

Lakeshore Living

A Superior Way of Life.





Carol Ziegler & Char Moyer at The Shores June social



Ebba Brooks, Donalda Voorhees & Naomi Storsteen enjoying The Shores June social



Hank and Nancy Noordzy, June tenant social on The Crest patio



Lovely ladies lunching at the July Crest social

ECUMEN[®] Lakeshore

Executive Director

Blaine Gamst
(218) 625-7823

Director of Nursing

Veronica Olsen
(218) 625-8408

Director of Admissions

The Fountains: Short Stay & Rehabilitation Center

Sue Akervik
(218) 625-7853
Fax: (218) 625-7139

Community Relations Manager

Jena Evans
(218) 625-7838

The Crest: Independent Living

Roxanne Sternberg, Director
(218) 625-7805

The Shores: Assisted Living & Memory Care

Rita Walker, Director
(218) 625-8280

Ecumen Home Care – Lakeshore

Lisa Parrott
(218) 628-7848

Home Delivered Meals

Gracia Swensen
(218) 625-7844

HR Director

Kristin Spencer
(218) 625-7813

BOARD OF DIRECTORS

Kenneth Johnson, *President*
James Cherveney, *Vice President*
Jacob Baker
Ron Berkeland
James Garvey
Dr. Richard Goese
Sue Hamel
Rev. Henry Noordzy
Karol Sowers

MISSION STATEMENT

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

Face it Duluth, we are getting older...

Across our nation, 10,000 baby boomers are turning 65 years old each day. By 2020, seniors will outnumber school age children for the first time in U.S. history. The U.S. population over the age of 65 will grow from 35 million in the year 2000 to 55 million in year 2020. By the year 2030, 25% of adults in Minnesota will be over 65, and the U.S. population over 65 will reach 70 million.

60,000
 Minnesotans will turn 65 this year.
 (That's 164 every day.)

From a senior housing and healthcare perspective, this rapidly growing baby boomer population brings a variety of challenges and opportunities. We know that as people age they need more healthcare services and more help to remain in their homes. While both are important, the total impact boomers will have on our communities extends to most every aspect of everyday life – especially transportation, politics, workforce, family caregiving, and consumer spending. When you stop to think

We'll have more seniors than school kids in 2025.



about it all, the potential impact is staggering.

Given demographic trends over the next 30 years, we face some grim realities: There will not be an adequate number of professional caregivers available; we won't have enough senior housing; and many seniors won't be able to afford the services that they need. The shortage of professional caregivers will create a major crisis for those needing direct care. Ultimately, caregiving responsibilities will fall back onto our communities – primarily our families and friends. At some point, we are all likely to find ourselves in a caregiving role. The reality is that senior care providers will not have the capacity to provide the professional care and services needed to meet all the needs of the seniors in our community.

All of us in the Duluth community will need to find ways to support our aging population. I encourage you to continue this conversation and to start taking action now. Look around at those in your life who need a little extra support. Perhaps they are struggling to enjoy some of the activities they once enjoyed. Maybe it's a family member's yard that needs to be mowed. Help them mow it. We all have that one older neighbor who likes to strike



The 1,000,000th Minnesotan will turn 65 in 2022.

up a conversation. Invite them to coffee. As a community, we need to think of ways to encourage and include our seniors in our lives. By keeping them engaged, our communities will be better places.

In the future, our community can expect Ecumen Lakeshore's services to allow people options to stay in their homes longer and healthier. Like many communities, we know our biggest challenge will be finding enough people interested in caregiving and nursing careers. We will maintain a commitment to employing great people along with finding new and creative ways to provide services through volunteers and by using other community resources to help offset some of the staffing shortfalls that we may face. We also will continue to leverage Ecumen's 150+ years of experience in providing senior care to develop partnerships and help provide services that meet our community's needs. Together we all play a part in this community and have a responsibility to care and support our seniors. Now, more than ever, we need to find ways to work together in order to meet the needs of our rapidly aging population.

Blaine Gamst
 Executive Director

Ecumen Lakeshore's Non-Profit Mission: Changing Aging in Our Community

As a non-profit organization, Ecumen Lakeshore holds itself to a higher standard. In addition to providing top quality housing and services, we also strive to create innovative programs that improve the aging experience for everyone in our community. For us, success is all about positively impacting the lives of our residents and seniors in the greater Duluth area.

We rely on philanthropy to help support our mission-driven programs that require additional funding beyond what our operations can provide. In 2017, your generous donations raised our new and existing programs to an unprecedented level of success.

