

Catholic Eldercare to collaborate with St. Anne's for new senior residence

Catholic Eldercare will provide management and staffing for a new senior residence under construction across the street from The Church of St. Anne-St. Joseph Hien in North Minneapolis.

Groundbreaking for the St. Anne's Community Affordable Senior Housing Project was held October 12. Construction is expected to be completed by fall 2007.

The three-story brick and stucco residence, being built at 26th Avenue and Queen Avenue North in Minneapolis, will provide 59 affordable studio, one- and two-bedroom apartments.

The senior housing initiative represents a public/private endeavor similar to Catholic Eldercare's RiverVillage residence at St. Hedwig's parish in Northeast Minneapolis. The goal is the same — to respond to elder needs for quality, affordable senior housing and services.

"This project fits Catholic Eldercare's mission perfectly," says Catholic Eldercare President and CEO Mary Broderick. "It expands our ability to serve older adults of limited incomes and to be a resource to the surrounding community."

A portion of the apartments will have rents at 50 percent and 60 percent of the area's median income level. The residence also will include underground parking, a landscaped garden and plaza, library and community spaces.

This new elder housing initiative will be featured in the Spring 2007 Connections newsletter. Inquiries may be made to Catholic Eldercare Marketing Manager Sue Shasky at 612-605-2515 or via e-mail at sshasky@catholiceldercare.org.

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Left to right: Kris Brogan, Executive Director, St. Anne's Community Development Corporation (SACDC); Shaun McElhatton, Leonard, Street, and Deinard; Mick Kukielka, US Bank; Tom Johnson, KKE Architects; Joyce Klevens, Board member SACDC; Jeff Laux, Board chair SACDC; Mary Broderick, Catholic Eldercare President & CEO; Carolyn Olson, Greater Metropolitan Housing Corporation, Catholic Eldercare Board member; Steve Kilmer, Sr. VP, Bossardt Corporation



Photos courtesy of Overdog Art

Fourth Annual Celebrate Lifelong Living Luncheon Raises \$200,000 to Support Programs and Care



President and CEO Mary Broderick with Board Chair Fr. Charles Froehle, pastor of Our Lady of Lourdes Catholic Church



Archbishop Harry Flynn

Nearly 500 Catholic Eldercare supporters attended the fourth annual *Celebrate Lifelong Living Luncheon* held September 21, and raised \$200,000 in gifts and pledges to help support Eldercare's annual fund, the *Renewing the Spirit Capital Fund Drive*, and renovation of the Catholic Eldercare on Main nursing home. These charitable gifts are vital because they help lessen the financial gap between government reimbursement rates and the actual cost of the engaging programs and quality care provided for elders.

"We are so grateful for the support we have in the community," said President and CEO Mary Broderick. "These charitable gifts make possible the special aspects of our care and programming enjoyed by our elders."

Matching gift generates \$165,000

A group of supporters offered a combined \$110,000 two-for-one matching gift against the first \$55,000 raised at the luncheon event, raising \$165,000. \$110,000 of the amount raised is dedicated to the *Renewing the Spirit Capital Fund Drive* for renovation of the nursing home. A very special thanks to these generous friends: Diane and Peter Donnino and Frana and Companies, Ray and Sally Haik, Jim Keane, LeJeune Family Foundation, and two additional donors who wish to remain anonymous.

Approximately \$33,000 in sponsorships was raised due to the generosity of local businesses.

Luncheon program participants included Archbishop Harry Flynn, President and CEO Mary Broderick, board member and business leader John Hovanec, Director of Pastoral Care Peggy Thompson, and family member Kathleen Buffington.

Buffington, who delivered a powerful testimonial, shared her heartfelt gratitude for the care her mother receives.

"The many wonderful people that I have gotten to know and love at Catholic Eldercare have helped make my visits with my mom at this difficult time in her life enjoyable, meaningful and most memorable. She feels safe, comfortable, and loved. She's content. All of these people are doing God's work; they are angels on earth. Thank you from the bottom of my heart."

The next *Celebrate Lifelong Living Luncheon* is scheduled for Thursday, September 13, 2007. For more information or to become a table host, please call Kristine Smyth at 612-362-2494.

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Sister Ruth's Journey

Among the guests at the fall luncheon was Catholic Eldercare co-founder Sister Ruth Roland who — in her quiet, humble way — left RiverVillage and returned to her Sinsinawa community near Dubuque, Iowa, last June.

