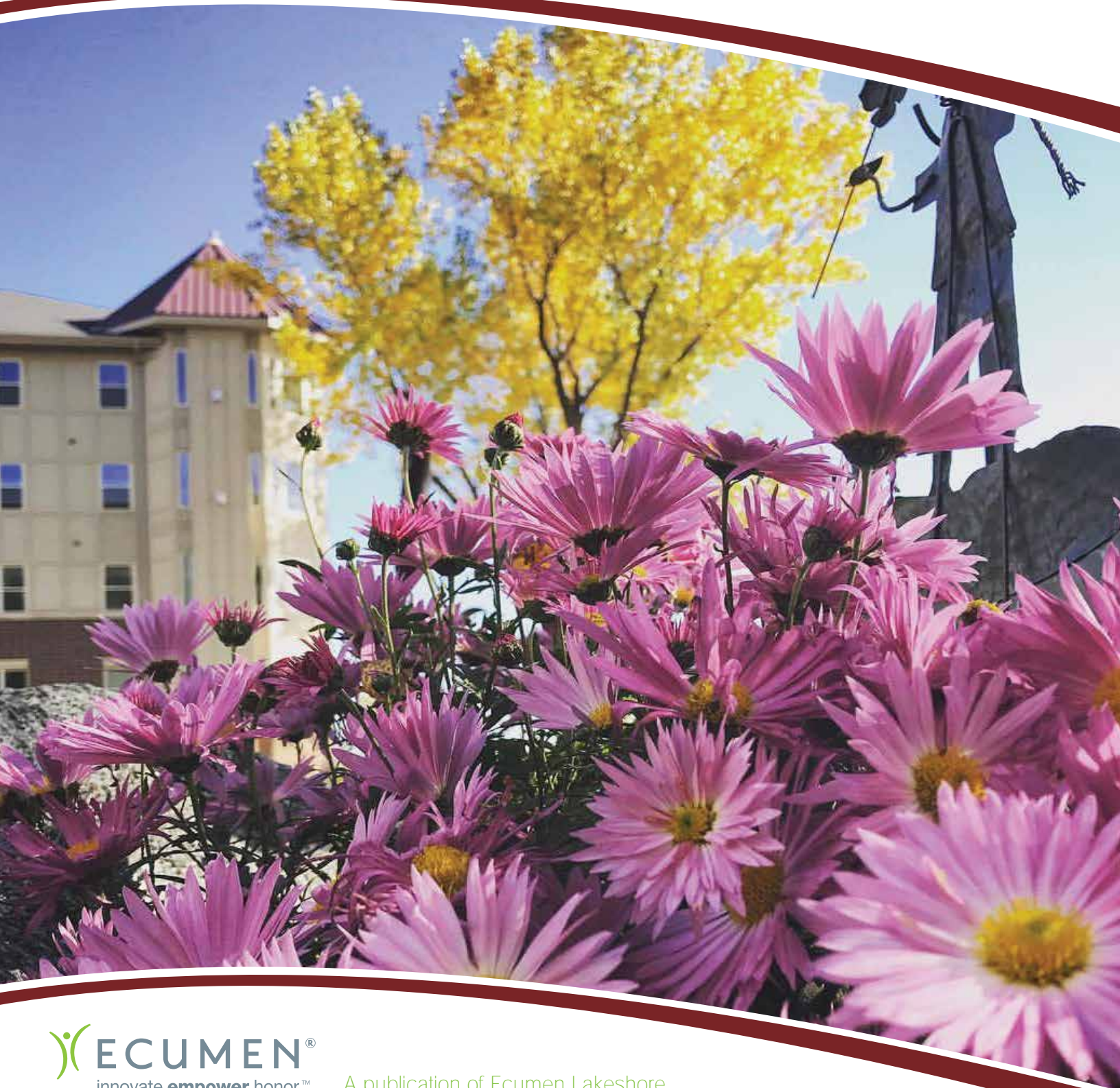


# Lakeshore Living

*A Superior Way of Life.*

Fall/Winter 2017





# Fall Photos

Our 2017 fall photo contest was sponsored by the Lakeshore Wellness Committee. The Wellness committee received 78 submissions and judging the images was challenging due to all of the wonderful submissions. In First Place: Adam Holden, with a lovely colorful image show-casing the Crest turrets (cover photo). In Second Place: Therese Monson, who went to great heights to secure an all-encompassing picture of the entire campus in its fall splendor (aerial photo). Lastly, honorable mention goes to Mary Boorman who captured a riveting image of the creek in its fall splendor!



