

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



Saturday, August 18
4:00-8:00 p.m.



70 Classic Cars & Street Rods for cruisin' Memory Lane

• Corn Dogs, Cheese Curds, Nachos, Ice Cream & Beverages with prices from a bygone era • Live Music by Luke Warm and the Cool Hands • Inflatable Slide for the kids • **FREE PARKING** with Shuttle Bus in the Goodwill/Easter Seals lot across from us on the North side of University Avenue

Mark your calendar for the biggest family event in our entire 118 year history!

Our first annual **Classic Car Rally** is for kids of all ages! "Our focus will be on the 30's, 40's, and 50's," says **Dick Raths**, the collector who is orchestrating the mix of classics that will be on display. "We'll have a Model T and some favorites from the 60's too. Lots of memories for every adult and inspiration for every child. This is going to be fun!"

Dick is recruiting the cream of the crop from top-notch car clubs, including the "**Cardiac Cruisers.**"

(Continued on next page...)

This is our Annual Report issue in which we salute the magic people who donated their time, talent, and treasure in support of our mission throughout 2011. They helped brighten every day for every soul we serve. You may know some of them.



(Continued from front cover...)

"To be a member of the Cardiac Cruisers, you need to be wearing a stent or have had bypass surgery," says Dick. "It's really an affinity group. All of its members belong to other car clubs. I'm an honorary member because of my wife's cardiac history. A popular topic at our Friday breakfast get-togethers is who to invite to your rally. We're all really excited!"

Most of the vintage vehicles you see on August 18 will hail from the **3M Rod & Custom Club**, the **Minnesota Street Rod Association**, and the **History Cruisers of North Saint Paul**. Live music will be provided by **Luke Warm and the Cool Hands**. Their timeless, upbeat music has been a hit with our crowd at Coventry Chapel concerts. Just plain *fun*!

You'll enjoy our "classic prices" on corn dogs, cheese curds, nachos, ice cream, and beverages too. *Plus* the inflatable slide for the kids. *Plus* the **FREE PARKING** (with shuttle bus) in the **Goodwill/Easter Seals lot** (right across from our campus on the North side of University Avenue). **BONUS:** Many of the people staffing our Classic Car Rally will be resident and staff volunteers. They'll take good care of you!

Admission is FREE, but please bring one non-perishable food shelf donation per person. Thanks! See you there!



New courtyard honors the memory of Drs. Michael and Kate Bárány

Drs. Michael and Kate Bárány were Holocaust survivors who exemplified the art of living, both personally and professionally. We were privileged to serve them and their family at the ends of their remarkable journeys. Son George, who works in the University of Minnesota's Department of Chemistry, says that his family was deeply touched by the kindness of the people at Episcopal Church Home. *"Deb Veit and her staff went to great lengths to enable my parents to be together at my mother's end. After her passing, my father – who was in transitional care – took comfort sitting in the sun, watching the waterfalls and butterflies in the courtyards. That inspired our family to make the Church Home's fourth courtyard a beautiful, peaceful refuge like the other three. It is our wish that current and future residents, with their families, should derive their own joys and lasting memories when they visit and relax in the Michael & Kate Bárány May House Courtyard."* Amen! The dedication will be July 22.



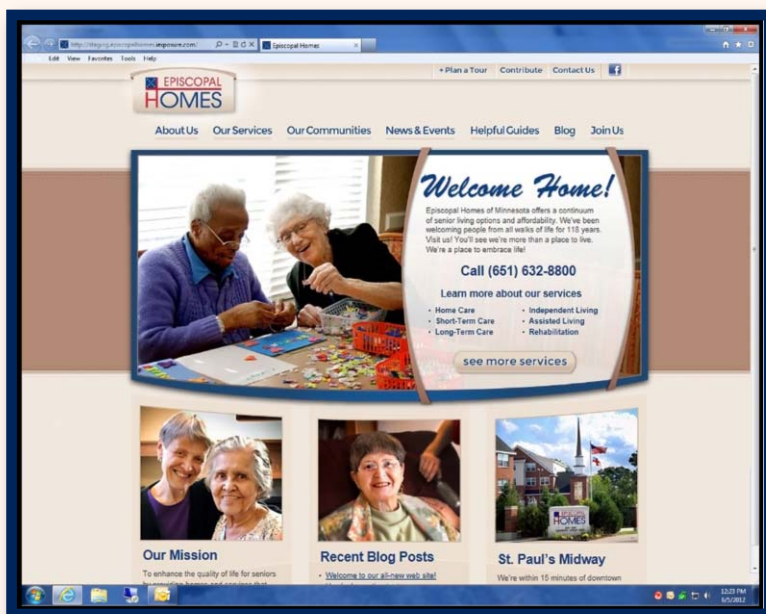
Our new campus expansion is right on (light rail) track