A great example is Lakeshore's Home Delivered Meals Program, which has been enhancing the quality of life for seniors in the greater Duluth area for 35 years. Ecumen Lakeshore volunteers help prepare, pack, and deliver nutritious meals to local, homebound seniors. During the first half of 2017 – thanks to your financial support – we prepared and delivered 9,601 meals to seniors in the Duluth area who are homebound, disabled, or rehabilitating from injury or surgery.



New in 2017 is Golden Gardeners, established in honor of Katharine B. Coventry, a cherished member of the Ecumen Lakeshore community and lifelong gardening

enthusiast who tended to her beloved garden plot past her 100th birthday. The goal of Golden Gardeners is to help Ecumen Lakeshore residents maintain their gardens when they are no longer able to do all the work themselves. The family of Kay Coventry felt strongly that Kay's neighbors and friends should be able to continue the gardening opportunities Kay so treasured all her life. Golden Gardeners kicked off with a wine and cheese party, and a stroll on the Lakeshore grounds. The family of Kay Coventry started the program with a generous donation, and her family, friends and neighbors have also made thoughtful donations to Golden Gardeners, in memory of their beloved friend, Kay.



Charitable donations also help support Ecumen Lakeshore's innovative wellness programming, which focuses on the eight dimensions of well-being: physical, spiritual, emotional, vocational, social, environmental, financial and intellectual. Donations to Ecumen Lakeshore wellness programming supports the variety of services offered on a continual basis, including chapel services, yoga, exercise, wellness speakers, and continuing education.



Also new in 2017 is the Empowering Heart program, created to honor our Lakeshore employees who provide

exceptional care to our residents each and every day. We have found that many residents and their families want to honor their caregivers in a special way, and the Empowering Heart program makes that possible. Those who want to recognize a special employee can make a charitable donation either to Lakeshore or the Ecumen Benevolence Fund, which helps residents who face financial crisis. The honored employee receives an Empowering Heart pin that is worn with pride. More importantly, most donations are accompanied with powerful and moving testimonials that remind us what a difference compassionate care makes in the lives of our residents.

Your tax-deductible donations to all our programs helps Change Aging through innovative care that honors and empowers those we serve. We are grateful to our generous donors who support these programs and allow us to meet the needs of seniors both at Ecumen Lakeshore and throughout the Duluth area. We love our mission and thank you for helping it grow. Together, we are impacting hundreds of lives each day.

Ben Taylor, Communications Specialist, Ecumen

Cardiopulmonary

Cardiovascular and pulmonary conditions are identified as the top two reasons for hospital readmissions in the United States with costs of heart disease totaling more than \$320.1 BILLION! In fact today in the U.S., heart disease continues to be the number one cause of death in both men and women accounting for 1 in 4 deaths annually. Pulmonary disorders such as chronic obstructive pulmonary disease (COPD) rank number three for mortality. Between 2010 and 2030, total direct medical costs of cardiovascular disease (CVD) and congenital heart disease (CHD) are projected to rise from \$272.5 billion to \$818.1 billion. Ecumen Lakeshore leadership is called to action with these alarming statistics!

The healthcare community is acutely aware of the pressures and challenges providers face managing the quality of care of their patients with increasing medical complexities involved with cardiac and pulmonary disease. Moreover, uncertainty with healthcare funding creates additional challenges with resources and services unprepared to meet the growing demands. Ecumen Lakeshore leaders understand current healthcare needs and accept the challenge to anticipate where needs will trend in the future.

Improving programming and developing skills of clinicians and care providers are essential in delivering quality and comprehensive care to the highly complex patient with cardiovascular and pulmonary disease. In April of this year, Ecumen Lakeshore kicked off an initiative to focus resources around programming for cardiopulmonary conditions, making a commitment to deliver the best possible physical and psychosocial outcomes by controlling, reducing, and alleviating the symptoms and complications of cardiac and pulmonary disease.

Loren Jouppi OTD, OTR/L
Ecumen Lakeshore Rehab Director

Statistics retrieved from: The National Heart, Lung and Blood Institute of the National Institutes of Health; the Heart Foundation; American Lung Association; and Centers for Disease Control and Prevention

Wellness

Ecumen Lakeshore celebrates a culture of wellness for its tenants, residents and staff. Whether it be a walking meeting discussing innovative approaches to aging while taking in the serene Lake Superior vista, Tai Chi at the foot of the Grand Staircase while gazing at the Lake Superior sunset, or knitting to restore the mind in our cozy Fireside room, we embrace wellness for all of our Ecumen Lakeshore family in all of its myriad forms.



