

Letters from Home

for the friends of Gianna Homes

FALL/WINTER 2012

Serving our community since 1999

A Midsummer Night's success

We have some wonderful news to open this month's *Letters from Home* thanks to the generosity of our resident families, friends, staff and donor organizations, our *Midsummer's Night* fundraising event on August 17 was a huge success!

Organized to raise donations for our city required kitchen upgrades (see page 9), this was our largest fundraising effort yet. And we couldn't have pulled it off without the generous support of *Friends* like you! Together, we raised \$88,000 of the \$123,000 needed to complete renovations. We want to thank vocalist Erin Duffy and her band for the amazing music, especially for their renditions of *Dancing with Bears*, *Somewhere Over the Rainbow* and *What a Wonderful World*. And special thanks to Barb for sharing Gary's story of Frontal Temporal Dementia. It was truly moving. Perhaps the most heartwarming moments of the evening came during the musical tributes to our residents—all so touching.

Again, thank you to all who donated their time and money to this event. Though we still have more to do to meet our year-end goals, with your continued support I know we can make it. Your commitment to helping our residents with memory loss live more active and engaging lives is appreciated by those who aid them and, most importantly, by those who call Gianna their home.

Barb and Gary Sustad



A Midsummer's Night



Nancy Kiskis, Marvin Cofer, Sharon Burnham



Grace and Pearl Phillips



Tina DeRosier, Alice Atem, Bob Kauffman

More event photos on page 8.

Volunteer Profile



Bussmann Family

A notice on a community bulletin board started our experience at Gianna Homes. We began volunteering with Alexa (14) playing piano and Mark visiting with resident Lenny. Soon Erika (12) also started playing piano at Gianna. Last summer, Erika and Alexa switched off playing piano and spending time with residents. Once, while Erika was playing a waltz, Alexa was talking to residents Betty and Heather and Betty suggested dancing. The three of them held hands and danced around the dining room. It was a really sweet experience.



Mark and Lenny take weekly walks with the Gianna Homes dog Rigley.

Mark has continued to go on walks with Lenny. Our boys William (9) and Andrew (9) like to tag along when Mark and Lenny go on strolls for ice cream or a cup of coffee. Michelle also drops in occasionally. Our family is inspired to volunteer at Gianna Homes so we can serve others. We come once a week not for personal gain, but to glorify God. It makes us happy to see the smiles on the residents' faces and know that we have made their day a little better.

– The Bussmann Family



Erika provides piano tunes to inspire song and dance from Gianna Homes residents.



The Bussmann family: Mark, Erika, Michelle, Alexa, William and Andrew

Remembering a Life – Legacy Projects in Dementia Care

What is a legacy?

Legacies are gifts. Legacies are items, traditions, sentiments and lessons passed on from one member of a family to another to inspire memories, spark stories and produce smiles. Involving a person with dementia in a legacy project may allow them and their family to express emotions about each other and bring about a sense of belonging and healing.

Possible legacy projects:

- Interview! Record your loved ones' life journey or transcribe their story. Use video, audio recording or handwriting.
- Gianna Homes' music therapist, Claire, can help your loved one record a CD, write a song or tell their biography through a musical timeline. One family member uses the recording of her husband singing as her alarm clock each morning.
- Use a recordable storybook so grandma can read to her great-grandkids.
- Produce a DVD of special photos, quotes and music.
- Create a photo collage or a scrapbook.
- Make a cookbook of favorite recipes.
- Turn a favorite jacket, sweater or blouse into a pillow, quilt or teddy bear.



Creating a legacy project can help reconnect family members, creating new memories together while revisiting their past experiences.

