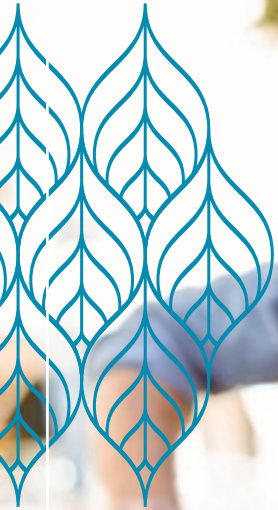


CONNECTIONS

SPRING 2018



Wyndris

A CATHOLIC ELDERCARE
COMMUNITY

OPENING FALL 2018!

*Experience Northeast
Living at its Finest*


Catholic Eldercare
Nurturing Life's Ageless Spirit

In this issue:

- **Wyndris:** Progress, Floor Plans and more
- **Effects of Sugar on the Brain**
- **Creating a Culture of Belonging** *and more...*

Dear Friends:

Northeast Minneapolis and the downtown communities are experiencing a season of unprecedented change. More and more frequently, friends are moving into this area—some returning to their roots, others calling it home for the first time. There is a renewed vibrancy in Minneapolis—and we are excited to be part of it. Part of this excitement stems from the fact that we recently broke ground on Wyndris, our new 69-unit luxury rental apartment community for adults 62 and older, located near the river and downtown attractions.

We are not only investing in our facilities, we're working to stay ahead of regulatory changes, and in some instances, implementing strategic structural modifications in how we get our work done. We're also investing in our staff through supporting continuing education and ongoing training. One of our employees was featured in a PBS special on immigrants' contributions to caring for older adults in America. Our staff embodies the spirit and mission of Catholic Eldercare. (pg #8)

We are deeply grateful for the help, dedication, and support of the community, staff, volunteers, and families we serve. This summer's landscaping project is an example of your generous donations hard at work. In an effort to beautify outdoor spaces adjacent to the Albert J. Hofstede Care Center, we're adding an accessible walking path, a dramatic water feature, and "refreshing" the shrine of our Lady of Perpetual Help. (pg #10)

Catholic Eldercare has a long and proud history of serving Minneapolis seniors. While we look back at our accomplishments and ahead at what's to come, our future has never looked brighter.



Suzanne Snyder
Chair, Board of Directors

A handwritten signature in black ink that reads "Suzanne Snyder".



Dan Johnson
President and
Chief Executive Officer

A handwritten signature in black ink that reads "Dan Johnson".



Catholic Eldercare provides the care, housing and services needed by older adults to continue living fully – with dignity – in an intentionally created community.

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If you have a Facebook account, we encourage you to 'Like' Catholic Eldercare at [facebook.com/CatholicEldercare](https://www.facebook.com/CatholicEldercare). So much happens between the fall and spring newsletters, and Facebook is a great way to stay informed.

Connections is a biannual publication of Catholic Eldercare, Inc., 817 Main St. NE, Minneapolis, MN 55413. The purpose of this publication is to provide useful information and resources to the Catholic Eldercare community. For more information on the publication or to request additional copies, suggest article ideas, or to be removed from the mailing list, contact Angela Ali at aali@catholiceldercare.org or call 612-362-2430.

If you no longer wish to receive Connections, you may call 612-362-2430 or email Angela Ali at aali@catholiceldercare.org. Doing so will not affect your ability to receive services from Catholic Eldercare. You may notify us at any time should you wish to resume receiving Connections.

Equal Opportunity Employer



Enjoy a Carefree Lifestyle at Wyndris

There's a lot to love about Wyndris, a new independent senior living community joining the Catholic Eldercare continuum of care campus in Northeast Minneapolis.

Located near the intersection of Broadway Avenue and 2nd Street in the St. Anthony West neighborhood, this five-story building—opening in fall 2018—is brand new. Be among the first to call Wyndris home, with stylishly designed one and two-bedroom apartments, complete with unique floor plans, spacious living areas, modern kitchens, high-end finishes, and private terraces, deposits being taken now.

