

At Home

"ALL THE NEWS THAT FITS" FROM OUR HOMES TO YOURS

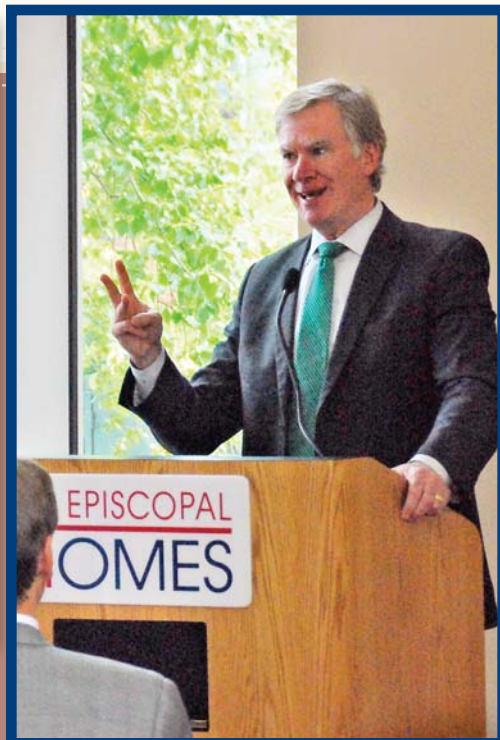


"Our mission is to Enrich Life and Build Community for Older Adults, and today we celebrate the greatest expansion of our mission in its entire 121-year history."

— Marvin Plakut, President and CEO, May 20, 2015

About 200 well-wishers packed our bright, new two-story **Atrium** and adjacent **Welcome Center** to celebrate a long-held dream come true. President and CEO **Marvin Plakut** began the program with a quote from the ground-breaking ceremony two years ago (May 1, 2013):

"What a special day it is for Episcopal Homes as we embark upon the largest project in the history of our organization. This \$45 million project will serve just under 200 more residents and employ just under 100 more staff. It will be a beautiful seven-story structure that will enhance our neighborhood and community, and make a big statement right on the new light rail line." Plakut followed that quote with, *"I ask you to judge, have we accomplished this?"* The crowd couldn't have agreed more. Everyone felt like a stakeholder in this achievement because, in fact, everyone was a stakeholder – residents, board members, private donors, foundations, HUD, the Metropolitan Council, the City of Saint Paul, and our management and staff. *"It took all of us to shape this dream and make it such a vibrant reality,"* said Plakut. Amen!



Speakers included Saint Paul Mayor **Chris Coleman** and Midway Pointe resident **Sherry Schack** (see page 6). Our local patrol team stopped by out of curiosity and left wearing smiles.

Life+ A closer look...

Therapy Pool Aquatics Benefits

1. Increased joint flexibility. Buoyancy reduces the effects of gravity allowing for increased joint range of motion. The warm water (92°) also helps to relax muscles that are sore or tight.

2. Increased muscle strength. Water is 600-700 times more resistive than air.

3. Decreased pain. Warm water increases blood supply to sore muscles and promotes relaxation. Weight relief to weakened body structures also creates additional comfort.

4. Improved balance. The uniform pressure of the water along with buoyancy provides support to your body. This gives you more time to react without the fear of falling or getting hurt.

Age-Tailored Fitness Gear Benefits

For older adults, muscular strength is the key to functional ability, balance control, and managing everyday chores independently.

Our **Fitness Center** uses Danish-built **HUR** health and fitness gear designed in cooperation with universities and leading physiology and biomechanics experts. Its pneumatic air-resistance technology allows older adults to safely build their “Functional Fitness” by **(1)** increasing their range of movement, **(2)** re-educating and strengthening muscles, **(3)** increasing static and dynamic endurance, and **(4)** increasing bone density.

After designing your personalized program for each machine, **Mary Hopp**, our fitness specialist, will put it on a **Smart Card** that the machines can read. The Smart Card automatically controls each machine’s resistance, sets, and reps so you will always get the most beneficial workout – no fear of overdoing it.

The key to determining, achieving, and maintaining your goals is *expertise*. At our Fitness Center, you’ll have your own personal trainer.

Our **Mary Hopp** coaches **Katy’s Cottage** resident **Tim Glaros** on how to maximize his leg extension/curl program.



Minnesota’s first-ever Motion Wellness Center makes child’s play out of the serious business of preventing falls.