The design of the three new residences we're planning is being greeted with raves from neighborhood groups and the City of Saint Paul. We intend to be under construction by late spring next year and ready for occupancy by late summer 2014 – on-track with the opening of the Central Corridor light rail line. The **Fairview Avenue light rail station** will be right outside the door, providing easy access to the best of everything that Minneapolis and Saint Paul have to offer. **The Terrace at Iris Park** will offer 64 units of Catered Living for age 62+ (see our new web site for details). **The Green House® at Episcopal Church Home** will be the Midwest's first and only residence designed around the trail-blazing *Green House model of care*. It will offer 40 units of Long-Term Care and 20 units of Memory Care. (Learn more about the Green House model of care at www.thegreenhouseproject.org.) **Midway Pointe** will offer 50 units of affordable housing for independent seniors age 62+.

People are already joining the waiting lists for all three residences. You can too. Call **651-632-8800**.

Our new web site makes it easier to find the information you need

Our completely re-imagined web site “went live” on June 20. We did our best to make it as friendly and helpful as the people you’ll meet when you visit us in person. Our new site includes a **blog** to which you’re welcome to respond with your thoughts and ideas. The site also includes a link to our **Facebook page**. If you are on Facebook, please “LIKE” our page. Then, as the spirit moves you, post any comments, reflections, poems, photos, or anything else that relates to your experience (or that of a friend or loved one) who lives at Episcopal Homes. *Have fun!*



Music Therapy: The Mind-Body-Spirit Connection

Music has always been an important part of life at Episcopal Homes. Now, it's an important form of therapy. Every week, board-certified music therapist **Melissa Hirokawa**, M.M., MT-BC, does group and individual music therapy sessions at **Episcopal Church Home**.

"Music therapy is an allied health service similar to speech-language pathology, occupational, and physical therapy," says Melissa. "It uses music as a therapeutic tool to address physical, cognitive, social, emotional, psychological and/or spiritual needs."

Within one session, Melissa may address needs in all of these areas. *"Music therapists can treat physical needs and simultaneously address social, emotional, and cognitive goals," says Melissa. "This holistic approach facilitates improvements in overall well-being."*

Why is music therapy effective? Because both the brain and the body naturally respond to music, and both are motivated by it. Music is processed in both hemispheres of the brain. Different musical components activate different parts within the brain. Thus, when there is damage to the brain from dementia or a stroke, a music therapist can "cross-reference" and re-access information – or retrain the brain – by activating alternate neural pathways and engaging multiple parts of the brain. This is why music therapy often results in positive responses when other methods fail. An example that Melissa cites is that of John. He had been married for 50 years but no longer recognized his wife, Mary. His ability to communicate or interact with her was impaired too, because his words were jumbled. During a music therapy session, the therapist played *"Always."* Following the song, John turned to Mary and clearly said, *"That was our song, wasn't it?"* Mary shared that it had been their wedding song. Through music therapy, John had made an emotional connection, recalled a memory, and clearly expressed it.



A group session in our Isabella House. Family members are always welcome to participate.



The good news is that one needn't reside at Episcopal Church Home to benefit from music therapy. It is available to all, typically on a private pay basis. To learn more about music therapy, and the instances in which it can be most helpful, visit www.livingspirittherapy.com. *"My goal, and that of every qualified music therapist, is to move past disability and illness to access the living spirit in everyone,"* says Melissa. It is definitely working for residents of Episcopal Church Home.