Lakeshore employees participated in the Fitgers 5K



Lakeshore employees participated with the YMCA's 2nd Annual Corporate Olympics in May. The team took 5th place.



Loren Jouppi, George Patronas and Blaine Gamst participated in the Gary Bjorkland half marathon

A Tribute to Art LeSage



The daily journey of a Home Care nurse regularly involves spending time with clients and their families. It is not unusual to see several patients throughout the course of one day. Some clients we may only see once or twice. Other clients may be more long term. Such was the case of Art LeSage, who I came to know this past November.

Art was a resident of Lakeshore since 2013. He grew up in Morris, Minnesota and later married. He and his wife, Celesta, lived in Alexandria and raised 6 children. He was a salesman for FC Hayer Company.

Art had countless stories of his time spent in the Army, enlisting in the National Guard at the age of 16 in 1938. In July of 1942, he was sent to Camp David, North Carolina, where he received a commission as a 2nd Lieutenant. He then volunteered for parachute jump school and transferred to Fort Benning, Georgia, becoming a member of the 82nd Airborne Division. Art was wounded and captured by a German SS Unit and

became a POW in 1944. He spent a year in the camp and made his escape toward the Russian lines. With the help of some exceptional Polish people, he continued his escape route by train to Odessa on the Black Sea, then on to Egypt, where he was flown home to the USA for repatriation.

Art was honorably discharged in 1945 earning the Purple Heart, POW Medal, the Mediterranean Campaign medal, 3 battle stars, a bronze arrow, the American Campaign Medal, the WWII Victory Medal and Parachute Badge with a bronze star denoting combat.

The opportunity to work with Art and form a relationship with him and his family has been a highlight of my nursing career. He had an unprecedented zest for life. I honestly never heard him complain about anything (well, unless the subject of politics came up). He took joy in things others often took for granted: watching the hummingbirds at his feeder, the smell of freshly cut grass, and oh did he laugh when he heard his grand-dog, Bubba, was going to be on a bill board for a car ad! Art loved his children, grand/great grandchildren, and often shared stories of the smiles and joy they brought him.

Beth Young, RN with Ecumen Home Care-Lakeshore, is grateful for the fond memories she has of Art. She loved his free spirit, and often laughed about how he would use his Amazon Echo to play big band

music. At the end of each nursing visit, Art expressed his gratitude and thanks for the care he received. He was especially fond of his home health aide, Kathy Schmidt, and referred to her as, "the energizer bunny... she's got more energy than anyone I've ever seen!" Art loved his visits with Tyler Dimler, Account Specialist with Ecumen Home Care-Lakeshore; Tyler provided Art with a medical alert unit and great conversations of Art's days in the Army, his love for pickles, and a delicacy he enjoyed called beer-encased cheese.

Art passed away peacefully, surrounded by family on June 21, 2017. While his warm and light hearted presence are so deeply missed, we will not soon forget the impact one man can have on so many. While nurses aren't supposed to pick favorites, I find myself failing when I think about our dear Art. I am beyond grateful for the time we had with him, and his impact on each of us will allow his legacy to live on. Our time on earth is merely borrowed, and it is up to us to make the most of the time we have. Art made the most of each and every day. I was caring for him, but little did he know that he was teaching me. While they say life is precious, handle with care, I think Art would agree, but he'd also add to always be kind, and never be shy about enjoying a sweet treat or two.

**Michelle Fisher, LPN with
Ecumen Home Care-Lakeshore**

Karen Splett - My Stroke of Insight

Karen was raised on a farm in central Wisconsin. Karen, the older of two girls, and her sister (Nancy) learned a hard work ethic from a very young age as they helped their dad on the dairy farm. Karen's mom worked outside the home as a nurse, with a smile Karen says, "she worked too much". Between milking cows, helping around the house and attending rural school, Karen took piano lessons, a strong passion of her's still today.

After graduating high school Karen attended college at the University of Wisconsin-Superior where she met her husband Elmer—they married 6 months after their first date. Over the next few years, Elmer's teaching career prompted the couple's move to a few different cities throughout Minnesota and Wisconsin; it was also during this time they started adding children to their family. The Splett's finally settled in Cloquet, Minnesota in 1960. In August 2016, Karen and Elmer celebrated their 60th wedding anniversary; the whole family gathered for the weekend-long celebration at Big Sandy Lodge.

