

Happenings

The Longest Day Brings Joy and Hope Raising Awareness for Alzheimer's Disease



Glacier Hills resident Elaine Postema and staff member Jennifer Tran enjoy a workout in support of the Alzheimer's Association.

The Longest Day is an annual event sponsored by the national and local Alzheimer's Association to honor those affected with Alzheimer's disease. Held on the summer solstice, a date celebrated for having the longest period of daylight, participating organizations create a fun activity that engages people in raising awareness for this worthy cause. When Ingrid Crause, the Wellness Connection Coordinator for Glacier Hills, heard about this event, she immediately wanted to get Glacier Hills involved. She saw the event as an ideal opportunity to promote the Wellness Connection as a health resource for residents and staff as well as honor and support caregivers and those suffering with Alzheimer's. In collaboration with the NuStep company, headquartered in Ann Arbor, Ingrid designed a lively Longest Day event that not only achieved its goals but inspired some unanticipated joyfulness and fellowship.

Continued on page 6



Ingrid Crause chats with Glacier Hills resident Sara Courant.

Getting to Know You:

A Visit with Reed Vander Slik

Reed Vander Slik was named the new President of Glacier Hills in March, succeeding Ray Rabidoux who retired after 18 extraordinary years at the helm. Reed has traveled widely for both work and pleasure and his experiences across the globe have strengthened his love for meeting new people. Warm and outgoing, Reed's leadership style is based on his personal belief that regardless of circumstances, "people are people, and while I appreciate our differences, I look for the ways we are all alike, finding connection in the values we have in common."

Now that he's been on board for a few months, we sat down to talk with Reed about his first impressions and early experiences on campus.

What are some of the stand-out qualities of Glacier Hills that attracted you to this campus?

I've been in the senior living field for many years so of course I knew Glacier Hills by reputation, and I'd always heard good things. I knew Ray through LeadingAge Michigan and had met other staff at conferences. These connections reinforced my feeling that Glacier Hills was special in the world of senior communities. I saw a lot of wisdom in becoming part of Trinity Health Senior Communities (THSC) and I admired the forethought and vision involved in that decision. Glacier Hills is essentially the flagship within THSC and there's certainly a lot of management talent on this campus. But there's a real benefit in this partnership that allows the senior living properties to learn from and inspire each other. For me it comes down to people, and I came to be part of this exciting team.

Now that you've been here for a few months, have you been surprised by anything?

I'll admit, I was a bit surprised by how fast I felt accepted here; it happened more quickly than I anticipated. The

Glacier Hills community and even the neighborhood where we live have been very welcoming. I knew I had big shoes to fill, but the residents have been very friendly and eager to meet with me. The amount of activity on this campus is higher than I expected, in fact it's the most engaged campus I've been on. Even the exercise classes are full!



How do you like to spend your spare time?

My wife, Mary, and I are true summer enthusiasts. Golfing, cycling, camping, tennis, and hiking are all things we enjoy. My family and I love to travel and we've been to Asia, Latin America, Europe, and Australia as well as trips within the US and Canada. I enjoy reading and always have three categories of books by my bedside: fiction, history, and organizational leadership. My sons Jake, 28,

and Harrison, 23, are huge sports fans, and Harrison and I are on a mission to see every major league ballpark in the country. So far we've made it to eight of the 30. My daughter Abigail is 24 years old and shares my love of learning and the outdoors.

Any thoughts yet on what's ahead for Glacier Hills?

I'm eager to cultivate a real family focus on this campus for both residents and staff, and while it's early days, our team is looking at that very carefully. Also, it's not too soon to begin thinking about a strategic vision in time for Glacier Hills' 50th anniversary, about six years from now. Demand for senior living services will increase in the coming years. I'm a major planner, so I am excited to begin the planning process and gear up to meet that demand.





Tom Gaffield (left), receives his award from Ray Rabidoux and Gabby VanderMolen.

Volunteers Make the World a Brighter Place

During his engineering career, Tom Gaffield designed equipment for missions that went to the moon, and even Mars. But it was his contributions closer to home that earned him the Volunteer of the Year award from Glacier Hills this past spring. Tom received his award at the annual Volunteer Recognition Dinner, along with other individuals and groups who were recognized for the extraordinary amount of time and energy that they devote to the Glacier Hills community.

Tom is known by many at Glacier Hills for his monthly series, “Piano with Tom,” when he performs the residents’ favorite songs and goes out of his way to play music he knows the audience wants to hear. One resident commented, “You made me feel 20 years younger! The music took me back in time and I was dancing with my husband.” When she presented his award, Gabby VanderMolen, Glacier Hills Volunteer Coordinator, thanked Tom for “beautifully demonstrating what it means to make the world a brighter place.”

New Glacier Hills President Reed Vander Slik understands the value of a dynamic volunteer corps and is impressed with how much the growing program has achieved in the last few years. “Volunteers bring a diversity of ages, talent, culture, and life experience that adds a breadth and richness to our residents’ experiences,” commented Reed. “We couldn’t do it without them.”