One out of three adults aged 65+ falls each year, and among this group, falls are the leading cause of both fatal and non-fatal injuries.

The **Motion Wellness System** in our new **Motion Wellness Center** was developed by **Xccent Fitness** (a Minnesota company) to improve stability, balance and coordination by using individually-designed stations that have been medically proven to reduce falls. The stations consist of equipment for cardio, lower body, upper body, core, and stretch and flex.



“I was starting to have some falls, but I haven’t fallen once since I started my program!”

Geri Thompson, Carty Heights resident

At Home

Life+

Hey, Neighbor! You can benefit from these three great **Life+** programs too!

Right now, our residents are increasing their strength and stamina, gaining flexibility, relieving aches and pains, and reducing their risk of falls by participating in one or more of these three **Life+** programs:

- 1. Therapy Pool Aquatics**
- 2. Age-Tailored Fitness Gear**
- 3. Minnesota's first Motion Wellness Course**

You are welcome to join them!

If you are age 55+ and choose to participate, we'll do an assessment of your current health status and develop a baseline against which your progress can be measured. Our coaches will use this information to help you set realistic goals, then design a personal program to help you achieve those goals.

To learn more about these programs and how they can improve your quality of life (for the rest of your life), contact **Life+** Director **Julie Niewald** at **651-272-4953** or jniewald@ehomesmn.org. There is a nominal fee for participating, but because we are a non-profit organization, we think you'll find it the bargain of a lifetime.



At Home

SPIRITUAL LIFE

The Terrace, Midway Pointe, and The Gardens have grown our campus population by nearly 60% overnight. To keep pace with that growth, our Spiritual Life team has grown too.

Our Spiritual Life team is no longer working out of a single office on the second floor of Episcopal Church Home. Our shepherds are now out in the field with their flock.

Chaplain Keely's office is near the therapy pool end of the Welcome Center. Chaplain Lisa's office is on the first floor of Iris Park Commons (across from the doors to The Terrace). Anna's office is in The Terrace (the office within the 5th floor Drew Activity Room). And Conie is in the original Spiritual Life office (across from Leigh Chapel).

Chaplain Keely has instituted a new pastoral care program called *"Anam Cara"* (which means "soul friend"). The program trains volunteers with pastoral care experience to provide companionship for residents in need, and it supports those volunteers in their efforts. Some of our Anam Cara volunteers live on our campus, which further strengthens the community nature of Episcopal Homes.

Chaplain Lisa is "the old one" on our Spiritual Life team. She's been with us for eight years so far. Her caring for our residents has now expanded into caring for their environment through our new campus landscaping initiative.



(L to R): **Anna Ostenso Moore** (chaplain assistant) • **Chaplain Lisa Nilles** (from the Roman Catholic tradition) • **Chaplain Keely Morgan** (Director of Spiritual Life) • **Conie Borchardt** (Music Coordinator)



VOLUNTEERS

"I like the idea of volunteering, but what would I do?"

That is the number one question that people ask our Volunteer Coordinator, **Deborah Ashamu**. *"I tell them that it all begins with what THEY like to do,"* says Deborah. *"Whatever matters to them is sure to matter to some of our residents. My job is to match volunteers with residents who share their interests. I've seen some beautiful, enduring friendships grow out of this."*

We have an ongoing need for volunteers to escort residents to worship services and campus events, to play cards, do puzzles, read aloud for the vision-impaired, and just *be there* to talk and listen. Curious? Call Deborah at **651-209-8521**.

DOING UNTO OTHERS

A group of neighbors, led by **Geri Thompson** (second from right in photo), has been sewing and quilting since **Carty Heights** opened in 2007. “We meet on Mondays to either quilt or sew girls’ dresses,” says Geri. “The dresses in the picture are headed to Africa with missionaries. We know they get there then. Our dresses and quilts also go to reservations here and in South Dakota. We’ve done hundreds. We’re making a difference. It feels good to do a little good!”

You can make a difference too. You can donate sheets and fabric suitable for quilts. Colors and bright patterns are preferred. You can drop them off at Carty Heights, 412 Dunlap Street N (near University and Lexington). **651-288-1142**. Thank you!