Not only are the apartments beautiful in this 62+ community, the Wyndris lifestyle offers opportunities for social interaction and the pursuit of hobbies within a friendly community atmosphere. On-site amenities include a concierge service, a club room with a fireplace, full kitchen, TV, game tables and conversation areas, an outdoor patio with a firepit and grilling station, wellness and fitness center, bistro/café, second and third-floor rooftop patios, indoor dog wash and dog run, arts and crafts room, heated garage, bike storage, and individual storage rooms.

No detail was overlooked.

"Lifestyle preferences have changed a lot over the years," says Catholic Eldercare's President and CEO Dan Johnson. "People expect more—as they should. We want to make connections, enjoy the city, explore our interests. Wyndris delivers the kind of upscale downtown living a lot of people want—but in a close-knit community atmosphere that feels comfortable, secure, and inviting."

Another advantage is the lock-and-leave lifestyle. If residents enjoy traveling, they can confidently leave Wyndris without questioning the safety and security of their home while they're away for extended periods of time. Additionally, unlike a single-family home, there's no expensive upkeep and no lawn maintenance to worry about.



As with any property, another key factor is location, location, location. Wyndris is conveniently located on the Metro Transit line, and near shopping, dining, major hospitals, entertainment, and popular Minneapolis attractions. “Tenants will have walkable access to the Northeast Farmers’ Market, the riverside park system, favorite dining spots, you name it,” explains Diane Lucas, Director of Business Development at Catholic Eldercare. “We wanted to build a community where people could enjoy being out and about as much as they loved coming home.”

Tenants will also receive priority access to Catholic Eldercare’s full continuum of services—assisted living, skilled nursing care, and transitional care—should different healthcare needs arise.

Wyndris provides peace of mind for those looking for a community that fits their needs now and long into the future.



Wyndris

A CATHOLIC ELDERCARE
COMMUNITY

For more information or to be placed on a waiting list, contact Diane Lucas at d Lucas@catholiceldercare.org or 612-277-2902.

Catholic Eldercare President Honored with Leadership Award by LeadingAge Minnesota

Since 2009, Dan Johnson has approached leadership at Catholic Eldercare with an open mind and heart. As president and CEO, he leads without ego, practices genuine empathy, and has the creative business acumen to run Catholic Eldercare as a fiscally-sound, stand-alone aging services organization. For those reasons—and more—he was recognized by LeadingAge Minnesota, the largest association of organizations serving Minnesota seniors, with the Kal Michels Outstanding Leadership Award. The award recognizes a leader in older adult services who has provided excellent leadership to their staff and organization, enhances the quality of life for residents in the community, and provides exceptional community service.

In an effort to create a continuum of care for aging residents, Dan worked hard to spark initiatives to offer more outpatient therapy services, build a 40,000 square foot addition to upgrade the new Adult Day Services area, create a Transitional Care Unit, and remodel the main campus. Additionally, Wyndris, a new independent apartment building in Northeast

Minneapolis, is under construction in a neighborhood that has seen a surge in revitalization among developers and residents.

Johnson's widespread connections through involvement in government, local politics, church, and aging services help elevate the mission of Catholic Eldercare while giving a voice to the needs of seniors.

"All too often we don't recognize those who truly give the extra effort of excellence and lead by deeds, not words," says Michael Rainville Sr., resident and 30-year board member of the St. Anthony West neighborhood. "Dan Johnson has earned the right to be honored for his successful leadership at Catholic Eldercare."

Johnson accepted the award at the LeadingAge Minnesota Institute, the state's largest and most comprehensive aging services conference. More than 4,000 professionals in all aspects of older adult services attend the annual three-day event to learn about new and innovative programs, share best practices and network with their peers. Congratulations, Dan!



Dan Johnson was recently recognized with the Kal Michels Outstanding Leadership Award at the LeadingAge Minnesota Institute. Pictured (l to r) Mark Anderson, Board Chair, LeadingAge Minnesota Board of Directors; Dan Johnson, award recipient, President and CEO of Catholic Eldercare, Inc.; and Gayle Kvenvold, President and CEO, LeadingAge Minnesota.