“I always had a horror of staying at Eldercare too long, of overstaying my welcome,” she says with a laugh. “It was time to go; Eldercare is in such competent, compassionate hands. I just felt a new calling, I suppose, to have more time for prayer, for reading, and for my sisters; to enjoy a fuller religious experience.”

God's Country

As dawn breaks over the high bluffs of Grant County, Wisconsin, morning prayer and breakfast unfold in a pastoral rhythm, as it has for more than a century, at the beautiful Sinsinawa Dominican Sisters' campus. Sister Ruth shares this new home with 166 other sisters. The Dominican community has lived among the rolling glacial hills, just across the Mississippi river from Dubuque, Iowa, since 1847. “I live in the beautiful, old convent which was built in 1901,” she says. “It has 12-foot ceilings and huge windows. The grounds are tree-covered, with the entire Sinsinawa Mound community — as it's called — located adjacent to a natural earthen mound. It's just beautiful.”

She reflects on a question about her former life in Minneapolis. “I do miss my many dear friends,” she explains. “But, as at Eldercare and RiverVillage, I am surrounded by dear, frail folks who are also my own sisters.”

Sister Ruth volunteers at St. Dominic Villa, the community's skilled care residence which is home to 62 of her sisters. “We visit and read letters, do pastoral care, take residents for walks. Really, we do what families do for their loved ones at Catholic Eldercare or any other nursing home.”

Ironically, Sister Ruth was serving as administrator at the Villa more than two decades earlier when she first connected with Catholic Eldercare's other co-founders. “Eldercare really adopted the spirit of hospitality from the Sinsinawa community, and over the years 15 Dominican sisters served at Eldercare,” Ruth says.

She regularly volunteers as the Sacristan in the Queen of Rosary Chapel, getting the altar and vestry ready for mass. “Every day brings so many wonderful opportunities to be helpful and kind. There are so many people in need of assistance,” she explains. “People who visit here often comment that they've never been smiled at so often, and that's so wonderful.”

Sister Ruth experiences the joys of faith in many ways, but “most of all the magnificent liturgies, especially on Sundays, and great feasts and funerals. Daily morning and evening prayer is chanted and is powerful and moving,” she explains.

Sister Ruth lives the example of Christian love, helping make life better for those in need through every season of life. Her first calling as a young nun was as an elementary school teacher. Her first assignment? First grade. Later, during her formative work with elders at the Villa, she was confronted by the “tremendous mountain of loneliness,” suffered by many elders, while visiting her own mother in another nursing home. It was a defining moment that helped form Sister Ruth's commitment to offer elders a better way to live, an engaging life, surrounded by faith, family and friends. Her vision came alive when Catholic Eldercare opened in 1980.

“People can't believe that I've retired, but I have,” she says with a broad smile. “It's time to pursue new opportunities for serving and learning, to adopt for myself lifelong learning,” quickly adding that she's attending a yoga class for exercise.

A life being lived as prayer. Being the arms of Christ to those in need of faithful care and loving friendship. Being a visionary, a comforting shoulder, a pastoral presence, a blessing. Amen.



Sister Ruth Roland



Loving Care Makes Lasting Impression

Anastasia “Nell” O’Donnell enjoys a full, engaging life at RiverVillage East, and she can thank her daughter Terry for her new assisted-living lifestyle; it’s just what Nell needs in her late eighties.



Nell and Terry O’Donnell

This story begins in 1994, when AT&T employee Terry O’Donnell spent several weeks at Catholic Eldercare and MainStreet Lodge,

overseeing installation of a new phone system and training staff in its use. “I spent so much time there that I sort of became invisible. And I noticed the remarkably, caring staff. I was impressed that I never heard an unkind or harsh word. Everyone seemed content and happy,” Terry says. “I remember thinking that if Mom or Dad ever needed this specialized care, Catholic Eldercare would be the place to come.”

Nell’s need for such care arrived in the spring of 2004, when she suffered a debilitating stroke. She spent nearly two weeks in intensive care and was given Last Rites. Preparations were made and Nell was sent to hospice to live out what doctors thought would be her remaining weeks.

But Nell surprised everyone. “One day I walked into her room at hospice and she said, ‘Hi, Terry.’ I was floored,” Terry explains. Nell’s condition steadily improved and her family quickly launched a search for an assisted-living residence. “We had a thick book that listed all of the assisted-living facilities, but it was just so overwhelming to go through all the choices and the various care options,” Terry says. “That’s when I remembered Catholic Eldercare. We called and learned that RiverVillage was opening that very month. The memory care unit provided the perfect environment. We arranged a tour and knew that this was the place. We saw it on a Tuesday and moved in on Saturday.”