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### **Ecumen Home Care – Lakeshore**

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### **MISSION STATEMENT**

Ecumen Lakeshore creates home for older adults, wherever they choose to live.

# Honoring Lakeshore's Pioneer

It's human nature that we don't want good things to end – things like beautiful sunsets, good concerts, sporting events, and the careers of great leaders. And its times like this that we get to reflect on and be grateful for, what was.

John Korzendorfer is a transformational leader, a trailblazer, a pioneer. After his many years of dedication to the field of aging services, 27 of those to Ecumen Lakeshore, he has retired. Clearly, one of the greatest examples of John's leadership is the Lakeshore campus.

John has a presence that commands attention from his colleagues and the aging services community at large. His relentless drive to improve Ecumen as an organization has made him stand out as a voice motivated by a sense of purpose – a purpose to serve our aging population in innovative ways. John's vision for Lakeshore, his commitment to serve seniors in more dignified settings, was a guidepost not only for Ecumen, but also for the entire field of aging services.

John's vision for Lakeshore started back in 1990 when he came to Duluth from Detroit Lakes. At the time, Lakeshore Lutheran Home was a traditional nursing home, serving 250 people annually. It had originally opened in 1930, and over the years, the building had been added onto three times. Towards the end, it looked like four different buildings cobbled together. John never accepted the status-quo and has always encouraged his leaders, our customers, and our community to embrace change. John was relentless in his pursuit to develop the Lakeshore campus to its full potential – a continuum of care that



would meet the changing needs of our community.

In 2004, the physical transformation began and, as you can see, Lakeshore's campus is very different than it once was. As different as it appears, it is equally changed in ways you cannot see. Today Lakeshore provides a variety of housing and services options in settings that people choose. This was a major motivating factor for, John, who would often remind us, "As a leader, if you wouldn't want to receive services or live on your campus, then you probably need to change it." So that is what he did, creating The Crest, one-hundred, stunning, independent apartments overlooking beautiful Lake Superior. The Shores, assisted and memory care living apartments that uphold



a dignified way for people to age in place. The Fountains, a complex medical and rehabilitation center, considered Northeast Minnesota's premiere place for rehabilitation, drawing patients from across the region and across the United States. Lakeshore compliments these campus offerings with skilled and customized home care services, transportation, and a storied home delivered meals program. All of these programs aim to support those who wish to age in place, honoring Ecumen's mission and commitment to serve our aging population. Currently, Lakeshore serves over 2,000 people annually.

John's impact on how we serve seniors today is peerless. It is superior.

**Blaine Gamst, Executive Director**



John Korzendorfer, Hank Noordzy, Paul Libbon, and Blaine Gamst



# Big Bell

In the 1960's my late husband, Robert W. Schulz, M.D., purchased a 40 acre property on Lake Superior's Madeline Island, LaPointe, Wisconsin. On this property was a large summer home constructed of logs, probably harvested from Madeline Island trees. It was said that the home was being built at the time of the German battleship Bismarck, which was sunk in the Atlantic Ocean in May of 1941.

A beautiful feature of the home was a massive fireplace and chimney laid with stones that had been worn smooth by the wave action of Lake Superior. An outdoor fireplace with a frill was constructed in the same fashion as well as the Big Bell that was built into that fireplace.

Dr. Schulz did not want Isle Manor, the home and shoreline property that he so loved, ever developed. Thus, in the 1980's he gifted it to the State of Wisconsin, namely Big Bay State Park. The log home is now used to house the summer State Park employees. I last visited Isle Manor in 2010 and found it had

changed very little since the time we were last there.

Upon leaving Isle Manor, Dr. Schulz and I took the Big Bell with us. It hung on the front porch of our Stoughton, Wisconsin home and was later moved to our home in Proctor, Minnesota.

