



MONARCH LANDING



Branching Out

MAY 2017
ISSUE 5



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LISTENING FRIENDS

It's not about fixing...it's about helping to jumpstart self-healing. Listening Friends is a group at Monarch Landing comprised of 10 residents. The objective is for these volunteers to meet one-on-one with anyone needing a friendly, non-judgmental and caring ear.

Listening Friends has existed at Monarch Landing for years, however hadn't been heavily promoted. Del Spaits who moved to Monarch Landing just over a year ago, is interested in making it a more visible and hopefully utilized group.

Del draws on his experience with the Stephen Ministry at his church, for exemplifying how Listening Friends should work. "Listening Friends is not faith-based. However, through the Stephen Ministry, I've seen what a support structure can mean to so many people. With the age of our residents and issues and challenges in their lives, there's a lot of room for a program like this to help people," he said.

Most experiences in life can be overcome in a period of time, according to Del. "But some bear down on us and are such a burden, that you just need to talk with someone. I found that it may not be one issue, it may be a combination of issues happening at one time. Many times, that's the case. If you can just get someone talking about it, that will often relieve them somewhat in their mind. A person can usually repair themselves if they can get it out in the open and talk it through."

Many support structures rely on groups. Listening Friends is different in that it provides one-on-one support. "This makes some people more comfortable participating," said Del.

In seeking members to serve as Listening Friends volunteers, Del said that the common denominator is that "they all have a desire to help people. And they are all good listeners and are compassionate. It's also critical that the members can maintain confidentiality."

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SARA'S REFLECTIONS

The friendly face you've come to know as the Director of Resident Experience, is now also holding down the fort as the interim executive director for Monarch Landing. Sara Friel, who came to the community just over a year ago to assume the newly created position, has graciously stepped in to help out in the absence of a permanent executive director. With more than 20 years of experience working with older adults, Sara is uniquely qualified for the task.



Sara first began working with seniors when she was in high school, working part time at Fairview Ministries which is now Oak Trace in Downers Grove. "I started as a dietary aide. It was my first job ever and it's when I fell in love with seniors and knew that I wanted to do something more," she said. Sara continued working there during vacations and breaks through nursing school. When she graduated, she continued to work at Fairview part time as an evening shift nurse, while also working full-time at Hinsdale Hospital on the rehab floor. "Within a year, I became assistant nurse manager at Hinsdale Hospital," she said. When the position of assistant director of nursing became available at Fairview, she accepted that, moving on to director of nursing. Sara then gravitated into a corporate nursing role. "I started to do all of their risk management and incident investigation, I helped develop clinical programs, worked in quality assurance, education and more," she said. Eventually, she traveled to Fairview's two other communities providing the same services.

Sara moved on to Royal Management, working as a corporate nurse for their skilled care sites until

she decided to return to school to get her master's degree in nursing with a focus on health care leadership. She then joined a consulting firm where she stepped in as an interim director of nursing for various sites. As part of the consulting firm, Sara filled in at Cedarlake Village in Plainfield, assisting with occupancy development and the creation of a non-medical home care company. "Cedarlake Village went through an ownership change, and Life Care Services came on the scene. I stepped in as the executive director, and remained there for six years, four of which were with LCS," she said.

Eager for the opportunity to work again with LCS, Sara was happy to learn of the development of the director of resident experience position at Monarch Landing. Sara felt it would be a good fit.

"I help people through the continuum, building bridges between the levels of service," Sara said. "At the end of the day, we want to know that everyone here has a good experience. Whatever I can do to help create that experience is part of my role."

When the executive director position at Monarch Landing was vacated last month, Sara was asked to fill in. "it's in my nature to do whatever it takes to be part of the team. If that's what the company wants, I'll do whatever I can," she said.

The residents at Monarch Landing have been "gracious and accepting. Everyone is supportive and cheering me on," Sara said.

