



*the continuum...*

[www.lourdesseniorcommunity.org](http://www.lourdesseniorcommunity.org)



Lourdes Senior Community is sponsored by the Dominican Sisters of Peace



Greetings all,

At Lourdes Senior Community we have a strong commitment to creating a quality senior living experience, providing a “homelike” atmosphere for our residents. Each person who passes through our doors has different needs, preferences and abilities. As such we diligently work to provide individualized care, honoring the uniqueness of each resident in accordance with our mission.

We are thankful for all of our employees who truly help make Lourdes “a great place to call home” and in this issue of *The Continuum* we highlight the beneficial work of our dietary staff. As the relationship between health care and

food service continues to change, we are fortunate to have a wonderful team of Kitchen Managers, Chefs, Food Specialists, Dieticians and Dietary Aides who thoughtfully prepare each meal and cater events. Their dedication, skill and compassion ensure a pleasant dining experience for each of our residents.

We are also blessed to have a generous amount of volunteers who offer their time and talents. On April 27, 2017 Lourdes Senior Community hosted a celebratory lunch, honoring over 50 volunteers who assist with events, transportation, grounds keeping and many other services. We are thankful for their gifts and hope you are inspired by their generosity.

As always, your prayers and support are appreciated. The impact you have on the legacy of Lourdes is immeasurable. May you enjoy these summer months and welcome the seasonal graces of our generous God.

Blessings,

*Sister Maureen Comer, OP*

Sister Maureen Comer, OP  
Chief Executive Officer

## PRAYER FOR THE QUARTER



Lord,

For time when I look back on what has been and find your fingerprints on every moment in my life - for this I give you thanks and praise...

For times when I look back on what has been and see how you, in mercy, washed away, erased my many sins - for this I give you thanks and praise....

For times when I look back on what has been and see how you have healed, have mended, what I wounded and left broken - for this I give you thanks and praise...

And for times when I look forward to days all yet to be and see how you will always touch, forgive, heal and mend my soul - for this I give you thanks and praise, Lord. For this I give you thanks and praise...

Amen

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### LOURDES SENIOR COMMUNITY SENIOR LEADERSHIP GROUP

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Director, Mendelson Home and  
Clausen Manor

# Admirations for Lourdes



*"This letter is to let you know how appreciative we are to the entire staff at Lourdes for their wonderful care. From the therapists who worked with such vigor, to the aides who were most pleasant and helpful, to the skilled nurses who had all the medical situations under control, to the chefs who prepared such good meals and to the receptionists and administrative staff who did so many important tasks behind the scenes... Everyone performed their jobs with such professionalism, yet with such a caring heart and friendly smile."*



*"Entering into the world of the unknown is a very scary and unpredictable time, however, with the love and care your staff showed our family, we knew we were in good hands from the very start."*

*"Everyone at Lourdes makes us feel like family. This place is so special to us. We feel like we're home."*

*"The entire facility was extremely clean and beautifully decorated, making for such a "homey" atmosphere the minute we walked in. We were always pleased to hear feedback from our friends and family who complimented the facility. That truly is confirmation of just how well run this organization is."*



# WHAT'S NEW...

## BREAKING BREAD: BREAKING OUT OF THE ORDINARY

It's a new age for healthcare centers. Quality care no longer refers to traditional nursing practices, but to a holistic approach of "patient centered care."

What is patient centered care?

It is a nursing home reform.

Healthcare centers are leaving behind old institutional practices, instead providing services catered specifically to each individual.

The goal is to create a homelike atmosphere where residents are given choices and the power to make their own decisions. Such decisions include what to wear, their choice of doctor, and what they eat.

"Long-term care facilities have changed to a new way of thinking when it comes to food service," said Julie McDiarmid, Nutrition and Environmental Service Director at Lourdes Rehabilitation and Healthcare Center.

"We no longer use a 'one-size-fits-all' approach."

The new standard focuses on each resident's dietary preferences, by

providing food they would choose to eat if they were at home.

"We make sure we have food they like such as cottage cheese, yogurt, and salad," said Julie.