A Heartfelt Thanks to our Volunteers

“Volunteers are love in motion.” This expression couldn’t be more accurate than when describing the many volunteers who help us fulfill our mission: to allow older adults to continue living fully with dignity in an intentionally created caring community.

In 2017 alone:

- 47 new people joined our volunteer program
- 177 volunteers contributed more than 10,000 hours of service
- The value of those hours was greater than \$280,000*

*as calculated by Independent Sector

Our volunteers contributed:

- 2,465 hours in our dining services
- 832 hours in our laundry services
- 144 hours in education
- 120 hours in our Day Program

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We couldn't do what we do without you!

Thank you

Creating a Culture of Belonging



Catholic Eldercare Celebrates Diversity + Practices Inclusivity

Respect is a big deal at Catholic Eldercare. The staff respects and values the seniors who utilize their services, and—as a nonprofit rooted in faith-based principles—those who work within the continuum of care community are accepted and welcomed for who they are, and who they aspire to be.

Nursing home evening supervisor Bariaala Kpuinen knows this first-hand. Born in Nigeria and raised by a Baptist pastor, Bariaala grew up watching her family care for the sick and needy. After fleeing Nigeria as a refugee, migrating to Germany, then immigrating to the U.S., she shifted career paths to study nursing to carry on her family's legacy. She was able to pursue her studies while working at Catholic Eldercare.

"They walk with you, they support you," she says of the encouragement she received from her employer. "Thanks to their help, I've been able to get an education to empower myself to help others."

Deeqa (Deck-a) Aden, a housekeeper at Catholic Eldercare's Albert J. Hofstede Care Center, also expresses gratitude to be working in such a compassionate, positive environment. "I love it here,"



she says. "I feel respected. Everyone is so nice." Her Somali culture emphasizes community, sharing, family, and friendship—common themes carried throughout Catholic Eldercare. "I love the different people, the community, the culture, the humanity. It's beautiful."

And while her job keeps her busy cleaning the residents' rooms on the second floor, it's the residents themselves who make the job so rewarding. "Residents hug me and say hello," she laughs. "I call them Grandma and Grandpa. All people here are family."

Join a team of compassionate, caring, and dedicated individuals.

Discover the fulfillment that comes from providing an unmatched level of person-centered care our residents and families have come to know and love. We invite you to explore our career opportunities and see why Catholic Eldercare has offered the finest in senior services for over 30 years. Visit www.catholiceldercare.org/employment for more information, or contact our Human Resources Manager at 612-362-2491.



Effects of Sugar on the Brain

Ever walk into a room and forget where you put your keys, or forget why you're there in the first place? Some people chalk up this cognitive slide as a normal part of aging, but recent research shows there's a direct link between forgetfulness and elevated blood sugar levels in the brain. Scientists found that the part of the brain responsible for short-term memory can actually shrink from consuming too much fructose—a form of sugar that's been added to a long list of foods since the 70s.

According to *Scientific American*, scientists believe these mental hiccups “stem from disruptions in the hippocampus—an area that, among other roles, acts as the brain’s “save” button, allowing us to retain new information.”

According to Julia Lundstrom, an educator in the field of neuroscience and brain health, “As more fructose is consumed, the body produces more insulin to regulate that sugar. As you over-indulge on fructose and grains, your brain becomes overwhelmed by the high levels of insulin. Eventually insulin and leptin levels profoundly disrupt your brain signaling, leading to troubles in your thinking and memory.”



A body of research is indicating a link between Alzheimer's disease and insulin resistance. A study published in the journal *Diabetologia* followed 5,189 people for more than 10 years and discovered a faster rate of cognitive decline for those with high blood sugar.

The good news? Researchers found that seniors who engaged in physical activity, both aerobic and resistance training, had the least amount of brain shrinkage.

A healthy lifestyle can do wonders for your body and your brain, at any age. When you eat high-quality foods and move your body, you not only physically feel better, it's better for your long-term mental wellbeing.

Now that's news worth remembering.



