

# LETTERS FROM HOME

FOR THE FRIENDS OF GIANNA HOMES

Serving our community since 1999

## Resident Feature Story

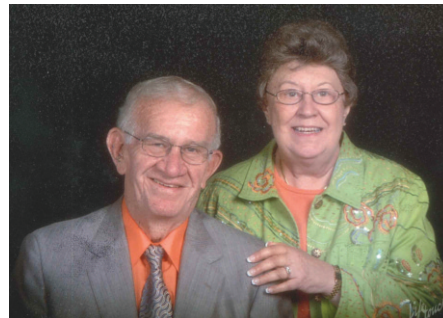
# Cooking Up Lots of Love: Arlene

A native of Marshall, Minnesota, Arlene has a strong German heritage and married a proud Belgian. Arlene met her husband Daniel at the Silver Dollar Bar that they later owned and operated. Proud of their heritage, Dan and Arlene often travelled to Belgium and Germany. They even brought the whole family—their son Scott, his wife Peggy, and their children Meghan and Michael—for their 50th wedding anniversary.

In their prime, Dan and Arlene loved to entertain. They often had friends over and they seemed to know everybody! Arlene was a fabulous cook. She was known for her traditional Belgian meals, including Coquille Saint-Jacques (scallops with wine and cream of mushroom—see Arlene's recipe on page 3!), her sauerkraut and dumplings, and Stroopwafels—special Belgian cookies. Arlene's son Scott and their family helped the residents at Gianna make a batch for Christmas this year, using a waffle iron that was invented and sold by Arlene's husband Dan. Arlene was a shopper, organizer, housewife, and cook. She helped care for her and Dan's beautiful home, which included a rose garden, koi pond, and a museum's worth of items from Belgium.

In November 2006, Arlene was diagnosed with breast cancer. She was preparing to get everything checked out around Christmas of that year when she had a stroke in the middle of the night. This left her with a weakness on one side and dependent on Dan. He had to learn to cook and they would go out sometimes. However, as things progressed, Dan wore himself out and passed away of a heart attack after an evening with friends on their deck in 2011. They had been making plans to move out of their home in Marshall to assisted living. Arlene continued to decline and need more help. It was decided to move her northward to the Cities to be closer to Scott and his family.

Once in the metro area, Arlene moved through several different places that were not able to handle her growing care needs. Her dementia progressed to the point where it was



*Arlene with husband, Daniel.*



*Arlene with her grandchildren.*

recommended she be evaluated in the hospital. "It was the hardest thing I've ever had to do" says her son, Scott. Exiting the hospital, Arlene was on

hospice and actually thrived with all the extra love and care until she "graduated" from their services. It came time to find Arlene a place where she could be permanently and get the consistent care and attention she needed.

Through the help of a care consultant and with the recommendation of the Minnesota Ombudsman, Scott found Gianna Homes in June 2017. When he first entered through our doors, Scott thought, "Finally! A place for mom!" Since being here, Arlene has been very happy. Although the progression of her disease has made her quieter than before, she is content. Arlene has been able to participate in cooking activities and especially enjoyed the holiday party. She loves when her grandkids come to visit. Even though traditions have to change with her needs, she can still do the things that were meaningful to her. Scott concluded, "I'm thankful every day that she is here. Gianna Homes is the second best place to being at her own home!"

### Board Members

Anne Marie Hansen  
Patricia Henjum  
Terrence Kopp  
David Orlady

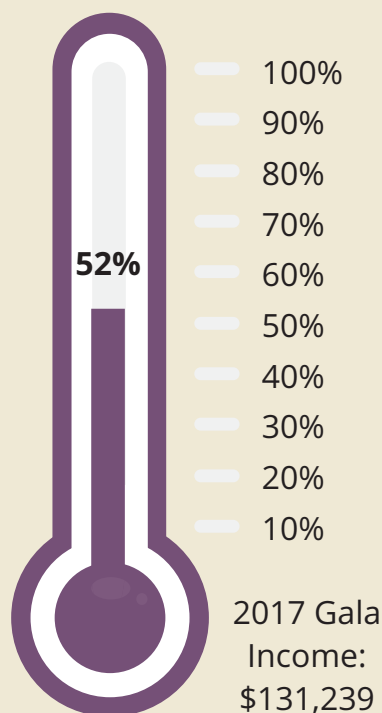
### Advisory Board Members

Jayna Locke  
Paul R. Mooty



## 2017-2018 Fiscal Year

**Goal: \$250,000**



(at time of printing)