Residents are also offered at least two different menu options at meal times, along with ala-cart sandwiches. The menus rotate weekly and change with the season, making sure fresh fruit and vegetables are always available, while also providing variety.

Staff empowerment is also significant to the "patient-centered care" initiative. Staff maintain specialty training required to create the best senior living experience possible and provide adequate care. For the dietary staff this means having the skills to prepare and distribute food in accordance with safety guidelines, while also understanding the importance of food presentation.

The dietary staff at Lourdes Senior Community are guided by professional chefs and food specialists who are all experts at creating beautiful and delicious works of food art.

Debbie Hevel and Kim Barzda lead the Fox Manor Dietary team. Both have worked at Lourdes for more than twelve years.

"We have seen so many different personalities and food preferences come through these doors," said Debbie Hevel. "It's a constant challenge to keep so many tastes happy."

But it's a challenge they both enjoy.

Menus are prepared monthly with the resident's help. They provide feedback to the cooks and make suggestions for upcoming

meals. The result is delicious dinners such as beef tips with blue cheese, Swiss steak and apple-good pork chops.

"It is like throwing a dinner party every day," said Kim Barzda.

While dinner at Fox Manor may not really be *that* extravagant, it doesn't mean the chefs at Lourdes don't know how to pull out all the stops for a special occasion. Holidays and events at Lourdes are catered by these food enthusiasts, who know how to add a festive flare to the cuisine.

"We have catered ground breaking ceremonies, lunches at Our Lady of the Lakes, volunteer events and activities such as birthday and anniversary dinners. We get to be creative and have had treats such as fondue and champagne fountains," said Kim.

Each chef adds their own personal touch to basic techniques, displays and recipes. At Mendelson Assisted Living, Chef Will Rottenberg believes creative presentation makes each event, no matter the size, special.

"I consider the event theme and get to know favorite food items," said Will. He then crafts a specific catering menu.

The residents at Mendelson share their likes and dislikes at their monthly council meetings. One of their current favorites are vegetable carved flowers.

"Everything on the plate should be edible, including the garnish," said Will.

The food industry is likely to change again as we head into the future. Fortunately, Lourdes' team of dietary experts know how to serve up the latest innovations and break out of the ordinary.



Fox Manor Food Specialist, Kim Barzda (left) and Julie McDiarmid, Nutrition and Environmental Service Director at Lourdes Rehabilitation and Healthcare Center.





Fox Manor residents, Donna Angeli (left) and Gail Cyccone, dining at Lourdes Rehabilitation and Healthcare Center

## HONORING OUR VOLUNTEERS

On April 27, 2017 Lourdes Senior Community hosted a luncheon, honoring over 50 volunteers who donated their time and talent throughout the year. Guests were served by Lourdes' activity staff and commemorated with a speech given by Lourdes Chief Executive Officer, Sister Maureen Comer, OP.

"You [the volunteers] are a precious gift to Lourdes and all who reside here," said Sister Maureen, who encouraged guests to remember that no effort is too small to be effective. There is power in kindness and every gift makes a lasting impact on those who call Lourdes home.

The volunteer luncheon dates back over 30-years-ago. In the 1970s, volunteers held many of the positions at Lourdes, helping nurses and aides care for the residents. They ironed clothes, read to the residents and even helped feed those who were too weak

to feed themselves. They sewed and polished shoes, and passed out mail.

Today, Lourdes' volunteers are just as significant. While the staff now handles ironing, sewing and feeding, there are still many programs that need assistance every day. Volunteers work with activities' staff to help run large programs and assist with outings. They visit residents, give manicures and play cards.

Lourdes' Eucharistic Ministers serve daily and are a special group of individuals with compassionate hearts. Each morning they volunteer their time, offering communion, prayers and support to the seniors living in Lourdes' community.

"Volunteering makes me a better person," said Brenda Espert, Eucharistic Minister at Mendelson Assisted Living. "Serving the residents has taught me patience and kindness.

They are so faithful. They inspire me. I've really gotten to care about them."