BONE MARROW TRANSPLANT UPDATE

In our Fall/Winter issue of 2013, **Susan Nelson**, now Director of Nursing at **The Gardens**, shared her experience of making a **PBSC (Peripheral Blood Stem Cell)** donation. She said at the time, “If people knew how amazing it feels to be a donor for a bone marrow transplant, and how little it hurts these days, I don’t think there would ever be a shortage of donors. But there is a shortage, especially for people of color — like me and the man for whom I was a match. I’d gladly do it all over again.”

Anonymity is very important in the **Be the Match** program. There was a chance that she might never know the identity of the recipient. “I was fine with that,” says Susan. “What mattered is that I helped save a life.” But now Susan knows. The recipient had a long, slow recovery, but is well. “We’ve corresponded. I hope to meet him some day. I urge everyone I meet to consider registering with **Be the Match**. It could change their life and save someone else’s.”



BeTheMatch.org/donationguide



Kinder Village

Intergenerational Child Care Center

"A good way to get kids to eat their vegetables is to let them help you fix them," says Pam Tuft, Director of Kinder Village. "They had so much fun when we shucked corn the other day, they couldn't stop raving about it when we had it for lunch."

Kinder Village opened in April and it's a hit with Episcopal Homes staffers and parents in our neighborhood (and beyond). *"Parents like the fact that we're small so their kids get lots of personal attention," says Pam.*

Kinder Village is for infants, toddlers, preschool, and pre-K. Inside, you'll find a nursery, plus abundantly equipped, age-appropriate learning and play spaces for toddlers on up. And now that it's warm, there are lots of adventures to be had in the secure, outdoor playground – climbing, sliding, playing in the sandbox, racing little bikes around the track, and (of course) shucking corn. *"Our resident volunteer program is just getting off the ground," says Pam. "Our goal is to develop a small army of volunteer grandmas and grandpas to add an intergenerational component to every day's activities – story time, arts and crafts, games, special events and parties. We already have a few, and they're having as much fun as the kids!"* Kinder Village and its staff are fully licensed and insured. Hours are 6:30 a.m. to 6:00 p.m. Ramsey County Assistance is welcome. There are still a few openings in every category except two year-olds. To reserve a spot for your tot or come for a tour, call **Pam Tuft** at **651-272-4974**.

Three new excellence awards this year. We're honored!

February 18, 2015 – **Non Profit of the Year Award** from the **Midway Chamber of Commerce**. This award recognizes outstanding contributions and leadership to the Midway community.

April 30, 2015 – **Multifamily Excellence Award** for Midway Pointe from the **National Association of Local Housing Finance Agencies**. Selection criteria for this national recognition include extraordinary benefit to the community, innovation, transferability, affordability, and serving the needs of special groups.

May 20, 2015 – **Top Projects of 2014 Award** for our campus expansion project (often called "Midway Village") from **Finance & Commerce**. A feature article on this development will appear in the August 19 issue of *Finance and Commerce*. Nominated projects are judged for their degree of difficulty, creativity in design, innovative construction techniques, cooperation among contractors and management, and sustainability.



MacPhail

CENTER FOR MUSIC

This story, used with MacPhail's gracious permission, appears on their web site:

Music and Laughter Know No Age

For **Doris, Marijo** and **Bill**, Monday is the best day of the week. It means they have music class, a weekly opportunity to come together and socialize through music and song. *"We have a lot of fun with this group,"* Marijo says, *"We don't have to act our age. We can be as silly as we want to be."* This trio of friends met through a **MacPhail Music for Life™** partnership with **Episcopal Homes**. Once a week, they join together to sing show-tunes, hymns and other classical music. Since they all live in separate buildings, they wouldn't have connected without MacPhail, but now they regard each other as dear friends. Doris says, *"Mondays we are all smiling from laughing so much. We missed each other because we don't get to see each other over the weekend. And we all have the same thing in common, it's music!"* For Bill, music is *"soothing,"* and he decided to join the choir after seeing a flyer. Suffering from paralyzed vocal chords four years back, the class has helped him strengthen his voice, feel more confident, and connect with like-minded individuals in Doris and Marijo. *"Who said you can't teach an old dog new tricks?"* he says. Each agrees that they are enjoying the learning process and what music offers them. Doris exclaims that, *"You're not too old to learn if you want to learn."* While Marijo says she is singing more than she ever has and is learning new techniques. Each sees music as a way *"to express yourself in deep ways"* and recount memories of old that are tied to song. The MacPhail partnership has brought music into their weekly routine, not just to connect with each other, but to connect with themselves. As Doris says, *"Music, if it's from the heart, is really telling yourself about you."*



*"There were so many applicants to live at **Midway Pointe**, they had a lottery so everyone had an equal chance. I still can't believe that I won. I am so grateful. And look at my view of the landscaping progress in the Plaza!"*

– **Sherry Schack**

"I was a six-figure real estate agent. Then, the market crashed and I was diagnosed with lung cancer. But, like many, I was healthy so I carried no health insurance. Suddenly, subsidized housing was all I could afford."

