pull up your socks and let's make tracks!*



Suzanne Snyder
Chair, Board of Directors



Dan Johnson
President and
Chief Executive Officer




Catholic Eldercare
NURTURING LIFE'S AGELESS SPIRIT

New Bus to Deliver Care & Convenience

Catholic Eldercare's clients and residents will soon be riding high—on a brand-new bus built just for them! The new bus will provide reliable, safe door-to-door transportation to the Adult Day program for those who need it.

Currently, about 50% of Adult Day members use other forms of transportation to get to the program, including public buses and rides from family members. Adult Day Director Ruth Lindquist says the new bus will offer greater convenience for loved ones and extra support for caregivers.

"For our friends who struggle more severely with mobility or memory loss, it will be so comforting to be driven every day by a familiar face and ride with familiar friends," says Ruth. "And family caregivers can feel confident their loved one is in the care of trained professional who knows them and their unique needs."

Along with a variety of safety features, the custom-built vehicle will feature a rear-entrance lift and retractable interior seats to provide maneuverable space for walkers and wheelchairs.

The bus will begin running in late fall and will provide our Adult Day staff with improved capacity to provide a safe and positive experience to our members. If you would like information about our Adult Day Services, contact Ruth Lindquist, Director Adult Day Services, at 612-362-2405.



Stay Current with Our Monthly Blog

Visit catholiceldercare.org and go to News/Events to see our latest blog to learn how moving to a higher level of care can enhance loved ones' everyday lives, reinforce a sense of belonging and deliver additional peace of mind!



If you have a Facebook account, we encourage you to 'Like' Catholic Eldercare at facebook.com/CatholicEldercare. So much happens between the fall and spring magazines, and Facebook is a great way to stay informed.



Go Paperless!

Catholic Eldercare wants to do our part in preserving our planet by eliminating excess paper waste. As a result, we'll be relying more on monthly email blasts to communicate with you and keep you updated on what is happening within our community. To ensure you continue receiving the latest Catholic Eldercare news, please help us by taking a moment to visit catholiceldercare.org/update and complete the form.



Profile in Compassion:

LaRhae Knatterud on Re-Framing the Future of Aging

It was our honor to welcome LaRhae Grindal Knatterud as guest speaker at Catholic Eldercare's President's Luncheon in May.

Currently MN Department of Human Services Director of Aging Transformation for the Continuing Care Administration, LaRhae has dedicated most of her professional life to addressing the challenges facing elders in our community. She's been on the front lines as our aging boomer population has continued to grow and change—along with their needs and challenges—and we wanted to share some of her invaluable insights.

While organizations like Catholic Eldercare are essential to providing stability and security for seniors, LaRhae says the demographic, economic and sociological data reveal that more is needed. As head of Project 2030—a statewide effort begun in the early 2000s to identify the future impacts of a permanently older population—LaRhae has worked closely with colleagues, state officials and community leaders to create public and private partnership solutions for a range of issues, including:



Long-term care financing reform

With the first boomers finally reaching age 85, Medicare and Medicaid budgets are being stretched to their limits. As part of the Own Your Future initiative, LaRhae is working to find future ways for more of us to fund our own long-term care—such as providing workers with affordable, employer-based term-life plans that become long-term care plans after retirement.

Protective services for elders

While advances in Minnesota's child protective services have been robust, LaRhae says protection for elders—against abuse, neglect and exploitation—still needs more attention. It's beginning to get it. Minnesota's state legislature is currently working on passing legal protections and services to streamline intervention, including a simple 911-style number to report abuse or seek assistance.



Supplemental home care coverage

With a larger aging population, quality senior community space may be pushed to capacity. That means more elders may need to stay in their homes longer, with care coming to them. Unfortunately, most Medicare supplemental insurance plans still don't cover home care services. Again, public and private entities are working together to expand this coverage—so more seniors can remain independent by receiving meals, maintenance and health services at home.

There is more being done—and more to be done. Thankfully, research is always progressing and solutions are always evolving. In the end, success will rely on our community coming together. “Quality of care is essential,” LaRhae says. “We need to treat our elders with care rather than assuming they’ll figure it out on their own. Catholic Eldercare is a great example of how we can do that—meeting the standards of care and security our seniors deserve.”

Champions for the aging like LaRhae are in short supply. At Catholic Eldercare, we’ve been blessed to rely on her support and guidance through a variety of our own initiatives—including our popular Story Circles program.

