Pastoral care is about meeting the spiritual needs of the residents; helping them make meaning of their lives. It is about being present to listen and help guide the process as they reflect on life’s struggles, difficulties, and joys. And most of all, pastoral care helps them see where God has been present through all of it. This is the heart of the Catholic Eldercare mission. Meet St. Anthony of Padua Chapel’s Priest-in-Residence John Brandes on p. 6.
Dear Friends:

With this fall issue of Connections, we introduce a fresher, bolder format that reflects the exciting direction Catholic Eldercare is taking as we identify and meet growing needs in our community.

Our new tagline - Nurturing Life's Ageless Spirit - represents the essence of what we do as a senior care organization. Catholic Eldercare is a place where quality, loving care matters. A home where residents enjoy their leisure, make friends, and remain engaged, regardless of that number we call age. A place where kindness reigns, and always with faith as the centerpiece.

For more than three decades, we’ve been building and sustaining a loving and caring community for seniors. We want seniors safe, content, and well cared for – not lonely and isolated. Families see us as a caring partner, so they can move beyond the worry and stress of the past and treasure this time with their loved ones. The well-being of those we serve is the focus of all we do, and that makes everyone feel better.

Making this happen, for seniors of all faiths, requires a collaboration with you. We stand together to honor and serve our community’s older adults during their time of need. We’re grateful to have you walk with us.

Sincerely,

William 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.
In This Issue

Always responsive to community needs, Catholic Eldercare is planning its largest expansion project in more than a decade. And the end results will enhance our capacity to better serve older adults – throughout the community – in exciting new ways. Catholic Eldercare is stepping up - to make life better.  P. 4

Priest-in-Residence Fr. John Brandes shares his thoughts on the importance of pastoral care, ministering to older adults, and the faithful calling he continues to feel even in retirement.  P. 6

More than 500 friends and supporters gathered September 18 to celebrate and support the Catholic Eldercare mission at the 12th Annual Celebrating Lifelong Living Luncheon. Read Nancy Utoft’s inspiring family story.  P. 8

RiverVillage resident Ellen Boroughf wants the world to know more about the engaging life she enjoys at her assisted-living residence, so she maintains her own blog - The Contented Alfie. Enjoy Ellen’s fun story on  P. 10

You make a real difference by supporting Catholic Eldercare. We’re so grateful. Discover the many ways to support the Catholic Eldercare mission.  P. 16

We welcome new leadership to the Catholic Eldercare Board of Directors.  P. 18

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 Sandi Westberg at swestberg@catholiceldercare.org or call 612.362.2430.

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

Equal Opportunity Employer
Always attentive to community needs, Catholic Eldercare is planning a 40,000 square foot wing which will include a 24-bed, short-stay Transitional Care Unit, for patients recovering from surgery, a stroke or injury; and a significantly enhanced Adult Day program which helps seniors maintain their independence while giving loved ones a respite from caregiving duties.

“‘There’s a growing need for services, close to home, that promote independence,’ says CEO Dan Johnson.

About 50 percent of the planned project is new construction with the remainder being remodeled existing space.

Skilled nursing care, along with physical, occupational and speech therapies, will be available for TCU clients - resident and outpatient - at the main Catholic Eldercare campus (817 Main St. NE). A satellite clinic, offering rehabilitation services for residents and outpatients, is now operational at RiverVillage East (2919 Randolph Street, NE).

Construction planning for the TCU follows a market assessment that identified a strong, local need for quality physical, occupational and speech therapies available in a short-stay setting. "‘Hospital admissions are decreasing and more care is being provided on an outpatient basis,’ says CEO Dan Johnson.

“As our population ages and grows, people want convenient, ready access to care services near their homes.

**Adult Day Program Expansion**

The Catholic Eldercare By Day expansion is a response to the growing need for weekday adult day support to help seniors maintain their independence. For many families trying to cope with the challenges of an aging parent, the program is an ideal option between struggling to live independently and full-time residency in a more structured setting. And, it’s a great respite for stressed caregivers who can use the time to relax or run errands and take care of other duties.
“Love does not overcome your lack of endurance. There are a lot of challenges involved when taking care of an aging adult. Mother has really blossomed in adult day,” said a client’s daughter.

Renewing the Spirit

A day spent with a circle of friends feeds the spirit and eases loneliness. Participants enjoy games and art activities; outings to museums, the mall, or a popular fishing spot, nutritious meals and snacks, pastoral care and daily worship opportunities. Seniors can even enjoy a relaxing therapeutic bath or a spirit-lifting visit to the beauty salon.