Generous Giving

The future landscape of health care is changing, and we are actively looking at ways to change along with it. We must efficiently and effectively manage costs, attract and maintain a well-trained staff, and embrace new and innovative ways of overcoming challenges—all while retaining that compassionate, personal touch you've come to expect from Catholic Eldercare.

We wouldn't be able to further enrich the lives of seniors without your generous contributions. Thanks to your donations, we're in the process of beautifying the green space next to the historic St. Anthony of Padua Chapel. We're incorporating a hard surface wheelchair-and walker-accessible walking path around the perimeter for strolls around the yard, adding a patio for barbecues and ice cream socials, and preserving the green space for picnics. We'd also love to bring our cherished grotto—the shrine of Our Lady of Perpetual Help—into 2018 with some basic necessary maintenance.

A Place of Hope



HISTORY OF THE GROTTTO

The shrine of Our Lady of Perpetual Help was dedicated by Monsignor Reardon on the church grounds on September 8, 1947. Fast-forward 71 years and the shrine remains an important part of the devotion of the people in the area. Visitors come to the shrine at all hours of the day and evening to pray. We take pride in this beloved community resource, but time has taken its toll on the grotto. The roof needs some TLC, and steps make it impossible for those in wheelchairs to enter without assistance. Your support is crucial to our goal of preserving this valuable historic landmark while making the shrine of Our Lady of Perpetual Help accessible to all.

We deeply appreciate any contribution you can offer.

Make a Difference, Donate Online! Visit www.catholiceldercare.org. It's secure, quick and meaningful.

Honor a Loved One With a Tribute Gift

A tribute gift is a great way to honor someone important to you and support the Catholic Eldercare mission. Your gift lets everyone know that a loved one or friend has been an important part of your life.



QUICK CLICK TO GIVE

By visiting www.catholiceldercare.org, you can quickly access comprehensive information on the various ways to support the mission.

1. Go to **www.catholiceldercare.org**
2. Click on “**Giving**”
3. Select from a comprehensive list of resources from online annual fund giving to planned giving options.



Your gift means so much.

We would like to extend a heartfelt thank you to the many wonderful individuals, corporations, foundations, and associations for their generous support of our mission. Every dollar makes a significant difference in our ability to continue to deliver excellent care in a loving and beautiful environment designed for the growing and changing needs of our current and future residents. Without their support, we would not be able to run programs that benefit the lives of so many seniors.

These gifts were provided from October 1, 2017 through March 30, 2018. Every effort is made to ensure accuracy. If you see an error or omission, please contact the Office of Development at 612-362-2430. For a comprehensive list of all 2016-2017 donors, please visit catholicelder care.org.



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Sinsinawa Dominicans

Ralph Rumble

Dan and Carol Forby

Bogdan Rutkiewicz

Carol Rutkiewicz

Dolores Saba

David and Sharon Suman

Andy and Dorothy Salwei

Tom and Arlene Madden

Thomas and Klaus Schuster

Ronald and Mary Schuster

Fr. Donald Schwalm
Anonymous
Louis and Marie Marino

Ramona Skjefte
Christine and Brad Mack

Stella Smekta
Judith Smekta Pettit

Genevieve Sporny
Marlys Sporny

Berna Steffens
Richard and Helen Steffens

Clara Steffens
Richard and Helen Steffens

Delores Steffens
Richard and Helen Steffens

Joe Steffens
Richard and Helen Steffens

Margaret and Russell Stimart
Norine M. Stimart

Ann Svec
Darla Pulles

Thomas Thies
The Hannah Family
Joan M. Mathieu and
Jeffrey D. Helstrom

Wanda and Peter Tobias
Thomas and Candice Tobias

James Turpin
Gary M. Jennrich and
Debra A. Barron
Robert and Virginia Bertch
Karen Bishop
Janice Frakie
Janice M. Godlewski
Mary Kay Johnson
Richard and Gloria Knealing
Mary Kozacz
Doris Mruz-Partyka
Michael Natysin
Marilyn and Larry Presseller
Richard and Barbara Reiners
Clara Schroeder
Paula and Noel Totten
Mrs. Joan J. Turpin
William and Jeanette Varhol
Deborah and Wayne Zwickey