COMMUNITY LIFE NEWS

Resident Advisory Council (RAC)

On March 23rd, Erin Donaldson from Life Care Services attended the regular RAC meeting. She outlined the procedure for finding a new Executive Director for Monarch Landing. The recruitment process has already begun and several candidates, both from within LCS communities as well as from outside, have expressed interest in being considered for this position. Several layers of interviews will take place so that LCS will be confident the right person will be selected, that individual will be introduced to the RAC. At the outset of this process, RAC met to consider and enumerate the qualities deemed important to our community. Erin has received these notes and is appreciative of the RAC's efforts.



JACK WEEKS, CHAIRMAN

With the Millstone renovation completed, there has been much discussion about implementing the possible new meal plan options for all current residents. One credit per day will continue to be an option. Explanation of the roll out plan for Preferred Choice (or Declining Balance) will given at the May DS Town Hall meeting. New residents to Monarch Landing will also be given the choice between the two meal plans. The new chairs for the Private Dining Room are ordered.

New employee photos will be placed on an insert to the monthly Newsletter. Having PACE bus service available to residents, as well as a Notary Public in the main office, are both moving forward. The By-Laws committee has completed its work, and that information will be in the binders for each Council, Club and Committee in the Arts and Craft room. The Resident Handbook's final revisions are completed and it is now ready to go to the printer.

Community Life Committee (CLC)

For many people, April showers bring May flowers; but for the CLC it brings the Spring Fashion Show. On May 15, the stunning fashions of Soft Surroundings, the glamor of our resident models, and the delectable luncheon by Chef Henry will offer an afternoon to remember. We hope to see many of you there.



KITTY GANZEL, CHAIRPERSON

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He added that members need to be able to resist a natural inclination to fix things. "We're not consultants. We're there to listen and encourage and provide comfort and hope, but not to fix."

While Monarch Landing is a very sociable place and the residents are close friends with each other, "not many people have more than a half a dozen friends with whom we can let our souls show through. Listening Friends will be one of those persons with whom you can be comfortable doing that," Del said.

Residents with problems or issues they'd like to discuss, are encouraged to call or email Del who in turn, will connect them with a Listening Friend volunteer.

Volunteers with Listening Friends are residents Mary Kay Doody, Anita Gass, Jerriane Iseley, Dorothy Kopperud, Ken Lawson, Elaine Perkins, Jackie Phillippo, Anita Schlecht, Len Sukut, and Bob True. For additional information, or to work with Listening Friends, contact Del Spaits at delngin11@att.net or call 630-536-8919.

LIFE AT THE LANDING

Russ and Yonah Klem (CONTINUED FROM APRIL ISSUE)

by resident *Kate Clarke*

In 1979, Argonne transferred Russ to California on a project which involved setting up and conducting an experiment using Argonne's super conducting magnet with Stanford University's linear accelerator. It took a truck with 128 wheels to transfer the magnet from Illinois to Stanford University at Palo Alto, and it took weeks to get it there. Russ worked on this interesting project for two years, after which the family returned to Naperville.



Both Russ and Yonah now "branched out" in new directions. Russ stopped working for Argonne and started working at Bell Labs in telecommunications software. Yonah immediately began her doctoral studies at Northern Illinois University. After receiving her ED.D. in counseling psychology, she helped to run an early intervention addictions program and started a private practice in Naperville. She was also an adjunct professor at Northern Illinois University, and lectured part time at George Williams College.

As one gets to know Yonah and Russ, it soon becomes clear that, while operating in very different fields in their chosen professions, they are very much soul mates. An important factor that unites them is their Jewish faith. It is interesting that the paths that led to each embracing Judaism were very different. Judaism was part of Russ's family heritage. He grew up in the Jewish faith and his bar mitzvah was a very significant occasion. He became fluent in reading Hebrew. Yonah, on the other hand, did not celebrate a bat mitzvah as a young person. She took dance classes, not Hebrew lessons, on Saturday mornings. However, she never stopped

seeking spiritually.

When they first moved to Naperville, the Klem family was the 12th Jewish family in town. There was, of course, no synagogue. The 12 families started meeting in homes. They held their first High Holiday celebration (celebrated yearly) in 1972, and the second one in 1973, just as the Yom Kippur War was beginning in Israel. They became

the Naperville Jewish Community Organization, and started functioning as a synagogue. For the first 10 years the community grew, but had no rabbi, and Russ and Yonah periodically led the services. Yonah herself started studying Hebrew with a friend, and in 2000 they both celebrated their bat mitzvahs. Yonah was 57 years old.