## Dear Friends,

*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

## No Jacket Required 2018 Virtual Fundraising Gala



We are trying a new way of fundraising this year! We have decided to host a more “techie” gala this October. So keep an eye on your inbox for updates about this year’s digital gala which will allow you to support our dear residents from the comfort of your home on the little screen that runs most of our lives.

If you would like to receive email updates for our virtual gala please let us know how to reach you by contacting us at: [info@giannahomes.org](mailto:info@giannahomes.org). We would like to make sure you are part of this innovative and new way to help us fund our mission while cutting some of the costs associated with the traditional dinner. We will miss seeing you all for our annual Gianna family reunion, but we sense taking a year off and coming back for our 20th Anniversary Gala in 2019 will be a good thing for all of us.

Your continued support of our mission and the needs of those we serve is vital to Gianna Homes. We hope you will enthusiastically support our virtual gala. See back page for date.

We are still in the midst of our end-of-the-fiscal-year giving campaign to reach our goal. Our current needs include:

- 1 Apple computer for our Program Director: \$3,700
- 2 new laptop computers for Staff at our Minnetonka home: \$2,500 each
- New commercial dishwasher: \$6,500
- Elevator is 19 years old and in need of replacement (inquire for more detailed costs).

To learn about our larger technology needs, please contact: [anne@giannahomes.org](mailto:anne@giannahomes.org) or 952.443.6100.

## Remembering...

We are extremely blessed by those families who choose Gianna Homes for memorials in honor of their loved ones who called Gianna *home*. Your generosity in giving back to help other families on their journeys through memory care is a testament to our loving and caring staff and the trust that is given to us by families we are honored to serve.

Thank you for doing something BEAUTIFUL for us during your time of grief and loss. Know of our daily prayers of gratitude.

*The Gianna Homes Management, Board & Staff*

## In Memoriam

Carol Jean Keyes – November 10, 2017  
Nathan Berg – November 27, 2017  
Joan Dawe – December 14, 2017  
Julie Burkholder-Walton – January 8, 2018





# Gianna Homes Announces National Holistic Nursing Certification

By Katie Gross, Director of Nursing

We are pleased to share with you that Katie Gross, RN, Director of Nursing has passed the national examination for certification in Holistic Nursing. Katie came to us with a wide array of nursing experience, with the core being a holistic approach. Katie integrates this approach by caring for all three dimensions of a resident, mind, body and spirit.

National certification honors the knowledge base of nurse specialties and assures competency in the area of expertise. Katie sat for the boards and answered 190 questions related to holistic education and research, nurse self-care, Holistic caring process, holistic communication and therapeutic environment and holistic philosophy. Along with passing the examination, Katie was required to show proof of 48 hours of continuing education specific to holistic nursing. Most of these hours were received through her Healing Touch training, Aromacare, and functional medicine lectures.

Katie has joined a small group of only 688 active certified holistic nurses around the country. As a result of this honor, she will be given more opportunities for learning and

development. These learning opportunities will have a direct impact on the residents Katie cares for each day as well as the staff who are trained and educated by her.

Katie had a few words to share about this honor:

"I am so delighted to have been given this opportunity to seek certification in holistic nursing. I have been certified in two previous specialties (ICU and Hospice/Palliative Care). However, this is by far the one I am most proud of. Holistic care and holistic nursing is in me to my core. It facilitates all of my interactions with families, staff, and residents. I feel so blessed to be among the few who have sought this certification. I look forward to the many hours of continuing education required to keep this certification current. I know those hours will directly impact our residents at Gianna Homes."



## Resident Recipe Box

### Coquilles Saint-Jacques En Waterzooi

Less classic than a lobster waterzooi, this is a delicious Flemish dish. This recipe was a favorite of Arlene.

