

# CONNECTIONS

FALL/WINTER 2018



**Catholic Eldercare**

Nurturing Life's Ageless Spirit

*In this issue:*

- **Gratitude for The Green**
- **Tech advances in senior care**
- **Lives changed by Adult Day** *and more...*



## Dear Friends:

This year marks Catholic Eldercare's 35th anniversary. As far as organizations go, we are still in our adolescence. Yet, it's amazing to reflect on how far we've come. In so many ways, we have realized the dreams of the founders and those who led us so well: The Albert J. Hofstede Care Center, MainStreet Lodge, RiverVillage North and East, Catholic Eldercare by Day, Catholic Eldercare at Home, Transitional Care, Rehabilitation Services and now Wyndris. We are humbled to see all these communities and services working together to provide a full continuum of choices for older adults—allowing them to continue living fully with dignity and in community.

Our Board of Directors has asked, "Now what? What lies ahead? What will our community need?" To respond effectively, we are embarking on a nine-month strategic planning process under the skilled guidance of Olivia Mastery and the Collective Action Lab.

We know a few things: affordable housing is an ongoing issue and keeping our older friends safe is a priority. Most want to live in their homes to age in community with others. So how can we help? Over this coming year we will look deeply at what may lie ahead for us. Change? Most certainly! Challenge? Always! Opportunity? We are confident it is there for us to seize.

Through it all, we're encouraged by this thought: we do not face this alone. We have you, our strong community of friends who surround us with support and breathtaking generosity. I can point to no better example than the delightful transformation of The Green—with its gorgeous fountain, bench seating, gardens and walkways, refurbished shrine and historic

reminders of our past. At night, this serene setting is beautifully transformed by light, shadow and the sound of falling water. It is truly stunning—and we could not have done it without you!

We will keep you informed as future directions unfold. Meanwhile, let us know what you and your older loved ones need. And tell our story to someone you know—someone who might find us to be a resource to them as we've been to you. Better yet, bring them with you the next time you visit. We hope it's soon!



Suzanne Snyder  
Chair, Board of Directors



Dan Johnson  
President and  
Chief Executive Officer



## Welcome...

We are pleased to welcome Lynn Varco to Catholic Eldercare as our Chief Development Officer.

Lynn has over 20 years of experience in helping charitable organizations and generous people find common ground, including at Catholic Charities of St. Paul and Minneapolis and as Executive Director of the Children's Home Society of Minnesota Foundation. He holds an M.A. in Catholic Studies from the University of St. Thomas and is a 2018-19 Policy Fellow at the Humphrey School of Public Affairs at the University of Minnesota. He brings that experience and skill, not to mention a comfortable presence, to Catholic Eldercare at just the right time.

We are saying goodbye to Kristine Smyth, who successfully held this role for 15 years and will retire

in 2019. While no one can replace Kris, we are absolutely confident you are going to enjoy getting to know Lynn.

CEO Dan Johnson comments, "Meeting Lynn is like being with an old friend you just haven't seen for a while. It's a pleasure catching up!" Lynn looks forward to his new role and says, "Catholic Eldercare has been a leader and an innovator within a vibrant part of Minneapolis. I welcome the chance to help build investment on behalf of such a worthwhile mission."

Please make him feel welcome. Help him get to know us!



## Welcome New Board Members!

Chris Fitzmorris has been the Chief Financial Officer with Northeast Bank for 20 years. He continues to be one of Catholic Eldercare's strongest advocates.



James Peters is a Healthcare Practice Leader and Senior Consultant with Leap Technologies, Inc., and will be a valued asset to the board with his leadership, financial and process analysis background.



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.





# At Wyndris, Northeast Character Comes Through



*“I Can’t Wait!”*

That’s the sentiment of just one of the many future residents of Wyndris–Catholic Eldercare’s new 62+ community in Northeast Minneapolis.

And no wonder: Wyndris promises to bring a new level of amenity-rich living previously unavailable in this cherished neighborhood.

Each of the expansive 1- and 2-bedroom floor plans boasts high-end finishes, natural accents, designer kitchen and bath features, private terrace views and more. Plus, the shared community conveniences—including a club room with outdoor firepit and barbeque, 24/7 wellness center and indoor dog exercise area—have all been thoughtfully designed to encourage active, socially engaged living.