Susan V. Bosak, author of *Dream: A Tale of Wonder, Wisdom & Wishes* and founder of www.legacyproject.org, gives the following tips when interviewing an older adult:

- Interview as if having a normal conversation, only with prepared questions.
- Time is a gift! Ask questions slowly and clearly.
- Actively listen without interruption or correction. Be aware of your eye contact and posture.
- Show understanding if a person chooses to reveal a painful or unhappy time. For example, "That is very sad."
- Accept silence and moments of emotion. Emotion is part of the process.
- Follow the person's lead on what they want to talk about. If they don't want to share something, move on to the next question.
- Be aware of the time – it may take several "sessions" to get through all your questions. A person with dementia may have a short attention span.

For additional ideas, biography templates, interview questions and more, please visit www.legacyproject.org.

Other resources:

Bosak, S. V. (n.d.) *Legacy3*. Retrieved from <http://www.legacyproject.org>

Jones, M. (2007). *Gentlecare: Changing the Experience of Alzheimer's Disease in a Positive Way* (2nd ed.). New Westminster, B.C.: Moyra Jones Resources Ltd.

Laurenhue, K. (2007). *Getting to Know the Life Stories of Older Adults: Activities for Building Relationships*. Baltimore, MD: Health Professions Press, Inc.

– Claire M. Klein, MT-BC, Program Director

Resident Quote

"I can feel the love all around this place."

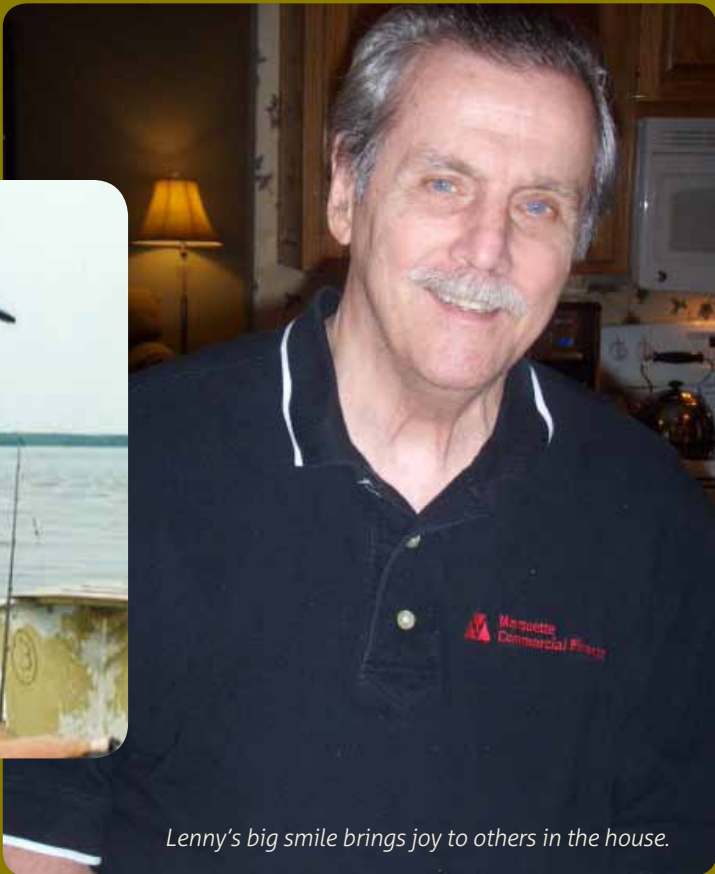
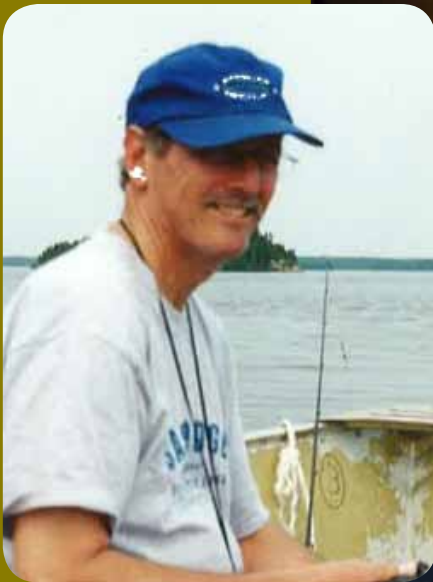
–Don

Resident Stories—Lenny

Lenny was born in Hibbing, Minnesota, and to this day, he is proud to be a “ranger.”