"My first experience with subsidized housing was ugly. The building was poorly maintained, and if we complained about something not working, management said we could leave."

*"My experience here at Episcopal Homes has been just the opposite. The staff is just plain amazing. They treat everyone with genuine kindness and respect, and it's contagious. It's like we're all on the same team. Although **Midway Pointe** has only been open since last October, there's already a strong sense of community here – and I feel it everywhere I go on the campus. For the first time in ages, I feel like my best years are yet to come!"*

ANGELS AMONG US**How the need for a French translator gave birth to a life-saving mission**

In April 2014, **Liz Andress**, an ESL teacher at the Hubbs Center, needed a French translator to help two of her students give a presentation about their mission to help victims of violence and rape in their native Congo. She found **Peder Garnaas-Halvorson** through her church, and Peder is a nephew of our own **Chaplain Lisa**. Liz, Peder, and Lisa have since joined forces with **Dr. Edwige Mubonzi** and **Pastor Kubisa Muzenende** to form a fledgling non-profit called **Mwendo Congo** (the path to be taken). We hope you will be able to attend Edwige and Kubisa's presentation at our **Otto Hall** on June 22. It could well be the most compelling, hopeful 90 minutes you will spend this year. *"To be aware of a problem is the first step toward solving it,"* says Peder. To learn more, visit www.mwendocongo.org. It's a ray of hope.

**The hearts and souls behind Mwendo Congo**

(L to R): **Liz Andress** • **Dr. Edwige Mubonzi** (Surgeon at Panzi Hospital; wait staff at Episcopal Homes while studying for U.S. certification) • **Pastor Kubisa Muzenende** (Founder and Director, Let Africa Live; food service host at Episcopal Homes) • **Peder Garnaas-Halvorson** (translator, organizer) • Chaplain **Lisa Nilles**

Please come learn about Mwendo Congo's mission to work together for health, education, and peace

Monday, June 22 • 2:30-4:00 p.m. • Otto Hall

1860 University Avenue W • Saint Paul 55104 • 651-632-8801



Let Africa Live has six centers that teach job skills free of charge.



They serve former child soldiers and mine workers as well as rape victims.



Graduates receive free materials to start their own businesses.



Panzi Hospital staff repairs damage done by brutal, repeated rape.



Governor Dayton learned about **Mwendo Congo** at a presentation.

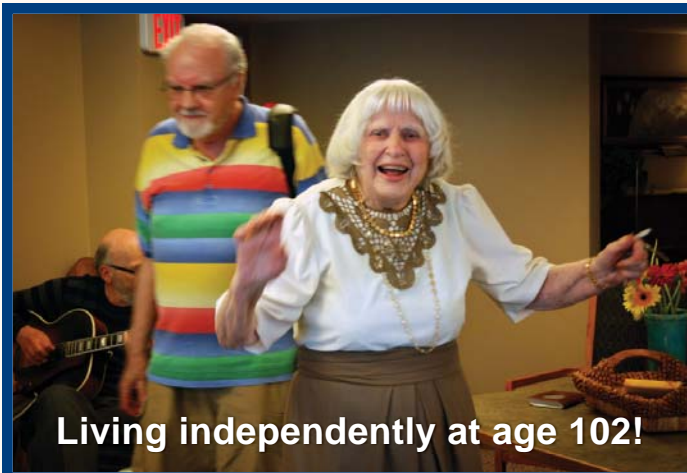


So did **Senator Klobuchar**. Please come to ours on June 22 at 2:30 p.m.

REMEMBERING SHIRLEY

Shirley Michienzi moved to **Cornelia House** in 2008. Her piano playing soon took campus worship services and hymn sings to a whole new level. After one of the services, fellow Cornelia House resident **Melvin Carter** asked if he could join her on trumpet. Thus began a seven year friendship that Mel calls “one of the greatest experiences of my life.”