The work of music therapist **Melissa Hirokawa** is the cover story in this year's **Senior Housing Directory**. It's the original, comprehensive hardcopy source of housing options and resources for seniors (and the families of seniors) in the 11-county metropolitan area. The directory is available free of charge at your local Senior and/or Community Center. You can also request the directory online at <http://www.careoptionsnetwork.org/public/directory/>. They'll mail a copy directly to your home for a nominal \$6.00. We highly recommend it.

CREATIVE VENTURES

Creative Ventures is an ongoing arts program for the residents of our four Independent Living residences: **Cornelia House, Seabury, Carty Heights, and Kings Crossing**. It inspires and nurtures the “inner artist” dwelling within every participant, and it’s a barrel of fun for everyone!

The **Artsy Aging Class** series is a new (and wildly popular) addition to our Creative Ventures program. Every other month throughout the year, there will be a new project in a different medium. Each project is completed at the end of three sessions. The venue for each project rotates among the four residences. In February, a ***hula hoop weaving*** project was hosted by Carty Heights (see below). In April, a ***mosaic mirror frame*** project was hosted by Cornelia House (at right). Our bus transports our artists to and from the rotating venues.

Upcoming Artsy Aging Class projects will focus on ***portrait painting, garden pavers, and building a 3-D house*** to represent the meaning of “home.” The classes are led by **Tina Ottmar**, who has made it her mission to inspire joyous creativity in seniors throughout the Twin Cities. You can learn more about her work at www.artsysmartsyclass.com. If you’re inspired to support Creative Ventures with a gift, you can contribute online through our web site.



February's project was hula hoop weaving. Residents created stunning wall hangings by weaving colorful fabric strips from old clothing into hula hoop frames. *“It’s like a big dream catcher,”* says one resident. *“Every time I look at it, I smile and give myself a pat on the back!”*

CHAPLAIN KAY ÉTOUFFÉE

We take eating together very seriously here. If I'm counting correctly, we have 11 dining rooms, cafés, and coffee shops in our residences. This is not only about physical health and nourishment. This is spiritual. No one knew this better than Jesus, and no one took feeding people and sharing meals more seriously. Jesus saturated this simple daily act with meaning.

We remember one of those meals several times a week here – *the Last Supper*. The night before he died, Jesus broke bread and handed it to his disciples. He shared the cup with them. This remembrance is called communion – binding together in reconciliation, forgiveness, and receiving strength “to go out and do the work God has given us to do.” It is sacred time. These are Holy moments. They nourish people both bodily and spiritually.



So it is not surprising that when I met **Rita Flood**, a resident of **Cornelia House**, we began talking about food, one of our common roots in Louisiana. I once lived in Tallulah and she in New Orleans. Rita kindly shared with me her mother's prized recipe for *shrimp étouffée*. It always begins with what Louisiana cooks call “The Holy Trinity.” That would be sautéed onions, celery, and bell peppers. Rita wrote it down carefully, then walked me through just how to prepare and cook it. I was so excited that I tried it out on my family. (I had to call Rita several times as I was preparing the dish.) *It was a hit!* I was so proud. Now, shrimp étouffée is my gift to my family on special occasions, especially in cool weather.

The story does not end here – just as God's love doesn't end. I told the head chef at **Episcopal Church Home**, **Carrie Dubois**, about Rita's fabulous recipe. We decided to make it for a lunch special in our Café. Carrie multiplied the recipe from serving six to being large enough to feed a hundred. It reminded me of the Feeding of the Five Thousand. In the tradition of great chefs, Carrie added her own special touches – chicken broth to give a rich body, and red and yellow peppers to sweeten the spicy hot flavor.

Rita and Chaplain Kay's (and Carrie's) shrimp étouffée was served at our Café to great acclaim. I got a chef's hat and the honor of serving our residents, their families, and my staff peers. I told everyone, “*My chef's hat is the closest I'll ever get to wearing a bishop's miter!*” In its own way, my time at the Café serving meals was as sacred to me as my time behind the altar. Both involve welcoming, sharing lives with one another, the gift of our histories and stories, and the gift of food in all its meanings.