Seniors often experience improvement in their physical and mental well-being due to the increased socialization and nutritional support this program offers. A special day program is also available for elders with dementia. This custom-designed program ensures elders are free to be themselves in a relaxed, secure environment with caring staff and volunteers.

Next Phase?

Still to come? Beautiful enhancements will be made to the pastoral, green space surrounding St. Anthony of Padua Chapel, so the tranquil grounds are handicap-accessible and family-friendly. The grounds will be an inviting, landscaped destination for activities and peaceful reflection for the parish and the wider community.

Outpatient Rehabilitation Services Available

Outpatient physical, occupational and speech therapies are now available at Catholic Eldercare (817 Main Street NE), and at the new satellite clinic located at RiverVillage East (2919 Randolph Street NE). Individuals with a Parkinson’s diagnosis can receive specialized care, as well, thanks to the new collaboration with the Struthers Parkinson’s Center.

For more information on the outpatient Rehabilitation Services open house or to schedule an appointment, please call 612-362-2415.
Father John Brandes
is the priest at St. Anthony of Padua Chapel. He sat
down recently to discuss his pastoral care role and the
importance of faith in the lives of seniors.

Connections: After serving most recently at St.
Boniface for eight years you retired, but haven’t slowed
down much at age 88. How are you enjoying your new
role at St. Anthony of Padua Chapel?

Fr. Brandes: Well, I’m officially retired but want
very much to continue to serve for as long as I can. It’s
a beautiful opportunity for me, a privilege really. I’m happy.
At my age I can include myself among the older adults
we serve. It helps me understand their challenges. I have
an opportunity to speak with the residents, to see what
crosses they’ve taken up, such as loss of independence,
loss of spouses and their homes, and also what challenges
the caregivers face. And as we approach the mystery of
death and the promise of Heaven, wide-eyed wonder can
overcome fear of the unknown because of faith, trust, and
love. That’s beautiful.

Connections: The Catholic Eldercare mission is
about helping people live dignified lives, and to reach their
greatest potential. To live fully, with faith at the forefront.
You must see the fruit of this mission every day.

Fr. Brandes: Most people are happy and grateful. They
have fun, they help one another. It’s a privilege to witness,
it’s love put into action.

Heart of the Matter

Pastoral care is about meeting the need of the inner person,
being present in life’s difficult moments, helping to ease
hurts, reconcile relationships, encourage perseverance, and
offer hope. We all need pastoral care. Someone who will
listen to our struggles and join us in celebrating life’s joys.
This pastoral presence is at the heart of the
Catholic Eldercare mission.
**Connections:** Pastoral care is always important but especially so as this life begins to reach its conclusion.

**Fr. Brandes:** I think a big part of the success of Catholic Eldercare is the pastoral care. The chaplains are wonderful and the people love them. I spoke with a man whose mother had died after being at the nursing home for only two days. He told me, ‘I love this place!’ Two days. We are here for the welfare of the residents and their families.

We’re also blessed to have a liturgist, Jaclyn Gavin, who is musically very talented and understands seniors, even at her young age. She brings a lot of artistic talent which is a wonderful way to communicate Jesus, through the arts. It’s a language for the soul.

**Connections:** Although your ministry has taken you elsewhere in the world, to places like Guatemala where you served for a decade, you’re back on home turf now so to speak.

**Fr. Brandes:** I grew up in North Minneapolis and the family home once stood where a portion of I-94 is now. My father was from the northside, my mother from the southside, and a grandmother lived on Marshall Street here in Northeast. I live at 1101 Main in Northeast.

**Connections:** When did you first sense a call on your life?

**Fr. Brandes:** I was in fifth grade, and we had a wonderful priest on the northside who started a Vocation Club for the altar boys. In school, we held the priests in high regard. The Holy Spirit used these small things to reach me in a profound way. I enjoy being a priest; it’s an opportunity to live in Christ and to talk about God, to study and pray, and serve.
Ellen Boroughf – under her pen name The Old Baguette – blogs about her fun, engaging life at RiverVillage East.

Ellen Boroughf is engaging, opinionated, and outrageously fun. She loves living at RiverVillage East, gathering with her friends for morning coffee, and taking advantage of the many lifelong learning activities and events.

“I cannot stand the word senior,” she says, letting the word slowly slip from her lips. And then, with perfect comedic timing, “Unless I’m getting a discount.”

**Ba da boom, ba da bing!**

Ellen, 80, moved in during August 2013, after recognizing that her growing health challenges required a new lifestyle, in a place where she could get the support she needs. “You can only impose so much on friends, they don’t have the time, lives of their own, families of their own,” she says. “So, moving here was the responsible thing to do.”

