

# CONNECTIONS

FALL 2016

## **The Hybrid Between Hospital and Hospitality**

Celebrating the arrival of better care close to home

## **14th Annual Fall Fundraising Luncheon a True Community Effort**

Over 450 friends played a role in  
"Unlocking the Power of Community"

## **Q&A with One-Woman Show Mary Hanson**

Television pioneer shares how she  
came to be Family Council lead



Dear Friends:

'Changing times, lasting values' is a pervasive theme that runs through the work we do at Catholic Eldercare. We enjoy the unique perspective of all our communities coming together full force with compassion, synergy, warmth, and joy.

This year was a particularly memorable one in our efforts of taking the next logical leap in our 30+ years of pioneering work. A new step in care, new partnerships and programs. The sense of unity and community is palpable.

But the constant amongst the change is in how the needs of our residents — physical, emotional, and spiritual — remain uppermost in our minds as we look to ways to serve them. This grows out of an earnest and determined effort, a kind of service to our seniors that blesses the giver as well as the receiver.

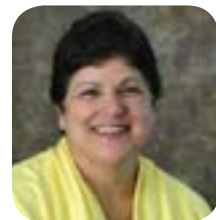
In this issue, you'll learn how our seniors eagerly await Louise Lincoln's twice-a-week class for a dose of feel-good fitness and an opportunity to socialize with friends.

Mary Hanson, famed cable host and our beloved Family Council lead, shares the power of storytelling and its ability to provide seniors a way to connect with others.

Our very own Jenny Pantaleo has taken our kitchen to new and exciting heights, much to the delight of our residents and their families. You can read about how her experience as a former Catholic Eldercare vendor compelled her to start working on the other side of the table.

Throughout the changing times, the core values that we hold are alive and well. As you read through the pages, we hope you will be as heartened as we are in the knowledge that together, we can accomplish to do even more. Gratitude be given.

Sincerely,



Suzanne Snyder  
Chair, Board of Directors



Dan Johnson  
President and Chief Executive Officer

P.S. If you have a FACEBOOK account, we encourage you to 'Like' Catholic Eldercare. So much happens between the spring and fall newsletters, FACEBOOK is a great way to stay informed about the engaging activities and programs residents enjoy.



## In Memoriam

### Albert J. Hofstede

*Catholic Eldercare Pioneer  
1940 - 2016*



It is with great sadness that we announce the passing of Albert J. Hofstede, Founding Father, Board Member, and a forever family member of Catholic Eldercare.

Mr. Hofstede served two nonconsecutive terms as the mayor of Minneapolis representing the Minnesota Democratic-Farmer-Labor party. At the age of 34 he was the city's youngest and also the first Roman Catholic mayor. His success in office led to being selected as a "Leader of the Future" for Time magazine in 1974.

Mr. Hofstede was deeply committed to his faith and proud of having founded Catholic Eldercare in 1983, actively engaged up until his passing. He was a trustee at his parish, Our Lady of Lourdes in Minneapolis, and involved with Catholic Charities and St. Joseph's Home for Children.

Through his commitment and dedication to supporting older adults, his leadership helped grow the organization into what it is today. His passion to provide the care, housing and services needed by older adults to continue living fully with dignity is the foundation that drives our communities.

Mr. Hofstede passed away peacefully surrounded by family and loved ones on September 3, 2016.

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**Catholic Eldercare**

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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 Angela Ali at aali@catholiceldercare.org or call 612-362-2430.

If you no longer wish to receive Connections, you may call 612-362-2430 or email Angela Ali at aali@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.

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Nurturing Life's Ageless Spirit 



# Celebrating the Hybrid Between Hospital and Hospitality



It was a perfect fall day to celebrate Catholic Eldercare's grand opening of the transitional care unit in Northeast Minneapolis!

Over 350 community leaders, donors, and residents attended the celebration on Thursday, October 20 and met with the transitional care staff, toured the well-appointed spaces, and enjoyed classic hotdish recipes and light refreshments.

The licensed 24-bed care center provides individualized comprehensive skilled nursing care

and rehabilitative services in a calming, home-like environment with complete access to a wealth of amenities, leading-edge therapies, and the necessary equipment to help guests reach their goals. The interdisciplinary team approach ensures to provide the highest quality of care, working with families and physicians to customize a care plan to fit specific needs.



"Hospital stays are so short. If you're at all debilitated, there's not enough time to get you really ready for home. So this is sort of a second stage of treatment that gets you the rest of the way," said President and CEO Dan Johnson. "It's a bit of a hybrid between hospital and hospitality." The expected average length of stay ranges from 15 to 18 days.



The new TCU offers a physical, occupational and speech therapy room, a hydro spa, and a private, park-like green space. Private rooms include a bed with a full-size bathroom and a kitchenette, and four rooms are equipped with a ceiling track to help less mobile patients move around.