Blessed are you, O Gracious One; you bring forth bread from the earth and make the risen Lord to be for us the Bread of life: grant that as we daily receive the bread which sustains our bodies, we may also be partakers of the spiritual food which lifts us into your peace which surpasses all understanding. Amen.

TRANSITIONAL CARE

Over 90% of our short-term rehab patients heard about us from friends.

Over 95% tell us that they would recommend us to *their* friends.

We know this because we ask people how they heard about us when they come for tours and when they're admitted. Then, we do follow-up surveys that ask our rehab graduates about every aspect of their experience with us. The last question is, "*Would you recommend us to a friend?*" Over 95% answer, "*Yes!*"

What is transitional care? And when might I need transitional care?

Transitional care is a bridge between the hospital and home. It combines individualized skilled nursing care and rehabilitative therapies to help people regain their strength and abilities. Most patients are admitted directly from the hospital for conditions including:

- **Orthopedics.** Hip/knee replacements, neck and back pain surgeries, fractures and amputations.
- **Pulmonary.** Chronic Obstructive Pulmonary Disease, pneumonia and blood clots.
- **Cardiac Events.** Heart attack and angina.
- **Spinal Cord Injuries.**
- **Traumatic Brain Injury.**
- **Neurologic.** ALS (Lou Gehrig's Disease), Parkinson's, Multiple Sclerosis and stroke.
- **Diabetes.** Type I and Type II.
- **Deconditioned States** such as cancer, HIV, AIDS and failure to thrive.
- **Post Medical/Surgical.** Wound care, IV for hydration/antibiotics, MRSA, VRE and pain management.



Yes, our transitional care facilities are top-notch, but our transitional care nurses and therapists are why our patients recommend us to their friends. These are as many as we could flag down for this picture.

Four frequently asked questions:

Q: Can I choose where I go for transitional care?

A: *Yes!* You have the right to choose where you go.

Q: What if my doctor is on the other side of town?

A: We can coordinate your transportation, or you have the option of receiving care from one of the physicians who visits us regularly.

Q: Can I get help if I need it after I go home?

A: *Absolutely!* If there is any question about your readiness to succeed on your own, we will do an in-home evaluation to assess safety concerns and special equipment needs. We can also arrange for home care, outpatient therapy and other services as needed.

Q: I'd like a private room with a private bath. Would that cost more?

A: *No!* Our transitional care center is one of the few that does not charge extra for private rooms.

At Home

"I love getting up in the morning and feeding our ducks, and I love knowing that I'm not killing my little friends with kindness!"



Cornelia House resident Elaine Willis



Elaine Willis loved feeding ducks when she and her husband **Bob** lived in the Mac-Groveland neighborhood. *"I'm so glad that I can continue my happy little tradition now that Bob and I live at **Cornelia House**,"* she says. *"And since you're putting this in your newsletter, I want to make sure everyone who loves to feed ducks knows that they should never feed ducks bread! It's bad for them. I always use cracked corn."*

Fellow Cornelia House resident **John Pain** had been feeding our ducks (cracked corn, of course) prior to Elaine and Bob moving in last fall. *"I didn't want to interfere with his fun,"* says Elaine, *"but when he learned of my interest, he graciously passed the torch to me. He said he was plenty busy with our writer's group and his volunteer work."*

In addition to feeding the ducks in our pond, Elaine has been feeding the sense of community at Cornelia House. In early June, she thought it would be nice to have a "meet-and-greet" open house so all of her fourth floor neighbors could get to know each other better. *"There have been several new arrivals since Bob and I moved here,"* says Elaine. *"I wanted to help them feel as welcome and included as we did."* The gathering was a hit. The sense of community at Cornelia House, which was already palpable, is even stronger now. All of our residences are beautiful, but it's our residents who make them such great places to live!

BAD FOR DUCKS

**Bread • Crackers • Chips
Donuts • Popcorn**

These are the equivalent of junk food for ducks. They're worse for ducklings, as they do not provide adequate nutrition for proper growth and development.