Several depositors have already reserved their apartments. With construction nearing completion and a Grand Opening event scheduled for December 5, we wanted to hear from some future residents to learn more about why they chose to call Wyndris home.

### What drew you to want to live in Northeast Minneapolis?

**Andy:** I was drawn to the Northeast because of the ethnic cultures throughout the area. It’s rich with varied religions, restaurants and businesses for young people and the elders. It’s just a beautiful mix.

**Jackie:** The Northeast is a like a small town. There are houses passed down through generations and apartments with young people who bike and share garden plots.

### Sounds like the location was an important factor in your decision.

**Andy:** Definitely. Wyndris is located on a scheduled bus line. That means my car can stay in the garage while I bus to concerts or the downtown YMCA. It also makes it easy to transfer to a train to the Mall of America.

**Jackie:** I love that I can easily walk to three different live music venues to hear everything from oldies to classic rock.

### What are you most looking forward to at Wyndris?

**Andy:** I like the outdoors, so I look forward to walking the tree-lined boulevards and through the many parks. There’s also a nearby golf course. And the Saturday morning Farmer’s Market is a must!

**Jackie:** I can’t wait to meet my neighbors, to have an outdoor space to relax with a book or a friend. I’m a saver, so I’m also looking forward to having all my utilities included in my rent.

### How important is it that this is a Catholic Eldercare community?

**Andy:** Very. I like that Wyndris will put me within a block of Catholic Eldercare’s campus, where I now volunteer. The Catholic Eldercare facilities—assisted living, nursing home with memory care, the beautiful St. Anthony of Padua Chapel—all provide a sense of security as one ages.

**Jackie:** Since I have a small family and only one of my kids lives in the metro, I need a home with friends my age. It’s comforting to know my daughter won’t have to worry if my health changes and I need to move. We know Catholic Eldercare is there for me.

# Wyndris

A CATHOLIC ELDERCARE  
COMMUNITY

*Experience Northeast Independent 62+ Living at Its Finest.*

## GRAND OPENING

WEDNESDAY, DECEMBER 5TH  
3:00 - 7:00PM

*4:00pm Ribbon-Cutting Ceremony*

Join us for some delicious food, great conversation and live music as we unveil Wyndris–Catholic Eldercare’s exciting new independent 62+ NE community. Meet staff and tenants, tour apartments and get a first glimpse at amenity-rich living with a family atmosphere.

**929 2nd St. NE, Minneapolis, MN**

*Tours • Local Food • Live Music • Refreshments  
Prize Drawing • Valet Parking*



*Now Taking Reservations—  
Call to Schedule a Personal Tour!*

612-277-2902 | [wyndris.com](http://wyndris.com)



# A Day of Gratitude on *The Green*

Just a year ago, Catholic Eldercare reached out to donors, families and the community to help transform the corner outside St. Anthony of Padua Chapel into an inviting outdoor green space. The response was overwhelming—so many caring souls answered the call!

On September 25, we were proud to acknowledge this stunning show of generosity at a dedication ceremony for “The Green at Catholic Eldercare.” President and CEO Dan Johnson was on hand—joined by staff, select board members, residents and neighbors—to officially bless and open the outdoor expanse.

The beautiful, newly landscaped area features fresh grass, garden beds, bench seating, wheel-chair accessible walking paths and a lovely stone water feature.

As stunning as it is soothing, this central unifying element was donated by Jerome and Patricia Strauss Hartlaub, both of whom participated in the design of the fountain and deserve special thanks. Trish, who grew up just six blocks away, also spoke at the event:

“It is gratifying to know that Eldercare and the surrounding northeast community will benefit from this gift,” she said. “It is our hope that the residents of Eldercare [and] the community will enjoy the soothing sounds and the life-giving light of the fountain for years to come.”

The original intent for The Green was to give every Catholic Eldercare resident the opportunity to feel the sun on their face and interact with the outdoor world around them. It will definitely do that. But CEO Dan Johnson believes this space will offer much more.

“Benches throughout will provide multiple destination spots for friends and family to be with their loved one—someplace other than their room or apartment. And we now have enough green lawn to allow for a family

picnic or for our annual petting zoo. Centered and near the chapel is a circular pad that will support outdoor performances, ice-cream socials or brats and beer on a warm summer afternoon.”