Karen absolutely lights up when she talks about their children, grandchildren and great-grandchildren. Though their family is spread out throughout the country, they are clearly very close. At Christmas this year most of the family gathered for their annual holiday party. The children and grandchildren enjoyed a piano recital, reminiscing on the days of Karen's piano teaching. Karen even played a few songs herself. It was at Christmas that Karen gifted her family 17 sets (with 7 in each set) of hand embroidered dish towels, the most favored gift of the year.

It was just two days later, on December 27, 2016, shortly after picking up Elmer from his weekly Kiwanis meeting, when Karen realized she was having a stroke. Karen recalls the incident with a



Karen & Jody Boyer, occupational therapist, baking cookies--a favorite past time of Karen's

calmness, "I am just so thankful I wasn't driving." Karen was brought to St. Luke's Hospital where Elmer, several family members and church friends gathered. Karen spent three weeks in the hospital—initially in the ICU—before her transition from the inpatient rehab unit at St. Luke's to The Fountains short stay rehab at Ecumen Lakeshore. Karen praises the care and the therapists at St. Luke's; she felt the hospital was her "cocoon". After several weeks of intense therapy and care, Karen will make her next transition—home. Karen describes her stay at Lakeshore as "being the greatest place. They (the staff) have been so good to me." Karen's therapists have been keeping her busy, and not just physically—she and her physical therapist Kate Weims created basketball brackets for this year's March Madness. Kate, a Jayhawk alumni, and Karen, a Badger fan, have had a great time bantering. The care has been both personal and professional at Lakeshore. Karen admits she also had a very difficult time thinking about leaving her "Lakeshore cocoon."

Karen's positivity has truly been the guiding light for her. She constantly has a big smile on her face. Karen confesses that she hasn't always seen herself as improving, but hearing the words of encouragement from the therapists and fellow



Always smiling! Karen & Kate Wiens, physical therapist

patients helps—and now, looking back, she admits she realizes just how far she's come. "Karen always focused on and was thankful for the abilities she had as opposed to focusing on what she wasn't able to do," explained Jody Boyer, Occupational Therapist. The hard work ethic that was instilled in Karen at an early age back on the dairy farm has had a constant presence in her life, especially through her recovery from the stroke. "Karen is an extremely hard worker, she never gives up." says Kate Wiems, DPT.

After 11 weeks at Ecumen Lakeshore Karen returned home with Ecumen Home Care-Lakeshore to support her transition. Karen reports she's, "really enjoying her physical and occupational therapy visits" and finds she's doing better than she thought she would be. Each week Karen sets a new goal for herself, and each week she's found she's meeting the goals. "It feels so good to be home but I really miss my Lakeshore friends." Karen refers to the employees at Lakeshore as her friends, and we know they feel the same.

Throughout this experience Karen has been optimistic, and she's always leaned on her faith, optimism, and tremendous support from her friends and family.

Jena Evans, Community Relations Manager

Save the Dates:

Alzheimer's Disease & Memory Loss Support Group

Meets third Tuesday every month
4:00 pm-5:00 pm
The Gales

August Summer Funday

Tuesday, August 15
12:00 pm – 2:00 pm
Kite flying, airplanes and rockets
Lunch \$5.00
Crest Courtyard

Memorial Blood Center & Lakeshore Blood Drive

Wednesday, August 16th

Living Well with Vision Loss Presented by the Lighthouse Center for Vision Loss

Thursday, August 17
11:00-12:00 pm
Elsing Chapel

Ecumen Lakeshore Wellness Series Stress Management through Yoga

Tuesday, August 22
11:00 am
Elsing Chapel

Lights of Honor

Tuesday, August 29
4:00 pm
Crest Courtyard

Walk to End Alzheimer's

Saturday, September 9
Registration: 8:30 am & Walk begins at 10:00 am
Pioneer Hall at the DECC

Final Summer Funday

Tuesday, September 12
1:30-2:30
Campfire and s'mores
Lunch \$5.00
Crest Courtyard

Ecumen Lakeshore Auxiliary Used Treasures Sale

Thursday, September 14
8:00 am – 6:00 pm
Friday, September 15
8:00 am – 12:00 pm
Cascade Commons

Veteran's Day Celebration

Friday, November 10
Cascade Commons

Secret Admirer

Every few months our memory care department receives a delivery of a couple dozen roses. We never know who the sender is. With every delivery there is a note that acknowledges and appreciates the care that the staff provide. The note with this delivery reads "To everyone who works at Memory Care Unit at Lakeshore. Thank you for everything you do from someone who notices and cares, with much love." It is an incredibly sweet gesture and appreciated by all—so if the sender is reading this, thank you from the bottom of our hearts.