He loves the wonderful ethnic food of the range, including porketta, pasties and sarmas. His claim to fame from his days on “da range” is kicking a young Kevin McHale out of his deer stand.

After finishing college, Lenny decided to come to the big city and took his first job with what was then First Bank Minneapolis. He collected past due car payments and occasionally had to repossess vehicles. More than once, an upset customer put a gun in his back and asked him to leave the car alone.



Lenny's big smile brings joy to others in the house.

On those occasions, Lenny wisely left without the car! He continued his career in banking for nearly 35 years, with his last position being as a Senior Vice President with Marquette Financial.

While working at First Bank Minneapolis early in his career, Lenny met his wife, Nancy. Lenny claims that Nancy tricked him into marrying her, but Nancy's version of the story is the opposite. It was love at first sight and they were married just 18 months later. They had two beautiful children, Alisa and Ryan. Alisa is now married to a wonderful man she met at college, and she and Dan now have three beautiful children, Grace, Ellie and Max. Ryan married a beautiful young woman he met when he was home from college. He and Katie were married last October.



Lenny and Nancy at their niece's wedding.

Lenny loves the water. His favorite thing to do is to be out on a boat in the middle of a lake just enjoying the day, the sun and the peace of it all. A few years ago he fulfilled his lifelong dream of owning a cabin up north. The cabin was built at the same location as the resort where Lenny, Nancy and their kids vacationed every summer. The memories there are priceless.

Next time you visit Gianna, if you see a guy with headphones on singing and swaying to the rhythm, that's Lenny. He loves music and is quite a fine singer. Some, including Lenny, think he sounds a lot like Elvis.

Lenny was diagnosed with Alzheimer's in the summer of 2005. He had just turned 56. He came to Gianna Homes in the fall of 2006. When Lenny comes back from an outing with his family, we are gratified to see him light up with a big smile when he returns to Gianna and sees his caregivers. He has come to love all the wonderful people here who care for him and who he now considers his Gianna family.

– Written with many fond memories
by Lenny's Family



Lenny shares a dance with CNA Miriam.



Lenny learns guitar (Bob Dylan, of course) with the help of music therapist, Claire.

Community Thought

Old Age

Old age is the most precious time of life, the one nearest eternity. There are two ways of growing old. There are old people who are anxious and bitter, living in the past and illusion, who criticize everything that goes on around them. But there are old people with a child's heart, who have used their freedom from function and responsibility to find a new youth. They have the wonder of a child but the wisdom of maturity as well.

–Jean Vanier, Community and Growth

Nursing Care Coordination at Gianna

The nurse's role at Gianna typically begins with reviewing a prospective resident's current condition and needs with a family member, hospital or skilled nursing facility social worker, or a private care management agency. An on-site visit then takes place for a formal nursing assessment of the prospective resident's needs and a determination is made as to whether Gianna is a "fit" for that person.

Consideration is always given to the fact that our residents live in a community setting and deserve to feel safe and secure in their home. Since many of our referrals are people who have complex needs and require more care than they have been able to receive in other settings, the nurse must work with the Gianna team and the client's representative to creatively plan for a successful transition. Our many successful transitions attest to the aptitude of the creative and experienced Gianna staff!

Communication with the primary care providers and specialists begins prior to admission and is of paramount importance to a gentle beginning in our home. The nurse then updates the medical team as needed to adjust the plan of care. Quite a bit of "fine-tuning" often takes place to manage the resident's emotional and physical comfort. Input is provided by the entire staff on an ongoing basis.

The nurse then follows the resident's needs with the responsible parties, medical providers and Gianna staff throughout his or her stay, often through the end-of-life experience.