Other long standing volunteers were also honored at the Volunteer Recognition Dinner. Bryce Messmann received the Youth Service Award and the University of Michigan’s Project Outreach Program received the June Bennett Teamwork Service Award. Gloria Welsh was honored with the Outstanding Volunteer Service Award. The Ruth Monahan Spiritual Service Award was presented to Cyndy Pollard and Ayush Arora won the Tom and Jeanette Gaffield Gift of Music Award.

Glacier Hills is grateful to all of its volunteers for the countless hours donated to our community.

Clan Crawford's Gift Creates Paths to Beauty

Throughout his life Clan Crawford, Jr., has been actively devoted to making the world a more beautiful place. Clan graduated from the University of Michigan Law School in 1952 and began practicing law in Ann Arbor the following year. He specialized in zoning law, advocating for careful and meaningful urban development and land use. In addition to his law practice Clan served on many Ann Arbor beautification committees such as the Ann Arbor Civic Art Committee in 1962-65, which he chaired, and the Ann Arbor 150th Birthday Beautification Committee in 1974. Needless to say, Clan was an avid gardener, surrounding himself at home and at work with the plants he loved.

“To sit in the shade on a fine day, and look upon verdure, is the most perfect refreshment.”

—Jane Austen, “Mansfield Park”

Driving past Glacier Hills with his wife, Alice, Clan commented that if he ever moved to a retirement community, it would be Glacier Hills because of its lovely landscapes. Eventually in 2015 this prediction came true and the Crawfords found a new home at Glacier Hills. Clan appreciated the bountiful flower plantings and meticulously maintained green spaces of the campus. But he noticed there was a lack of pathways that would allow residents and families to take full advantage of the beautiful surroundings. Always a man of action, Clan made a generous gift to the Glacier Hills Foundation to launch a new beautification project: to establish a set of walkways to improve access to the gorgeous vistas of Glacier Hills.

According to Chris Eubank, Administrator of Resident Services for Glacier Hills, the biggest benefit of the project is the creation of outdoor walkways to all areas of campus. Chris added, “We are better connected because areas such as the Wellness Garden, croquet/bocce court, and The Meadows patio can all be safely accessed by the new sidewalk. The scenery along the way is also much enhanced by the new landscaping.”

Clan's children, Peter, Lloyd, and David, are as pleased with the result as their father. “It's not surprising that dad would bring his passion for outdoor beautification with him to Glacier Hills. We're happy that his gift could have such a positive influence on the campus and in a way that is meaningful to him,” commented David.





Dee and Bill Brehm are inveterate supporters of education and lifelong learning.

Brehms Establish New Scholarship Fund

Bill and Dee Brehm have established a new named scholarship fund to recognize, inspire, and support Glacier Hills employees who are working to further their education. The Brehms cited the loving care that they have received from Glacier Hills staff as the primary motivation for their generous gift.

Scholarships have been a priority for much of Bill and Dee's family philanthropy. This is due in large part to the fact that they are naturally caring and nurturing people. But both of the Brehms can remember a time when they themselves needed help to secure their own education, and so they are especially gratified to be able to help others today.

Dee grew up in Southeastern Michigan and didn't aspire to attend college until she received a small scholarship to attend Michigan State Normal College. Dee graduated in 1952 with a major in special education focusing on the mentally impaired. Looking back on her time in college, Dee attributes her success to that initial scholarship. Bill was born and raised in Dearborn, Michigan, and in 1947 received a scholarship to attend the University of Michigan in Ann Arbor. At U-M, in 1950 he earned a BS with honors in mathematics and in 1952 an MS, concentrating in mathematics and physics.

Bill and Dee have been residents of Glacier Hills for four years. Dee has been a member of the Glacier Hills Foundation Scholarship Committee for just over a year, and Bill has been an active volunteer, sharing his talent as a composer and pianist for several Glacier Hills events.



Bill Brehm and 2016 Scholarship recipient, Vetalise Cheofor.

Ray Rabidoux Receives Life Member Award from LeadingAge Michigan

Ray Rabidoux was honored at the LeadingAge Awards Gala in May with the prestigious Life Member Award. The Life Member Award is presented to an individual who has worked for and retired from a LeadingAge Michigan member organization, and who has provided meritorious service to the association and outstanding contributions in service to seniors.

Ray recently retired as President and CEO of Glacier Hills after 18 years at the helm and a notable career in senior services spanning over 43 years. During his tenure he led an extraordinary period of service expansion and growth of the physical campus at Glacier Hills.

Ray's vision and leadership was particularly evident in the collaborative process that resulted in Glacier Hills' affiliation with Trinity Health Senior Communities in July of 2016.

The Life Member Award recognizes Ray's role as a statewide and national leader in the senior services industry. He has served on numerous state and national boards and committees, including the following organizations: American Hospital Associations, the Catholic Hospital Association, the Michigan Health and Hospital Association, Health Care Association of Michigan, Chair of the Michigan Chapter of the American College of Health Administrators, and Board Chair of the LeadingAge Michigan (LMI) Board of Directors. Ray considers the establishment of the Glacier Hills Legacy Fund to support older adults in Washtenaw County and the Glacier Hills Campus Fund to be the capstones of his career.