Tom Valerius
Bonnie Aanestad

Norma Valley
Lawrence Valley

Mary Ward
Margie Loerzel

J. Witkowski
Rosemary Witkowski

Olga Witkowski
Laurence and Naomi Crepeau
Scott and Catherine
Weisenbeck
Rosemary Witkowski
Virginia Wright

Donald Wora
Mary Jane Austinson

Frank Worwa
Lynn K. Larson
Jennifer Mullin
Frank P. Worwa

CAPITAL FUND

Jenifer Bendel-Artmann
Marilyn and Jimmy DuBay

MATCHING GIFTS

**Ameriprise Financial Employee
Gift Matching Program**
Diane Marget
Robert Muffelman

GIFT-IN-KIND

Carla-Elaine Johnson
Dan Jorgensen
Rose Murlowski
Annie Sarver-Bodoh

CHAPEL

Anonymous
Beverly Badeaux
Maribeth Baldinelli
Russell Bednarski
Rosemary Bedor
Mary Benkufsky

William and Virginia Bennett
Glenn and Laurie Benson
Michael and Monica Bianchi
Joe and Sheila Biernat
Marie Bliss
Michael and Sandra Bolger
Robert Bossert
Bernadette Botoshe
James and Cheryl Brandes
Rev. John F. Brandes
Steve Brandes
Jerry Brtek
James and Pat Bumgarner
Mary Bydlon
Joseph Cavaleri
Rachel Chin Fu Chen
Rosemarie Clark
Henry and Jean Czupryna
John D'Agostino
Gary and Mary Dowdle
Rosemary and Dennis Drevniak
Joan Dudek
Sharon and Keith Eliason
Jim and Nancy Felicetta
Trish Flannigan
Dan and Carol Forby
J. H. Gion and M. L. Gion
David and Katherine Gooley
Tammy Goral
Judy Graziano
Skip Gunderson
Guadalupe and Wayne Gysland
Amelia G. Haider
Theresa Hansen
Bill and Kathy Hanson
Malinda Hartman
L.M. Hazelton
Kathleen Healy
Philip Homer
Juanita Jensen
Lynne Johnston
Ena Joseph and Paul Wood
Laverne Kallunki

Ashlea Karkula
Kathy and Ashley Karkula
Dave and Connie Kassing
Edward and Janice Kodet
Anthony and Thushanthi Kozlak
Barbara J. Kozmik
R. and P. Kramer
Richard and Lorraine Kuklock
Lynn Larsen
Mary Larsen
Barbara Larson
Lucille Lins
Mary Loizeaux
Diane Marciniak
Mary Martichuski
Judith Matysik
Jerome and Pauline McAllister
Geraldine C. McCollow
Elizabeth McDonnell
Rose McMurchie
Jim and Marybeth Molinaro
Doris Mruz-Partyka
Maxine T. Narog
Lillian Nelson
Carleen Ozanich
Andrew S. Pappas
Joanne and Leonard Rabatin
Cynthia Richter
Mr. Donald Richter
Doris Roth
David F. Ryan
Barbara Salem
Marie M. Sawochka
Lois Schardin
Mark and Terrie Schommer
Richard D. Shupien
Jacques and Juanita Simmons
Kathleen Simonett
Kristine Smyth
Marlys Sporny
Ellen Stein
Anne Stokowski
Marie Trepanier
Paul Trepanier

Robert and Jeanne Tupa
Mrs. Joan J. Turpin
Lorraine and Joseph Weinmeyer
Robert and Mary Ellen White
Teresa and Robert White
Regina I. Zandlo
Donald and Lydia Zappa
Antoinette M. Zwolski