Carolyn Coffin, RN, BA, MA
Director of Nursing



Carolyn Coffin, RN

Born and raised in St. Louis, Carolyn received her B. A. in history from Vassar College, continued her nursing education at Maryville University, and completed her graduate work at St. Mary's University, Minneapolis, MN.

Carolyn's experience with memory care began with her mother's diagnosis with Lewy Body Dementia almost 21 years ago. First as a member of the care management team while completing graduate work, and later as a member of the nursing staff of a large dementia care residential facility in Rochester, she worked closely with the Mayo Clinic Dementia Behavioral Approach Resource Team. Relocating to the Minneapolis area to be closer to her young adult children, Carolyn became the Director of Health Services at ERS Assisted Living, providing premium dementia care in residential home settings. Carolyn was recruited to join the Evercare team in 2006 as a clinical liaison/care manager, partnering with the nurse practitioner/MD team in several assisted living settings.

When her oldest brother displayed symptoms of memory impairment and a financial setback, she relocated to the St. Louis area to provide much needed assistance to his family. At that time she transferred to Evercare Hospice and continued to enhance her knowledge and experience with end-of-life care. Carolyn is firmly committed to being an excellent resource to our residents, family members, and staff who are dealing with memory impairment and/or end-of-life experiences.

Carolyn enjoys kayaking, biking, working out, reading and walking her daughter's dog Fern (the beagle who was formerly a four-legged resident of Gianna homes) around Lake Calhoun.

Staff Milestones

- Michelle, Human Resources Director of 10 years, completed Dale Carnegie's "Leadership for Managers" training and was certified through the Society for Human Resources Management as a "PHR" (Professional in Human Resources) which requires 60 hours of continuing education.
- Mara, Certified Nursing Assistant of 3 months, will be receiving continuing education for nursing and child development this winter as well as traveling to Columbia for her birthday.
- Karen, Team Lead and Certified Nursing Assistance of 2 years, has enjoyed a year of reconnecting with old friends, including a road trip to Nebraska.
- Shanise, Cook of 3 months, graduated from her culinary arts program.
- Claire, Program Director of 3 years, attended specialty training for hospice music therapy in Michigan this past year.
- Congratulations to Mary, our Home Director, and CNAs Miriam, Susie, Rose and Alice for reaching their 5-year anniversary of service with Gianna Homes!

Resident Quote

"I feel like I can finally call this place *home*."
– Heather

Thank you to Mary Catherine, our summer intern

This summer, 13-year-old visions and projects came to fruition with the help of our summer intern, Mary Catherine Schmidt. Her tireless work ethic saw her through mailings, event preparation, office organizing, data cleanup, filing, scrapbooking and a plethora of other such projects. We will miss her warmth and generous spirit as she returns to her studies at the University of St. Thomas.



CNA Hellen and resident Betty enjoy our earliest picnic lunch ever – in March!



CNA Miriam and resident Lillian share memories and photos of great-grandchildren.



Dear Friends,

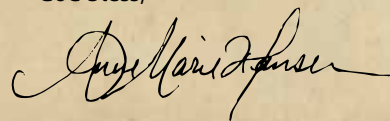
Over the years, I have seen countless selfless acts of generous love from families of our residents. At Gianna Homes, we honor that love and compassion by mirroring it in our own work.

Part of our mission of compassion is that we will not discharge a resident when they run out of funds. This is a huge challenge for us each year and the financial burden of long-term care is heavy, but with the help of generous donors like you, we have been able to help many families. Our hope is that you will continue your support and more struggling families can experience the benefits of a place like Gianna Homes.

Also, as many of you know, the city of Minnetonka is requiring that we upgrade to a commercial kitchen. This comes with a hefty price tag and our recent *Midsummer's Night* fundraising event got us a lot closer to our goal. I want to personally thank all those who attended and donated their time and money. But we still have a way to go. I sincerely appreciate your consideration of a financial gift to help us continue to maintain the level of care and services that our community and residents deserve.