GOOD FOR DUCKS

**Cracked Corn • Barley
Oats • Birdseed • Other
Whole Grains**

Grapes (cut in half)

Frozen Peas (defrosted)

Duck Feed Pellets
(available at farm supply stores)



Seabury resident Loretta Eklund turns 99, still lives independently!

Just about everyone on our campus knows **Loretta Eklund**. Her twinkling eyes and her big smile are part of just about every social event on our campus. Loretta also stays busy at her 80+ year-old Viking sewing machine on which she makes baby blankets and rag dolls (and can often be found mending clothes for neighbors). So it came as no surprise that the community room at **Seabury** was packed with family, friends, and neighbors on Sunday, June 3, to help Loretta celebrate her 99th birthday. The secret of her long, zesty life? *"I eat right, I walk every day, and I stay happy."* Words to live by!

To plant a garden is to believe in tomorrow

Our gardener had planters built so residents of **Seabury** and **Cornelia House** could exercise their green thumbs. The planters were installed on May 25th, and they were brimming with life shortly thereafter. That's Seabury resident **Marjorie Fletcher** in front. **Pat Huntington** (Seabury) and **Iva Nelson** (Cornelia House) are busy with other plantings in the background. *"I enjoy getting my hands dirty every once in a while,"* says Marjorie. *"Gardening is so incredibly rewarding!"* Look for the planters in front of Cornelia House and in our Meditation Garden. Nothing says "home" like a garden in bloom!



Kings Crossing welcomes Lindsay Becker, its new manager

Lindsay Becker has been hired as the new manager of Kings Crossing. She began her duties on June 11. Lindsay and husband **David** live in the Hamline-Midway neighborhood. They are members of Gethsemane Episcopal Church in downtown Minneapolis where, for the past two years, they have been leaders of the community garden project that grows fresh produce for the church's food shelf. *"I started as a volunteer at Listening House after graduating from the University of St. Thomas in Business Administration/Entrepreneurship, and I have worked in Social Services ever since,"* says Lindsay. *"David and I really enjoy living in the Midway, and I am looking forward to serving seniors in the diverse University-Dale neighborhood as part of such a fantastic organization. Episcopal Homes is where I want to be!"* Welcome aboard, Lindsay!



Annual Report

Thanks to our all-Volunteer Boards for their community-building vision and guidance!

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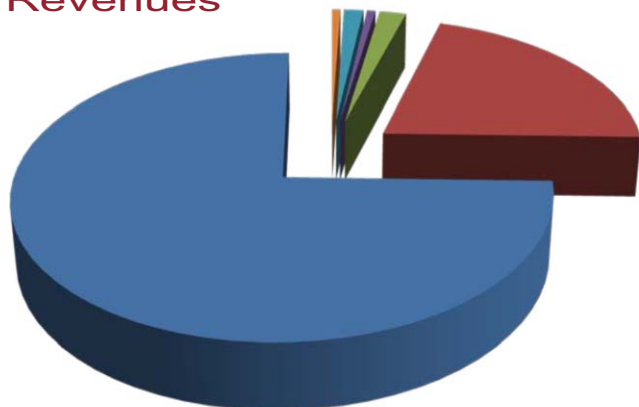
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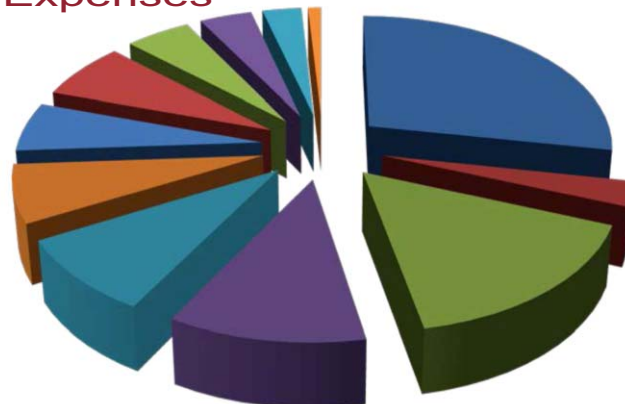
2011 Financial Overview

Revenues



Residential Services: 74.6%
Residential Rental Income: 20.9%
Management Fees: 1.9%
Contributions: 0.6%
Other Revenue: 1.4%
Investment Income: 0.6%

Expenses



Nursing: 28%
Other Related Care: 3%
General and Administrative: 16%
Depreciation and Amortization: 11%
Payroll and Employee Benefits: 9%
Interest: 7%
Dietary: 6%
Plant Operations and Maintenance: 7%
Ancillary Services: 5%
Housekeeping: 4%
Property and Related: 3%
Spiritual Life: 1%

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Thanks for your understanding!