SISTER RUTH ROLAND SOCIETY

Ken Baltes, Ph.D. and
Dorothy Elion
Alvina Bartylla[†]
Mary Virginia Betlach
Elizabeth Bonnes Estate[†]
Lidwina Buchwald Estate[†]
Donald G. Campagne Estate[†]
John[†] and Veronica Commers
Marion Critelli Estate[†]
Lucille Damm Estate[†]
Bernice C. Decowski Estate[†]
Regina A Dinhoff Estate[†]
Mae LaVonne Ecklund Estate[†]
Ada B. Eller Estate[†]
Dorothy Marie Flynn Estate[†]
Thomas E. Gainor
Loretta R. Gliniany[†]
Thomas F. Glodek
Geraldine Grajeda Estate[†]
Angeline F. Guminga Estate[†]
Mable Halloran Estate[†]
Barbara Hedges Estate[†]
Rev. John M. Hofstede
Mary D. Hungate[†]
James E. Indrehus
Shirley Korblick Estate[†]
Margaret T. Manley Estate[†]
Antonio Martinez Estate[†]
John C. Matlon Estate[†]
Thomas and Susan McGuire
Barbara Mead[†]
Agnes Mohr Estate[†]
Margaret F. Mulcare Estate[†]

Joan E. Murray
Karlis Neimanis Estate[†]
James and Cheryl Nesser
Bernard J. Newinski
Bruce Nolan
Mr. and Mrs. Richard Palen
Anthony J. Pantano Estate[†]
Mr. and Mrs. Ralph Clinton Peabody
Adam and Virginia Piecek Estate[†]
Leo E. Rainville Estate[†]
Wallace Rainville Estate[†]
Elizabeth A. Rouleau Estate[†]
Margaretha F. Santha[†]
Mary J. Schubert
Margaret J. Schweizer Estate[†]
Stuart S. Seim
Luella L. Simon
Dolores E. Sisson Estate[†]
Kristine Smyth
Jack Spillane, Jr.
Florence W. St. Claire Estate[†]
Donna Stelmaszewski Estate[†]
Joseph and Pamela Strauss
Charles E. Sullivan and Sandra West
Dena Tarnowski Estate[†]
Eugenia R. Taylor
Donna Walicki Estate[†]
Mr. and Mrs. John D. Whalen
Alan Winters Estate[†]
Stanley Wruck Estate[†]

[†] Deceased



The Catholic Eldercare Community

WYNDRIS | INDEPENDENT LIVING • *Opening Late Fall 2018*

929 2nd St NE, Minneapolis • 612-277-2902

Amenity-rich downtown living in a warm Northeast neighborhood. Focused on wellness and hospitality, we provide a range of exceptional independent living options and access to Catholic Eldercare's full continuum of care.

CATHOLIC ELDERCARE BY DAY | ADULT DAY SERVICES

149 8th Avenue NE, Minneapolis • 612-362-2405

Offering care and programming for the senior who may require modest assistance when a spouse or loved one is unavailable to attend to their needs. Our weekday program is affordable and flexible.

RIVERVILLAGE EAST | ASSISTED LIVING AND MEMORY CARE **RIVERVILLAGE NORTH** | SUBSIDIZED LIVING

2919 - 2921 Randolph Street, NE • 612-605-2500

This inviting 107-unit senior campus is adjacent to St. Hedwig Church in Northeast Minneapolis. We offer affordable market rate, assisted living apartments and memory care (East) and independent, subsidized units (North).

MAINSTREET LODGE | ASSISTED LIVING

909 Main Street NE, Minneapolis • 612-362-2450

Our assisted-living residence includes 51 comfortable apartments and is adjacent to the Care Center, St. Anthony of Padua Chapel, and lush green spaces.

ALBERT J. HOFSTEDE CARE CENTER | SKILLED NURSING

817 Main Street NE, Minneapolis • 612-379-1370

Our 150-bed skilled nursing residence includes a dedicated memory care floor. The Care Center is physically connected to St. Anthony of Padua Chapel for ease of worship and socialization opportunities.

TRANSITIONAL CARE UNIT | REHABILITATION SERVICES

149 8th Avenue NE, Minneapolis • 612-379-1370

This is the individualized attention and calming environment you need to heal effectively, with complete access to leading-edge therapies and equipment to help you reach your goals. Our 22 private rooms and customized care plan offers the perfect balance of personal comfort and quality care.