The spirit of generosity and the selfless acts of love we experience here every day is humbling. We love our work and we love our residents—and we hope it shows in everything we do. Thank you for your continued support!

God bless,



Midsummer's Night event photos



Dr. Chris and Julie Johnson



Nick Benecke, Lars Gilyard,
Blake DeRosier, Kojo Addo



Dr. Mark and
Jane Juetten



Bobbi Vaughan, Bill Sutherland,
Patty Henjum, Tom Henjum, Myrina
Kleinschmidt, Don Kleinschmidt



The Kauffman family and guests



Barbara Cavanaugh, Lindsey Kauffman,
Chris Kauffman, Joseph Cavanaugh



Cheryl Broich, Nancy Mareck, Patricia Teynor

Our measured—and unmeasured—model of success

In 2010, Dr. William Thomas of the Eden Alternative, collected data from 276 registered residential care homes similar to Gianna Homes. At the end of a 2-year study, the following results were identified:

- 60% decrease in behavioral incidents
- 57% decrease in stage I and II pressure ulcers
- 25% decrease in bedridden residents
- 18% decrease in restraints
- 26% decrease in nursing aide turnover
- 38% less medications used per day
- 11% reduction in antipsychotic medications and a 10% reduction in anti-anxiety medications (which is about half of the national average)
- 15% decrease in mortality rate
- 50% reduction in infections such as urinary tract infections
- 80% decrease in hospitalizations, emergency room visits and urgent care visits

Even with all of this data to support the positive impact of the smaller more social model of care, there is something far more important which cannot be measured: love, optimism, trust, connectedness, identity, warmth, security, joy and generosity. This can be generously given by our staff because they are allowed the *time* to not just meet the day to day physical needs of our residents, but they have the time to actually engage them in activities, sing a favorite song, hold them when they are anxious, laugh with them and turn confusion into comfort with a single touch or smile.

Donate Directly to Renovations:

(we have listed our needs in order of priority)

Kitchen renovations (cost: \$123,000.)

- The City of Minnetonka is requiring us to upgrade to a commercial kitchen. We have until the end of 2012 to complete this project.

Generator (cost: \$21,700)

- Several times throughout the year, we temporarily lose electricity. Installing a generator will enable us to keep essential things such as heating/air conditioning, water, sewage pumps and lights functioning until the power comes back on, ensuring the safety and care of our staff and residents.

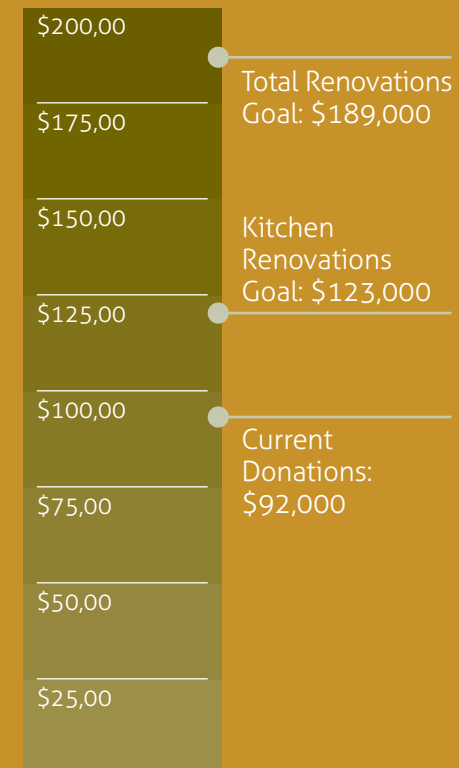
Gutters and downspouts (cost: \$17,200)

- Installing new gutters and downspouts can help channel the water to the back part of our property. This will minimize puddles, ice dams, and ensure safer walking paths for residents and visitors.