Although Nell initially needed to live in the Memory Care residence at RiverVillage, her condition improved so much that she was able to move into the assisted-living area.

Today, Nell enjoys a fulfilling life. The only residual effects of the stroke are short-term memory loss and low vision. She still enjoys short walks, listening to music, television, and watching movies with friends. She spends her Wednesdays at the Adult Day Program where she enjoys the many activities and the opportunities to visit with a growing circle of friends.

Terry is happy to know her mother has a wonderful home with access to the care and services that are appropriate for her needs. “She has a great life here now. And that offers such peace of mind for our family.”

Nell is grateful, too. “Everyone is so nice. It’s wonderful to be able to end up in a place like this. I’m happy with what I have, and I’m very content.”

Catholic Eldercare Communities

Catholic Eldercare on Main *Skilled Nursing Care*

817 Main Street NE
Minneapolis, MN 55413
612-379-1370

MainStreet Lodge *Assisted Living*

909 Main Street NE
Minneapolis, MN 55413
612-362-2450

RiverVillage North *Independent Living*

2921 Randolph Street NE
Minneapolis, MN 55418
612-605-2501

RiverVillage East *Assisted-Living,*

Memory Care
2919 Randolph Street NE
Minneapolis, MN 55418
612-605-2500

Catholic Eldercare By Day *Adult Day Program*

817 Main Street NE
Minneapolis, MN 55413
612-379-1370

Learn more about Catholic Eldercare housing and services by visiting www.catholiceldercare.org.

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The excellent care and services Catholic Eldercare brings to the community's elders is possible through the generosity of many supporters. We acknowledge their friendship, support, and ongoing commitment.

These gifts represent gifts and pledges from May 1, 2006 through September 30, 2006.

Every effort is made to ensure accuracy.

If you see an error or omission, please contact the Office of Development at 612-379-1370.

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Nursing Home Renovation to be Completed by Spring

The renovation of Catholic Eldercare on Main got underway during August, and by next spring, the nursing home will sport an enhanced functionality and a fresh, new appearance.

“The renovation started on third floor and quickly moved to second and first floors. It will be a busy eight months, but an exciting time too,” said Administrator Kim King. “The renovation is about making the residence more functional for the residents.”

“We want the look and feel to be seamless, so people can walk from MainStreet Lodge into the nursing home and have no sense that they have left one residence and entered another.”

New paint and carpeting will brighten the public areas of the nursing home, with hallways becoming ever-changing galleries for artwork created by local artists. New wheelchair-accessible furniture will be added to public areas to create comfortable and inviting living rooms for seniors and their family and friends. The nursing floor kitchenettes, where continental breakfasts and snacks are served, will be redesigned to create a more open and inviting space. “Each kitchenette will have a snack bar that will accommodate wheelchairs. “It will be an inviting destination for socializing,” King said.



The main dining room will have new paint applied, and the new look will be complemented by adjustable tables and new chairs. The lobby and atrium will be renewed, too. New furniture, fresh paint and carpeting are planned. The first floor public restroom is being remodeled as well.

The whirlpool and shower rooms are being relocated and completely redone as a more inviting, spa-like destination that will make bath time more relaxing for residents. The new whirlpool tubs will have side doors for ease of use. The new fixtures will be more ergonomic for residents and staff. Residents will enjoy the option of being able to dress in the shower room, if they wish.

The renovation is possible, in part, because of gifts to the ongoing *Renewing the Spirit Capital Fund Drive*.

Volunteer Opportunities Abound

If you have a few hours, Catholic Eldercare can pair you with interesting and fun duties that help bring joy and happiness to elders at RiverVillage, Catholic Eldercare on Main, and MainStreet Lodge.

Catholic Eldercare relies upon approximately 200 volunteers throughout the year, but the residences could use additional volunteers, according to Director of Volunteer Services Trish Flannigan. “We can fit their interests to specific projects, in a way that accommodates busy schedules,” Flannigan said.

Volunteer Opportunities

Catholic Eldercare always needs one-to-one visitors, to befriend elders and help ease loneliness. Individuals also may assist with various therapeutic recreation and art activities, physical therapy assistance, help in the dining room (especially on weekends), and help feed residents who need assistance (specialized training provided). Pastoral care aides help lead singing or recite the rosary during worship services at the various residences. Other volunteers are needed to operate the small nursing home gift shop weekdays from 11 a.m. until 3 p.m., and during other times by special arrangement. Volunteers also perform basic office administrative duties.