Lourdes' is also blessed to have charity organizations and local schools donating their time to Lourdes' Seniors. Among them are the University Prep School of Detroit and Our Lady of the Lakes.

The University Prep School of Detroit volunteers for our Opening Minds through Art Program, which is designed for people with dementia and limited motor skills. The student volunteers work one-on-one with the residents, creating works of art, while encouraging creative expression and autonomy.

Our Lady of the Lakes hosts an annual Mass and reception for World Day of the Sick. They also invite the seniors for a day of bingo and refreshments each spring.

However, there are many other opportunities to give. Many of Lourdes' volunteers work behind the scenes. They assist with landscaping needs or stuff envelopes. Even the Fox residents contribute.

"I've always been a volunteer. I love people. And now, volunteering affects me even more," said Fern Walch, resident at Fox Manor resident.

Fern volunteers at Mendelson Home assisted living, offering communion to the residents there. She also assists with mailings, stuffing and sealing envelopes.

"Volunteering adds to my life. I'm not just existing. I'm living," said Fern.

There are many volunteer options for those interested in giving back. Lourdes is always appreciative of a helping hand, and values every talent shared with the residents and community. If you are interested in volunteering, please contact Robin McClintock at [rmcclintock@lourdes-sc.org](mailto:rmcclintock@lourdes-sc.org) to find ways you can make a difference.

## OCCUPATIONAL THERAPY REHAB TO YOUR KITCHEN

The steps to recovery after an injury or illness are multifaceted. While Physical Therapy is a key element to recovery, there is more involved in the rehabilitation process.

Occupational Therapy has many benefits and is designed to improve life skills and help seniors lead more independent lives. As such, Lourdes therapists work with seniors within diverse home settings, including bedrooms, bathrooms and the kitchen.

Self-reliance within the kitchen is an important aspect of Occupational Therapy, and helping residents return home after rehab.

“We assign tasks to improve skill-level for meal preparation and safety,” said Holly, Occupational Therapist at Lourdes Rehab and Healthcare Center.

Common activities include preparing meals and operating kitchen utensils and appliances. Residents practice opening containers of food, and using the stove. The goal is to allow seniors to return to their prior skill-level and their former lifestyle.

“We try to make daily tasks more manageable,” said Holly.

Daily challenges are part of the rehabilitation process, but with the help of Occupational Therapists, kitchen productivity doesn't have to be one of them. Through environmental modifications, education and problem solving strategies, residents at Lourdes are able to restore, re-strengthen and return home with peace of mind.

## NUTRITION: MORE THAN PROPAGANDA

Nutritional education begins at an early age. Children are taught the importance of eating fruits and vegetables as early as preschool. We all know vitamins and minerals keep us healthy, and along with less sugar and fat help prevent illness and injury.

However, like children, most of us still struggle to make the right choices when it comes to what we eat.

In the world of food, marketing and food enrichment often steer us in the wrong direction. Flashy packaging and delicious flavors entice us to grab for sweets and treats, putting us at risk for health concerns. It is hard to determine what is truly good for us and sometimes we need a little help getting on the right track. After completing a rehabilitation program, making important dietary decisions is even more crucial.

Lourdes Dietician, Melissa Tarkowski, knows the path to recovery doesn't end with physical therapy. Maintaining a healthy life-style involves setting proper goals for balanced exercise, hydration and nutrition. As such, Melissa makes sure our residents are prepared for any dietary changes before they return home.

“Part of my job is meal planning,” said Melissa.

The job is more complex than it sounds. Dietary needs are different for each resident. To create an appropriate plan, Melissa meets with residents to obtain a diet history and determine potential limitations before nutritional goals are set and a plan is put in motion.

She also takes the time to educate residents on the significance of food variety.

“It's important to incorporate the five food groups into your daily meals,” said Melissa.

Melissa helps residents craft a menu, providing resources and recipes. The food chosen and consumed should provide adequate amounts of protein and calcium, in addition to vitamins and minerals. If the resident has difficulty maintaining energy or absorbing nutrients, dietary supplements are suggested. She will even refer them to a dietician in the community.

