

Fall 2015

# Connections



*Coming Together, in Loving Compassion*



Nurturing Life's Ageless Spirit





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



**Dear Friends:**

In the fall issue of *Connections*, you'll discover many ways we nurture the mind, body and spirit with your support; whether its offering care with a servant's heart, easing isolation and loneliness, sharing creative musical performances with residents and the wider community gathered together, or expanding our capability to meet growing care needs.

Our mission stands and moves on the legs of an ever-growing community. We cannot do this work alone, so we reach out to big-hearted friends like you. You make a difference by joining with us to do the important work that makes life better for older adults.

As you'll see, our friends feel so deeply about what we do, they step up - whether it's by attending our fall fundraising luncheon or offering an estate gift as a final act of generosity - to make something good happen every day.

We're grateful that you also recognize that life is precious, and that it's especially important in the later years to feel valued and included, to find meaning and purpose.

Thank you for your friendship and support.

Sincerely,

William J. O'Brien  
Chair, Board of Directors

Dan Johnson  
President and Chief Executive Officer



**P.S.** If you have a FACEBOOK account, we encourage you to 'Like' Catholic Eldercare.

So much happens between the spring and fall newsletters, **FACEBOOK** is a great way to stay informed about the engaging activities and programs residents enjoy.

**Catholic Eldercare**  
Nurturing Life's Ageless Spirit

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**In This Issue**



Donors gather to celebrate and support the Catholic Eldercare mission ..... **P. 4**



Ground was broken October 20 for the new transitional care and adult day addition, lauded as a great resource for seniors and families ..... **P. 7**



Learn more about the importance of the adult day program for enhancing the lives of seniors still living at home..... **P. 8**



Meet dedicated night supervisor Bariaala Kpuinen, RN, who brought her compassion for seniors from Nigeria to Northeast. .... **P. 10**



You make a real difference in the lives of seniors by supporting Catholic Eldercare. Discover the many ways to support the Catholic Eldercare mission ..... **P. 11**



Discover the extraordinary, soul-stirring musical performance program at St. Anthony of Padua Chapel - it's for the entire community, too! ..... **P. 17**



We welcome two new board members..... **P. 18**

**Mark Your Calendar!**

The **14th annual Celebrate Lifelong Living Luncheon** fundraising event will be held September 22, 2016 at the Earle Brown Heritage Center in Brooklyn Center.



# Luncheon Friends Fund Programs Seniors Enjoy



The Celebrating Lifelong Living Luncheon, held September 17 at the Earle Brown Heritage Center, was enjoyed by generous guests who make a tremendous difference in the residents' quality of life.

More than 500 friends attended the 13th annual *Celebrating Lifelong Living Luncheon*, donating \$100,000 in annual fund gifts to support the meaningful and engaging programs at the heart of the residents' daily life. Gifts fund the programs that nurture, engage and inspire: pastoral care, therapeutic recreation, pet therapy, and the volunteer program.

If you were unable to attend the luncheon, it's not too late to donate. You will find a donor envelope included in this newsletter.

Catholic Eldercare CEO Dan Johnson told guests that the organization needs support from the community to respond to human needs and make life as good as it can be for seniors. "Friends, we're nurturing life's ageless spirit. That's our calling, making this happen for seniors of all faiths requires all of us. Thank you for stepping up, supporting our mission, and making something great happen every day."



Dan Johnson, CEO



Andrea Satter shared with guests the supportive and meaningful life her grandfather enjoys at Catholic Eldercare.

## "We're Grateful"

The luncheon's family testimonial speaker was Andrea Satter, whose grandfather, Bill Riemerman lives at MainStreet Lodge. Bill escaped Hitler's reign of terror in Austria, but not before he saw his father and other Jews take a final journey to their death at Buchenwald. Bill enjoyed life in America with his family until he started having health issues in his later years. After looking at 14 senior communities, the family says Catholic Eldercare rose to the top of the list.

"At MainStreet Lodge, he has everything he needs and still fully enjoys his independence and dignity," Andrea said. "The staff are warm and kind, and treat Grandpa so well. They keep him safe, engaged and healthy. It's been wonderful to see MainStreet Lodge become his home. We're grateful."

Board members Bill O'Brien, Suzanne Snyder, Father Glen Jenson, and Al Hofstede Jr. also participated in the luncheon event as speakers.

