

Letters from Home

for the friends of Gianna Homes

FALL/WINTER 2014

Serving our community since 1999

"DOWNWARD DOGS" TO GIANNA HOMES:

HEATHER'S JOURNEY



Heather and family in the Gianna Homes garden.



Heather's home in Boyd, WI.



Heather gets some sun on the deck.

Mission statement

Providing memory care with a loving kindness that respects the dignity of each resident.

Welcome Home!

Heather was born in Boyd, Wisconsin and was an only child. While still a small infant, she lost her father to tuberculosis leaving her mother to raise her as a single parent—never remarrying.

After graduating from high school, she joined the Air Force during the Korean conflict. She went on to become a radio operator. It was during the war that she met her first husband—the father of her four children. They began raising their four children while still in the Air Force.

Upon returning to the states, Heather was a home maker and became active in Great Books, helping kids enjoy reading and discussing books. She also enjoyed painting and drawing.

In 1970, Heather and her first husband divorced and Heather went to work in a hardware store. She was active in the early seventies doing yoga and astrology. These interests lead her into working with people in chemical abuse programs and teaching meditation and relaxation classes.

She studied with different yogis and started researching different styles of body work, doing practice in myofascial and massage. She began doing workshops with chronic pain patients and crafted her own style of body work she called the Wallace Method. She went on to teach other students how to practice her methods.

She built quite a client base, and for thirty plus years she made a good living doing what she believed in.

After building up her client base in Minnesota, Heather then began spending

winters in Puerto Vallarta—away from the Minnesota cold. There, she continued her workshops for locals in the Puerto Vallarta area, and many people from Minnesota would come to participate in the workshops as well. It was there in Puerto Vallarta that Heather began showing difficulty in movement. It was harder to climb the stairs to her home and she was experiencing much pain. Heather left Mexico and came back to Minnesota. After many doctor and hospital visits Heather learned that the pain and difficulty she was having in movement was Parkinson's and that she had to drastically change her life style. This was not an easy transition for Heather and as hard as she fought, the Parkinson's progressed seemingly just as hard. It was only a few years after the first diagnosis that Heather was no longer able to do the things that we all just take for granted in our daily life. It was necessary for Heather to have around the clock care.

We are so lucky that we found Gianna Homes. What could feel like a twenty-four hour hospital stay at many other nursing homes, Gianna Homes is warm and welcoming. Gianna Homes is not just a medical facility—it is home.

A home, with a wonderful staff. A home with many activities for Heather to participate in and a beautiful setting.



Gianna Homes' Board of Directors

Officers:

Anne Marie Hansen
Patricia Henjum
Terrence Kopp
David Orlady

Advisory Board Members:

Jayna Locke
Paul R. Mooty

How You Can Help

Add Gianna Homes and Gladys' Place to your Christmas list this year! You will find items that could help better our home by searching for our Wish List on amazon.com. Click "Find a Wish List or Registry" then type "Gianna Homes" in the search bar.

amazon.com



Dear Friends-

A heartfelt 'Thank You' goes out to our many donors who attended our Gala on Friday, November 7th at the Metropolitan Club in Minneapolis. Together we raised over \$50,000 to help support the residents and the many staff and programs that we offer here at Gianna Homes. It was a fun night of dancing, shared stories, and delicious food that, through each of our guests, moved us closer to making our residents' year ahead the best year ever! We are in the final days of this calendar year and we are still trying to meet our \$100,000 annual fundraising goal by then.

You might have been hearing from us a bit more than usual over the past few weeks as we approach the end of the year. It's our chance to raise awareness of our presence here in the Twin Cities and to raise funds for our Resident Care Fund. It has been through the generosity of 'family and friends' over the past 15 years that has enabled us to meet the gap between what residents are able to afford and the needs that are not covered by monthly fees.

We know it can be challenging to choose where to invest your charitable dollars. We believe we have something truly special to offer Minneapolis and St. Paul, and we are grateful that you would consider a donation to advance our work. Check out Gianna Homes' website to give a donation or register to volunteer at www.giannahomes.org

Thank you so much for your generous support! We wish you a wonderful Holiday Season and Happy New Year!