In their retirement, Russ and Yonah, who celebrated their 50th wedding anniversary in 2014, still keep very busy. Yonah, who started voice lessons at age 60, now sings in three choirs – the synagogue choir, Downers Grove Choral Society, and Lewis University's a capella choir. She teaches Jewish meditation, following an intense training course. Moreover, she is consistently involved in interfaith activities, valuing quality of life for everyone. She is also a bead weaver, as well as a loom and off-loom weaver. Yonah often wears her work.

Russ does the clerical work for his daughter Sonia's stone carving business at least two days a week. Yonah believes it keeps him positively occupied and his mind sharp. Russ says he works for lunch! He also tutors young students preparing them for their bar and bat mitzvahs. Ultimately, what motivates and inspires this remarkable couple is their stated desire to participate in making the world a better place for all people.

THE SPRINGS

The Springs Welcomes New Director of Nursing

As the newly appointed director of nursing for The Springs at Monarch Landing, Dan Fazekas said that he is responsible for the "health, safety and welfare of every guest and all of the staff. I work to make The Springs even better than it is."

Dan recalled that he was very excited entering The Springs for the first time last fall. "It was exciting walking in and experiencing the dream that everyone in skilled nursing has always had. It's just beautiful and dignified and homelike here. Everyone has a private room and bathroom. And there are real households where everyone feels like they're in a home rather than in a big institutional nursing home. It's so different than anything any of us have ever seen before," he said.

Dan first came to The Springs in October, as MDS coordinator, managing resident data for Medicare. He has more than 28 years of experience in what is his second career: nursing. His first career was carpentry. "Nursing," he said, "is a better fit. I love helping people and I was tired of falling off roofs."

Prior to The Springs, Dan worked in various settings, including 20 years at DeKalb County Rehab and Nursing. "I worked primarily with

older adults. I love working with this population," he said. "I love getting to know people, hearing their stories and helping out where they need help. I'm a people person and a nurse."



The Springs, Dan said, is a "place where residents and guests can feel like they're at home. They have a room to themselves that they can return and retreat to. This setting empowers them. Furthermore, I love the staff. We have very good people at every level and in every department. They're excellent. I haven't found anyone who doesn't want to be here, working with our guests. We have a lot of smart and compassionate people here."

Dan concluded, "This is the first job in a long time, that I really enjoy coming to. I can't wait to come in and see everybody. And it's past the official honeymoon stage, so I know it's really good!"

ON THE FLY Employee Recognition

MARIKA WERYNSKI (RN) - After we were notified of the passing of a resident who recently left The Springs, Marika personally reached out to that resident's daughter by calling her to extend her sympathies. She puts a caring touch in her work every day, and I routinely witness her sitting with residents, getting to know them and holding their hands when doing daily routine tasks with them. Many residents bring up her name to be commended as one of the best nurses they have ever had and I am truly glad to have her on the team at the Springs.



EVENT PHOTOS



Congratulations to the Lucky Strikers!

Winners of the Wii Bowling Championship
Season Twenty-Two

A central rectangular photograph shows four elderly individuals standing in a row, each holding a blue certificate. They are smiling and appear to be in a bowling alley. The photo is framed by a decorative border of white bowling pins with red stripes, arranged in a circular pattern around the image.

CAUTIONARY CUES: SLIP, TRIPS AND FALLS

by Gideon Haynes

According to the National Safety Council, only motor vehicle accidents precede slips, trips and falls when it comes to workplace injuries. When researching the safety category of slips, trips and falls, one will find a myriad of prevention techniques written by senior living resources including APlaceForMom.com and SeniorSafety.com, as well as many leading senior living providers.