According to Catholic Eldercare President Dan Johnson, “Few people can see the big picture and also bring it down to the micro details like LaRhae can. Not only is she very high-level and strategic, she is also able to think with you through the particulars. As we’ve had projects we’ve wanted to do, she’s been alongside us to give us counsel in how we meet challenges, especially with how we support our Northeast elders to help them age within community. LaRhae can do it all—and for us, she really has.”



Memory Speaks in Pictures:

SPECIAL EVENT CELEBRATES STORIES AND ART

On June 30th, 36 talented individuals joined with friends and family to share personal stories and artwork in the atrium of the Albert J. Hofstede Care Center.

The event was the culmination of an 8-week arts and aging project called “Memory Speaks in Pictures,” which brought participants from our full continuum of care together with professional artists and writers—all with the goal to rejuvenate and preserve their memories using images, paper, color and words.

With nearly 100 people in attendance, loved ones gave readings and displayed artwork to celebrate their unique voices and personal histories. After the program readings, staff, artists, residents and family members enjoyed social time mingling and discussing the work over refreshments.

Unlocking Memories Through Art

The Memory Speaks project was spearheaded by Kate Houston, Program Director of Arts and Aging at Commonbond Communities, with hands-on support from visual artist and educator Lynda Monick-Isenberg and poet and prose writer Alison Morse.



“The goal is to drive creative engagement among our participants and to increase social opportunities with others through the creative process,” Houston says. “Making art about your life and writing a story from your life’s memories really enhances a person’s overall well-being.”

Houston is not alone in that belief. Studies show that art and storytelling can be a positive force in curtailing social isolation among elders, which is a leading contributor to a myriad of physical and mental health issues, from depression and high blood pressure to dementia and other medical and social conditions.

“We’ve seen memories come back to some of the people we’re working with as they reconnect with their lives,” adds Morse. “That’s really wonderful to watch—it gives me hope.”

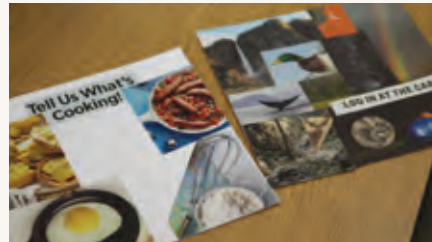
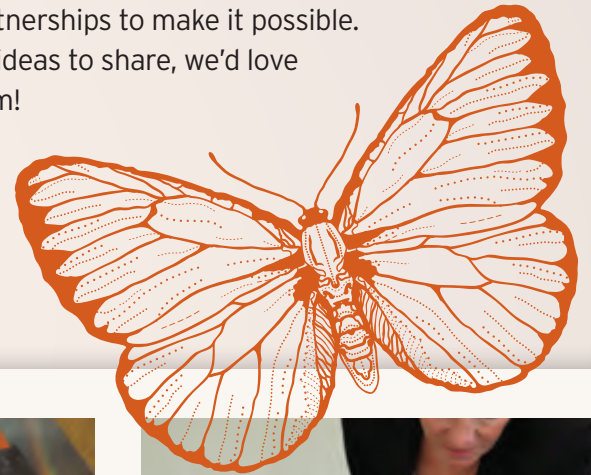
Continuing an Artistic Tradition

The Memory Speaks program is just the latest example of Catholic Eldercare’s strong tradition of nurturing the creative spirit through storytelling and art. According to current President and CEO Dan Johnson,

“20 years ago we began to incorporate the arts more intentionally into the experience of those who made their home with us. We recognized that creativity was an essential life experience, and the ability to use the arts to express one’s self—your thoughts, ideas and history—is a powerful strategy for living fully.”

Several years ago, Catholic Eldercare initiated a breakthrough model and pilot program to help the elderly connect through Story Circles in the “Northeast Neighborhood Socials” project. This project culminated with the creation of a Story Circles Tool Kit made available as a resource for all to use.

Catholic Eldercare plans to continue making life-affirming opportunities like these available to those we serve, and we’re always looking for new partnerships to make it possible. If you have ideas to share, we’d love to hear them!



Recognize a Caring Heart:

— A New Way to Give Back at Catholic Eldercare —

Did a staff member go above and beyond what was required to make sure someone's care or service exceeded expectations? Did someone demonstrate an act of kindness that made someone's day? If that person is your Caring Heart, this is the perfect opportunity to thank them.