Dr. Schulz passed away in 2008 and some years later I remarried and left Proctor for the Black Hills of South Dakota. The Big Bell went with me and now, in 2017, has return to the shores of Lake Superior. My husband and I are now residents of The Crest at Ecumen Lakeshore and I am pleased where it once again will become a part of my life and will surely be enjoyed by all who see it.

**Susan Streed Schulz Gulbranson**



## Save the Dates

### **Auxiliary Baked Goods, Altrusa Cheese & Crafts, and the Knitters Club Sale**

Tuesday, December 5  
10:00 – 1:00 pm  
Elsing Chapel

### **Strikepoint Bell Choir**

Saturday, December 9  
1:30 pm  
Elsing Chapel

### **Superior Faire**

Saturday, December 9  
3:30 pm  
Elsing Chapel

### **East High School Choralaires**

Monday, December 11  
2:00 pm  
Elsing Chapel

### **Downbeats**

Tuesday, December 19  
7:00 pm  
Elsing Chapel

# Home Care

When it comes to selecting a qualified home care provider, a consumer wants to know just how well the provider serves their patients. Consumers are looking for home care providers who treat their patients with the upmost respect and dignity from start to end, throughout their time of need. Consumers are searching for qualified professionals to deliver care.

Ecumen Home Care-Lakeshore believes in implementing four core values into each and every encounter with a patient starting with: 1. Ecumen SERVES the patient's needs by treating the "whole" patient; spiritually, physically,

emotionally, and socially. 2. Ecumen is INNOVATIVE in creatively thinking of methods to improve a patient's health status in ways they can recover quicker towards their individualized goals so they can return to a normal routine. 3. Ecumen EMPOWERS the patient to take charge of their own care in developing specific individualized goals towards their recovery. 4. Ecumen HONORS each and every patient through meeting them at their current level of need/s and assists them in achieving their individualized goals.

Ecumen Home Care-Lakeshore takes pride in what services are offered to all patients in need

including: nursing, physical, occupational, speech therapies, and home health aide services. Ecumen Home Care-Lakeshore now also provides a NEW service line: Customized Services. Customized Services is available to those individuals who need assistance with nursing/therapy, homemaking, companionship/respite, errands, and meal preparation.

**Lisa Parrott, Home Care Director**



Amy Oakes, DPT, and home care client Ron Edmunds

## Cardiopulmonary Program

In September, as part of Ecumen Lakeshore's new cardiopulmonary program, Lori Wright, Registered Dietitian and Culinary Director at Lakeshore, began to offer a weekly Heart Healthy Eating class. Patients start the class by completing a self-assessment to see what their level of understanding or current practice may be concerning nutrition and heart health. The self-assessment leads to great discussion on the following topics:

- How many calories do I really need?
- What is a portion size?
- My Plate Guidelines – what does a healthy meal look like?
- How do I shop for the right foods?
- How do I make sense of those nutrition labels?
- Healthy eating when eating out.
- Hidden sodium in foods and how much should I cut back?
- How to season without salt.
- Setting personal goals and following small steps/tips to improve overall health.



# Empowering the Heart

There are many times where those who have experienced care and living at Lakeshore want to thank us and/or those who made their stay with us great, by making a gift. Through the Empowering Hearts program you can now give a gift and recognize one or more employees who have made your experience memorable. By gifting thru this program you can specifically name an employee and state how they made an impact so that they can be recognized for their wonderful work. The employee honored will receive an Empowering Heart pin. You also have the option to designate which programs you would like your contribution to support at Lakeshore.



Rita Walker, Lois Lahti, and Barb Marlow

# Returning to the Shore

There is a beautiful addition to the Fountains first floor—thanks to Eleanor Randels, affectionately known as ‘El’, previous patient on the Fountains.

El acquired this seascape of the Lester River / Lake Superior as it was passed down from Dr. Harry Kline to his only daughter Gretchen Kline, and then to their trusted friend El.