Lower level entry door and flooring (cost: \$15,275)

- A new lower entry door with security features will make the home more secure and accessible to visitors while allowing more privacy to nursing and administrative offices.

Donation Goals



List of Donors in the Past Fiscal Year

Above & Beyond Senior Services
Amy Meyer
Andrea Smith
Ann Hanson
Art 4 Life
Beverly and Michael Schmitt
Blythe Brenden
Bob and Mary Joyce
Bob and Teresa Donnett
Bob Kauffman
Boyum & Barenscheer PLLP
BR Schacht and Kay Sorgatz
C.H. and M.D. Gilbertson
Camille Curtiss
Carolyn Coffin
Casey Miller
Chanley and Linda Phillips
Charles and Lois Ann Carlson
Cheryl Olseth
Chris and Julie Johnson
Chris Kauffman
Chuck and Pam Mooty
Claire M Klein
Clint Hooppaw
Colleen Brady and Lillian Brady
Colleen Brady and Ross Siemers
Daniel and Katherine Poppe
Daniel and Marnie Weston Boivin
Daryl and Christine Eastburg
David and Helen Fitzgerald
David and Karen Grandstrand
David and Monica Kilber
David and Vicki Oster
David J. Orlady
Diane Wysocki
Dieter and Joyce Geerts
Don and Myrina Kleinschmidt
Donald and Karen Mooty
Donna Harris
Doris Theisen-Salzl
Dr. and Mrs. Mark Juetten
Dr. David and Barbara Dries
Dr. John and Mary Frances Lane
Dr. John Manion
Dr. Norman and Kathleen Virnig
Dr. Richard and Mrs. Carr
Dr. Steven and Cheryl Moore
Dr. William and Jean Kottemann
Dr. William J. Kane
Edith Holmen
Edward and Teresa Luterbach
Edward St Peter
Elizabeth Dickinson

Fr. Michael Izen
Fr. Patrick Barnes
Fr. Thomas Dufner
Francis and Alice Tangney
Gene and Joanne Christenson
Gladys Wells
Glenn and Darlene Kloskin
Gregory Lehman
Gregory and Michelle Pulles
Guiding Way, LLC
Harold and Beverly Covlin
J E Hughes
Jane Miller
Jean Prather
Jeffrey and Jonel Radke
Jeffrey and Julie Oseid
Joe and Barb Cavanaugh
Joe Hayes
John Crudele
Julie McDonough
K-Manufacturing Incorporated
Karen Barclay
Karen Butler Alwin
Karna Berg
Kathleen A Keding
Kathleen Kane
Kathryn Wingert-Hall
Ken and Cindy Fermanich
Ken and Sheri Williams
Kenneth Rastetter
Kimbery Hansen
Kirk and Mary Nesvig
Kristin Olm
Kristina and Craig DeRosier
Kurt and Sarah Brandt
Kurt and Sue Stenson
L.R. Jackson-Butala
Leroy and Sharolyn DeRosier
Luke Jacobson
Mabel Bockes
Mamie Mary B Haas
Mark Wiseman
Marv Cofer
Mary and Don McCarten
Mary and Michael Regnier
Mary and Russell Bengtson
Mary and Steven Cary
Mary Mooty Kileen
Matthew and Kathleen Dolliff
Michael and Diane Fewer
Michael Moore
Michele Berthiaume
Michelle and Aaron Barclay