“I don't let them go home unprepared. Transitioning back into a routine is hard. I make sure they have the tools necessary to succeed,” said Melissa.



# SUMMER BEAUTY AND RECREATION

Summertime at Lourdes Senior Community is a time for outdoor recreation. With over 35 acres of wooded and lakefront property, there are plenty of opportunities for relaxation and leisure. Wooded pathways are perfect for walking, biking or golf cart rides, and there is a lakeside dock for fishing. Many of the residents enjoy afternoon boat rides and facility gardens provide opportunities for cultivating flowers and fresh produce.

To maintain this beautiful property, an assortment of flowers and shade trees are planted/tended to each year. Lourdes Rehabilitation and Healthcare Center and Fox Manor on the Lake also have activity gardens in which residents can plant harvest vegetables and herbs. These gardens help ensure a quality senior living experience.

Charles and Mary Kay Pierce are Fox Manor's horticulturist experts. For the last two years, they've helped tend to the activities garden, sharing their passion and Charles green thumb with the community.

"I was raised on a farm," said Charles. "My life has always centered around the garden."

Charles has planted and tended to nearly every type of produce during his lifetime. He and Mary Kay grew tomatoes, asparagus, rhubarb, acorn squash, cabbage, lettuce and onions. They've also raised raspberries, grapes and strawberries. They enjoyed watching their hard work grow into food they could enjoy, knowing the benefits of a garden extend way beyond the delicious food they harvest.

"It's fun and it's fulfilling. You get to be a part of the community and share with others," said Mary Kay.

She and Charles always donated their surplus, taking produce to their local senior center, and sharing with friends and neighbors. At Fox Manor, the vegetables they grow now are shared with the other residents. Whether they're making a cucumber salad or dicing fresh tomatoes for sandwiches, the residents are always eager for another harvest. And the gardeners benefit too.

In addition to opportunities for fresh air and sunlight, working with plants and flowers helps to lower blood pressure, reduce stress and

anxiety. Gardening also provides social interaction, helps improve mobility and accelerates recovery time after an injury or illness. But perhaps the most significant benefit is the sense of autonomy gardening gives residents who have the opportunity to make their senior community feel like home.

For the spring appeal, we asked for your help ensuring the beauty of our grounds and preserving the opportunity for our residents to garden. With your help, we were able to purchase flowers for all of our facilities, four new trees for Fox manor, and vegetables for our activity gardens. Your kindness will also help maintain our courtyards and grounds.

Thank you for your support in this project. Your generosity and commitment to Lourdes' mission impacts the lives of our residents in immeasurable ways.



# 2017 GOLF FOR LOURDES EVENT



It was a beautiful day June 13 as 144 players enjoyed the 16th Annual Golf for Lourdes at the prestigious Indianwood Golf & Country Club in Lake Orion.

Golfers played the challenging “New” course in beautiful surroundings and continued the event with a delicious meal in the world-class clubhouse and dining room. More than \$68,000 was raised through golf and raffles, along with a live auction. Prizes included tickets to see the Detroit Tigers as well as select football games at Michigan State and Notre Dame University.

Plans already are under way for the 2018 outing, Stay tuned to our website, facebook page and future newsletters for more information. Or, to find out how you can get involved, contact Elisha Christopher at [echristopher@lourdes-sc.org](mailto:echristopher@lourdes-sc.org).

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## THANK YOU TO OUR GOLF SPONSORS AND DONORS

Each year, we are fortunate to have generous sponsors and donors supporting the Golf for Lourdes Event. This event has been integral in providing the residents with a variety of programs and services, including massage therapy and Alzheimer’s education and awareness. This year, the funds from our outing will directly support music and art therapy, as well as our new Senior Theater program.

These programs provide opportunities for creative expression, individuality and autonomy to our residents. Every gift is life changing and has the power to ensure the quality senior living experience expected at Lourdes Senior Community. Thank you to all those who sponsored this event and to all those who donated their time, talents and treasures.