Instead, I want to take a minute to focus on something different when thinking about slips, trips and falls and prevention. As both residents and staff, we once again find ourselves in the midst of change...change in leadership, change in dining options and venue, perhaps change in expectations as a resident or even as a department director, a housekeeper...the list goes on. What happens when we slip? When we trip? Or even when we fall? Change is not always easy, and as a member of the Monarch Landing family for almost twelve years, I can attest to the fact that while Monarch has changed in many ways over the years, change usually means we can anticipate some slips and trips or even a fall along the way. What gives me strength in



leadership at Monarch is the people I serve.

The residents and staff alike in my twelve years have been there to pick me up, lend a hand, guide me, and make sure that if I slip, or even fall, that it is not for long, due to an outstretched hand and a warm smile. "Thank-you!" My challenge to each resident and each staff member, when opportunity presents a fellow resident, or a fellow staff member who has slipped, or even fallen, is to hold your criticism and do not be quick to judge or move away from your fallen fellow. Instead, rush to reach out your hand, greet the opportunity to smile and embrace whatever change may be facing us together. Through these actions, and our collective grace, I do not anticipate preventing our slips, trips and falls altogether. Instead, I envision making the embrace of change and the ability to rise together, a much easier task for each one of us in our own slip, trip or fall.

Next month, on to heavier subjects such as, "How to maintain your blood pressure while requesting Comcast to remove an HD technology fee from your monthly bill!"

RESIDENT REFERRAL EVENTS

Do you know someone who might be interested in moving to Monarch Landing? Please consider inviting a friend or two to an upcoming event:

📅 **Cinco de Mayo Fiesta at 11:30 a.m. on May 5th in the Millstone Restaurant**

📅 **Taste of Italy on May 16th at 11 a.m. in the Millstone Restaurant.**

Only residents who attend with a friend* will be allowed to attend these events.

RSVP at 630-300-1135

*Friends must NOT be a current Monarch Landing resident or recent depositor.

HIGHLIGHTS OF THE MAY 2017 ACTIVITIES CALENDAR

by Sherry DeFillippo

Monday, May 4, at 11:00 a.m. we will celebrate the National Day of Prayer. Our guest speaker is Rev. Bill Bryan, Associate Pastor at Grace United Methodist Church in Naperville.

Saturday, May 6, from 9:00 a.m. -2:00 p.m., we get a return visit from the \$6 Jewelry Guy, just in time to highlight your spring and summer wardrobe! Invite your family and friends.

Sunday, May 7, at 5:00 p.m. we have our first Artist Series Concert of 2017! We welcome The Denny Diamond Trio, a Neil Diamond cover band. Tickets for the concert will be on sale the week prior to the concert.

Monday, May 15, at 11:00 a.m. we will have our Annual Spring & Summer Fashion Show

& Luncheon! This is always one of our most popular events of the year. This year we feature fashions from Soft Surroundings in downtown Naperville. Ten of our lovely residents will be our runway models for the show!! Raffle prizes, too!

Monday, May 22, from 10:00 a.m. until 2:00 p.m. in the Riverwalk Café, Nellie Lannin and her beading group will be offering a Jewelry Repair Clinic. If you have any costume jewelry that needs repair, please bring it by and for a small fee, the ladies will repair it for you!

Wednesday, May 24, at 7:00 p.m., we welcome Naperville Mayor Steve Chirico who will give us a "State of the City" update.

As usual, please watch your "Note from Sherry" and MLTV-950 for updates, cancellations, and additions to this calendar.



Travel Club Excursions

August 9th - Performance "Sentimental Journey" + Lunch at White Fence Farm

After lunch at White Fence Farm, we will enjoy a performance by Susan Currier presenting favorites from the '40s, '50s and '60's.

August 30th - Musical "Rock of Ages" Luncheon Package at Drury Lane-Oakbrook

A musical mix of 28 classic 80s hits will bring back memories of where we were and what we were doing. Join us for a fun time!

Spaces are still available on the following trips: May 19th - Mystery Tour (1 space) ; June 7th - "She Loves Me" at the Marriott Lincolnshire Theater (1 space); June 21st for the Oriental Institute (3 spaces); July 12th - "Bridges of Madison County" at the Marriott Lincolnshire and July 19th - Paul Gauguin Exhibit at the Art Institute.



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