

At Home

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



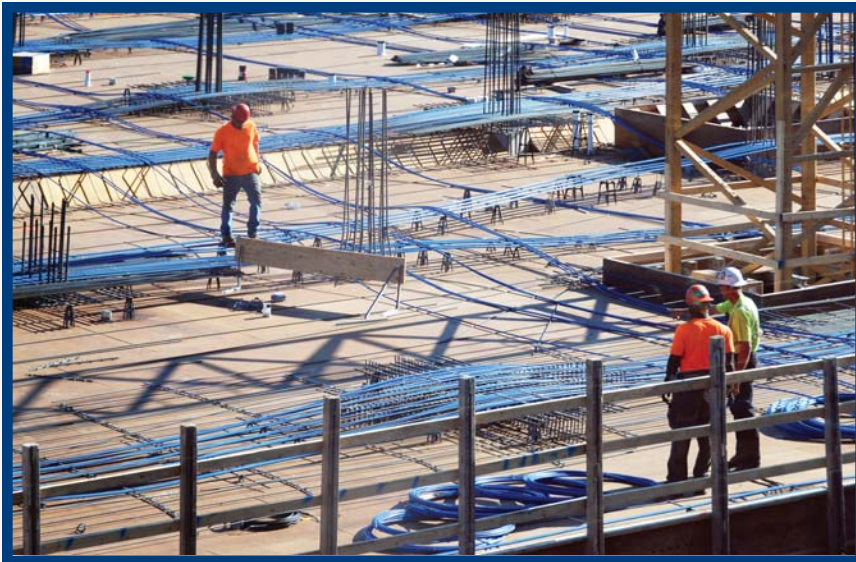
THANK YOU to the nearly 2,000 neighbors who put our second annual Classic Car Rally over the top!

Saturday, August 17 — We think the memories will be as bright and shiny as the 75 classic cars and street rods that drew kids of all ages to our biggest family event *ever*! Our shuttle bus logged 250 miles between the free parking and the event, folks snapped up almost twice as much vintage-priced State Fair food as last year (the Chicken Tenders and 1919 Root Beer Floats were major hits), and the crowd donated over 350 pounds of food shelf items (plus over \$250 in cash) to the nearby Keystone Food Shelf. All the while, *Luke Warm and the Cool Hands* set the tone with their neighborly brand of bluegrassy Americana music. Until next August, *hats off to the best neighbors in the world!*



Cornelia House receives national Excellence in Action Award for 2012-2013

Congratulations to **Julie Niewald**, manager of **Cornelia House**! Cornelia House just received the **Excellence in Action Award** “*Recognizing superior commitment to Independent Living Customer Satisfaction 2012-2013.*” The award is from the National Research Corporation. Through their “My InnerView” customer satisfaction program (to which we subscribe), anonymous surveys are sent to the residents of participating Independent Living residences across the country. Cornelia House scored in the top 10% of all Independent Living residences surveyed nationwide. Many thanks to all the Cornelia House residents whose surveys were responsible for this honor! That’s Julie holding the award with namesake **Cornelia Whipple** watching over her shoulder. Cornelia founded St. Mary’s Hall in Faribault — the first boarding school in America to serve white and Indian girls under one roof.



CONSTRUCTION UPDATE

As we go to press, workers are preparing to pour the floor for **Midway Village’s** street level **Village Plaza**. Residents are asking, “*What is the purpose of all those blue cables crisscrossing the floor?*”

Glad they asked! Those cables are the heart and soul of the “post tension” construction method. They are called “tendons.” They keep the concrete floors strong and flat between the vertical concrete piers.

The tendons are steel cables surrounded by blue sheathing with a “T”-shaped fitting

at each end. The cable is secured at one end of the sheathing and has a tightening screw at the other end. When all of the tendons are in place, fiber mesh-reinforced concrete will be poured over the plywood form (called the “deck”) and cover the tendons. After the concrete has cured for about 12 hours, the screws at the ends of all of the tendons will be tightened to provide several thousand pounds of tension from one end of **Midway Village** to the other, East to West and North to South.