Catholic Eldercare's Caring Heart Program is a giving program designed to recognize Catholic Eldercare staff who work directly or indirectly with those we serve. Some staff play a highly visible role, like resident assistants, servers, housekeepers or nurses. Others, like those who work for culinary services, generally serve loved ones from behind the scenes. Any of these staff members would be eligible to be recognized.



HOW IT WORKS

Friends, families or those we care for—can make a gift to Catholic Eldercare to honor a staff member or team who has displayed a high level of service, care or compassion. Gifts would be used where the need is greatest and would support the full spectrum of the Catholic Eldercare mission. Once notified that a gift has been made in their honor, staff members will receive a special pin and be recognized in this magazine.

Most importantly, those who receive Caring Heart recognition will have a well-deserved sense of pride knowing that their service, care or act of kindness has made such a positive impression.

We are always interested in sharing stories that capture our hearts and inspire us to do more. **If you have a Caring Heart you'd like to recognize, contact Lynn Varco, Chief Development Officer, at 612-362-2420 to make a gift in that person's honor.** This is a great way for those we serve to honor staff on a personal level and support the greater mission of Catholic Eldercare. And be sure to look for our first Caring Heart honoree in the Spring 2020 Connections!

Interest in Wyndris Is Heating Up



Summer was in full swing at Wyndris—Catholic Eldercare’s exciting new 62 and better Independent Living community in Northeast Minneapolis.

Tenants took full advantage of Wyndris’s amenity-rich lifestyle, enjoying barbecues on the patio, competing in shuffleboard tournaments, meeting up for morning coffee in the Wyndris Café—and so much more! From book and garden clubs to fitness classes and social events, Wyndris truly delivers a lifestyle of unlimited choices.

There were plenty of opportunities for visitors to enjoy Wyndris this summer as well. The community enjoyed full attendance for all three days of its June Taste &

Tour events. Attendees were treated to delicious refreshments from our own Chef Xander and personal tours of everything Wyndris has to offer, including expansive 1- and 2-bedroom apartments, high-end finishes, a 24/7 on-site fitness center and more—all with walkable access to the area’s best shopping and dining.

The events brought in several new tenants and generated interest throughout the neighborhood—so much so that availability is becoming limited. If you would like to explore Wyndris’s maintenance-free Northeast lifestyle, now’s the time to act. Contact Diane Lucas, Director Marketing Communications, Business Development, at 612-277-2902 to learn more or schedule a tour.

LOOKING FORWARD:

Serving the “Forgotten Middle”

As we look ahead at the future of senior living, we are happy to project that advances in healthcare will continue to allow more of our loved ones to live longer, more active lives. However, that wonderful news carries with it some unintended realities. For example, what happens when financial resources run out?



In our nearly four decades of service, Catholic Eldercare has never asked someone to leave our care due to financial constraints. We are committed to continuing this tradition for the next 40 years as well—but we need your help.

While those in dire financial need may be eligible for state and federal support, there are many more in the forgotten middle who neither qualify for aid nor possess the financial resources to carry the burden of long-term care alone.

As co-founder Al Hofstede always reminded us, Catholic Eldercare was created to ensure northeast residents—the people who worked, raised a family and built a life here—always had a loving, welcoming place in this neighborhood to spend their later years.

To fulfill that promise, Catholic Eldercare will be looking at new ways for donors, families, friends and the community at large to help fund and support individuals whose means may become stretched over time. Additional planned giving opportunities may be a good fit for this need, but we are interested in developing other partnerships as well.

If you have possible solutions to share, we'd love to hear them. **Contact Lynn Varco, Chief Development Officer, at lvarco@catholiceldercare.org or 612-362-2420.** Funding long-term care resources is a need that will become more critical as time goes on, so we need to start planning now.

In the meantime, there are many ways to help—and it always makes a difference. Visit www.catholiceldercare.org/giving to learn how you can support our mission and ensure those we love always get the care, comfort and compassion they deserve—today and tomorrow.

Leave a Legacy

*Sister
Ruth Roland*
SOCIETY



The Sister Ruth Roland Society was established to recognize contributors who support Catholic Eldercare's mission with a charitable gift through their will, estate or trust. Sister Ruth represents the very heart and soul of our care model: rooted in the Catholic faith, protecting life at all stages and upholding human dignity by nurturing life's ageless spirit.

Consider how you might leave a legacy that honors the remarkable work of Sister Ruth while also meeting your charitable goals. One way to do this is with a bequest in your will or living trust. Perhaps the easiest way to leave a legacy is simply to name Catholic Eldercare as a beneficiary of a qualified retirement plan, such as a 401(k) and 403(b). Many contributors have taken advantage of tax incentives by using these savings instruments to build assets tax free throughout their lives.