To view the uplifting new video, which premiered at the luncheon, please visit [catholiceldercare.org](http://catholiceldercare.org).



## Thank you Luncheon Sponsors!

These sponsors generously funded the 2015 luncheon event, enabling every donor gift to go directly to support the Catholic Eldercare mission.

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- \*Host of two tables  
\*\* Board Members



# Benefactor Donates Historic Charitable Gift

A Twin Cities woman, who died in 2011, bequeathed more than \$420,000 to Catholic Eldercare, the largest charitable gift in the organization's 33 year existence.

The donor was a friend of founder Sister Ruth Roland who died in 2013. The benefactor considered Catholic Eldercare one of the "best places to do God's work," according to the estate's trustee. The donor was described as frugal and always cautious with her resources. "She and her husband were intelligent investors and quiet philanthropists who used their own money and did not seek attention for their generosity."

The gift is to be used to benefit the care of women, a reflection of the donor's lifelong interest in helping women to make good choices in life.

"We are so grateful for this final act of generosity," said Director of Advancement Kristine Smyth. "This benefactor, who enjoys life eternal, will continue to make a lasting difference for the women residents who live at Catholic Eldercare."



The late benefactor, who wished to remain anonymous, was a long-time friend of Catholic Eldercare's co-founder Sister Ruth Roland, shown here.



*Catholic Eldercare is one of the "best places to do God's work."*

# Rectory Demolition, Groundbreaking Make Way for TCU/Adult Day Expansion Project

The ceremonial groundbreaking was held October 20 for the 40,000 square foot addition to Catholic Eldercare on Main. The new wing will include a 24-bed Transitional Care Unit (TCU) and rehabilitation therapies department, and a remodel of the adult day department. Construction is expected to be completed by next fall.

To make way for the construction, the St. Anthony of Padua Rectory, built in the 1920s, was demolished July 28.

## "A Great Resource"

At the October groundbreaking, community leaders applauded the project as a much-needed resource for older adults in Northeast, downtown, and surrounding suburbs.

Minneapolis City Council member Jacob Frey called Catholic Eldercare "A great, important facility for seniors and families. We're proud of this project. Northeast needs it," Frey said.

Currently, there is no transitional care unit in Northeast for seniors who need a bridge from hospital to home after surgery or an illness. "The TCU will help reduce costly rehospitalizations by ensuring patients are healed and strong enough to return to their previous lifestyle," said CEO Dan Johnson. "The adult day expansion will help seniors still living at home but needing care and socialization during the week," Johnson added. "Catholic Eldercare by Day helps them to maintain the lifestyle most preferred, living as independently as possible and at home for as long as possible."

Other guests for the groundbreaking ceremony included Catholic Eldercare board members, co-founder Al Hofstede Sr., Father Glen Jenson, and Sister Mary Helen Gevelinger, OP, the Prioress of the Congregation, Sinsinawa Dominicans, who spoke warmly of the late co-founder Sister Ruth Roland and her inspired vision and leadership.



Honored guests and city officials attended the October 20 groundbreaking and dedication ceremony.



It took mere hours for the St. Anthony of Padua Rectory - built in the 1920s - to be razed.





# Heart of the Matter

## Eldercare by Day Enhances Seniors' Well-Being, Offers a Respite for Caregivers



Many older adults still living at home need assistance. The *Catholic Eldercare by Day* program is designed for seniors who can no longer manage independently during the week. They need mental stimulation and socialization to ease isolation and loneliness. By Day enables them to get out of the house and enjoy time with friends. The program also promotes well-being for family members, too, in the form of a respite from caregiving duties. Loved ones can enjoy a much-needed break to attend to personal needs or rest and relax, while being assured their loved one is safe and well cared for.

**Joyce McIntosh** is the director of *Catholic Eldercare by Day*. She sat down for a conversation about the benefits of the adult day program.

**Connections:** Many seniors living independently at home or with family are struggling. How does *Catholic Eldercare by Day* help them?

**Joyce:** The program is part of the larger strategy to help people age in place at home. It's more cost-effective and offers a higher quality of life. People prefer to live in their own home for as long as possible; they and their caregivers know what they need and we want to honor that.