8 large scallops (approx. 1¼ to 1½ pounds, total weights out of shells)

1 cup fish stock

1 carrot

1 onion

1 leek

} finely chopped

1 stick celery

1 bouquet garni\* (parsley, thyme, garlic, bayleaf)

1 glass dry white wine

¼ cup cream

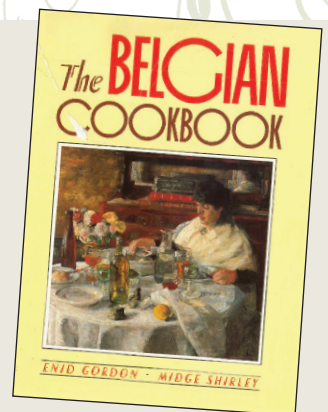
2 egg yolks

½ stick butter

- Melt the butter in a fairly large saucepan, and gently cook the finely chopped vegetables without coloring them for 5–10 minutes.
- Add the wine and simmer for 3 minutes.
- Next add the hot fish stock and bouquet garni and, with a lid on, simmer gently for 15 minutes.
- Meanwhile, prepare the scallops: wash and dry them thoroughly and slice them thickly (approximately 3 to 4 slices per scallop).
- Poach the scallops for 8-10 minutes in the stock.
- Beat the egg yolks and cream thoroughly together.
- Remove the bouquet garni from the liquid.
- Check that the scallops are cooked. They should still have a bite to them and not be mushy.
- Away from the heat, stir in the egg and cream mixture and return the pan to a gentle heat, stirring until the liquid thickens slightly. Be careful not to let it boil or your sauce will curdle.

Serve this as a starter with crusty bread for a special dinner party, but it may also be served as supper or a luncheon dish, followed by salad and cheese.

Serves 4–6 people as a starter depending on your guests—3 for lunch or supper.



# Programming Highlight: Meeting You Where You Are: Life Skills Sorting Stations

By Claire M Klein, MT-BC, Program Director

Throughout our day, we all engage in activities around the house. Whether it is feeding the dog, sweeping the floor, or folding the laundry, we have things that keep us busy. These day-to-day activities also affirm that “this is my place and I have to take care of it!”

When a person has dementia, the need to contribute to the community remains. Many of our residents continue to look for ways to help, even well into their dementia journeys. When this need is left unmet, residents may get restless and anxious. While our activity calendar provides formal opportunities for engagement, we have also found that bringing the activity to the resident in a more informal way—right in their environment—has a positive impact to their day.

By setting out materials around the home for people to encounter at their own time and pace, our residents find comfort, interact with others, and are involved in the care of the home. We also design stations that are connected to the residents’ interests and hobbies. Our professional artist organizes paintbrushes and palettes. Our handyman tinkers with switches and fits the nuts and bolts together. The lifelong gardener arranges colorful silk flowers. Like approaches used in Montessori schools, our residents feel validated and purposeful through the simplest of activities.



Not only that, but according to research from the US, UK, and Israel, Life Skills Sorting Stations can improve residents’ moods and quality of life and decrease the need for certain medications.

We are excited to create spaces in the home for our residents to explore and engage.

## Sources:

- Alzheimer’s Association. (2009). *Dementia care practice recommendations for assisted living residences and nursing homes*. Chicago, IL: Alzheimer’s Association National Office.
- Jones, Moyra. (2007). *Gentlecare: Changing the experience of Alzheimer’s Disease in a positive way*, 2nd ed. New Westminster, British Columbia: Moyra Jones Resources, Ltd.
- Provider: Long Term & Post Acute Care. (2011). *‘Life Skills’ bring solace and purpose*. Retrieved from <http://www.providermagazine.com/archives/archives-2011/Pages/02111/%E2%80%98Life-Skills%E2%80%99-Bring-Solace-And-Purpose.aspx>
- Wang, S. (2017). Social interaction improves quality of life for people with dementia. *National Public Radio*. Retrieved from <https://www.npr.org/sections/health-shots/2017/07/19/537907127/for-dementia-patients-engagement-can-improve-mood-and-quality-of-life>