“Shirley and I started working on hymns,” says Mel. “I couldn’t read the music because of my eyes, so she played and I picked it up by ear.” The two soon became a fixture at Thursday Eucharist services at Coventry Chapel. Then, about five years ago, Mel got the idea of asking Shirley to try a song from his jazz background: *Do You Know What it Means to Miss New Orleans*. Jazz was alien to classically-trained Shirley, but she made it work. So they started adding standards from the 30’s through the 50’s. A neighbor suggested that Mel and Shirley start playing at Friday night happy hours. The community adopted one of the songs – *Don’t Get Around Much Anymore* – as the Cornelia House theme song. In 2014, Shirley’s health began to decline and she had to curtail her music making with Mel. After she moved to hospice in **The Gardens** earlier this year, she donated her grand piano to Episcopal Homes. It was moved to a place of honor in our **Welcome Center**. She came down from her room and played as often as she could to within days of her passing. “Who would have thought that I would meet the greatest musical collaborator of my life when I was over 80?” says Mel. “I am so grateful for that.” Us too.



Living independently at age 102!

Loretta Eklund turned 102 on June 4! Sadly, this newsletter had to go to press on June 3 so all we could run here is this photo from last year’s 101st birthday party. No matter. Loretta really hasn’t changed much. “My eyes are starting to go and I’m using a walker now sometimes,” she says. But Loretta still lives independently at **Seabury**. Still cooks for herself. Still sews. Still walks around our campus every day. And is still the life of every party. Her secret? “Eat right, exercise, and stay happy.” Loretta is living, dancing proof that it works. It’s a safe bet that she had a happy birthday!



In March, Episcopal Homes received a \$19,598 grant from the **Minnesota State Arts Board**. The funds will create opportunities for 100 residents in our affordable housing (HUD 202) residences to experience live performances at the **Guthrie Theater**, **Minnesota Opera**, and **Jungle Theater**. This project will be directed by **Kristin Aitchison**, Arts and Event Coordinator, as part of **Life+** as it supports our goal of enhancing wellness and quality of life among our residents.

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

FOUNDATION

Respecting our Elders

In Native American culture, an Elder is one with wisdom in addition to age, and thus is deserving of respect. It is the term we use in **The Gardens** under the **Green House® Model of Care**, but it really applies to everyone we serve. Whether 62 or 100+, they all have rich stories, histories, and *wisdom*.

In these brief weeks between Mother's Day and Father's Day, it is only appropriate to thank our donors for all they give to our "Elders." It is the many gifts, large and small, that make moments more meaningful for these fathers, mothers, sons, daughters. These contributions are used to engage our residents in a variety of meaningful activities that enrich their lives.

Thank you for making this all possible!

This newsletter highlights all of the many, many things that are made possible through the generous spirit of our donors. Our Grand Opening was a thank you celebration with those who made our expansion possible. We embarked on a \$6 million capital campaign three years ago, and it has grown into 168 new homes, bringing many wonderful people into our community. The expansion also provides physical space that allows us to offer our **Life+** programs, and our Endowment allows the Foundation to fund **Life+**.

Many of the programs and activities that make living here special are available only because of gifts given to the Foundation. These gifts come in many forms:

Annual Fund – These gifts are given to the Foundation throughout the year in response to a letter you receive, or at a concert you attend, to be used for these "extras."

Hearth Keepers – Monthly contributions from donors through a credit card, bank EFT, or our staff payroll deduction provide dependable support, and allow these donors and our staff to make a larger gift than they might be able to do otherwise.

Memorials and Honorariums – Gifts may be given *in memory of* loved ones or *in honor of* an individual's talents and care.

Capital Campaign – These contributions provided the leverage to finance the \$46 million expansion. We have \$318,000 remaining to our goal; new contributions are currently being matched – dollar for dollar – by the Katherine B. Andersen Fund of The Saint Paul Foundation.

Legacy Giving or Endowment – Invested in perpetuity, only a portion of the interest income from these gifts is used so the gift will continue providing for generations to come. Many feel these gifts have the greatest flexibility; they can be given during a person's lifetime or through a gift at the end of their life. They can be given for staff to determine the area of greatest need (which is how we currently support for our new **Life+** programs), or they can be directed to a specific purpose such as our **Scholarship Program** or **Spiritual Life Endowment**. These donors are recognized in our **Sister Annette Legacy Society**.

Thank you for sharing your generous spirit with us! We are honored. I am happy to speak with anyone about ways to make your philanthropic interests a reality for benefitting our Elders. Please give me a call at your convenience. **Shelly Rucks** at **651-632-8855**.



