

30 Years OF

Making Music: Meet the Prairie Dogs	4
Therapeutic Recreation: More than Just Good Fu	n 6
Honor a Special Someone with a Tribute Gift	6
Giving: Volunteers Phyllis and David Robinson	7
Meet Diane Lucas: New Volunteer Manager	8
Donor Community	10
New Board Member	14
Upcoming Events	16

In This Issue



Did you know creativity actually increases as we age?

It's true. We're better able to bring our life experiences to a new endeavor, and we have more free time to enjoy it.

A group of Catholic Eldercare seniors, with no previous music training, has created a jug band. The music is great exercise for the brain and terrific entertainment for audiences around the Twin Cities.

And our creative musicians are bringing home the awards. Thanks for making life fun and meaningful!

Leadership



Dear Friends:

We hope you enjoy the 2012 Catholic Eldercare Annual Report. In this issue, you'll discover why the Catholic Eldercare community is a real family affair, with generations coming together to contribute, in their own unique ways, to something special - the support and care of seniors.

You'll meet a husband-wife volunteer duo whose children are so proud of their parents' selfless dedication they honored them with a special tribute.

When a group of residents, most of whom had no previous musical training, decided to create a Jug Band, our enthusiastic music therapist passed out the instruments, established a rehearsal schedule, and toe-tapping, joyful music soon followed. The Prairie Dogs Jug Band is playing gigs all over town now, and bringing home the kudos and trophies. Yes, new creative gifts can be developed during this special season of life. In fact, creativity actually increases as we age.

And, you'll meet two new passionate, talented managers who are leading the Therapeutic Recreation and Volunteer Programs.

We need friends like you to maintain the quality care and programs that seniors need and enjoy. The music, pastoral care, therapeutic recreation, volunteers, Pets With a Purpose, the arts program - all of these are funded with your financial gifts.

It is our devoted donor community of friends like you who thankfully step up and support the programs we offer with their financial gifts. Most of us outlive our savings. We then depend on government programs to pay for care, a source on which we are increasingly dependent. Your generosity helps us become less dependent on these government funding sources.

We remain deeply grateful for your compassion and generosity as we pursue this loving partnership together, serving seniors who deserve dignified, satisfying lives.

Sincerely,

Thomas Beck Chair, Board of Directors

Dan Johnson President and Chief Executive Officer

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



Serving Seniors and their Families

With your support, Catholic Eldercare serves more than 400 seniors and their families, providing a continuum-of-choices based on level of independence, including independent housing, assisted-living housing with services, memory care, skilled nursing care, and the weekday Adult Day program.

Each day, we provide the quality care and programs that nurture body, mind and spirit, enabling residents to reach their greatest potential and enjoy life to the fullest. As always, faith deeply matters, especially now, as seniors grow more dependent and live out this final chapter of their earthly life.



Luncheon Reminder Mark Your Calendar

The 11th annual *Celebrating Lifelong Living Luncheon* fundraising event will be held September 19, 2013. During 2012, Catholic Eldercare made significant strides to better serve seniors and their families.

Major Achievements



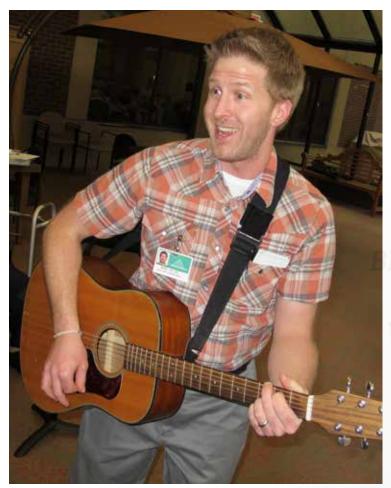
- Electronic Medical Records: 2012 brought a quantum leap in data management. Catholic Eldercare transitioned from paper charts to an electronic health records system(EHR). Resident medical information is now entered into the EHR via laptop computers located on each floor of the nursing home. The new system operates in real-time so records are always up-to-date. Once fully implemented, it promises to be a major time-saver, substantially reducing daily paperwork so nurses can spend more time with the residents. It also prepares for the time when all health related records will be linked , providing for the efficient, secure sharing of health information with residents' doctors, labs, pharmacies, clinics and hospitals.
- Partnership with Northeast Meals on Wheels: This nonprofit program faced an uncertain future until it moved to Catholic Eldercare to utilize kitchen facilities to prepare more than 600 meals per week for seniors and disabled clients in Northeast Minneapolis, Southeast Minneapolis, and St. Anthony Village. The collaborative sharing of expenses represents sound financial stewardship, and strengthens Catholic Eldercare's role as a comprehensive hub for senior services.
- In-Room Communion: With the assistance of volunteers, in-room communion is available Monday through Friday for nursing home residents unable to attend church.
- **St. Anthony of Padua:** In anticipation of the scheduled Archdiocesean closure of St. Anthony of Padua Church during summer 2013, Catholic Eldercare is working to ensure continuity of worship opportunities for residents.
- 2012 Celebrating Lifelong Living Luncheon: This annual event, which inspires supporters to help fund programs important to residents, was attended by more than 500 guests who donated or pledged more than \$140,000 in charitable gifts and sponsorships.