### Reflections from a resident:

*"I think sometimes God laughs at us."*

—Gianna Homes Resident

# Mark Your Calendar!

## Family and Resident Events

- **Saturday, May 5, 10:30 am** – Piano with Jim Shaw, SC
- **Thursday, May 10** – Mass with Fr. Fehn, SC
- **Saturday, May 12** – Art Project with Anne from COMPAS, both homes
- **Friday, May 18** – Therapeutic Painting with Suzy, both homes
- **Monday, May 28** – Memorial Day program, both homes
- **Thursday, June 14** – Mass with Fr. Bauer, SC
- **Thursday, June 14** – Summer Picnic, Fish Lake Park
- **Friday, June 15** – Therapeutic Painting with Suzy, both homes
- **Friday, June 15** – Haircuts, SC
- **Saturday, June 16** – Haircuts, GP
- **Wednesday, July 4, 10:30 am** – Fireworks and picnic, both homes
- **Thursday, July 12** – Mass with Fr. Fehn, SC
- **Friday, July 20** – Therapeutic Painting with Suzy, both homes
- **Monday, July 30, 10:00 am** – Minnesota Zoomobile, SC
- **Saturday, August 4** – Piano with Jim Shaw, GP
- **Thursday, August 9** – Mass with Fr. Bauer, SC
- **Saturday, August 11** – Art Project with Anne from COMPAS, both homes
- **Monday, August 13** – Accordin' to Pete, GP
- **Wednesday, August 15** – Therapeutic Painting with Suzy, both homes
- **Friday, August 17** – Accordin' to Pete, SC
- **Wednesday, August 22, 10:00 am** – Minnesota Zoomobile, GP
- **Monday, September 3** – Labor Day Show and Tell, both homes
- **Regular volunteer visits, massage therapy sessions, and music therapy offered as well!**

SC = Sursum Corda (Minnetonka)

GP = Gladys' Place (Plymouth)



*Save the date*

## annual summer picnic



Thursday, June 14th 5:00–7:00 pm

Fish Lake Park, Maple Grove, Minnesota

We would like to invite all our families, friends, volunteers, and staff to this annual event. Join us for food and fun in a beautiful lakeside venue. This is our opportunity to celebrate every one of you.



# Gianna Homes – Marketing Corner

*By Cari Doucette, Marketing Director*

## Gianna Homes Home Care

We are happy to be growing our newly opened home care. If you know of someone living in the western suburbs who is in need of home care, please let me know. We offer home care with the same loving kindness that you find in our homes. Our home care can provide care from 4 to 24 hours per day, including assistance with daily living.

Contact: Cari Doucette  
cari@giannahomes.org  
952-443-6113

## Meeting of the Minds Conference

Gianna Homes had a booth at the Meeting of the Minds Dementia Conference on March 3, 2018. This is a great opportunity to spread the word about our homes, home care, and all we have to offer. We generally do 4–5 marketing events like this each year, which helps the overall awareness of what we do.

**Thank you to everyone who has given us referrals,** we greatly appreciate it. The majority of our new residents come from referrals from family, friends and professionals. We are happy to hear that you believe and trust in us so much that you would refer someone you know. Thank you!

## Volunteer Spotlight: Creating Family Memories: Von Dohlen Family

Nearly 10 years ago, a group of young women came during mealtimes to help out the residents and staff. One of these volunteers, Josephine von Dohlen, inspired her entire family to volunteer with her. Josephine's parents, Mary Anne and Chris, and all of her younger siblings, Isaac, Ella, Bernadette, Marianna, and Nina, were one of the first volunteers trained in by our program director Claire Klein. We've even had members of their family grow up with us since birth: Teddy and Louisa-Marie!

At that time, Gianna Homes had a resident who did not have any family who lived nearby, so the von Dohlen's stepped in to "adopt" him. It was a perfect fit, having just moved to the Twin Cities away from the children's grandparents. It was an opportunity for the kids to meet and experience those who are a little different from them. When the family would come to visit Herb, they would bring him art pieces they had made, and he would always want to come home with them when it was time to leave!

Since then, the Von Dohlen family moved to the neighborhood of our Gladys' Place home. Now, they visit once a week to play the piano and violin, sit and read books and the newspaper, and visit all the residents. This Christmas season, the family wrote and performed a nativity skit for the residents that brought much joy to the home. What they love most about their Sunday family time with the residents is not knowing

what to expect with each visit. Mary Anne explains, "We don't know who will be asleep or awake, or what kind of mood the residents will be in. But we know we can get a certain resident laugh by the presence of the younger kids!"