While El was working on her college degree in physical education, she needed a credit in camp counseling (which she thought she’d never use). Shortly thereafter she applied for a job at Ojiketa, a campfire girl’s camp, in St. Paul, Minnesota. This is where she would meet Gretchen Kline, camp director. The two would become life-long friends and El would be included in the Kline’s family time and holidays. It was during these visits that El “felt like one of the family”.

Early in his practice at the medical arts building, Dr. Kline acquired the painting from Peter Lund. The painting was payment for medical services.

The painting is dated only ‘92’, and as El recalls “Harry was practicing in the 1930’s, so in all probability the painting was done in 1892”. The painting was displayed in his office until 1977 when a stroke forced him to retire his practice.

Gretchen had the job of closing her father’s office and was at a loss as to what to do with this work of art so she brought it back to her St. Paul home and it would hang in her living room until her terminal cancer diagnosis years later.

Following Gretchen’s diagnosis she called her “four



El Randels

closest and dearest friends together” to help put all of her affairs in order. It was El Randels job to find a home for the painting and Gretchen wanted it to return “back to Duluth”. El cleaned, restored and appraised the large oil work once in Duluth but “didn’t feel the need to find it a permanent home right away”. “I thought I had lots of time,” reminisced El.

Eleanor will be moving to Omaha, Nebraska to be near family when she has finished therapy at The Fountains.

“I saw the large wall space and remembered Dr. Kline use to make house calls to the old Lakeshore”. “It felt right”. “I found it a good home and I think Harry and Gretchen would approve”.

Thank you for the stunning donation El.

**Ann Jazdzewski, Life Enrichment Specialist,  
The Fountains**



# Best Place to Work

Ecumen Lakeshore, along with other Ecumen communities, has been named one of Minnesota's Best Places to Work by the *Minneapolis/Saint Paul Business Journal* for the 10th time.

The award is based on rankings from an independently conducted employee survey in a variety of categories such as work environment, communication, leadership, teamwork, innovation, and employee development. Ecumen was honored in the large-company category along with organizations such as U. S. Bancorp, Ameriprise Financial and HealthPartners.

We're very fortunate at Ecumen Lakeshore to attract talented people in the community who want to work with us and make lives better," said Blaine Gamst, Executive Director, "We give top priority to creating a great workplace because taking good care of our employees is one of the best ways we can take good care of our residents. We are creating rewarding career paths in senior care and are always looking for people who want to join us on our mission to provide top quality care for seniors."



Lakeshore celebrated the Best Place to Work award with a Lakeshore Luau.

# Therapy

This year APTA is launching a campaign #ChoosePT to help provide solutions to America's devastating opioid epidemic. Physical therapy has been identified as part of the solution by the Centers for Disease Control and Prevention (CDC) and the US Surgeon General.

Our physical therapists at Lakeshore provide a valuable contribution to reducing pain and improving function in their patients. Along with the dramatic impact our PTs have on the patients in The Fountains Short-Term Rehab, physical therapists are making a difference in reducing pain in our outpatients and home care patients as well.

According to Amy Haedrich PTA, frequent movement, changing positions and exercise are crucial to reducing pain, and incorporating healthy habits into daily routines. A component of physical therapy's goal is achieving long-term solutions to pain management while reducing dependence on opioid pain relief.

Maximize your movement. Participate in your recovery. Avoid opioids. Avoid surgery. Choose physical therapy!

**Loren Jouppi, Therapy Director**



Lakeshore's Physical Therapy Team



## The ECUMEN Store<sup>+</sup>

### Home Medical Equipment and Supplies

- Walkers
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- Lift Chairs
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844-385-8582 [ecumenstore.org](http://ecumenstore.org)



# Laura Holt

What started as just a part time job in the neighborhood led to a career path for Laura Holt, Registered Nurse.

At 17 years old, Laura began her journey with Ecumen Lakeshore on April 9 of 2007. Laura says she decided to apply because her brother was working here at Ecumen Lakeshore and it was close to home. Laura started in housekeeping and soon later after joined the dietary department. Laura recalls her long summer hours, working from 7:00 am to 3:30 pm in housekeeping and then 4:00 pm to 8:00 pm in dietary. Laura also worked in maintenance and laundry; she recalls "I remember painting the walls in The Fountains, that was a fun job!"