Specialized needs include volunteers who are licensed to drive a bus, provide computer education, and conduct informal discussions about antiques and other topics of interest to elders. “We’re always open to ideas for new volunteer roles, too,” said Flannigan. “One man, who had a large library of videos, donated his time to bring them over for sharing with the residents. So that’s a good example of someone doing what they can, coming forward and asking if we have an interest.”

Volunteers are vital to providing a quality, loving home for elders. Last year, volunteers performed 17,480 hours of service at Catholic Eldercare’s residential campuses. This volunteer work had an estimated value, if purchased, of \$315,000. “We’re grateful for the time and talents of our dedicated volunteer team,” Flannigan said.

The ages of volunteers range from an eight-year-old to several women in their 90s. Forty-four percent of Catholic Eldercare volunteers are over the age of 70. While many volunteers live in or near Northeast Minneapolis, others travel as far as Wyoming, Minnesota and Burnsville to serve our elders. “We so appreciate the intergenerational aspect of our volunteer team — we truly are enjoying the wider community,” Flannigan added.

For more information on volunteer opportunities, please contact the Director of Volunteer Services, Trish Flannigan, at 612-379-1370.



Catholic Eldercare volunteers provided more than 17,000 hours of service during 2005. If purchased, this work would have an estimated value of \$315,000



Mornings in the RiverVillage Cafe



Enjoy your mornings!
Stop by for fresh coffee,
abundant goodies, and engaging conversation.
Located at RiverVillage East, 2919 Randolph Street NE.

New Video Available Online



The new Catholic Eldercare video, which premiered at the fall fundraising luncheon, may be viewed online at www.catholiceldercare.org.

RiverVillage Theatre Named for Strauss Family

The theatre at RiverVillage East has a new name. The *Joseph and Pamela Strauss Ritz Family Theater* was dedicated October 3, 2006 to honor the Joseph Strauss family for their long-time support of Catholic Eldercare.

Mr. Strauss served as a Catholic Eldercare board member from 1987 until this year. "It has been a privilege to work with people who are committed to serve our elders, because life is meant to be lived even to the last day. At Eldercare this is not a slogan; it is reality," said Strauss.

"We want to honor Joseph for his leadership, counsel, and friendship over the years, and the Strauss family for their longtime financial commitment to the Renewing the Spirit Capital Fund Drive," said President and CEO Mary Broderick.



Joseph Strauss with co-founder Sister Ruth Roland

The *Joseph and Pamela Strauss Ritz Family Theater* is a popular destination on the RiverVillage campus for residents who want to enjoy fellowship and watch television or catch a movie.

Leadership and Support

Joseph Strauss formerly served as chair of the Catholic Eldercare Board of Directors' Development Committee, helping plan future growth and funding opportunities to serve more elders. He grew up in Northeast, across the street from Catholic Eldercare on Main. As a young man, he worked with co-founder Al Hofstede on the construction crew for Rauenhorst Construction Company. Ironically, they helped build St. Anthony of Padua High School, a building that later became Catholic Eldercare on Main.

Website Resources

The Catholic Eldercare website, www.catholiceldercare.org, includes comprehensive information that can help individuals explore and consider various giving options. Website visitors can click on *GIVING* to explore the latest, updated donor content.

Ways to give: Discover which type of gift is right for you. Whether you want to reduce tax liability or benefit from an increased income stream, there are gift options for every objective.

Gift calculator: The gift calculator allows you to develop "what if" scenarios to help determine the right gift amount for you. Try different options to see how a gift annuity might work for you.

Essentials and glossary of terms: Planned giving doesn't have to be confusing. The new donor resources help you begin down your planned giving path, informing you about living trusts, the power of attorney, and creating a will. The glossary of terms will make legal terms easy to understand.

Reading room: Articles on topics such as annuity trusts to wills and estate planning are available on the enhanced website. These contain in-depth information on a broad range of gift planning topics.

For more information on giving options, please contact Vice President for Development Tom Cierzan at 612-379-1370.



1. Go to www.catholiceldercare.org.
2. Click on "Giving"
3. Select from a comprehensive list of resources on the left side of the page.

Pension Protection Act Offers Benefit for Donors

On August 17, 2006, President Bush signed into law new tax incentives for charitable gifts from donors who are 70 or older. The Pension Protection Act of 2006 encourages financial support of charitable organizations across the United States.