Now, here’s the ingenious part. Note how the tendons are closest to the deck at the midway point between vertical piers, and how they are stepped up on little “chairs” so they are higher where they are in line with the piers. This causes the low parts of the tendons to exert an upward pressure on the concrete floor between piers when the steel cables inside the blue sheaths are tightened. The result is strong, flat floors when the concrete is fully cured 28 days after pouring. *Brilliant!* This will be repeated for the second, third, fourth, fifth, sixth, and seventh floors. According to construction foreman **Tim Johnson**, all seven floors will be completed by year’s end. **BONUS:** Concrete floors mean excellent sound control. The three residences of **Midway Village** will be strong *and* quiet!

TRANSITIONAL CARE SPOTLIGHT

“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.”

Susan Nelson is a “sansei.” That means third-generation Japanese-American. Her maiden name was Takekawa. *“Sometimes people do a double-take when they meet me because I don’t look like a Nelson,”* she says with a smile.

After taking time out to be a mom, Susan attended North Hennepin Community College to earn her RN. During a blood drive at the school, she learned about **Be The Match** and was urged to register because they needed more “people of color” as donors.

In 2012, Susan was called because she was a possible match for an Asian man who needed a bone marrow transplant. The matching process ended abruptly because the man was too frail for the procedure. In April 2013, Susan received another call *for the same person*. He was now strong enough for his transplant. The matching process continued with interviews, a thorough physical, and lots of lab work. Susan was flown First Class to Virginia to make her donation on June 20th.

“It was to be a PBSC (Peripheral Blood Stem Cell) donation,” says Susan. *“No drilling any holes in my bones. It was very much like donating blood, but with two IV’s. One IV took blood out and ran it through a machine to separate the stem cells. The other IV returned my blood and plasma minus the stem cells. All I had to do to save a life was lay there for four and a half hours!”*

“In late July, I got an update on my recipient’s status. He was progressing normally. Someday, I hope to meet that person. I know we’ll hug. We changed each other’s lives!”

Susan with the lifesaving blood stem cells she donated. They were separated from her whole blood and plasma. Her plasma is in the yellowish bag behind her. Susan got everything except those stem cells back. *“It didn’t hurt any more than donating blood.”*



Susan (Takekawa) Nelson, TCU Nurse Manager and donor for a bone marrow transplant.

Susan is thrilled that her experience inspired two family members to register with **Be The Match**. If you are feeling inspired too, visit the web address below to learn more. You could have an amazing new experience, and someone could have a new life.



BeTheMatch.org/donationguide



RESIDENT VOLUNTEERS



Carty Heights is a hotbed of volunteerism. What you see here is residents making dresses for young girls out of pillow cases. “40 of the pillow cases we collected were plain white,” says **Faye Smith** (pictured below). “We learned how to tie-dye so we could make them brighter and a lot more fun.” The dresses are trimmed with ribbons and lace. So far, 40 dresses have been sent to Uganda by Pilgrim Baptist Church, and 15 more to Jamaica, the Bahamas, The Dominican Republic, and Cuba via The Church of God and Christ. “We are so blessed,” says **Geri Thompson** (who also spearheads a quilting group), *this is a way to give thanks.* Amen!



(Top) Jean Matthews, Geri Thompson, Theadora & Soledad Aitchison (Left) Faye Smith (Off Camera) Kim Tran, Mary Tran, Lam Le, Doris Douglas, Beatrice Fluker, Kathy Stenhoff

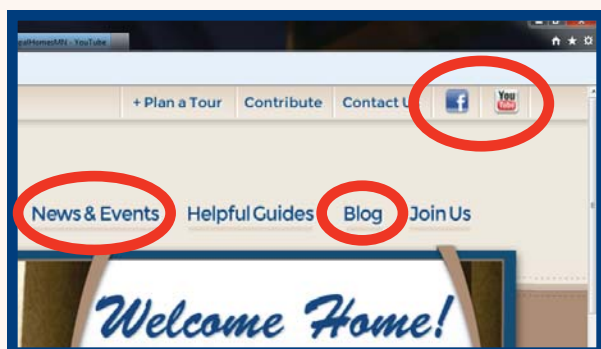
“EXTENDED FAMILY” VOLUNTEERS



November will be the first anniversary of **Episcopal Church Home’s “Extended Family Program.”**

Extended Family Members are support staff employees who do not work directly with residents in a household (ie: administration, medical records, payroll...) but who donate at least half an hour of their week to help out wherever needed in their designated household.