Johnson says there is quite a bit of daily traffic where The Green lies now, and he hopes those who stop by will walk up and sit for a moment before getting

on with their day. “It doesn’t matter whether Catholic Eldercare is a part of your history or you simply want to enjoy the charm of a new and enhanced, lovely urban setting,” he says. “We hope everyone will find the new Green as a natural aid to prayer—or just a quiet place to reflect.”

The work is nearly completed. The Shrine of Our Lady of Perpetual Help—a favorite Northeast destination rich with history and meaning—requires maintenance and updates. To learn how you can support this important work, visit [catholiceldercare.org/giving](https://catholiceldercare.org/giving) today.





# THANK YOU FOR MAKING *The Green* HAPPEN.

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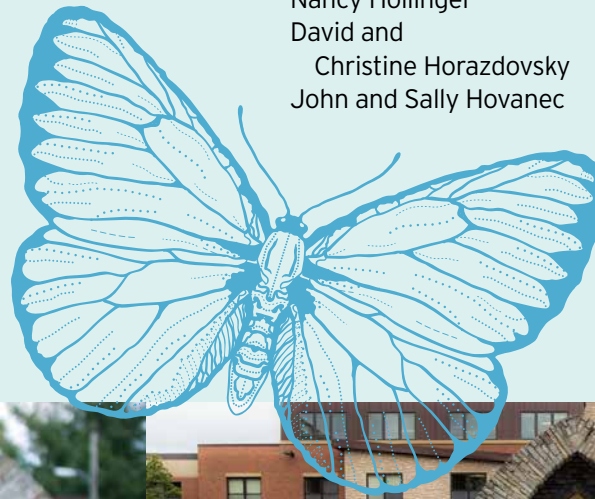
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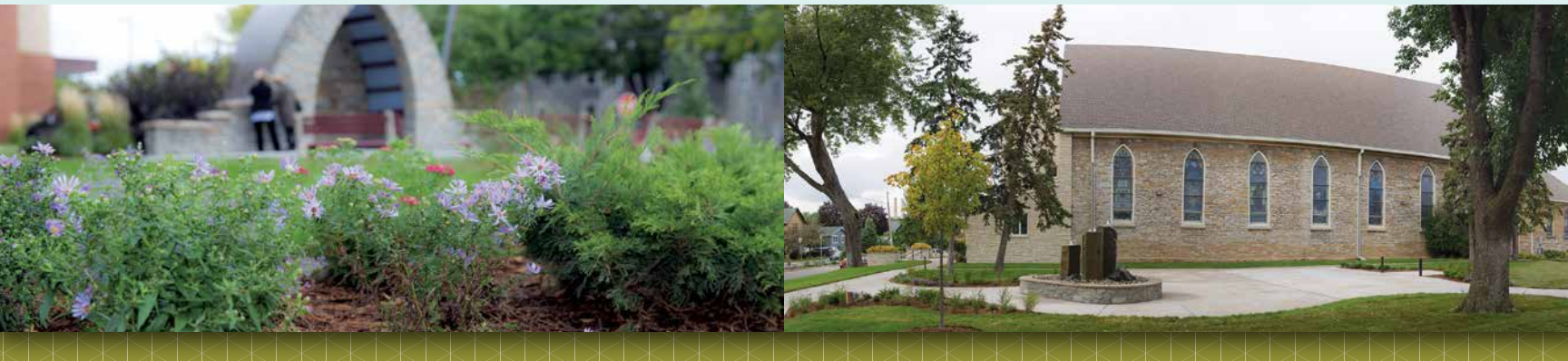


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We are pleased to announce the formal dedication celebration for the restored Our Lady of Perpetual Help Shrine with the Archbishop presiding in early Summer of 2019.

Look for updates on [catholiceldercare.org](http://catholiceldercare.org) and our Facebook page.



# TODAY'S TECHNOLOGY IS IMPROVING SENIOR CARE—AND LIVES

So often discussions about emerging technology revolve around its impact on younger generations. But step into any senior living environment today and you'll find that technology is impacting the lives of older adults as well—perhaps in more profound ways.