To learn more, visit catholiceldercare.org/planmygift or contact Lynn Varco, Chief Development Officer, at 612-362-2420 or lvarco@catholiceldercare.org.



QUICK CLICK TO GIVE

There are so many ways to support our mission! By visiting www.catholiceldercare.org, you can quickly access comprehensive information on how to give.

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.

Catholic Eldercare's Antibiotic Stewardship Wins Again



For the second year in a row, Catholic Eldercare has earned Gold recognition on the Minnesota Antibiotic Stewardship Honor Roll.

For Gold recognition, honorees must meet the highest standards in antibiotic policy and demonstrate a commitment toward ongoing resident/family education, actions to improve antibiotic use and collaboration with others outside the facility.

Antibiotics can save lives, but overuse and misuse can increase antibiotic resistance, which can make it extremely difficult to treat certain infections. In addition, antibiotic side effects can cause falls, diarrhea, rashes and kidney damage. So establishing care guidelines for the use of these medicines within our community is a high priority.

This collaborative effort is led by Catholic Eldercare's Antibiotic Stewardship Committee, which consists of our medical director, nurse managers, pharmacists and infection control practitioners. The group meets monthly, attends conferences and consults with state entities such as MN Department of Health to develop evidence-based approaches, educational tools and guidelines for the use of antibiotics.

Some of the actions that have earned recognition include:

- Providing staff education on Antibiotic Stewardship at hire and annually
- Posting signage and promotional materials at our entrances to promote infection control and antibiotic stewardship
- Conducting a weekly review of resident infections at our Interdisciplinary team meetings
- Reviewing antibiotic prescriptions at 48 hours to ensure appropriate follow-up

We are proud of our facilities' ongoing commitment to using antibiotics appropriately and all the efforts of our staff to understand the ways we can make the best use of antibiotics while protecting our clients from adverse medication effects. Congratulations to all Catholic Eldercare team members who have made it possible for us to cultivate a culture of patient safety!



Shrine Re-Dedication Enjoys Big Turnout

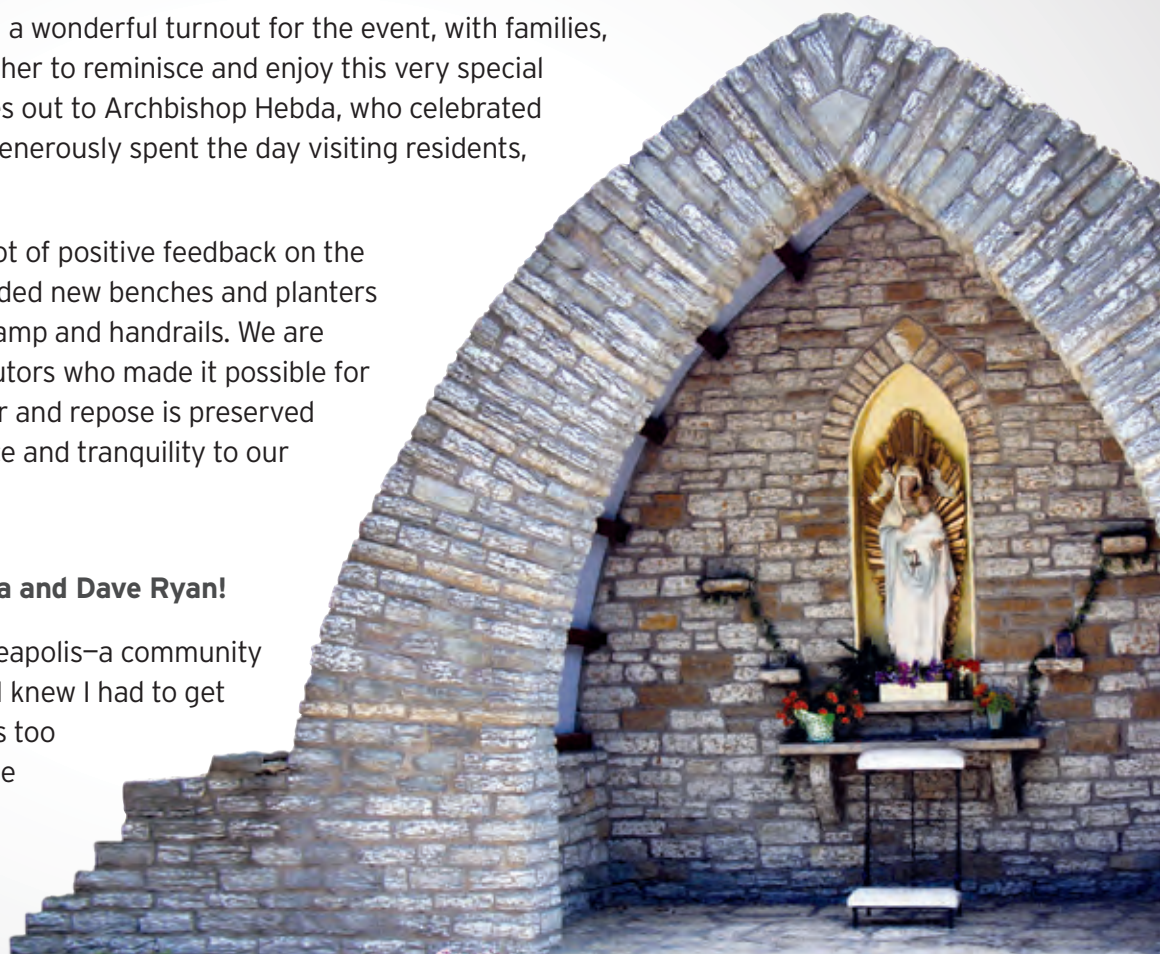
Thanks to all who joined us in June for the re-dedication of the restored Shrine of Our Lady of Perpetual Help. We had a wonderful turnout for the event, with families, friends and neighbors coming together to reminisce and enjoy this very special day with us. Our deep gratitude goes out to Archbishop Hebda, who celebrated Mass, performed the blessing and generously spent the day visiting residents, families and staff.