Church Home Administrator **Andrea Krebs** is an Extended Family Member in **King House**. She is shown doing her Monday Trivia game with residents. “Other things Extended Family Members do include cleaning up the kitchen, loading the dishwasher, wiping tables, assisting with special events/parties, spending 1:1 time with any resident in the house, and taking residents outside the house for walk or wheelchair ride and more,” says Andrea. “I have learned so much about the King House residents and staff— taking time to be an Extended Family Member reminds us support staff of why we’re all here. I think you’d be surprised how interacting with our residents can change your whole mood and outlook for the day!”



Four not-to-miss buttons on our web site

1. Click the **Facebook icon** to visit our Facebook page.
2. Click the **YouTube icon** to check out the latest additions to our growing selection of fun and informative videos.
3. Click **News & Events**, then click **Events** on the drop-down menu that appears. All upcoming concerts are there.
4. Click on **Blog** for Midway Village construction updates and other news to keep you “in the loop.”



CREATIVE GIVING

How do you honor the memory of a mother who worked from age 15-85 as a beautician? If you're **Steve and Kathy Flood**, you set up the "**Alice's House of Beauty Fund**" with **Episcopal Homes Foundation**. Steve's sister-in-law, **Salley Flood**, always left money at the front desk so **Alice Flood** could have her hair done every week. As Steve and Kathy were thinking of a memorial, Kathy noticed that some of Alice's neighbors might enjoy regular beauty shop visits too. *"We decided that a permanent fund to help women look their best would be a great tribute to what my mother valued so much. We wanted to do something for the Church Home as well. Mom's outlook brightened soon after she arrived, thanks to the warm, compassionate staff and the very home-like feel of **King House**, the household in which she lived."* As a social worker, Steve gauges the success of actions by their impact. *"You can see the impact of a visit to the beauty shop on the faces of the women emerging from it. That's what makes this gift so rewarding."*

FOUNDATION CORNER

By Shelly Rucks, Director of Development

It has been said that it takes a village to provide the best upbringing for our children. It also takes a village to provide the best care for our seniors. As I walk around campus, or visit Carty Heights and Kings Crossing, I am taken by the great wisdom and stories our residents have.

Storyweavers and *Scribblers* are two resident writing groups, both are part of our *Creative Ventures* program which is funded through the Foundation. I've had the privilege of reading a collection of their writings. While residents talk about the value of the group for them, their involvement provides a gift to many more. The stories of their lives, their first loves, even the rug which has graced a family home for three generations share a depth and bring history into perspective. The sharing in these groups is a small glimpse at what makes Episcopal Homes "our village."

Gifts of support – through bequests and legacy gifts, memorials, tributes, monthly donations, endowments, and responses to our seasonal appeal – all provide funding for the Foundation. We use these funds to provide extras that cannot be covered through rental income, government support, insurance or traditional funding sources. In short, our donors make almost every aspect of life a little richer, nicer, and more rewarding for those who call us home. If you have any questions about ways you can support Episcopal Homes, feel free to call me at **651-632-8855**. Thank you for being part of our village!



BELATED THANKS TO THESE INDIVIDUALS (We missed them in the last issue)

Resident Volunteers 2012: Jogues Epple • Susan Evans • Marion McCarthy • Bill Willard • Dan McNerney • Clarice Vold • Bill Willard • Charles Woehrle • **Spiritual Life Volunteers 20012:** Fr. Michael Becker • Archbishop Emeritus Harry Flynn • David Gemmel • Judith Goff • Sr. Veronica Hoffman • Judy Miske • Will Moore • Jim Richards • Sr. Rosaria Schlechter • Harlan Strong • Margaret Thor • Scott Wright
Diamond Level Donor 2012: Cynthia Verhey



Midway Village will include the *Kinder Village Day Care Center* for staff and neighborhood infants and tots

This is something we've wanted to do for years, but have never had the space. Now, with **Midway Village** under construction, the space has been designed-in, complete with big, bright windows overlooking neighboring Iris Park and a secure outdoor playground! Our hope is that some of our current and future residents will enjoy being volunteer grandparents so our little ones can have a wonderful inter-generational experience when it matters most. It's all part of Episcopal Homes' commitment to Lifelong Living!