**Connections:** Describe your typical client?

**Joyce:** Often, *Catholic Eldercare by Day* is the first step on the senior care continuum. It may be someone who cannot manage alone when family is away. The senior may have mild cognitive impairment, they may not be taking their medications or eating well. When a family calls, we help them evaluate their situation as well as look at home safety issues to prevent falls. So we're evaluating rugs and floors, the types of shoes being worn, whether there's need for support bars in the bathroom. After they're attending adult day for awhile, family members often report their loved one's memory is better and that he or she is more engaged and content.



**Connections:** What kinds of activities and benefits do clients enjoy during the weekday program?

**Joyce:** First, there are lots of fun things to enjoy. They enjoy nutritious meals and fellowship with friends. We talk about current events, play games, and do exercises that enhance balance and movement. We enjoy frequent outings to parks, museums, art activities, and we go to a lake for boating and fishing. Also, when the client is with us during the week, we're extra eyes and ears, watching for any confusion or personality changes that may indicate a health concern. Sometimes, an infection, vision or hearing loss can contribute to confusion which may be mistaken for dementia. Our nurse sees the clients daily; they have their vitals taken and can receive therapies or bathe in a safe environment. We have a wonderful partnership with HealthPartners so a physician specialist and Nurse Practitioner can come to see clients on short notice, and have blood work and x-rays done right here at Catholic Eldercare.

**Connections:** How does *Catholic Eldercare by Day* benefit family members?

**Joyce:** Uninterrupted sleep is non-existent for most caregivers. They grow exhausted from providing constant care, so *Catholic Eldercare by Day* often begins as several hours of respite time for them. They have time to rest, run errands and recharge. One woman told me that after dropping off her husband with us, she went home and slept all day. She was just worn out. So, adult day enables the caregiver to regain some control of their life while knowing their loved one is being well-cared for and enjoying the time away. It's a win-win.



**Connections:** And, the program is much more affordable than having a home health aide come to the house, right?

**Joyce:** Definitely. Adult day costs less than half the expense of having a home health aide come to the house for eight hours. Our program gets the senior out of the house and engaged in many fun and educational activities with expert oversight and care, versus having an aide coming into the home to provide basic home care. *Catholic Eldercare by Day* offers a richer, fuller experience and clients are excited to come every morning. Our skilled and experienced staff ensures clients obtain the greatest possible benefit from the program.





Bariaala Kpuinen, RN

Nursing home evening supervisor Bariaala Kpuinen loves her work, a passion borne of the Christian values she learned as a child in Nigeria. Her father was a baptist pastor at a Mission House, her grandmother served as a village mid-wife, so Bariaala often helped minister to the sick and needy. "I was born into

caring for those in need. We don't have nursing homes in Africa, so the family cares for their elderly. My sisters and I, for example, would take turns living with my grandmother for a few weeks at a time because she needed help," Bariaala explains.

Bariaala's dream was to become a doctor, but she soon found that goal financially out of reach. Instead, she obtained degrees in forestry and renewable energy and management. In time, political unrest caused her family to flee Nigeria as refugees. Now married, Bariaala and her husband migrated to Germany where he pursued studies in pharmacology. In 2001, they immigrated to the United States and began the daunting work of building a new life here. Bariaala labored at a window factory, then her healthcare passion began to blossom. She pursued nursing training, first obtaining licensing as an LPN and later a Bachelors degree in Nursing. She joined Catholic Eldercare in 2003.

Now, the days are especially long as she pursues a DNP (Doctorate in Nursing Practice) and faithfully cares for frail older adults with a servants heart. "We have the most important job in the world," she says, "I bond with these residents and learn so much from them, life lessons and such. It's now my time to help them. I feel privileged."

Families notice her compassion and commitment. "Bariaala would always come into my mother-in-law's room singing and smiling. She just loved her," says a family member.

Bariaala says she's passionate about helping people with health issues so they can live well. Another passion is her Christian faith. "I've come so far and it wasn't easy, but God helped me to persevere and not give up." It's a lesson she shares with her co-workers. "My father always believed in the importance of an education, telling us to try to be at the top of our field. I tell my staff that they can do more, too, to achieve their goals."

When asked how she likes working at Catholic Eldercare, her face brightens. "Catholic Eldercare is a wonderful place to work. They walk with you, they support you. Thanks to their help, I've been able to get an education to empower myself to help others."

When she had a break from her doctoral studies over the summer, Bariaala took the opportunity to become a licensed insurance broker, to help immigrant families. "I tell them they need to plan for a rainy day so they don't always have to live on the edge."