N Thomas and Blanche Wolfe
Nadine Gregerson
Nancy and Scott Larson
Nancy M. Kiskis
Nancy Withers
Olseth Family Foundation
P.S. and K.P. Smith
Patricia Kane
Patricia Teynor
Paul and Jean Mooty
Paul and Nancy Barrett
Peggy Wiseman
Peter and Ardythe Germann
Peter and Diane Welvang
Peter Hansen
Richard and Cheryl Broich
Richard and Elizabeth Kleber
Richard and Gail Rapson
Richard and Lisa Nelson
Richard and Mary Lou Schmidt
Richard and Sara Ausman
Richard Greenstreet
Robert and Shirley Benson
Roberta and Daniel Vaughan
Rollie King
Russell and Susan Johnson
Ryan and Elisabeth McKinney
Sally Mooty
Sarah Evert
Scott Hussey
Sharon Burnham
Sharon Perwien
Shelbie O'Brien
Sheridan House
Sonja Amberson
Stephanie Cole
Stephen Kane
Steven and Barbara Ellingboe
Steven Mattson
Susan Freeman
Theresa Brey
Thomas Stuart
Todd and Joan Roisum
Tom and Patty Henjum
Tony Ross and Beth Rapier
Trent and Vicki Simpson
Wallace and Erica Cates
Wendell and Sandra Hansen
William and Erica Faulkner
William and Lori Skallerud
William Sutherland

The Changing Seasons Around the Home



Betty discovers a fallen leaf that will later be used in an art project.



Lenny trims the holiday tree.



Lillian shows off her jack-o-lantern.

Programming Highlights

We've enjoyed a wonderful summer at Gianna Homes, including:

- Picnics in the garden
- Celebrating our dads with a Father's Day Polka Party (donated by the Kauffman family)
- Outings to the arboretum, By the Woods Garden Center and Galaxy Drive-in
- Planting an herb garden
- Recognizing our volunteers with a volunteer picnic
- Enjoying the sunshine at our staff picnic
- Making bread together
- Painting with the Mneme therapist, Suzy Volden



Families of Gianna Homes staff members shared a picnic lunch, games and prizes at the annual Staff Picnic.

Resident Advice

"If you can't stay out of trouble, at least have fun while you're at it!"

– Lillian



Residents worked together to bake Amish Friendship bread.



Residents and their families spent Father's Day together tapping their toes and dancing to the Smorgasborg Polka Band.

Gianna Homes

Memory care that celebrates
each moment.

4605 Fairhills Road East
Minnetonka, MN 55345
952.988.0953
giannahomes.org

NON PROFIT ORG.
US POSTAGE
PAID
PERMIT NO. XXXX
TWIN CITIES, MN

Dear Reader,

With *Letters from Home*, we hope to share with you, our friends and family, a little bit of what life is like here at Gianna Homes.

Each stage of life brings its own changes. At Gianna Homes we create a place where our residents can feel at home and where they will find care, companionship and dignity.

—Anne Marie Hansen, Founder & President

Our Mission

To provide memory care with a loving kindness that respects the dignity of each resident—nurturing family, fostering friendships, honoring God and preserving life until its natural end.



The Kane Family at the "Midsummer's Night" event



Gianna Homes staff

Save the Date / Calendar

Resident/ Families

- October 13, 11:00 AM – Accordin' to Pete
- October 17, 2:00 PM – Mneme therapy visits by Suzy Volden
- October 26, 2:00 PM – Pumpkin carving
- October 31, 2:00 PM – Costume party
- November 3, 10:30 AM – Jim Shaw piano performance
- November 14, 2:00 PM – Mneme therapy visits by Suzy Volden
- November 22, 12:30 PM – Family Thanksgiving dinner served

• December 15 Family Christmas Party *(by invitation only)*

- December 25, 12:30 PM – Family Christmas dinner served
- Mass or word service celebrated every 2nd and 4th Thursday of the month, 10:45 AM by volunteer Deacon Francis Tangney and Father Paul Kubista
- Thursday mornings, 9:30 AM – Massage therapy
- Wednesday and Friday mornings, 10:00 AM – Physical therapy

Volunteers

- Thursday, September 20, 4:00 PM – 6:00 PM – Volunteer training
- Tuesday, October 16, 4:00 PM – 6:00 PM – Volunteer training
- Monday, November 12, 4:00 PM – 6:00 PM – Volunteer training

Lewy Body Dementia Support Group

- Second Monday of the month from 12 Noon – 2 PM.
A light lunch is always served.