Laura decided to broaden her horizons and became a Nursing Assistant in 2008. Following this certification Laura worked on The Fountains short-stay rehab and on The Shores assisted living and memory care. "My grandfather had Alzheimer's disease, I wanted to work with people with memory deficits".

Laura attended the University of Wisconsin-Eau Claire, for nursing. Throughout her studies Laura remained 'on-call' at Lakeshore and frequently picked up shifts on weekends and during breaks. "I made good money working here while in school and I was gaining 'real life' nursing experience". After graduation Laura returned as a Registered Nurse on The Fountains in February 2013. "I came back for the incredible view of the lake" Laura

jokes; seriously she says "coming off the night shift, seeing the sunrise over Lakes Superior, it's the best way to start the day".

When asked about her favorite Lakeshore memories, Laura fondly reminisces on the countless "life lessons" from the thousands of patients she's worked with over the course of her 10+ years with Lakeshore. Laura says, "I've had lots of patients that have influenced me as a person, I've had lessons on life, death, dealing with a new diagnosis, communicating a difficult prognosis, and the many other life transitions a person encounters while at Lakeshore." Because of these experiences, her desire to continue to learn, and her passion for helping others, Laura is attending the College of St. Scholastica for pursuing a Doctor of Nursing Practice degree. Laura has a strong desire to work with the geriatric population "because of the people I've worked with here". Laura appreciates the "variety of nursing and the patients she has been exposed to at Lakeshore. We've had so many different conditions and needs here. I know it will all be helpful for me in my career".

In between work and school Laura has also championed the Dragon Slayer team for 9 years, corralling her coworkers from Lakeshore to race in the annual Dragon Boat Races. The Dragon Slayers have been successful in raising significant funds for Essentia's Breast Cancer Center. "It's always fun to work as a team in a different capacity with my coworkers".



Laura says she considers Ecumen Lakeshore her "second home" and her coworkers her "second family".

"Lakeshore has had a significant influence on me as a person and a nurse."

We feel Lakeshore has benefited equally and we are blessed to call Laura Holt family.

"The best leaders have done all the jobs of their team, Laura is a remarkable leader and we are so fortunate to have her with us at Lakeshore" - Veronica Olsen, Director of Nursing, The Fountains.

When asked if she's sad to think of leaving Lakeshore (following graduation with her DNP) Laura responds "who says I'm leaving?"

Thank you for your years of service and dedication Laura.

**Jena Evans, Community Relations Manager**

# Blessing of the Animals

The month of October went by quickly and our first event was the Blessing of the Animals in celebrating Saint Francis of Assisi on October 4th. This has become a tradition in many churches as part of Saint Francis' love for all creatures.

*Francis was born in Assisi, Italy, as Giovanni Francesco Bernardone, son of a wealthy merchant. As a young man, Francis led a worldly, carefree life. His behavior was rather irresponsible and was a spendthrift. He entered the Military and fought in the battle against the city of Perugia. He was taken prisoner during the battle for a year followed by a year of convalescence in Assisi. During his illness, he experienced dreams and visions. One day as he prayed in a dilapidated church in San Damiano, at the edge of Assisi, he heard Christ say three times from the crucifix: "Francis, go repair my house, which, as you can see, is falling completely to ruin." Francis understood that he was to repair the church he prayed in (though his followers later would see this as his call to reform the church), so he proceeded to sell off family goods to raise money for repairs. He gave all he had to the church and took a vow of poverty and soon others followed. "The whole Creation is my family! He would preach to birds, fish, wolves and worms bees and flowers." "Give praise to your Creator" he would say. His life is an interesting story to read about.*

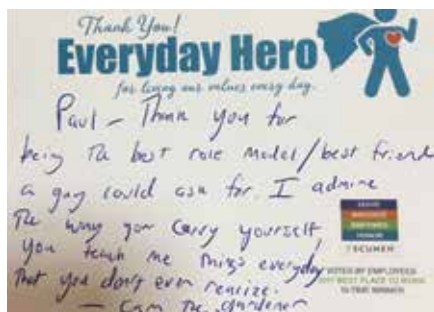
Our pets are very meaningful to us, they give us love, reduce our anxiety, they are our companions and make us smile. I am always amazed how they socialize, at times better than we humans. When all were blessed there was a few moments of complete silence, I truly believe they felt being blessed. The joy was contagious as all the pets and their owners felt a renewed spirit!