Gratefully,
The Board of Directors.



Professional dancers from the Fred Astaire Dance Studio created a festive atmosphere



Paul and Jean Buell stand with a photo of their friend, Ardell.



Jim and Irene Noble

"COME DANCE WITH US" EVENT A SUCCESS!

Friday, November 7, brought our annual fundraising gala, "Come Dance with Us!" Although blustery outside, the Metropolitan Club was full of happy faces, touching tributes, and generous people.

The evening started with a cocktail hour where guests could read about each Gianna Homes and Gladys' Place resident in original biographies written to the tune of Frank Sinatra's "It was a very good year" with the help of music therapist, Claire Klein. As people mingled and sipped their 1950s-era cocktails, they were able to win fabulous prizes at the Frame Game; remember the 15 years of Gianna Homes memories in handmade scrapbooks; and learn more about Alzheimer's disease in the world with a table sponsored by Alzheimer's Speaks.

Everyone then entered the beautiful art deco inspired dining room of the Metropolitan Club where a buffet of flank steak, mashed potatoes, and roasted vegetables awaited them. People tapped their toes to the tunes of the Sevilles and watched professional ballroom dancers swing as they dined. Following the delicious D'Amico catering, Lori La Bey introduced the evening as the event's host. Guests were inspired by her words and her famous "Betty the Bald Chicken" story as well as the remarks by Gianna Homes CEO Anne Marie and Program Director Claire Klein. They watched a video montage of the residents at play and at dance—a small glimpse into the day-to-day life at Gianna Homes.

Following, we had one of the most successful and entertaining auctions to date! Frank Sullivan got the crowd rolling with his fast talking bid taking. Winners walked away with trips to northern Minnesota and Wisconsin resorts, chef-made dinners and beer pairings, ballroom dance lessons, and a trip to Jamaica.

The evening concluded in a festive atmosphere and everyone danced the night away!



Abbey and Alyssa, Gladys' Place volunteers, sold frames to guests for prizes.



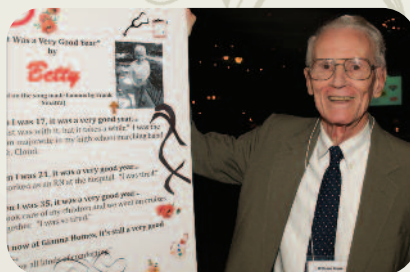
Brent Walton hosted family and friends at a table at the event.



Host and Alzheimer's Speaks founder, Lori La Bey



Jackie, a nurse with St. Croix Hospice, with her husband.



Bill posing next to his wife's original song biography.



Board member Patty Henjum with her husband Tom with friends from the table she hosted.



Deacon Francis, a Gianna Homes volunteer, with his wife Alice.



Volunteers Laura, Charles, and William assisted program director, Claire, throughout the evening.



Tina Kauffman with her friends.



CEO Anne Marie Hansen celebrated 15 years of Gianna Homes with her sister and Gianna Home Director, Denise Budde.



Guests and professional ballroom dancers twirled to the sounds of the Sevilles.



A full ballroom of guests at the Metropolitan Club enjoyed the evening's program.

SELF CARE TIPS

Caregivers often feel overwhelmed with responsibilities for others and may neglect to take care of themselves. The next time you stop by Gianna Homes, look for our LIVE EVERY MOMENT box in the entryway with ideas for moments to create just for you. Here are a few examples:

- Treat yourself to a massage
- Eat dinner in your back (or front) yard; maybe even make it a picnic!
- Drink a cup of herbal tea
- Smile at a stranger
- Make a list of people you want to thank for their influence on your life
- Dress up on an ordinary day
- Get an extra scoop of ice cream!
- Walk around the lake (especially at dawn or dusk)

The next time you come through the door at Gianna, take a moment to inspire a time just for you!