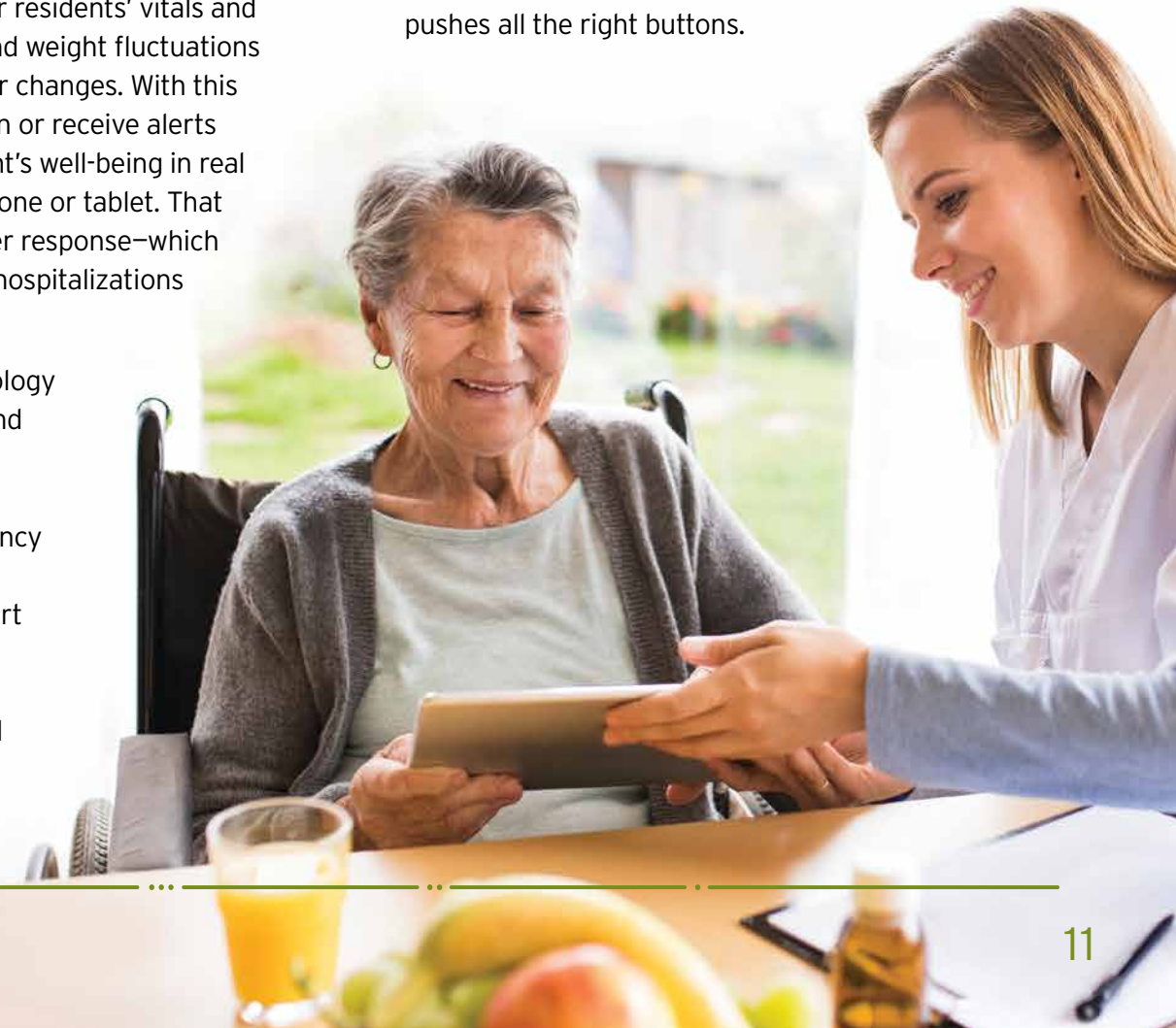
Many communities have already implemented electronic health records to more efficiently and securely handle residents' private information. But today's technology has the power to do so much more—like improve care, enhance services and provide a greater degree of choice for residents.

Thanks to community-wide, wireless Internet, many communities are now able to offer advanced telehealth services that remotely monitor residents' vitals and needs—from blood pressure and weight fluctuations to mobility issues and behavior changes. With this technology, caregivers check in or receive alerts regarding changes in a resident's well-being in real time, right from their smartphone or tablet. That faster notification means faster response—which results in fewer resident falls, hospitalizations and adverse drug reactions.

This kind of monitoring technology also adds a layer of security and safety, especially for memory care. Many communities now feature 24/7 Personal Emergency Response Systems (PERS), wearable tech with wander alert functions, community-wide entrance cameras, medication tracking systems and more—all of which can be monitored via staff devices.