The Prairie Dog Jug Band's Merry Music Making

Last spring, Catholic Eldercare music therapist Michael Limbybliw shared the seed of an idea with seniors who attend the Adult Day Program, and they've brought life to it in a profound way. Now, every Wednesday afternoon is rehearsal time for the Prairie Dogs Jug Band, an ensemble composed of 12-15 clients who had never given much thought to making music before.

"Too often older adults see life through the 'can't' lens. They may not be able to do some things as well as they once did," Michael says, "But the band helps them to emphasize their strengths and grow in new ways."

They *can* play in the band, and the rewards are great.



At a spring rehearsal, Michael counts off the beat as the Prairie Dogs launch into She'll Be Coming Round the Mountain, a group favorite. The band members' faces light up, their eyes focus on Michael as he leads on guitar. This is their jug band; they've found inside themselves the value of playing music together for a purpose - and it lights up the room. "Music has huge value in reaching people, especially those with dementia," Michael explains. "It's all about reaching people, giving them a sense of purpose, and watching them grow. It's very fortifying for the clients, it gives them identity as part of something larger than themselves. The families love it because they're comforted seeing their loved ones contributing, doing something they never thought they could do."

None of the Prairie Dogs had any real musical experience until Michael became their encouraging, musical director, passing out instruments and introducing songs and melodies familiar to their generation.

"It's a lot of fun," exclaims Roz, as she gives her maracas a robust, rhythmic shake. In the first row, Russ plays one of the jugs. Ramona handles a drum, Judy is on cymbals. Other band members play the harmonica, washboard, the washtub bass, spoons, djembe, tubano, tambourine, cabasa, maracas, bongos, triangles and kazoos. Michael carries the melody with his guitar and voice. "And Bruce over there, whistles really well," Michael says as he points out a smiling face in the band.

Staff members are granted honorary membership status in the Jug Band as performers and fans. CEO Dan Johnson sat in during a rehearsal, contributing some spirited harmonica action.

Iue Suede Shoes Carl Perki -1-Well, it's one for the money Two for the show Three to get ready Now go, cat, go

"It's amazing to see people come more alive to the beat and rhythm and say, 'Hey, join us, this is fun!'"





Feeding the Spirit

While the jug band offers great fun and socialization for the clients, there is abundant wisdom behind this therapeutic approach. Band participation helps to build self-esteem because the seniors are actively accomplishing something new. Music enhances cognition, lighting up the brain with new neural pathways stimulated by sound and beat. The jug band creates a community, with seniors performing a public service by sharing the music with others. The Prairie Dogs perform widely throughout the Twin Cities and have brought home several awards for their musical achievements, including a Best of Show trophy from a jug band competition.

The first rhythm that one experiences is the mother's comforting heartbeat. Now, in the autumn of life, these seniors are experiencing a profound truth: music is given by God to further His purposes. And the songs and rhythms mellow the souls of those who play and listen.







You can watch the Prairie Dogs Jug Band perform by viewing the latest Catholic Eldercare video at www.catholiceldercare.org/video.html.



Movement, Music & Fun

Renee McHugh's first job at age 16 was in the dietary department of a nursing home. Later came the 'in between' years when she worked as a postal carrier and a public safety/media officer for the Golden Valley Police Department. Then, she felt the tug again and it was back to senior care at Benedictine Health Center at Innsbruck where she served as the Activity Coordinator and Wellness Coach.