“Just make sure you’re happy and that’s all you need.” -Sylvester



**Can't think of the right gift for someone on your list this holiday season?
Share a gift created by the Gianna Homes residents!**



Note cards
featuring residents' artwork,
Set of 10 - \$20

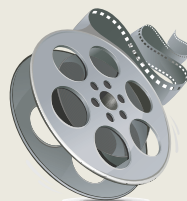
Necklace sliders
feature residents' artwork - \$10

Contact Gianna Homes
for details
952-988-0953



MOVIE REVIEW

GLEN CAMPBELL: I'LL BE ME



On Saturday, November 1, Anne Marie Hansen, CEO and founder, and Claire Klein, Program Director and Music Therapist, had the immense pleasure of seeing "Glen Campbell: I'll Be Me" from the Volunteers of America of Minnesota and Wisconsin. Both came away from the film with "Two thumbs up!"

Glen Campbell was an icon of country music for several decades – the film not only celebrates his musical legacy but also shows a man and his family dealing day-to-day with Alzheimer's. Even after being diagnosed at Mayo Clinic with Alzheimer's, Glen Campbell decided to take one last tour to promote his album "Ghost on a Canvas." A camera crew joins him and his children, who are his backup band for the tour, for his final 150+ concert tour. Throughout the film, we witness Mr. Campbell making light of his situation – from joking with the audience about not being able to read his teleprompter to talking in a Donald Duck voice. The audiences are wowed by his guitar solos and gorgeous singing voice. Behind the scenes, his wife, Kim Campbell, also shares the not-so-light moments that happen in any family that has a person with Alzheimer's: trying to convince him to take a shower, coaching him through his struggles to remember his children's names, dealing with paranoia...all in a real but respectful way.

Throughout the movie, you see intimate and loving moments between Glen and his children – a duet with his daughter Ashley on the tour bus, a sudden outburst of dancing with his wife Kim. You also see his face fall as he checks in with his neurologist, though he maintains that he's "just getting rid of the stuff I don't need anymore!" Other famous musicians from Blake Shelton to Paul McCartney to The Edge reflect on Mr. Campbell's achievements and the impression he's left on the music community. You can relate as any family dealing and journeying with Alzheimer's. We give it our full recommendation!

GLEN CAMPBELL'S LAST SONG "I'M NOT GONNA MISS YOU"

I'm still here, but yet I'm gone
I don't play guitar or sing my songs
They never defined who I am
The man that loves you 'til the end

You're the last person I will love
You're the last face I will recall
And best of all, I'm not gonna miss you
Not gonna miss you

I'm never gonna hold you like I did
Or say I love you to the kids
You're never gonna see it in my eyes
It's not gonna hurt me when you cry

I'm never gonna know what you go through
All the things I say or do
All the hurt and all the pain
One thing selfishly remains

I'm not gonna miss you
I'm not gonna miss you

Songwriters

RAYMOND, JULIAN / CAMPBELL, GLEN

Published by

Lyrics © Warner/Chappell Music, Inc.

SAVE the DATE

Family and Residents – Gianna Homes

- 1st, 2nd, and 4th Thursdays 10:45-11:15 am – **Communion Service**
- Every Thursday morning – **Massages**
- **Caroling visitors** throughout the month of December.
- Saturday, December 13, 10:00-11:30 am – **Family Christmas Party**
- Wednesday, December 31, 2:00 pm – **New Year's Eve Party**
- **Regular volunteer visits** including crafts, piano music, activities, and more each day!
- Saturday, January 3 and Saturday, March 7, 10:30-11:30 – piano music and song provided by Jim Shaw
- Monday, March 30, 10:00-noon – **Mneme therapy** painting with Suzy Volden

Volunteers

- **Trainings and Orientations** are offered regularly throughout the year, according to volunteer needs and schedules

Family and Residents – Gladys' Place

- 2nd Thursday of the month, 10:00-10:30 am – **Communion Service**
- Every Thursday afternoon – **Massages**
- **Caroling visitors** throughout the month of December.
- Thursday, December 11, 3:00-4:30 pm – **Family Christmas Party**
- Wednesday, December 31, 2:00-3:00 pm – **New Year's Eve Party**
- Wednesday, April 15, 2:00-2:45pm – **Accordin' to Pete accordion!**
- **Regular volunteer visits** including crafts, piano music, activities, and more each day!
- Saturday, February 7, 10:30-11:30 – piano music and song provided by **Jim Shaw**
- Monday, March 30, 1:00-3:00 – **Mneme therapy painting** with Suzy Volden

Lewy Body Dementia Support Group

- **Second Monday of the month**, noon – 2:00pm.
A light lunch is always served.