Reed Vander Slik
President

Larry Petroskey
*Senior Vice President
Business Strategies &
Chief Financial Officer*

Kim Thompson
*Vice President
of Operations*

Shelley MacMillan
*Executive Director, Glacier
Hills Foundation*

Jennifer Bartscht
*Regional Sales Director for
Trinity Health
Senior Communities*

Emily Abela
Sales Manager

The Longest Day Brings Joy and Hope

Continued from page 1

Ingrid's plan for the Longest Day was to have continuous motion on a NuStep in the Wellness Connection, from 6 a.m. to 6 p.m. Using 15-minute time periods, she recruited residents and employees to fill all of the 48 time slots. The NuStep collaboration with the Alzheimer's Association Longest Day event (NuStep has a Global Team) was a perfect fit because it is the piece of exercise equipment that residents most commonly use. "It's important for people to understand that regular aerobic exercise and physical activity in general is important for brain health," said Ingrid. "I also want to highlight some healthy foods that are supportive of cardiovascular health... what's healthy for the heart is healthy for the brain."

This was the first time that Glacier Hills held a Longest Day event and it was a resounding success for participants and sponsors. Buoyed by Ingrid's energy and enthusiasm, the event attracted 21 residents and 15 employees (some filling more than one time slot). Many participants had never used a NuStep machine and Ingrid encouraged them to take regular advantage of the equipment available in the Wellness Connection. Attendees whose lives were personally touched by Alzheimer's disease shared their stories with each other and with Ingrid, finding comfort and camaraderie in the process. It was especially gratifying when resident poet Ann Holmes unexpectedly brought a copy of her collection of poems, *When the Past is Not Present: Alzheimer's Chronicles*, for attendees to peruse. As Ingrid commented, "There were so many unanticipated joys and personal connections associated with our event. It's wonderful what can happen when you bring people together to support an important and far-reaching disease such as Alzheimer's."

Residents David Pumphrey (left) and Bill Knapp enjoy their workout in the Wellness Connection and look forward to trying the new equipment.



Wellness Connection Uses Latest Technology to Improve Fitness

There is some new equipment in the Wellness Connection that makes it fun to keep fit and is available for both employees and residents. The treadmills have been upgraded with new ones from Precor that are user-friendly and have more features. In addition to purchasing some small but innovative fitness tools, the new larger machines embrace the latest technology and scientific developments, making workouts even more safe, effective, and fun.

The new Adaptive Motion Trainer (AMT), also by Precor, is powered exclusively by the individual stepping on it. The AMT can be moved anywhere because it doesn't run on electricity. It is a weight bearing, but non-impact machine that requires the user to possess good balance and leg strength as well as some aerobic power in order to use it. Residents often warm up on the NuStep first, then move to the AMT. The movements include stepping up and down and in an elliptical motion that mimics stair climbing, walking, and striding.

The Total Resistance Exercise (TRX) is a highly portable training tool that leverages gravity and the user's body weight to complete a wide variety of exercises. In the Wellness Connection it has been used to help improve one resident's golf swing, as well as for balance, strength and flexibility training. It keeps the individual in a standing position during all of the different exercises, which is good for people who are normally doing a lot of exercise in a sitting position. It is a challenge and the level of difficulty can be modified almost instantaneously depending on the base of support and angle of the body relative to the "anchor point" of the suspension trainer.



Staff member Heather Martin tries out the new AMT.



Resident Herb Wagner gets a workout on the new TRX.



Veterans Honored at Glacier Hills



Standing with Milton Davis from VFW Post 423, William Grinnell proudly displays his commemorative award.

Glacier Hills residents and World War II veterans Frank Comstock and William Grinnell are two of the many soldiers recently honored by the local VFW for service to their country.

On behalf of the 60th Anniversary of WWII Commemoration Committee and VFW Post 3457, Saipan, Commonwealth of the Northern Mariana Islands, Frank and William were recognized with a certificate and medallion for their extraordinary service in the War in the Pacific. During the war, the Marianas served as a launching point for Japanese forces, including the invasion of Guam, and was the site of several critical battles. “Our Grateful Islands Remember” is inscribed on the medallion, in recognition of the U.S. troops who bravely fought there, and in memory of the 5,000 who died in battle.

Glacier Hills is excited to partner with the VFW and other organizations for its monthly Veterans Coffee and Chat event on campus. Residents from throughout Glacier Hills gather to reminisce and celebrate with each other, with participation from current members of the local VFW. Gail Pacurai, Life Enrichment Coordinator for The Manor, marvels how the monthly event brings out people who don’t necessarily participate in anything else. “They have so much pride in their country and in each other for the service they have rendered,” commented Gail. “It means a great deal to them to attend these meetings.”