Now, Renee brings an abundance of enthusiasm, creativity and really cool percussion skills to her new position as Catholic Eldercare's Therapeutic Recreation Director. "I am so honored and excited to be part of Catholic Eldercare. I'm so impressed with the staff, and the faces of residents just light up when they're involved in this fabulous program. I love it."

Renee's sensitivity for the needs of elders was formed by her own family experiences. "I watched my grandparents and parents age and realized it should be the best possible experience it can be," she says. "We can keep learning, be part of the community, and feel useful regardless of age."

Passion for Wellness and Music

In her previous position, Renee incorporated a wellness philosophy into her program with phenomenal outcomes. "Residents increased their balance and flexibility, which enhanced overall well-being and reduced the risk of falling. There's value in being more flexible and agile, to be able to brush your hair again or to put an arm in a sleeve, to regain control that you had previously lost."

"The residents loved moving, feeling good and becoming more fit. Aging is a gradual process, but we can maintain and even improve mobility and strength."

A dedicated percussionist, Renee understands the power of music and rhythm to reach older adults, especially those who have turned inward and are struggling. "One man was in the final stages of life and sleeping most of the time. When I played music for him, he squeezed my hand, opened his eyes and started singing the song. There was a real spark," she says with a smile.



Renee McHugh Therapeutic Recreation Director

As you can tell, Renee brings a servant's heart to her new role as Therapeutic Recreation Director. "I want to be there to help offer the highest quality of life right to the end. It's never too late to help people improve their lives. We must feed mind, body and spirit, always. We can make life more livable and look at it with joy."

Honor Someone Special with a Tribute Gift



A Tribute gift is a great way to honor someone and help Catholic Eldercare meet the needs of seniors in our community. Your gift lets everyone know that a loved one or friend has been an important part of your life:

- 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 and click on DONATE

Giving Where Your Heart Is

Volunteers David and Phyllis Robinson hurry into the warm RiverVillage lobby on a brutally cold day before their volunteer shift begins. They grab a cup of coffee and share with a visitor their love of serving others. "We've been volunteering since we were first married," David explains. "We've always liked staying involved and helping however we can."

When RiverVillage opened in 2004, the Robinsons saw a notice in the St. Hedwig church bulletin about volunteers needed to staff the senior care facility's coffee shop. They felt like it was a good cause and promptly signed up. Phyllis had previously worked in a senior care facility and she understood the importance of volunteers to break through the loneliness and isolation so common among older adults.

The Hands of Jesus

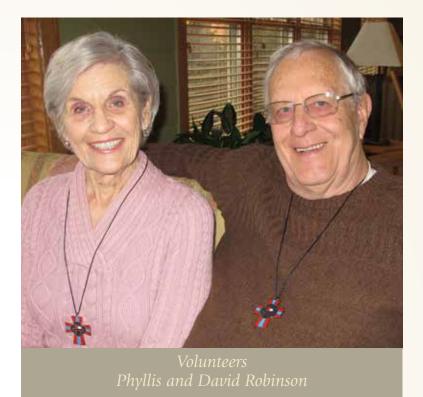
Making the day brighter is always a worthy goal. Every Wednesday, the Robinsons serve communion to nursing home residents who are unable to attend Mass or other worship services. Then, the Robinsons drive to RiverVillage to help with shopping excursions, assisting residents as they board the bus and, later, with their shopping at the various retail stores. "It's always fun talking with our friends, helping and encouraging them," Phyllis says. "It's great knowing we make a difference. They're always so grateful and thank us."

"We get satisfaction out of helping others," David adds. "Some residents don't have many visitors so they need to see a friendly smile regularly. It gives us pleasure to see their smiles."

During the holiday season at RiverVillage, you can see David and Phyllis in their starring roles, decked out in red and white, as Mr. and Mrs. Claus.

And the Robinsons quickly discovered how Catholic Eldercare is a microcosm of Northeast, a community bound together by friendships and memories. One day, while walking down the hallway, they met Sister Jean Thuerauf, the founder of the nonprofit Cookie Cart. "I know you," Sister Jean exclaimed, extending a hand and warm smile to the Robinsons. "I worked with Sister Jean when she first started the Cookie Cart," David explains, "A friend and I built a little chapel in her house on the north side. It was so nice to see her again."

The Robinson's generosity is further proof that life at Catholic Eldercare is a family affair that touches hearts and makes a difference across the generations.