Shelly Rucks, Executive Director
Episcopal Homes Foundation

At Home

Affordable Independence

Episcopal Homes at a glance...

We offer a continuum of senior living options
and a continuum of affordability.

Cornelia House (62+)



Independent Living

1840 University Avenue W
Saint Paul MN 55104 

The Terrace at Iris Park (62+)



Catered Living

502 Lynnhurst Avenue E
Saint Paul MN 55104 



Seabury (62+)

651-379-5102

1830 University Avenue W
Saint Paul MN 55104 



Midway Pointe (62+)

651-209-8500

1880 University Avenue W
Saint Paul MN 55104 

Iris Park Commons (62+)



Assisted Living

1850 University Avenue W
Saint Paul MN 55104 

Katy's Cottage (62+)



At Iris Park Commons

Assisted Memory Care

1850 University Avenue W
Saint Paul MN 55104 



Carty Heights (62+)

651-288-1142

412 Dunlap Street N
Saint Paul MN 55104 
(1 block SW of University & Lexington)

The Gardens



Long-Term Care

1860 University Avenue W
Saint Paul MN 55104 
(Green House Model of Care)

Episcopal Church Home



Rehab & Long-Term Care

1879 Feronia Avenue
Saint Paul MN 55104 
(1 block SW of University & Fairview)



Kings Crossing (62+)

651-493-4606

500 Dale Street N
Saint Paul MN 55103 
(NE corner of University & Dale)

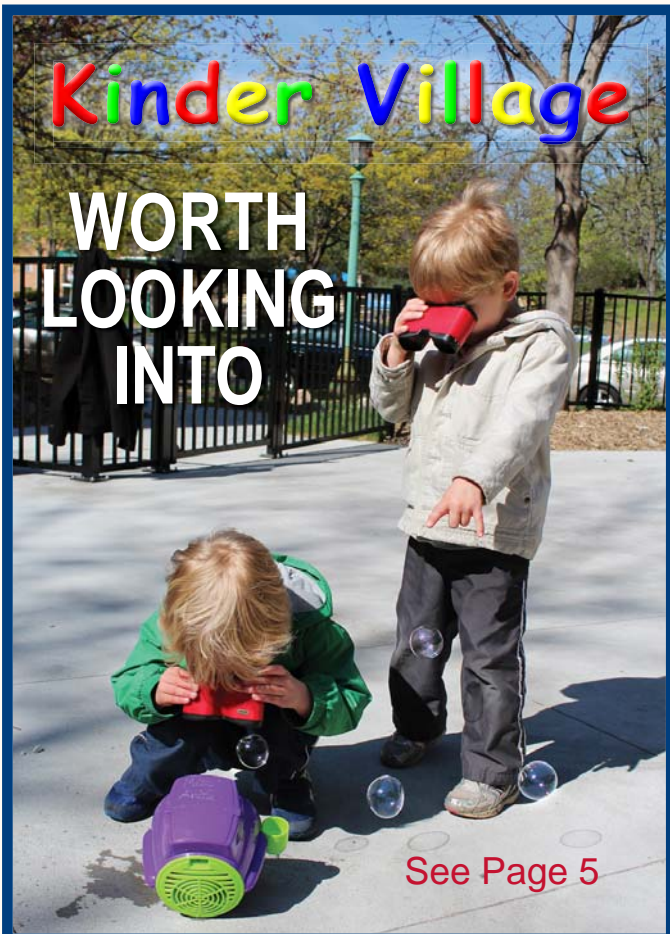
Call **652-632-8800** to discuss which residence would best fit your needs. Then, come for a tour. Seeing (and feeling) is believing!

EpiscopalHomes.org



490 E. Lynnhurst Avenue
Saint Paul MN 55104

Our mission is to Enrich Life and Build Community for Older Adults.



Join your neighbors for

FOUR FREE CONCERTS
"UNDER THE BIG TOP!"

SATURDAY, JUNE 20

1:30-3:30 p.m. – **Adam Meckler Quintet** (Jazz)

6:00-7:00 p.m. – **TC7** (Swing)

SUNDAY, JUNE 21

1:30-3:30 p.m. – **St. Peter Street Stompers**

6:00-7:00 p.m. – **Southside Aces**

(Both bands do New Orleans-flavored Jazz)