PLACES TO GO, THINGS TO DO

Seabury, Carty Heights, and Kings Crossing residents have been making the most of our warm months via a series of outings with Arts & Events Coordinator **Kristin Aitchison**. On September 13, this group toured historic Ft. Snelling. Other ventures have included movie nights and afternoon *Jazz in the Park* concerts at the Como Pavilion, the Minnesota Opera's *La Boheme* on Harriet Island, the Centennial Showboat, margaritas on a Paddleford river cruise, the Japanese Garden at the Como Zoo, and the State Fair. "I'm doing a lot of things I've never had a chance to do before," says one resident. "It's been worth the wait!" Thanks for going the extra mile(s), Kristin!



CONGRATULATIONS!

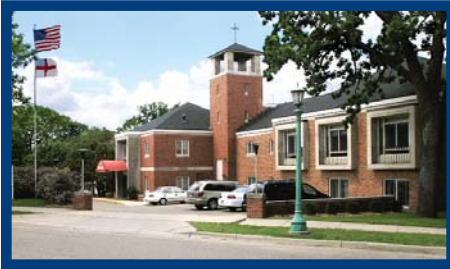
(Left) **Nicole Zauhar** has worked at Iris **Park Commons** since 2009, first as a Home Health Aide, then as a Resident Services Coordinator. She is now Marketing Assistant for **Deb Veit** and could be who answers when you call **651-632-8800** about living at **The Terrace at Iris Park**. Nicole recently got another promotion too. A dancer for 21 years, she's now a cheerleader for the Timberwolves!



(Right) **Jon Gustafson**, our new Volunteer Coordinator, joined us in late August. Jon graduated from Northern Arizona University with a B.S. degree in Journalism and M.A. in Sustainable Communities, then spent a year with AmeriCorps at the Rondo branch of the Saint Paul Public Library. Jon wants you to know that you needn't be a resident of Episcopal Homes to become a volunteer. Call him at **651-209-8521** to explore the possibilities.

Episcopal Homes at a glance...

Episcopal Church Home



Rehab & Long-Term Care

651-646-4061

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



Iris Park Commons (62+)



Assisted Living

651-646-1026

1850 University Avenue W
Saint Paul MN 55104



Cornelia House (62+)



Independent Living

651-288-3931

1840 University Avenue W
Saint Paul MN 55104



Seabury (62+)



Affordable Independence

651-379-5102

1830 University Avenue W
Saint Paul MN 55104



Carty Heights (62+)



Affordable Independence

651-288-1142

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



Kings Crossing (62+)



Affordable Independence

651-493-4606

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



MIDWAY VILLAGE: Three residences completing our campus in 2014

The Terrace at Iris Park (62+)

Catered Living

Episcopal Church Home - The Gardens

Long-Term & Memory Care

Midway Pointe (62+)

Affordable Independent Living



Plan ahead! Waiting lists are already forming for all three residences.

Join our waiting list for the residence that fits you best. When you do, we'll keep in touch with you about progress on what could be your next home (with Light Rail at your doorstep). We'll invite you to special preview events as construction progresses too. To learn more, contact Community Relations Director **Deb Veit** at **651-632-8800**.





490 E. Lynnhurst Avenue
Saint Paul MN 55104

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 119 years.

FALL BOUTIQUE CORNELIA HOUSE SAT OCT 26 • 9 AM-3 PM

AWESOME HOLIDAY SHOPPING IDEAS!

Meet with representatives from
Pampered Chef • Tastefully Simple
• PartyLite Candles • Tupperware •
Mary Kay • Thirty One... 20 more!

UNIQUE GIFTS, MOST UNDER \$50!

Handmade Pottery, Jewelry, Handbags,
Cards • Artwork • Books • Baked Goods

FREE Cider & Treats! Prize Drawing every
30 minutes! A portion of each sale helps support
programs for our resident community.



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

Sunday, October 13 at 2 p.m.

Barbara Meyer & Liz Lupien

*Let's Get Away From It All! A savvy treasure trove of tunes
from the '20s, '30s, and '40s, all with travel themes.*

Saturday, November 9 at 2 p.m.

Don Irwin returns to light-up our Steinway

*Imagine Roger Williams, Peter Nero, and Ferrante & Teischer
all rolled into one person! www.donirwin.com*

Saturday, November 30 at 2 p.m.

Butch Thompson and Laura Sewell

www.butchthompson.com • www.artariaquartet.com

Sunday, December 15 at 2 p.m.

Mosaica returns for an ethnic Christmas!

www.mosaicamusic.com

Check EVENTS on our web site for new additions!