Of the main floor resides the Streetcar Café, inspired by the historic streetcar corridors, where guests and visitors can grab a bite to eat. Just around the corner from the eatery is the Catholic Eldercare By Day services — a space for residents to socialize, share meals, play games, and create crafts.



"This is undoubtedly a team effort that has resulted in a beautiful community asset," said Council Member Jacob Frey. "In Northeast, people really cherish this neighborhood. What Catholic Eldercare's rehabilitative and therapeutic services offer is the ability to stay in your home, get the necessary care you need and continue on as a family. That means so much to not only our seniors, but to our entire community."

To learn more, please call 612.379.1370 or head to [www.catholiceldercare.org](http://www.catholiceldercare.org).



# 14th Annual Fall Luncheon Inspires and Invests in Our Future

More than 450 friends and supporters played a role in “Unlocking the Power of Community,” the theme for this year’s fundraising luncheon.

The event was a true community effort, helping us inch our way to \$100,000 in gifts, pledges, and sponsorships to directly aid the meaningful and engaging programs that bring fulfillment to the lives of residents.

CEO and President Dan Johnson shared with guests that older adults increasingly express the desire to age in their own homes and neighborhoods, calling for communities to recognize the needs of its seniors and their contributions to the vitality of that community.

“In the future, you will see organizations like Catholic Eldercare partnering with others in integrated systems designed to meet the needs of our community’s older adults,” he said. “Serving

the community will not be a solo performance; we are focused on building our capacity to partner, to collaborate in order to truly serve the community needs.”

Nineteen program sponsors, 45 table hosts and their guests made the 2016 luncheon a success.

If you were unable to attend the luncheon but wish to donate, a donor envelope is enclosed for your convenience or you can make a donation by visiting our website at [www.catholiceldercare.org](http://www.catholiceldercare.org).

## A special thank you to our table hosts:

- |                      |                              |
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## Thank you, luncheon sponsors!

These sponsors generously funded the 2016 luncheon event, enabling every donor gift to directly support the Catholic Eldercare mission.

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## A ONE-WOMAN SHOW:

# Mary Hanson, Television and Social Services Pioneer

Mary Hanson credits her career successes to lucky breaks, but her obvious talents suggest that a well-dealt hand is but a detail in a big story.

Her long and varied career spans areas in social services, radio, television, and education. But the current that runs through them all is her desire to give a voice to others.

In addition to being a public television host and producer of *The Mary Hanson Show*, the longest-running independently produced cable television in the United States, she works with Catholic Eldercare's Social Services department.

### WHAT LED YOU TO BECOME A TV SHOW HOST?

After graduate school and work in adoption and marriage counseling, I became a Social Work Consultant. One morning I attended a lecture of a well-known professor at the U of MN and was dismayed to see that only 15 people were in the audience. On the drive to my consulting job I regularly passed a radio station and, on this day, decided to pull into the station and gauge their interest in adopting a segment—one in which I would interview individuals like the morning's lecturer. This was literally a reaction to the speaker's lean turnout.

I asked if the manager was in (he was!), then pitched him the idea. He picked up my idea but said I would need to



Kelly Drummer and Mary Hanson

find a sponsor. I went directly to my consulting job at a nursing home in the area and asked the administrator if he would sponsor a radio program (he also said yes). And with that, I drove home boasting an official radio spot on KCHK-AM! It was a great starting point. After being inspired by guests that urged me to take the idea further, I approached the only cable TV station in the metro area at the time, and ended up with a weekly TV program after taping a pilot show. The show grew as cable television grew, and it was picked up by public television twenty years ago. It now reaches all of Minnesota, North Dakota, and western Wisconsin via TPT.

### HOW LONG HAVE YOU WORKED AT CATHOLIC ELDERCARE, AND WHAT HAVE YOUR RESPONSIBILITIES INCLUDED?

I started social work consulting in 1976 and became involved with Social Services at Catholic Eldercare in 1988. Since then, I've led in-services for staff and residents, met with residents and families, worked with the Family Council, developed policies and procedures, and led support groups for residents and tenants.

### DESCRIBE THE FAMILY COUNCIL PROGRAM TO SOMEONE WHO'S UNFAMILIAR WITH THE CONCEPT.

At Catholic Eldercare, the purpose of the Family Council is twofold: it's a venue for new families to introduce themselves and to connect with other families who are experiencing similar life changes. Most don't understand how stressful this stage of life can be until they experience it. We bring in a speaker every month to help us navigate the tough topics such as dealing with depression, understanding the stages of Alzheimer's, or coping with hearing loss. Quite often I can persuade a television guest to come speak to our Family Council.