On a crisp, fall evening, Bariaala walks across the parking lot after her shift has ended. Shortly, she's back to the home she shares with her husband, parents, a brother and his wife and baby. "Three generations under one roof," she exclaims with a smile. "I never imagined I could come this far, but God knows we can do so much more than we can ever imagine."



*"We have the most important job in the world. I bond with these residents, and it's a privilege to care for them."*

## Your Annual Fund Gifts:

- support a Pastoral Care Program and St. Anthony of Padua Chapel which helps enrich the lives of seniors through worship, music, and fellowship;
- ensure a strong Volunteer Program that brings neighbors and residents together in friendship and engaging activities;
- help fund the Adult Day Program which eases isolation and keeps seniors involved, active, and independent;
- support staff improvement and mentoring programs which enhance the relationship with the residents;
- and support the Subsidy Fund for seniors who outlive their financial resources while they are living at Catholic Eldercare.

Thank you! Your financial support helps fund the engaging programs and activities residents enjoy. This generosity helps offset the funding gap between the true costs of care and the amount reimbursed by the government.

During the fiscal year of October 1, 2014 to September 30, 2015, individuals, businesses, and foundations donated approximately \$677,400 in gifts, pledges, and deferred gifts.

**Capital Fund:** Supports ongoing programs and future capital needs.

## 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.

### A Tribute gift can:

- honor a parent or grandparent on Mother's Day, Father's Day or other holidays;
- commemorate a special occasion such as a birthday, wedding, anniversary, graduation, recital or other memorable moments;
- recognize the military service of a veteran;
- and, honor a beloved staff member or volunteer.

**For more information, visit [www.catholiceldercare.org](http://www.catholiceldercare.org) and click on DONATE**



# Generous Friends!

Catholic Eldercare acknowledges the generous individuals, corporations, foundations and associations for their charitable giving. These gifts were provided from April 1, 2015 through September 30, 2015. Every effort is made to ensure accuracy. If you see an error or omission, please contact the Office of Development at (612) 362-2430.

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**Ted Wlazlo**  
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John Gratzek  
Guadalupe and Wayne Gysland  
Olive Hachlowski  
The Hannah Family  
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Ena Joseph and Paul Wood  
Eugene and Marie Joseph  
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Washburn-McReavy Funeral Chapels





# Leave A Legacy - Give an Estate Gift

Your estate gift, through the *Sister Ruth Roland Planned Giving Society*, supports the spiritually-enriching pastoral care and other programs that bring meaning to life for residents. Your generosity ensures Catholic Eldercare residents enjoy dignified lives in a safe, loving home.

An estate gift, in the form of a will bequest, living trust or gift annuity, is a wonderful final act of generosity.



Ken Baltes and Dorothy Elion  
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Alan Winters Estate†  
Stanley Wruck Estate†

† Deceased

*Please notify us if you have included Catholic Eldercare in your will. We'd appreciate the opportunity to thank you for your generosity.*

## The official legal bequest language for Catholic Eldercare Community Foundation is:

"I, [name], of [city, state, ZIP], give, devise and bequeath to Catholic Eldercare Community Foundation, 817 Main Street NE, Minneapolis, MN 55413, [written amount or percentage of the estate or description of property] for its unrestricted use and purpose."

*For more information on planned giving options, please contact Director of Advancement Kristine Smyth at 612-362-2494 or visit [www.catholiceldercare.org](http://www.catholiceldercare.org) and click on Giving.*

# St. Anthony of Padua Chapel's Music Program Grows in Popularity

Northeast residents enjoy world-class musical performers at St. Anthony of Padua Chapel, thanks to the efforts of Music and Liturgy Coordinator Jaclyn Schwartz. The summer *Tuesical Summer Concert Series* featured vocalists, musicians, dancers and actors. The performers have been seen in venues such as the Guthrie Theater, Chanhassen Dinner Theater, the Ordway, and Carnegie Hall.

"It's wonderful to share the musical arts with the community," says Jaclyn, "and we have such talented performers who volunteer their time to share their creative gifts with us. It just amazes me."

The residents and performers love the concert series. Pianist Roderick Phipps-Kettlewell says after his performance, he was deeply moved when a resident in a wheelchair told him, "I feel like I'm floating out of this chair when I listen to your music."