Under the law, you can make a lifetime gift using funds from your individual retirement account (IRA) without undesirable tax effects. Previously you would have had to report any amount taken from your IRA as taxable income, then take a charitable deduction for the gift, but only up to 50 percent of your adjusted gross income. In effect, this caused some donors to pay more in income taxes than if they didn't make a gift at all.

Fortunately, now these IRA gifts can be accomplished simply and without tax complications. Plus, you can make the gift now—while you are living and able to witness the benefits of your generosity.

You may contribute funds this way if:

- You are age 70 or older
- The gift is \$100,000 or less each year
- You make the gift on or before Dec. 31, 2007
- You transfer funds directly from an IRA or Rollover IRA
- You transfer the gift outright to one or more public charities, but not supporting organizations or donor advised funds

How The New Law Works

Pat, aged 80, has \$450,000 in an IRA and has pledged to give \$75,000 this year. If Pat transfers \$75,000 from the IRA, she will avoid paying income tax on that amount. She cannot, however, claim a charitable deduction—it is a pure “wash.” Pat has found an easy way to benefit charity without tax complications.

If she desired, Pat could give more than \$100,000. The legislation allows a maximum \$100,000 gift in both the 2006 and 2007 tax years. So Pat could give \$100,000 each year. If her spouse has an IRA and is 70 or older, he can also give up to \$100,000 each year.

How to Make a Gift

Prior to making a gift, contact the recipient organization to ensure that they are an eligible organization. Once you have received this confirmation and any special instructions, contact your IRA custodian to transfer your desired amount.

For More Information

It is wise to consult tax professionals if you are contemplating a gift under the new law. Please feel free to contact Thomas A. Cierzan at 612-362-2408 or tcierzan@catholiceldercare.org with any questions.

Furry Fun

In June, the annual Petting Zoo was held for Catholic Eldercare residents and other neighborhood residents. The St. Anthony of Padua Church yard was alive with furry friends and their human buddies.



Green Thumbs, Spirits Fed



Michael Langason-Fusina, right, is shown in his garden with friends Jim Olson, left, and Albert Yerich.

Michael Langason-Fusina, a native of Cameroon in West Africa, and a resident of RiverVillage North, enjoyed many days this summer and fall in his garden located at the large community garden site just north of RiverVillage.

“I have always enjoyed gardening. A small garden will help you. The harvest is wonderful,” he says. This year, he tended three garden plots, each approximately 15 by 20 feet. Michael’s garden generated a robust harvest of flowers, corn, pumpkins, huckleberry, and a type of spinach native to Cameroon.

Michael taught rural education back in Africa years ago, and his love of gardening followed him here in 1998 when he immigrated to the United States. Ill health prompted the move, as he joined five of his nine children who also live in the U.S. He’s found that the gardening is therapeutic. “When you get to the garden you can just enjoy the crops growing there, and you can relax. It is a place of relaxation,” he explains.

Michael and his wife Regina celebrated their 50th wedding anniversary during October. They remain grateful for their life at RiverVillage. “It is a very enjoyable place, a happy place to live. Life is good. We can garden and go to church, and the people make us happy.”

RiverVillage residents also enjoyed the fruits of a garden plot nurtured by a group of volunteer Girl Scouts. The scouts attended their garden plot in groups of two, seven days a week. Residents were invited to join them. The produce from this garden was used in special dishes prepared by the residents.

Meanwhile, MainStreet Lodge and RiverVillage cooks started serving fresh, organic vegetables during the summer. Some of the produce and herbs arrived weekly from River Bend Farm, a certified organic farm located in Delano. During mid-summer, residents were enjoying a wonderful variety of fresh produce, including cucumbers, kohlrabi, zucchini, patty pan, basil, green beans and calliope. The chefs visited the Minneapolis Farmer’s Market to purchase additional organic produce. Residents were pleased with the fresh and tasty vegetables at mealtime.

Organically grown food is food grown and processed using no synthetic fertilizers or pesticides. Pesticides derived from natural sources (e.g., biological pesticides) may also be used in producing organically grown food. Increasingly, some consumers are purchasing organically grown and processed foods as a way to reduce their exposure to synthetic pesticides and fertilizers.

Thanks to RiverVillage staff member Sue Shasky for assisting with this article.

UPCOMING EVENTS

NOVEMBER

November 20, 7:00 p.m.

Interfaith Thanksgiving Service
Northeast Middle School

November 30, 2:00 p.m.

Minnesota Sinfonia Holiday Pops Concert
St. Anthony of Padua Church

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