WALKERS IN THE WALK TO END ALZHEIMER'S

On a beautiful September afternoon, volunteers, employees, and family members from both Gianna Homes and Gladys' Place gathered together at Target Field. In bright green "Team Gianna" T-shirts, the crew and over 4,500 other walkers turned Minneapolis purple! The 11 members of Team Gianna contributed \$3,900 to the total \$1,019,058.65 the event raised! Thank you to all who donated!



Team Gianna!



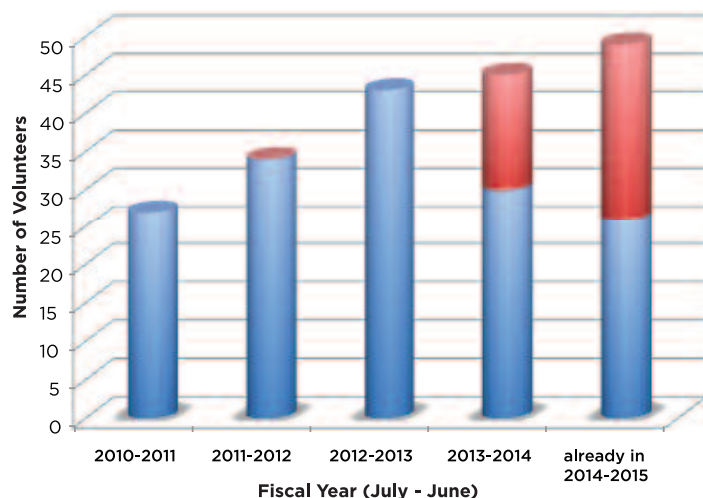
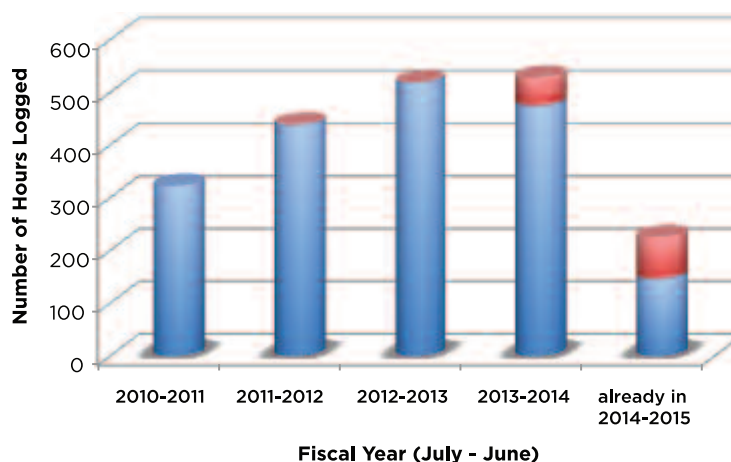
Holding our flowers for those we are walking in honor and in memory.



Spreading Alzheimer's awareness!

LOOK HOW OUR VOLUNTEER PROGRAM HAS GROWN!

Over the past three years, our volunteer program at Gianna Homes has grown from just a small group of young teenagers helping out during lunch times to a full team of varying ages, talents, and gifts at BOTH homes. Volunteers regularly help staff lead activities, play music, bring a pet, help residents make crafts, and share in worship services with residents. We look forward to continuing our work together at both our locations - Gianna Homes - Sursum Corda and Gladys' Place.



INTRODUCING OUR NEW HOME COORDINATORS!

We have grown a lot in the past year! With the expansion to two homes, two new management positions were added to our team. The Home Coordinators at both homes, Gladys' Place (Plymouth) and Gianna Homes - Sursum Corda (Minnetonka) help orient in new nursing assistant staff, keep our shelves stocked, and our kitchens full. Please help us welcome two of our long term staff in to these new positions!



Alice Atem, Gianna Homes CNA since 2007

Alice Atem, NAR, was born in West Africa Cameroon. She moved to the United States in 2000 and immediately settled in the Twin Cities with family and friends. In a large family of seven, she is the fourth born. They feel fortunate to have migrated to the United States to maintain their family bond.