When asked to reflect on their time at Gianna Homes, Mary Anne responded, "Volunteering at Gladys' Place impacts our family by doing something for others together and sharing the experience. Memories for our family have been created that we will enjoy reminiscing about some day."



*The Von Dohlen family visits their adopted resident, Herb, in 2011.*



*The Von Dohlen kids perform music weekly for all the residents at Gladys' Place.*



*Putting on a holiday skit for the residents at Gladys' Place.*



*Visiting residents at Sursum Corda.*



## Caregiving Corner:

# When is the right time to make a move to a memory care community?

*By Cari Doucette, Marketing Director*

We are often asked, "How do I know when is the right time to make a move" or "My mom/dad are doing fine in assisted living but are showing signs of memory loss, when should they move?" There are many reasons to make the decision to move into memory care. Perhaps the senior needs help with day-to-day activities such as dressing, bathing, or meal preparation. Maybe you have decided that the house they have called home for so many years is too big for them to manage and maintain.

Each situation is different and there are several factors to consider before make a decision.

### 1. Is my loved one safe?

The most important question to ask is, "Is my loved one safe where they are living?" Do they need assistance with getting dressed, going to the bathroom, or making meals? Do they have stairs or rugs that may be a fall risk?

### 2. Are they getting social, physical, and spiritual stimulation?

Is your loved one getting the opportunity to visit with others? What are they doing to get exercise? Are their spiritual needs being met? Often when someone is alone in their home or apartment, they may be missing interactions that could help their overall wellbeing.

### 3. Making a move earlier can help with the transition.

For some people, making a move when the individual is still able to participate in activities and visit with other staff and residents is a good thing. As their disease progresses, they will already have the trust level with the staff and be familiar with their surroundings.

### 4. Availability.

Many memory care communities like Gianna Homes are full and work off a wait-list. Making a move when you have time to think things through and move at your pace versus when there is a crisis can be much less stressful. Is it important to you to have your loved one in a place that you determined a good fit? If so, getting on a wait-list and moving before a crisis can be the way to go.

## Welcome Abbigail Knudson, RN Case Manager

Gianna Homes is pleased to announce Abbigail "Abbie" Knudson as Registered Nurse Case Manager for our residential memory care homes and home care clients. Abbie graduated with her associates degree in nursing from Anoka-Ramsey Community College. Abbie's ability to assist in the care of her grandparent led her to nursing. Abbie has always had a passion for helping and healing others. Once she became more hands on with her grandmother who was bedridden from a massive stroke, Abbie realized this was her calling, and she could help others live a full life no matter the circumstances. She has a background as a certified nursing assistant in a variety of areas including homecare, nursing home, assisted living, memory care, and hospice.

Abbie has a great way of building relationships with residents, families, and staff, and we look forward to you meeting her.

Abbie will divide her time between Sursum Corda, Gladys' Place and our new home care clients.

We sat down with Abbie and asked her what her philosophy of care was. She replied "Everyone deserves to live their best days until their last days.

I do not think physical and mental status changes require the resident to adapt, but we as caregivers adapt to their changing needs. Doing this creates an environment where the resident thrives despite their limitations. This is the exact environment I strive to create at Gianna Homes."





14451 Hwy 7, Suite 223  
Minnetonka, MN 55345  
952.988.0953  
giannahomes.org

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Gladys' Place



*Our Mission: Providing memory care with a loving kindness that respects the dignity of each resident. Welcome Home!*

# Gianna Homes Virtual Fundraising Event

Let your fingers do the donating.

Join us from the comfort of your home.  
Friday, October 12, 2018  
Watch for details coming in June.

## *Thank you!*

We are so grateful for our neighbors at Redeemer Bible Church, particularly Jean Bradford, who sewed special wheelchair pockets for our residents. This way they have a spot for a safety transfer belt, their foot pedals, and other treasures wherever they go. Each pocket has a unique style and look to match the many individual personalities at Gianna Homes! Thank you!