She quickly fell in love with life at her assisted-living facility, or her ALF as she calls it. “I’m an ALFie, and I love it here. There are friends around, the food is wonderful and I don’t have to cook. There is so much to enjoy here. And it’s freeing. I’m satisfied,” says the former teacher and University of Chicago and Wellesley grad.

Ellen has a quick and curious mind as she begins her ninth decade. Several months ago, she decided the world needs to know what it’s like to grow older and live in an assisted-living residence. Soon, she had created her own blog, TheContentedAlfie.Com and came up with a pen name - The Old Baguette. She was in business.

On a sunny morning in late spring, Ellen takes a seat at her computer and begins to compose her blog post for the day. She’d just returned from visiting with friends and everyone had a marvelous time, a morning filled with laughter and great stories.

Most residents look happy and contented, despite their age, their creakiness and their neediness, because what this ALF does, it does right.
“I cannot stand the word senior,” Ellen says, letting the word slowly slip from her lips. And then, with perfect comedic timing, “Unless I’m getting a discount.”

Ellen blogs, she explains, to give people of all ages an accurate sense of aging and what life can be like after one leaves their long-time home. “Many people have a fear of moving into any kind of an assisted-living facility, an actual fear,” she exclaims. “They don’t know what it’s all about, so I decided I would write something that was true. I’m not making anything up.”

The Old Baguette can’t help noticing that staff members seem to be called to be caregivers.

She pauses from the keyboard and finishes her thought for a visitor.

“The staff here is exceptional. They’re all intelligent, they’re caring, some of them are incredibly funny. Life here is the best that people, who really care, can give you. It’s amazing.”

“People, in moving from an apartment or a house, may think this is where I’m going to go to die. They’re wrong,” Ellen says with emphasis. “This is a place to come and live!”

Ellen is featured in the new Catholic Eldercare video. View it online at www.catholiceldercare.org/video.html.

A Life in Poetry: An Odyssey

Ellen Boroughf wrote this poem about her transition to life at RiverVillage.

The years have made me a fragile antique, my feet ache, and my joints creak.

I’ve a patina of crinkles, fine lines, and wrinkles.

Truth be told, I’m old.

Because of inevitable wear and tear, antiques like me need frequent repair.

Parts subcutaneous, that were deemed extraneous, are no longer there.

My knees were replaced, and my neck was braced, with hardware.

Details of how, when, and why I’ve been sick, are contained in my chart. It’s ten inches thick.

I lived alone. Friends worried and insisted I needed assistance. Hmm should I or shouldn’t I offer resistance?

My trusted primary physician, a practical, skilled clinician, said, “Get the assistance.”

My friend Linda happened to know of a wonderful place. A feast for the eye, filled with peace and grace. All the help I’d ever need would be available there.

That perfect place? Catholic Eldercare.

I moved in on August first of last year, Putting an end to my friends’ growing fear.

At Catholic Eldercare. I’m active and busy with friends to spare.

Best of all I’m free, free, free. Free to be totally, utterly me.

Am I still old, a creaky antique? You betcha!
Celebrating Lifelong Living Luncheon Raises $120,000

520 friends and supporters gathered September 18 to celebrate and support the Catholic Eldercare mission at the 12th Annual Celebrating Lifelong Living Luncheon.

The audience was moved by the heartfelt testimonial given by Nancy Utoft whose family has long-time ties with Catholic Eldercare. Nancy’s mother, Jeanette Windyk, currently lives at MainStreet Lodge. “When it became obvious Mom needed more help in daily living, the choice was clear - Catholic Eldercare,” Nancy told the crowd.

“We’ve experienced a spirit of joyfulness. As family members, we also feel cared for by the staff. They provide encouragement and a perspective on the aging process that sheds light on our situation, putting to rest concerns and anxious moments. After a recent rehab stay following a hospitalization, Mom said to me, “I can’t wait to go home.” I asked: ‘So, where is home?’ Her response: “MainStreet Lodge.”

“We cannot do this alone; we need you.”

CEO Dan Johnson shared plans for mission expansion, including a Transitional Care Unit and remodeled Catholic Eldercare By Day program (see story on p. 4.) He also shared details of other new programs to better serve seniors and their families:

- Catholic Senior Connection provides a licensed social worker for parish families to help them identify senior care needs that best fit their situation. Services include housing, home health, meal delivery, chore services, transportation and caregiver support.