Jaclyn expects to have twice monthly performances throughout the year. Upcoming concert information will be posted on the Catholic Eldercare and St. Anthony of Padua Chapel Facebook pages.

*St. Anthony of Padua Chapel at Catholic Eldercare has received a new grand Kawai piano from Beth and Darin Pilacinski. It is a charitable gift in honor of Darin's grandparents Ted and Frances Wlazlo, both were residents at Catholic Eldercare. Thank you!*

*The old piano was donated to the Keys 4/4 Kids, a nonprofit that inspires young people through music and mentorship.*



*Jaclyn Schwartz, Music and Liturgy Coordinator at St. Anthony of Padua Chapel.*

*After Roderick Phipps-Kettlewell performed, he was approached by a resident in a wheelchair who told him, "I feel like I'm floating out of this chair when I listen to your music."*





# New Board Members



**Mr. Hanten** is president and owner of Solidarity Financial, Inc., a financial services agency based in Minnetonka. For several years, he served as a community member of the Development Committee. Over the last several years he has actively supported the Catholic Eldercare mission, attending the President's Lunch and hosting a table at the fall fundraising luncheon. Bob is an active supporter of Pope John Paul II School and serves as a trustee at All Saints Church. Bob and his family live in Orono.



**Mr. Schrempp** is the president of Union Bank in Northeast Minneapolis. He's had family members living at Catholic Eldercare. Jeff provided expertise in the financing of RiverVillage, and has been a consistent presence at the fall fundraising luncheon. Jeff has a longstanding commitment to the Northeast Minneapolis community where he was born and raised. He is active in the Lions Club and attends St. Boniface Parish. Jeff lives in Maple Grove.

## Board of Directors

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Catholic Eldercare on Main**

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# The Catholic Eldercare Community

includes these residences and programs:

## 1101 On Main independent living

The newest residence in the Catholic Eldercare community has 52 one-bedroom and two-bedroom luxury rental units for independent adults. Located just one block from the main Catholic Eldercare campus, 1101 On Main addresses a growing need for affordable rental housing in Northeast Minneapolis. For more information, please call 612-378-8814 or visit [www.1101onmain.com](http://www.1101onmain.com).

## Catholic Eldercare by Day adult day center

This program offers care and programming for the senior who may require modest assistance when a spouse or other loved ones are unavailable to attend to their needs. Adult Day also serves as a respite for family caregivers who may find it increasingly challenging to care for an older adult all the time. The weekday program is affordable and flexible. Clients may be eligible for financial assistance. Transportation can be arranged. Located at 817 Main Street, NE in Minneapolis. 612-379-1370.

## RiverVillage East assisted living and memory care

## RiverVillage North subsidized living

This inviting 107-unit senior campus, located adjacent to St. Hedwig Church in Northeast Minneapolis, offers affordable market rate, assisted living apartments and memory care (East) and independent, subsidized units (North). Located at 2919 - 2921 Randolph Street, NE. 612-605-2500.

## MainStreet Lodge assisted living

This assisted-living residence, located at 909 Main Street NE in Minneapolis, includes 51 comfortable apartments. The Lodge is adjacent to the nursing home and St. Anthony of Padua Chapel. 612-362-2450.

## Catholic Eldercare on Main skilled nursing

A 150-bed skilled nursing residence, with dedicated memory care floor. Located at 817 Main Street NE in Minneapolis, the nursing home is physically connected to St. Anthony of Padua Chapel for ease of worship and socialization opportunities. 612-379-1370.





## Upcoming Events

***Selim Center for Learning in the Later Years lecture series on the rich history of Northeast Minneapolis, its places, people, architecture and artists. November 5, 12, 19,***  
10 a.m. - 11:30 a.m. Session one will be held at St. Hedwig Church. Sessions two and three will be held at St. Anthony of Padua Chapel. \$40 for the series or \$15 per session. To register call 651-962-5188

***Elder Enrichment Series: Christmas In Art  
Monday, December 7, 2015***

1:30 p.m. to 3:00 p.m. at MainStreet Lodge. This is a slide presentation showing the ways that the Christmas story has been presented over the centuries. Examples of artwork from the early medieval period to the modern era will be presented by Kristin Anderson. Free and open to the public. To register, please call 612-362-2450.

***Celebrate Lifelong Living Luncheon***

September 22, 2016, Earle Brown Heritage Center.



Nurturing Life's Ageless Spirit