David also met MainStreet Lodge resident John Kundla, former head coach of the Minneapolis Lakers basketball team. "It was great meeting him. In eighth grade, I did a paper on the Minneapolis Lakers, and here I meet the coach in person years later," he says. "Upstairs, we get to visit another friend, Earl," David adds. "We've known him for 50 years, played cards and bowled with him. Now, its nice to visit in his time of need and spend some time together."

"We feel tired at the end of the day," Phyllis admits. "But we also feel good about what we've accomplished."

Honoring Their Parents' Service

The Robinson's are so dedicated in sharing their time and talents, the couple was honored by their five children who share this altruism DNA. The siblings donated a generous tribute gift to Catholic Eldercare on behalf of David and Phyllis. "My mom was born and raised in Northeast, and they enjoy their volunteer work. We thought this is a great way to honor and support what's important to our parents," says son Mark Robinson.

"That was a tear-jerker when I learned they had done that. It was a nice thing to do," David says. "It means a lot."

The Robinson's generosity is further proof that life at Catholic Eldercare is a family affair that touches hearts and makes a difference across the generations.

New Volunteer Program and Outreach Manager

Diane Lucas is a real 'people person' who brings an abundance of enthusiasm and a wealth of corporate sales and marketing experience people experience - to her new position as Volunteer Program and Outreach Manager. She replaced Beth Wizik who retired in January.

After 14 successful years with Canon, traveling extensively nationally, Diane was laid off when the business climate soured. She joined another manufacturing firm locally, but had her position eliminated after only a year.

Sensing A New Calling

"I decided it was time to approach this a little differently," she says with a laugh.

Diane had several conversations with friends in the nonprofit sector, and they all agreed she has great, transferable skills for the nonprofit world. "One told me that she could really see me working with volunteers."

Diane walked away from those conversations with a renewed enthusiasm. She did some personal retooling at this mid-career point, repurposing her skills with a new energetic focus - serving others who need a warm smile, a helping hand, a listening ear.

"I've always enjoyed volunteering so this was the right move for me," she says. "I want my day to be about bringing people together to offer cheer to others, and being surrounded by positive people. I love the rewards of getting someone to smile, and bringing joy to the residents' day."

Diane joined Catholic Eldercare in mid-February and is getting to know the many volunteers and residents who appreciate her dedication and gentle nature for this new calling.



For more information on volunteer opportunities, please contact Volunteer and Outreach Manager Diane Lucas at 612-362-2492.

Volunteers Make A Difference

If you would like to enjoy one of the most satisfying volunteer experiences imaginable, stop by or call to visit with Diane Lucas, the Volunteer and Outreach Manager.

Catholic Eldercare is blessed to have such a large volunteer team. They simply make life better by sharing themselves with the residents and clients. A friendly face and kind words make the day brighter. They assist residents at mealtime and other events, and perform many other helpful duties. During 2012, Catholic Eldercare's 240 volunteers donated more than 17,000 hours of their time, enriching the lives of seniors. We thank them for their dedicated service.



Thank You!

Catholic Eldercare's dedicated volunteers make a meaningful difference in the lives of elders.

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Mike and Linda Fiterman

For a comprehensive list of all 2011 - 2012 donors, please visit www.catholiceldercare.org.

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For more information on planned giving options, please contact Director of Development Kristine Smyth at 612.362-2494 or visit www.catholiceldercare.org and click on Giving.

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† Deceased

Is Catholic Eldercare in your will?

Please let us know if you have included Catholic Eldercare in your will. We would like the opportunity to thank you for your generosity.

The official legal bequest language for Catholic Eldercare Community Foundation is:

"I, [name], of [city, state, ZIP], give, devise and bequeath to Catholic Eldercare Community Foundation, 817 Main Street NE, Minneapolis, MN 55413, [written amount or percentage of the estate or description of property] for its unrestricted use and purpose."