Catholic Eldercare Community Foundation & Affiliates

CONSOLIDATED FINANCIAL INFORMATION FOR THE YEAR ENDED SEPTEMBER 30, 2017

Consolidated Balance Sheet:

ASSETS:

Current Assets	\$3,605,159
Property and Equipment, net	\$26,244,071
Other Assets	\$10,238,029
Total Assets	\$40,087,259

LIABILITIES AND NET ASSETS:

Current Liabilities	\$3,130,838
Long Term Liabilities	\$16,425,195
Net Assets	\$20,531,226
Total Liabilities and Net Assets	\$40,087,259

Statement of Activities and Changes in Net Assets:

REVENUES AND OTHER SUPPORT

Nursing Home	\$15,609,534
Assisted Living and Home Care	\$5,329,246
Housing	\$250,481
Adult Day Care	\$430,918
Contributions	\$512,315
Other Support and Investment Income	\$569,317
Total Revenues and Other Support	\$22,701,811

EXPENSES

Program Services	\$20,708,983
Management and General	\$2,040,713
Fundraising	\$224,725

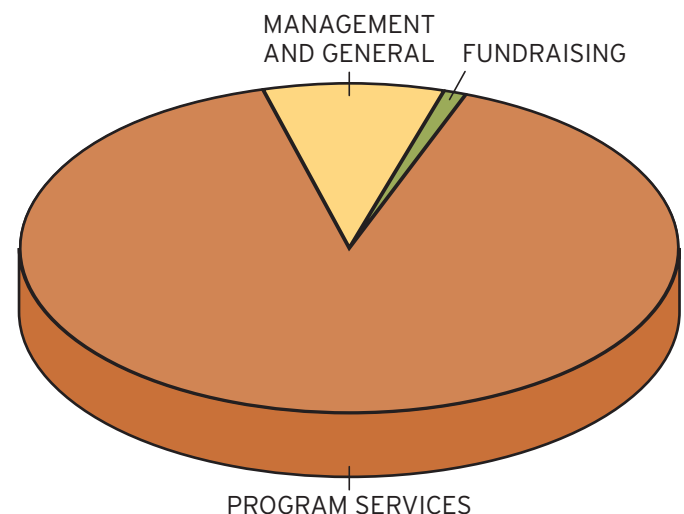
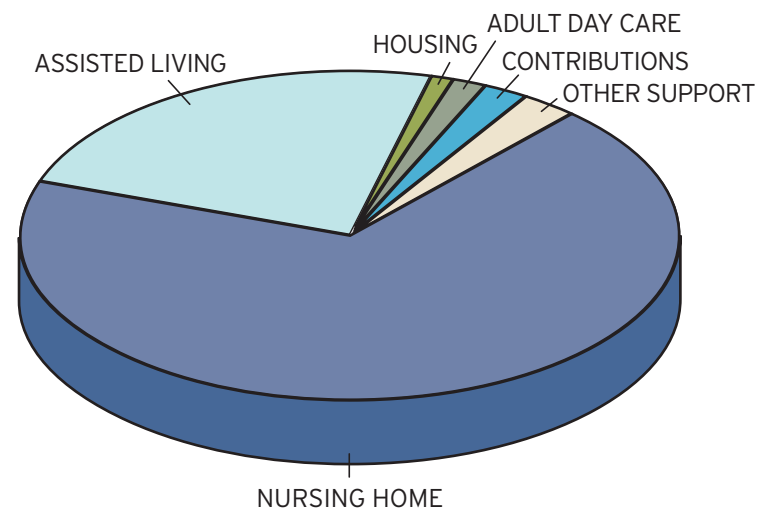
Total Operating Expenses **\$22,974,421**

Excess (deficiency) of revenues over expenses **<\$272,610>**

OTHER NON-OPERATING INCOME

Change in net unrealized gains on investments	\$16,698
Gain on sale of property	\$0
Total	\$16,698

Change in Net Assets **<\$255,912>**





817 Main Street N.E.
Minneapolis, MN 55413

www.catholiceldercare.org

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Organization
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In their own words...



“We are able to give families peace of mind that their loved ones are in a safe environment where they can be active, engaged and healthy during the day.”

*Ruth Lindquist
Adult Day Services Activity Director*