Alice graduated with a degree in bilingual series from the University of Yaoundé (Cameroon), and with her degree evaluation here in the U.S. she was qualified to further her education in the health care field where she obtained a Bachelor's Degree in Health Care Leadership. A few years later in her quest for knowledge, she decided to continue her journey when she graduated with a Master of Arts degree in organizational leadership.

Currently, Alice is a second year doctorate student working on a research study for children with special needs. Her biggest challenge is finding that balance between caring for children and caring for aging adults. Because of the love, care and passion she has for people, she sometimes finds herself trapped in between these two worlds.

She is happily married to an amazing fellow from Nigeria named Felix. Felix and Alice have been married for twelve years and have been blessed with two wonderful little boys Cody (6) and Jamie-Tyler (4). She is very involved in her community and does volunteer work to help educate, coach and mentor younger women in her community.

In her spare time, Alice loves to read, write, organize parties, cook, shop and travel around the world. Lately, she has enjoyed connecting with the scripture, listening to spiritual teachers, and understanding things from the spiritual realm.



Alice with her resident friend, Heather, celebrating the 4th of July.



Sylvester and Karen play some tunes.



Karen and resident Gladys in 2013.

Karen Mutai, NAR, was born and raised in Kenya and moved to the United States in 1998. She has two sisters and one brother who currently live in Kenya. Her father, who is a pastor, hosted a Radio Ministry for many years.

Karen is a skilled and licensed Nurse's Aide who has spent most of her 14-year career working with individuals with varying diagnosis of memory loss - five of those years have been here at Gianna Homes. She is passionate about her residents and finds many ways to individualize their care and make them feel loved and cared for. Karen has the voice of an angel and you can often hear her serenading her residents.

She attended Northwestern University in Iowa with a three-year focus on Biology. She has attended numerous courses on Dementia and how to interact and care for someone with these special needs.

When time permits, Karen would love to volunteer at some sort of shelter for the homeless. In her spare time she loves to dance, read books and watch movies.

Karen is known for her strength, patience and being a hard worker and team player. She often leads her coworkers and peers by her example. Karen's aspiration is to imitate the life of Jesus, Mother Teresa, and the Apostle Paul as she seeks her path to serve God and others.



Karen Mutai, Gianna Homes CNA since 2010



Karen makes cookies with resident Alice.

Gladys' Place



Dear Friends,

As snow blankets the earth and each flake gently rests on the next, we are taken to a place of quiet reflection. We are all drawn indoors for a cup of hot cocoa and a cozy pair of slippers. Although our instincts call us to cuddle up, be in the moment, and spend time with those who matter most, we are usually drawn away with orders to fill for Santa, to put up decorations in each spare inch of space, and cram in end-of-year responsibilities. Instead of continuing to dash, dash, dash through the snow, what a treat it would be to give ourselves some TLC against the cold.

People with dementia can experience life this way without needing a reminder from a cell phone or online calendar to take a break. The residents at Gianna Homes and Gladys' Place are blessed with the ability to simply "be." They are able to enjoy a moment with carolers, read through their favorite Christmas cookie recipes, and warm up the cold hands they hold without distractions. Each and every day, our residents are cared for with this same tenderness. As Betty's family once put it, she is all "tucked in" here at Gianna.

Your generosity helps make this type of care happen. As volunteers give their time to lead carol singing, or monetary gifts help make certain that each resident has a special gift to open on Christmas morning, we want to take a moment to say "Thank you!"

All in all, it's been a very good year here. From our home to yours, we wish you a very Merry Christmas and a Happy New Year!

Anne Marie, Claire, Denise, Michelle, Sharann, Sonja, Alice, Karen, Bob, Wendy, Cheryl, Cindy, Abraham, Alex, Assu, Christine, Denchen, Doris, EJ, Emily, Estella, Greg, Helen, Mary, Miriam, Nasha, Rachel, Rahiel, Raymona, Rontin, Rose, Ruth, and Sonnie

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Savior, which is Christ the Lord.

- Luke 2:10-11