Financials

Catholic Eldercare Community Foundation & Affiliates CONSOLIDATED FINANCIAL INFORMATION FOR THE YEAR ENDED SEPTEMBER 30, 2012 By Michael Shasky, Chief Financial Officer

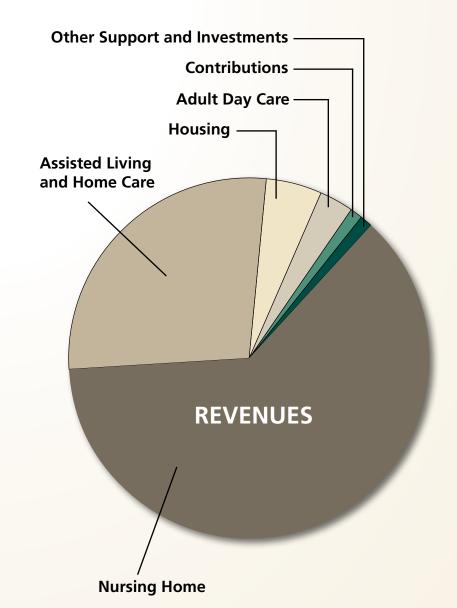
Consolidated Balance Sheet:

Assets		Liabilities and Net Assets	
Current Assets	\$4,147,604	Current Liabilities	\$2,917,064
Property and Equipment,	net \$25,345,994	Long Term Liabilities	\$18,557,567
Other Assets	\$6,504,006	Net Assets	\$14,522,973
Total Assets	\$35,997,604	Total Liabilities and Net Assets	\$35,997,604

Statement of Activities and Changes in Net Assets:

Revenues and Other Support	
Nursing Home	\$11,081,854
Assisted Living and Home Care	\$4,793,860
Housing	\$997,908
Adult Day Care	\$483,469
Contributions	\$313,965
Other Support and Investments	\$232,633
Total Revenues and Other Support	\$17,903,689

Expenses	
Program Services	\$15,190,535
Management and General	\$1,474,025
Fundraising	\$250,359
Total Operating Expenses	\$16,914,919
Excess (deficiency) of revenues over expenses	\$988,770
Change in net unrealized gains <loses> on investments</loses>	\$569,909
Change in Net Assets	\$1,558,679





Beth Waterma

New Board Member

Beth Waterman is Vice President, Health Improvement and Care Innovation for HealthPartners, leading the processes to enhance healthcare, build effective collaborative relationships, and maintains operational oversight for several specialty areas. Prior to joining HealthPartners in 1994, she was a senior manager with Ernst & Young where she directed and staffed healthcare performance improvement projects in areas such as ambulatory surgery, surgical services, and master facility planning.

Waterman also has held leadership positions at Mt. Sinai Hospital, United Hospital, and the Minneapolis Day Surgery Center. She has an MBA from the University of St. Thomas, a Bachelor of Science in social work from the University of Minnesota, and an Associate of Arts degree in nursing from Rochester Community College.

Board of Directors

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Dan Johnson President & CEO

Stewart W. Laird *Treasurer*

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Michael J. Shasky, CPA Chief Financial Officer

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Michael Shasky Chief Financial Officer

Janet Carlson Director of Housing

Kimberly King Administrator, Catholic Eldercare on Main

Kristine Smyth Director of Development and Marketing

The Catholic Eldercare Community

includes these residences and programs



The newest residence in the Catholic Eldercare community has 51 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 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 elder 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. Located at 817 Main Street NE in Minneapolis. 612-362-2405.









RiverVillage East/ RiverVillage North

This inviting 107-unit senior campus, located adjacent to St. Hedwig's Church in Northeast Minneapolis, offers subsidized, market rate and memory care apartments. 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.



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







817 Main Street NE Minneapolis, MN 55413

www.catholiceldercare.org

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Upcoming Events

May 31 Community Ice Cream Social 1:30 p.m. - 3:00 p.m. RiverVillage

June 14 *Community Ice Cream Social* 1:30 p.m. - 3:00 p.m. 817 Main St. NE

June 18 Annual Petting Zoo 1:00 p.m. - 3:00 p.m. St. Anthony of Padua Church grounds

September 19 *Celebrating Lifelong Living Luncheon* Noon - 1 p.m. Earle Brown Heritage Center Brooklyn Center

September 21 *Walk to End Alzheimer's* Target Field Be a part of *Team Catholic Eldercare*. Call 612-362-2450 to register.

Credits

Writer/Editor: John Wingate; *Wingate Communications Group* Graphic Design: Steve Mears; *Smears Concept and Design*

Photography: John Wingate

Catholic Eldercare 817 Main St. NE Minneapolis, MN 55413

Phone: 612.379.1370 Fax: 612.362.2486

www.catholiceldercare.org

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 Sandi Westberg at swestberg@catholiceldercare.org or call 612.362.2430.

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