But technology isn't just improving quality of care—it's improving quality of life too. In some communities residents now use video chat platforms to connect with family and friends face to face—allowing them to participate in events like birthdays or weddings that may be happening miles away.

Of course, these advances aren't without their challenges. Cost can be a factor for some communities, systems must be interoperable to be effective, and staff must be trained. But with each new technology breakthrough comes a new opportunity to improve the lives of our loved ones. And for most of us, that idea pushes all the right buttons.





# Awakened by Day

Meet Robert and Denise Sloan—a father and daughter forever grateful for your ongoing support of Catholic Eldercare.



“I think it’s helped my mother more than probably us,” Denise says. “She used to have to take Dad everywhere with her—getting coffee, knitting with the girls, whatever. Now we know that he’s going to Catholic Eldercare and we don’t have to wait by our phone or sit on pins and needles.”

After meeting with Catholic Eldercare staff and touring the community, Denise and her family knew Bob would be in good hands. “Everyone here is really invested in making a difference, and it shows.”

Bob began attending the Adult Day program two days a week, but Denise and Bob are now considering going every weekday.

“It’s been a real difference maker,” Denise says. “He enjoys the people, the singing, the food. He remembers the names and faces of the people he’s met here and looks forward to coming. Every Tuesday and Thursday, he’s the first person on the

bus to go to Catholic Eldercare. Something in him has been revived and awakened—and that’s a really good feeling.”

Bob agrees: “I think friends and connections are important. If you got a place to go, to sit down and talk with people, have a conversation—whether it’s about music or last night’s television—that’s important.”

Speaking of musical connections, one of the things this musician loves most is getting the chance to sing and play with friends again. “We got a good glee club here,” boasts Bob. “I’m supposed to be a bass player, but I don’t play much now. But I have fun when I do. So that makes it a good place to be.”

Catholic Eldercare offers so many essential programs to help loved ones like Bob live more fully and make the most of every day. Your generous donations make it all possible. Please consider giving today. And thank you for your continued support.

*“I think donations truly make a difference. It’s important to let the people that do the work know that what they do matters. I can tell you it has mattered to my family immensely.”*

*—Denise Sloan, family member*

Denise Sloan knew something wasn’t right. Her dad had never been one to sleep in until noon, sit in silence or miss a meal. A musician, tennis enthusiast and family cook, Robert (Bob) Sloan was used to being active and busy. But a recent doctor’s visit showed signs of dementia—and Denise began to worry her dad was giving up to the disease.

“My dad went from being very mobile and teaching tennis every day to just kind of being that ‘dear old dad,’ dealing with dementia issues.”

A detour to Denise’s favorite car wash took her past a Catholic Eldercare community. Curious, she stopped in. “From the moment I walked in, I was already sold,” Denise says. “I thought, this is going to be a good place for my dad to be with people with similar issues.”

Though her parents already resided in a senior community, Denise saw that Catholic Eldercare’s Adult Day program could provide the additional programming, resources and caregiving support they now needed.

## Make a Difference. Donate Online!

Visit [www.catholiceldercare.org](http://www.catholiceldercare.org). It’s secure, quick and meaningful!

### QUICK CLICK TO GIVE

By visiting [www.catholiceldercare.org](http://www.catholiceldercare.org), you can quickly access comprehensive information on the various ways to support the mission.

1. Go to **[www.catholiceldercare.org](http://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 April 1, 2018 through September 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 2017-2018 donors, please visit catholiceldercare.org.

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## WYNDRIS INDEPENDENT LIVING

929 2nd Street NE,  
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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,  
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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

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2919 - 2921 Randolph Street, NE,  
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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,  
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Our assisted living residence includes 51 comfortable apartments and is adjacent to the Care Center, St. Anthony of Padua Chapel and lush green spaces.



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817 Main St. NE  
Minneapolis, MN 55413  
Phone: 612-379-1370  
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Catholic Eldercare provides the care, housing and services needed by older adults to continue living fully – with dignity – in an intentionally created community.

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.

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To continue improving our residents' quality of life, we need quality people for the following positions:

- Dining Aide
- Registered Nurse or LPN
- Home Health Aide
- Registered Nursing Assistant
- Receptionist

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