Contribute Online

Look for the “Contribute” button at the top of our web pages. You can make your gift **In Memory Of** or **In Honor Of**, and you can opt to join our **Monthly Giving Program** in minutes. We’re as good as we are today because friends like you gave yesterday. *Thanks!*

VOLUNTEER SPOTLIGHT



Volunteer Computer Tutor Paoge Vang awarded scholarship for helping residents learn (or sharpen) computer skills

“Paoge has the patience of a saint,” says **Cornelia House** resident **John Pain** (pictured here with Computer Tutor **Paoge Vang**). *“I still have much to learn, but thanks to him, I am now functional. For example, I just searched for and downloaded pictures of a 1924 Buick. I needed them to illustrate a story I’m working on in our writing group.”*

During this past school year, Paoge was a volunteer in our **Computer Tutor Program**. He tutored a number of campus residents in addition to John, and that experience was instrumental in his winning a scholarship to continue his education in computer science. To win the scholarship, he needed to be nominated and a letter of recommendation had to be written. The letter included glowing comments from some of the residents he had tutored, as well from **Emily Kaup**, our Volunteer Coordinator.

Our Computer Tutor Program pairs computer-savvy volunteers with residents who are interested in learning – or learning more about – how to use a computer. Computer Tutor volunteers provide one-to-one instruction and coaching on general computer skills and functions. The goal is for residents to be able to create basic documents, complete online searches, and increase their communication with family members and friends via email and social media. Does this sound like you or someone you know? Learn more about this and other volunteer opportunities on our web site. Click the “Join Us” button at the top of the page, then click “Volunteer.”

Episcopal Homes at a glance...

Episcopal Church Home



Rehab & Long-Term Care **651-646-4061**

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Cornelia House



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500 Dale Street N
Saint Paul, MN 55103



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**Includes 2011
Annual Report**

Our mission is to enhance the quality of life for seniors by providing homes and services that support each individual's physical, social, and spiritual needs. We've been saying "Welcome Home" to all for 118 years.

Why am I receiving this?

We send our newsletter to our friends and supporters in February, June and September. If you are receiving it for the first time, it's for one of two reasons: (1) we're neighbors within three miles of each other *or* (2) you are affiliated with an Episcopal church.

We hope you find the stories inside interesting and informative. Perhaps inspiring in places. You may even see the names of some folks you know – especially in the listings of our supporters and volunteers.

If you would prefer to receive our newsletter by email, simply send an email to **Mary Franson** at:

mfranson@ehomesmn.org

Please put **SUBSCRIBE AT HOME** in the subject line.

If you prefer not to receive our newsletter, please call Mary at 651-632-8857. If you get her voicemail, leave your name and address exactly as it appears on this newsletter. Please speak slowly and clearly. We will gladly respect your wishes. *Thank you!*



You're invited to join our residents (your neighbors) for free matinee concerts at Coventry Chapel.

Please RSVP to Julie Niewald
at Cornelia House: 651-288-3931
or jniewald@ehomesmn.org

Saturday, July 28 at 2 p.m.

Mariachi Flor y Canto

Debut! Flor y Canto is an authentic 9-piece mariachi band. They'll also be playing at the Minnesota State Fair.

Saturday, August 18 • 4-8 p.m.

Luke Warm and the Cool Hands

Not in Coventry Chapel this time, but outdoors. They'll be setting a vintage tone for our Classic Car Rally!

Sunday, August 26 at 2 p.m.

Mosaica

Folks songs and polkas from Poland and other Eastern European lands. Always a favorite with our crowd!

Sunday, September 16 at 2 p.m.

Mel Carter & Family

A Gospel Choir + a Jazz Trio. 4 generations of Carters!