### WHEN YOU THINK BACK ON YOUR WORK WITH CATHOLIC ELDERCARE, WHAT ARE YOU MOST PROUD OF?

I spearheaded a program in 2008 called "Take Two" after reading studies about how residents who receive undivided attention regularly are happier, don't use the call light as often, and even require fewer medications. The program asked for staff to engage in conversation with a resident for two minutes a day—an exchange not part of their regular work day. Although the program did not continue beyond a year or two, I felt it was a success. (Here are a couple comments from a resident, a staff member and a visitor:)

"Yesterday someone walked by me, and then he came back and talked with me. One of the things he told me was that I had a beautiful smile. That was the best compliment I have ever had in my life." (a resident)



Mary Hanson and former Minneapolis Mayor R.T. Ryback



Reatha Clark King and Mary Hanson

"I went up to third floor to Take Two with a resident, and I talked for no more than two minutes. The resident's eyes, which had seemed very withdrawn, lit up as I started talking with her I don't think she comprehended much of what we said, but the look in her eyes stayed with me all evening." (a staff member)

### WHAT KIND OF CHANGES HAVE YOU OBSERVED WITH SOCIAL SERVICES BEING INTEGRATED INTO NURSING HOMES?

When I first started consulting work in 1976, most nursing homes didn't have Social Service Departments. I set up departments within many homes around the state. In the 1980s, state and federal regulations required that nursing home social workers needed to have a consultant with a Master's in Social Work if the social worker didn't have this degree. The law eventually changed, and regulations no longer require a consultant.

Through the years, there's been an increased awareness of the importance of social and emotional needs, with healthcare professionals realizing we cannot separate the mind from the body.

### AND LASTLY, HOW CAN WE LEARN MORE ABOUT YOUR TELEVISION PROGRAM?

Go to [www.maryhansonshow.com](http://www.maryhansonshow.com) to find our current broadcast schedules. You can also find many of the interviews via the YouTube section on the website.

# Make a Difference, Donate Online!

Visit [www.catholiceldercare.org](http://www.catholiceldercare.org). It's secure, quick and meaningful.

## GENEROUS GIVING

Thank you! Your financial gifts support the engaging programs and activities residents enjoy and help offset the funding gaps in care costs.



### YOUR ANNUAL FUND GIFTS:

- make possible a Pastoral Care Program that helps enrich the lives of seniors through worship, prayer and the discovery of new creative gifts.
- ensure a strong Volunteer Program that brings neighbors and residents together in friendship and engaging activities.
- support the Adult Day Program which eases isolation and keeps seniors involved, active, and independent.
- support staff improvement and mentoring programs which enhance the relationship with the residents.
- support the Subsidy Fund for seniors whose financial resources may be depleted.

### CAPITAL FUND:

- supports capital needs.



# Honor a Loved One With a Tribute Gift

A tribute gift is a great way to honor someone important to you and support the Catholic Eldercare mission. Your gift lets everyone know that a loved one or friend has been an important part of your life.

## A TRIBUTE GIFT CAN:

- honor a parent or grandparent on Mother's Day, Father's Day or other holidays;
- commemorate a special occasion such as a birthday, wedding, anniversary, graduation, recital or other memorable moments;
- recognize the military service of a veteran;
- and, honor a beloved staff member or volunteer.

For more information, visit [www.catholiceldercare.org](http://www.catholiceldercare.org) and click on **Giving**



## QUICK CLICK TO GIVE

By visiting [www.catholiceldercare.org](http://www.catholiceldercare.org), you can quickly access comprehensive information on the various ways to support the mission.

1. Go to [www.catholiceldercare.org](http://www.catholiceldercare.org)
2. Click on "Giving."
3. Select from a comprehensive list of resources from online annual fund giving to planned giving options.



# 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 run our programs that benefit the lives of many seniors.

These gifts were provided from April 1, 2016 through September 30, 2016. Every effort is made to ensure accuracy. If you see an error or omission, please contact the Office of Development at 612-362-2430. For a comprehensive list of all 2014-2015 donors, please visit: [catholiceldercare.org](http://catholiceldercare.org).



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# BEHIND THE KITCHEN:

## A Conversation with Jenny Pantaleo

Jenny Pantaleo's earliest memories of Catholic Eldercare are from her time as a food vendor sales representative. "I knew it was special the moment I set foot in there," she says with a smile. Fourteen years later, she hasn't looked back.

As the Director of Dining Services, she's in charge of planning the menu and bringing the recipes to life with the aid of her 50-person staff, serving in excess of 1,000 meals every day throughout the campus communities.

All dishes are prepared in-house and rarely are two entrees alike. "We always have an ear to the ground," she says. "Our residents love home-cooked meals, so we're actively finding the perfect balance of delivering what they want with the capacity we have to work with."

Added to that capacity is professional chef Alexander Dixon, a former restaurant owner who was hired on as Executive Chef last year. He works alongside the cooks, making sure the recipes are standardized while learning the various palette preferences and specific dietary needs.