Throughout the event, we heard a lot of positive feedback on the Shrine's improvements—which included new benches and planters as well as a wheelchair-accessible ramp and handrails. We are grateful to all the generous contributors who made it possible for us to ensure this landmark of prayer and repose is preserved and accessible for all—bringing peace and tranquility to our community for years to come.

Special thanks again to John Rova and Dave Ryan!

"The Shrine is a beacon of NE Minneapolis—a community place of safety, comfort and peace. I knew I had to get others involved to help before it was too late—and I was thrilled so many came together to make it happen."

- Dave Ryan



Let Perpetual Light Shine Upon Them

The Catholic Eldercare community has gathered twice a year to remember and celebrate the residents, staff, volunteers, and board members who have passed away in the previous six months. Historically this memorial has taken place as part of the regular Sunday Catholic Mass at Saint Anthony Chapel.

Remembering and honoring our loved ones is such an important step in the grieving process. We want to do it well. We also want our remembering to include all members of our diverse faith community. With that in mind we are pleased to introduce a memorial service celebrated during a Vespers Service of Light.

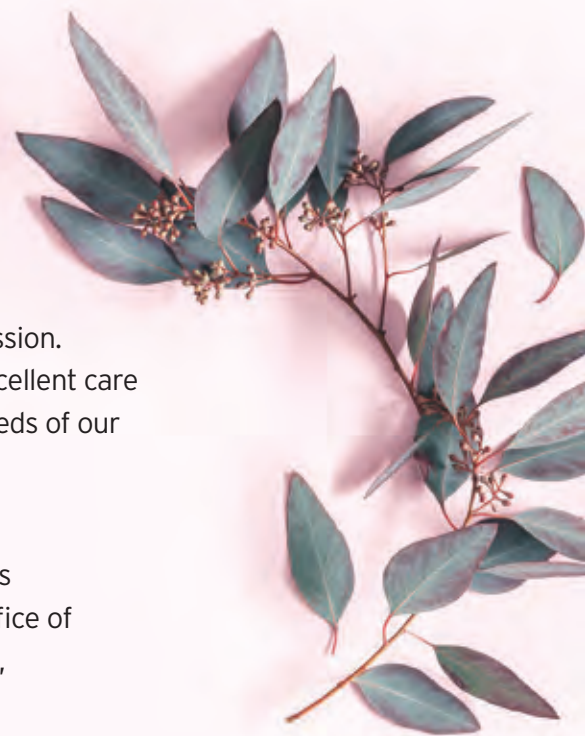
Mark your calendars for Friday, November 1, 2019 and watch for further information about this beautiful service of light.



Your gift means so much.