Next year marks the 17th year of the wonderful event, and we urge each of you to consider how you can take part.

- If your place of business can sponsor, please call us and we will find the right fit.
- If you have a vacation home/cottage think about donating a weekend or more for our silent auction.
- If you receive season tickets to a sporting event or have access to a suite, consider donating tickets to an event for our auction.
- If you golf, please join us for this event. If you aren’t a golfer, consider joining us for dinner and participate in the auctions.

Your support is greatly appreciated.



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Dan Callan, Chair of the Golf for Lourdes Event for sixteen years, having a great time on the links with his foursome.



# thank you

THANK YOU TO THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS THAT GENEROUSLY SUPPORTED THE HOLY WORK OF LOURDES SENIOR COMMUNITY BETWEEN JANUARY 2017 AND MAY 2017.

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DEVELOPMENT  
DEPARTMENT AT  
(248)886-5673**

# wish list

TO CONTINUE OFFERING THE BEST SERVICE TO OUR RESIDENTS WE WOULD LIKE TO PURCHASE THESE PIECES OF EQUIPMENT. IF YOU CAN HELP PLEASE CALL COLLEEN AT 248-886-5674.

Lourdes Rehabilitation and Healthcare Center - Dyn-Ergo Scoot Chair - the Dyn-Ergo Scoot Chair improves mobility and reduces the risk of injury to residents.

Joseph T. Mendelson Assisted Living Home - Bingo Prizes - Bingo prizes are great fun for the residents to look through and choose from. At Mendelson Home, donations for Kleenex, jewelry, individually wrapped candies or candy bars, and puzzle books are needed.

Clausen Manor - Bingo Prizes - Bingo prizes are a lot of fun for the residents to look through and choose from. At Clausen Manor, donations for Kleenex, stuffed animals, aftershave, hand soap pumps and perfume are needed.

Fox Manor - Gift Cards - Residents at Fox Manor are in need of supplies for activities and would like to shop themselves. Gift certificate donations from Meijer, the dollar store, and Home Goods would be appreciated. These cards help with supplies such as canvas, brushes, paints, seed for bird feeders, and knick knack prizes for bingo.

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## PATHWAY BRICKS

Did you know that you can purchase a brick paver in honor/memory of a loved one?

Each brick measures 4" x 4" and can be engraved with up to four lines. When your brick is placed, you will be contacted via email to inform you of its approximate location.

Pavers are available for \$250 and can be placed at any of the homes at Lourdes Senior Community. For more information, contact Elisha at 248-886-5673 or [echristopher@lourdes-sc.org](mailto:echristopher@lourdes-sc.org)

# COMING UP...

## 2017 LOURDES LEGACY EVENT

Lourdes Legacy Event will take place **Saturday, September 23rd** this year, at the **Detroit Marriot** located in **Troy, Michigan**. Mass will be held at 5:00 pm, followed by a wonderfully prepared dinner and program.

We are pleased to be honoring Adam Cardinal Maida, Archbishop Emeritus of the Archdiocese of Detroit and presenting him with the St. Dominic Leadership Award. Cardinal Maida's leadership embraces and promotes the mission of Lourdes. Through his vision and support, Lourdes now serves seniors and their families at Clausen Manor and Mendelson Assisted Living.

We will also be honoring Nancy Vlastic with the St. Bernadette Spiritual Award. This award is presented to a person who has inspired others to support Lourdes. Nancy was instrumental in re-establishing the Lourdes' Guild. The guild orchestrated community events and fund raisers, including card parties, bake sales, talent and fashion shows. Through their hard work and dedication the guild provided the residents of Lourdes Nursing Home with a better quality senior living experience.

Please join us for a lovely service and program, as well as great fellowship and celebration of the Legacy of Lourdes. We hope to see you there!

*For more information, please contact  
Elisha Christopher, Development Specialist at:  
248-886-5673 or [echristopher@lourdes-sc.org](mailto:echristopher@lourdes-sc.org)*



**LOURDES**  
SENIOR COMMUNITY