"We brought Alexander in to elevate the cooking techniques and take the dining experience to a different level," she explains. "He'll come in with questions like 'Can we add extra flavoring to this?' or 'Can we add something more fresh?'"

When the kitchen whips up something new, the cooks look forward to taking a moment and watching how the residents react to it.

"The most rewarding part of the job is knowing we have the ability to make a difference," she says. "When I overhear someone saying their meal was 'just wonderful!' I think to myself, 'Wow, this is really worth it.'"



While Jenny continues to evolve the menu with the clientele, she invests in the community in other ways. She and Holly Gustav, Director of Health Information and Technology, were recently recognized by Catholic Eldercare for launching a corporate-wide recycling program, where they compost food waste and paper towels, and place general recycling bins around the various properties.

*Serving up inspiration in and out of the kitchen.*

# Keep Moving with Louise Lincoln's Functional Fitness Class

There are people who spend a great deal of effort to find the time to exercise. And then there are people, like the participants of Louise Lincoln's fitness class, who make the time for it. Even if it's the kind of effort that requires a long walk down the hall, over to the elevators, and into Main Street Lodge's sun-filled porch. For many, that can mean with the aid of a cane, a walker, or wheelchair. But however they come, they come to class with a purpose.

"The participants of our class are actively engaged and want to do the exercises, regardless of their age or ability," says Louise.

Twice a week for forty-five minutes, seniors pour into class for their dose of functional fitness and an opportunity to socialize with friends. Louise's obvious zest to help others undoubtedly factors into these heavily attended classes, week after week. "We're all on the same frequency," she says proudly.

The chair exercises address range of motion, balance, flexibility, and strength training, designed to move the body in ways which mirror daily living. Everyday tasks we don't give much thought to until we can no longer do them with ease, like reaching for a can of soup in the

cupboard, bending down to retrieve something that dropped to the floor, or putting a dish on the counter.

Another important objective of the class is to activate the central nervous system where our endorphins are triggered. "In my experience as a personal trainer, I have seen great improvements in the individual's health and overall wellbeing when they feel happy," she says.

As part of hitting on those feel-good chemicals, participants are encouraged to share readings, short stories, witty banter, and the like. An idea spawned by Louise to help everyone get to know each other better and to encourage individuality.

Touching on the inner aspects of health, wellness tips are peppered in throughout the class and mandatory water breaks are scheduled from start to finish. "Staying hydrated is an important preventative for a lot of health problems," states Louise. "Water helps to maintain our bodies' intricate systems along with our mood, balance, and sleep."

The class, as Louise puts it, has evolved into a community of its own. "There's strength in the community here," says Louise. "They have built this community, they know each other and welcome the newcomers. It's this same great attitude that has brought me back to Catholic Eldercare for the last couple of years."

With good company, an enthusiastic instructor at the helm, and the ability to get stronger from the inside out, what's not to love?



When participants were asked why they choose to come to class, the responses shared some common themes.

*"If I don't move it, I'll lose it!"*

*"I've been exercising for years. I want to keep my body limber."*

*"It helps me sleep."*

*"It makes me feel good mentally and physically."*

A testament to how the benefits from these classes span beyond the physical.



# The Catholic Eldercare Community

## CATHOLIC ELDERCARE BY DAY ADULT DAY SERVICES

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

This program offers care and programming for the senior who may require modest assistance when a spouse or other loved ones are unavailable to attend to their needs. Adult Day also serves as a respite for family caregivers who may find it increasingly challenging to care for an older adult all the time. The weekday program is affordable and flexible. Clients may be eligible for financial assistance. Transportation can be arranged.

## RIVERVILLAGE EAST ASSISTED LIVING AND MEMORY CARE

### RIVERVILLAGE NORTH SUBSIDIZED LIVING

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

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

## MAINSTREET LODGE ASSISTED LIVING

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

This assisted-living residence includes 51 comfortable apartments. The Lodge is adjacent to the nursing home and St. Anthony of Padua Chapel.

## CATHOLIC ELDERCARE ON MAIN SKILLED NURSING

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

A 150-bed skilled nursing residence, with dedicated memory care floor. The nursing home 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 • 612-379-1370

A 24-bed skilled care unit designed to provide the perfect balance of advanced care and personal comfort needed to heal effectively after an illness, surgery, or hospital stay.



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**Join a team of compassionate, caring and dedicated individuals at Catholic Eldercare.**

Discover the fulfillment that comes from providing an unmatched level of person-centered care our residents and families have come to know and love. We invite you to explore our career opportunities and see why Catholic Eldercare has offered the finest in senior services for over 30 years. Visit [www.catholiceldercare.org/employment](http://www.catholiceldercare.org/employment) for more information, or contact Human Resources Manager Jaclyn Samuell at 612-362-2491.