We would like to extend a heartfelt thank you to the many wonderful individuals, corporations, foundations and associations for their generous support of our mission. Every dollar makes a significant difference in our ability to continue to deliver excellent care in a loving and beautiful environment designed for the growing and changing needs of our current and future residents. Without their support, we would not be able to provide services that benefit the lives of so many seniors.

These gifts were provided from April 1, 2019 through July 31, 2019. Every effort is made to ensure accuracy. If you see an error or omission, please contact the Office of Development at 612-362-2420. For a comprehensive list of all 2018-2019 donors, please visit catholiceldercare.org.



ANNUAL FUND

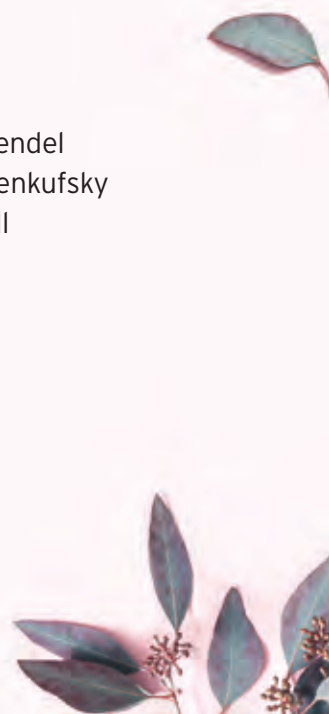
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CATHOLIC

ELDERCARE BY DAY

ADULT DAY SERVICES

149 8th Avenue NE,
Minneapolis • 612-362-2405

Offering care and programming for the senior who may require modest assistance when a spouse or loved one is unavailable to attend to their needs. Our weekday program is affordable and flexible.



RIVERVILLAGE EAST

ASSISTED LIVING AND MEMORY CARE

RIVERVILLAGE NORTH

SUBSIDIZED LIVING

2919 - 2921 Randolph Street, NE,
Minneapolis • 612-605-2500

This inviting 107-unit senior campus is adjacent to St. Hedwig Church in Northeast Minneapolis. We offer affordable market rate, assisted living apartments and memory care (East) and independent, subsidized units (North).



817 Main St. NE
Minneapolis, MN 55413
Phone: 612-379-1370
Fax: 612-362-2486

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

Connections is a biannual publication of Catholic Eldercare, Inc., 817 Main St. NE, Minneapolis, MN 55413. The purpose of this publication is to provide useful information and resources to the Catholic Eldercare community. For more information on the publication or to request additional copies, suggest article ideas, or to be removed from the mailing list, contact Diane Lucas at ducas@catholiceldercare.org or call 612-362-2492.

If you no longer wish to receive Connections, you may call 612-362-2492 or email Diane Lucas at ducas@catholiceldercare.org. Doing so will not affect your ability to receive services from Catholic Eldercare. You may notify us at any time should you wish to resume receiving Connections.

Equal Opportunity Employer





MAINSTREET LODGE ASSISTED LIVING

909 Main Street NE,
Minneapolis • 612-362-2450

Our assisted living residence includes 51 comfortable apartments and is adjacent to the Care Center, St. Anthony of Padua Chapel and lush green spaces.



ALBERT J. HOFSTEDE **CARE CENTER** SKILLED NURSING

817 Main Street NE,
Minneapolis • 612-379-1370

Our 150-bed skilled nursing residence includes a dedicated memory care floor. The Care Center is physically connected to St. Anthony of Padua Chapel for ease of worship and socialization opportunities.



TRANSITIONAL **CARE UNIT** REHABILITATION SERVICES

149 8th Avenue NE,
Minneapolis • 612-362-2444

This is the individualized attention and calming environment you need to heal effectively, with complete access to leading-edge therapies and equipment to help you reach your goals. Whether in one of our private rooms, or in your own home, your customized care plan offers the perfect balance of personal comfort and quality care.

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Dan Johnson

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A welcoming space to flourish

My dad was Al Hofstede, one of the founders of Catholic Eldercare. So my childhood memories are full of warm moments with Sister Ruth and her dog, Brandy. I've seen the evolution of Catholic Eldercare up close—first with Assisted Living, then MainStreet Lodge, and now Transitional Care.

I think my dad would say Catholic Eldercare has exceeded its original vision. I invite you to come and learn what an amazing community Catholic Eldercare has created for our elders—a welcoming space for people to come at different stages of life and really flourish. Most have worked long and hard for many years, and we want this time of life to be rewarding and beautiful.

Emily Koski