For more information call 612-605-2509.
• The Neighborhood Socials Project eases loneliness and isolation through regular social gatherings, so seniors are better able to build connections and make friends. The program also offers a gateway opportunity to ascertain other needs seniors may have such as delivered meals, home health and pastoral care.

For more information call 612-605-2509.

“We can’t do all of this on our own. This is not a solo performance. We are in this together. With you, we can achieve a greater good. We can have a greater impact, make a bigger difference,” Johnson said. “We need you.”

Thank you Luncheon Sponsors!
These sponsors generously funded the 2014 luncheon event, enabling every donor gift to go directly to support the Catholic Eldercare mission.

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Nancy Utoft shared her family’s story with guests. “When it became obvious Mom needed more help in daily living, the choice was clear - Catholic Eldercare.”

CEO Dan Johnson explained new mission expansion, including a Transitional Care Unit, an enhanced Adult Day program and a new initiative to ease loneliness and isolation in the community.
Thank You Friends!

Thanks to your generosity, Catholic Eldercare is better able to provide the quality care and services seniors desire. The following gifts and pledges were given between April 1, 2014 and September 30, 2014. Every effort is made to ensure accuracy. If you see an error or omission, please contact the development office at 612-362-2430.

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Mary Warhol
William and Jeanette Varhol
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Frances Weber
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Catholic ElderCare
Your Gift Matters

Catholic Eldercare is blessed by generous friends like you. Your generosity brings a special zest to the lives of seniors every day. Donor gifts support a pastoral care program that is vital as seniors live their lives and prepare for life eternal.

Your generosity also supports the fun, engaging therapeutic recreation and art activities, and the popular volunteer program that builds friendships and helps seniors in many other ways. Donor gifts also support the Subsidy Fund for seniors whose financial resources may be depleted while they are living at Catholic Eldercare.

Thanks to you, Catholic Eldercare can fully fund the programs seniors enjoy, even as costs rise and government reimbursements decrease or remain flat.

For more information on giving options, please contact Director of Development Kristine Smyth at 612-362-2494.

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.
Leave A Legacy With Your Planned Gift

An estate or inheritance gift enables you to leave a legacy and make a difference in the community by supporting Catholic Eldercare’s mission.

We invite your participation in the Sister Ruth Roland Planned Giving Society, which recognizes donors who support with their deferred or life-income gifts the life-affirming mission.

Sister Ruth Roland Society

Ron Ackerman
Ken Baltes and Dorothy Elion
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Charles E. Sullivan
and Sandra West
Eugenia R. Taylor
Mr. and Mrs. John D. Whalen
Alan Winters Estate†
Stanley Wruck Estate†
† Deceased

Please let us know if you have included Catholic Eldercare in your will.
We would like to thank you!

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 Development Kristine Smyth at 612-362-2494 or visit www.catholiceldercare.org and click on Giving.
Leadership Update

We welcome two new members to the Catholic Eldercare Board of Directors.

Al Hofstede Jr.
A 2003 University of St. Thomas graduate, Mr. Hofstede is the Vice President of Sales and Consulting for Corporate Health Systems, Inc.

Mark Glodek
Mr. Glodek, a 1988 graduate of the College of St. Thomas, is the owner of Commercial Flooring Services.

Thank You!
Ruth Kildow
Catholic Eldercare thanks retiring board member Ruth Kildow for her long-time dedication and work on behalf of seniors. Ms. Kildow has served on the board since 1999.

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Kimberly King
Administrator, Catholic Eldercare on Main
Kristine Smyth
Director of Development and Marketing

Catholic Eldercare
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.

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.

Short Term Stay rehabilitation services
Specialized, short-stay care helps you transition to the next phase of recovery or return to your home and an improved quality of life, following a hospitalization or change in health status. Short Stay Services is the ideal option for individuals recovering from a stroke, injury or surgery. 817 Main Street, NE in Minneapolis. 612-362-2444.

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

November 16
Pavia Wind Quintet at St. Anthony of Padua Chapel.
3 p.m.

December 1
Elder Enrichment Series
"Singing the Christmas Story With St. Luke"
Instructor: Carolyn Bliss
The birth of Jesus as told in St. Luke’s gospel is surrounded in song. And people have been singing about this birth story ever since. A look at the songs of Luke, Chapters 1-2, and the hymns and carols that have grown out of our familiar words of Luke 2:1-14.
1:30 - 3:00 p.m.
Mainstreet Lodge
Free and open to the public. Call 612-362-2450 to register.

January 11
Classical Concert hosted by Thursday Musical at St. Anthony of Padua Chapel.
2 p.m.

For the latest upcoming events, please visit www.catholiceldercare.org.