**Alice Olson, Chaplain**



# Everyday Hero

Have you ever thought about who your hero is? During the month of September Lakeshore recognized our heroes. Everyone was given the opportunity to write a message to their *Everyday Hero* here at Lakeshore. It was very powerful and heartwarming to see over three hundred *Everyday Hero* cards filled out and displayed by our chapel. What a great reminder that what we do every day has significant impact.





# World War II Veteran Katherine Schuller



It's been almost 75 years since Ensign Katherine Schuller was a U.S. Navy nurse caring for wounded sailors, but her memories remain vivid. "They were just boys," she recalls. "A big population of hurt boys. And we nurses were just kids too. We called them boys, and they called us girls."

She pauses. "I guess they were men when they came back."

Katherine was only 18 when she received her Registered Nurse certification in Saint Paul, Minn., and enlisted in the Navy. That was 1944 and wounded soldiers were pouring into the Great Lakes Naval Hospital near Chicago, where she

was stationed. The things she saw stay with her — especially the burn victims.

"I remember the burned boys, hit by kamikaze attacks," Katherine says. "They were burned so bad. Their girlfriends would come and take one look and then didn't want anything to do with them."

Today Katherine, 94, is a resident at Ecumen Lakeshore in Duluth. "I love it here," she says. "I love the people." She is one of more than 30 veterans who live here, but the only woman vet.

As she talks about her time in the Navy, her best memories are about the deep camaraderie. "These were finest people I ever met," she says, smiling. "We supported each other. I can still hear some of them talking."

While Katherine was at Great Lakes, she was staying in touch with her childhood sweetheart, "a fine gentleman" who was now a Marine stationed in Hawaii. John was a tall, fit Marine with exacting standards, who "was nice, polite, and soft-spoken -- but he was no pussycat!"

He wrote her a letter suggesting maybe they should break up since they were so far away from each other. That was not what she wanted and soon they married —

which abruptly ended her Navy career. In those days, married women could not serve, so she was honorably discharged.

Katherine and John settled down in North Saint Paul, where she continued her nursing career and he worked at Northwest Airlines, as they raised their three boys. Katherine worked at Bethesda Hospital, where she had trained and "witnessed the first penicillin shot in St. Paul." She also worked at Mounds Park Hospital and as a private duty nurse. "I've done the whole gamut of nursing," she says. When she retired in 1981, she volunteered with the American Red Cross.

"I always wanted to be a nurse," she says. "I played nurse all the time as a kid."

When Katherine reminisces about her wartime service, it stirs deep emotional memories that she can't help but transfer to the present day. "I think about those veterans coming back now, and how horrible it must be. It's so hard to see how they are treated when they come home now."

**Ben Taylor, Communications Specialist Ecumen**

## Ten Wonderful Years at Lakeshore—The Crest

Eleven of the eighteen current Crest residents who arrived during the first year of The Crest (2007) gathered for a pizza party on October 10th (which was generously hosted by tenant Delores Anderson).

It was a great time to share memories of the exceptional people and distinctive times of the past 10 years. Each of us shared our own story of how we came to select living at Lakeshore and what has made living at The Crest special for us.



Shirley Martin, Normal Miles, Mary Jo Koos, Connie May, Judy Fischer, Pearl Victor, Marne Rooney, Delores Anderson, Maren Regal, Mary Keyport, and Bob Keyport

### **Bob Keyport**

## Lights of Honor

Ecumen Lakeshore raised over \$2100 with our annual Lights of Honor celebration. 38 lanterns adorned the display of trees to honor and remember loved ones. Each lantern represented a special person in someone's life. The Lakeshore community celebrated on August 29th with champagne and hors d'oeuvres while enjoying lovely music by Beth and Les.

Thank you to all who donated.

