

# LETTERS FROM HOME

FOR THE FRIENDS OF GIANNA HOMES

Serving our community since 1999

## Resident Feature Story Ciao Amici or Hello Friends

Our friends at Gianna Homes Sursum Corda have been learning Italian thanks to Tom. Tom grew up in Brooklyn, New York, and came to Gianna Homes in February. Tom attended City College in Queens, New York. From there, he received a full scholarship to University of Michigan in Ann Arbor. After he graduated from Michigan, he found himself unable to pay for medical school in the United States. This gave him the opportunity to travel to Italy for medical school and attend The University of Padua. Because Tom could not speak Italian, he arrived in Italy three months early just to learn the Italian language. Once in Italy, he lived with the Jesuit priests who taught him Italian.

Think how amazing it is to go to another country without speaking the language and attend medical school to become a doctor! Growing up in New York, Tom had grandparents who had immigrated from Italy. Once he graduated and returned to the States, he was excited to speak Italian with his grandparents. Unfortunately, he was very disappointed to return home and have them not be able to understand his Italian. His grandparents spoke an Italian dialect different from what Tom had learned.

After graduating from College, he did his residency at Kings County Hospital in Brooklyn, New York.

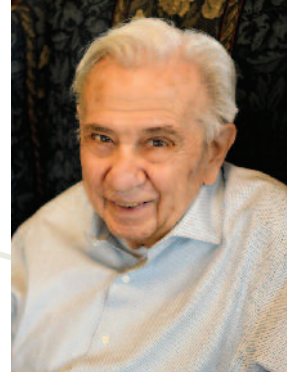
There, he met his wife Monica, who was a nurse. They married in August 1960 and moved to Long Island, New York, where he had a private practice.

His daughter Kim, says they loved to ski and hit the slopes in Vermont every other weekend. In 1973, he and Monica decided to move to Rutland, Vermont. His daughters Kim and Alison grew up skiing at Killington and Pico. Tom and Monica skied almost every day in the winter, and Tom skied into his early 80s. Tom and Monica also mountain biked throughout Vermont, and both loved to play tennis.

Most summer days and evenings, Tom's family had people over to play tennis. They grew up with a clay tennis court in their backyard. In fact, the tennis court was finished before the house was finished being built! In the summer, they played tennis every day. Tom was also an avid windsurfer and taught all Kim's friends to windsurf. He also sang with a vocal group, the Curbstone Chorus. They sang in churches, nursing homes, and at concert halls.

Tom lived in Vermont until this past March. After his wife Monica died in February, he moved here to Minnesota. Monica had been caring for Tom by herself at their family home until she passed away.

*continued on page 2*



## Programming Highlight: **Life Engagement:** A Skilled, Collaborative Approach

In our pursuit of a highly skilled, multidisciplinary approach to the health and wellness of individuals suffering from memory loss, we introduced several key partners to our programming this summer. Alliance Music Therapy and Above and Beyond Senior Services joined Gianna's extended family to bring our residents a higher level of activity and life engagement.

As part of the weekly activity calendar, Alliance Music Therapy music therapist Lydia and life engagement coordinator Tonnelli coordinate group music therapy sessions. Lydia



incorporates the arts, and physical activity into her groups to specifically target multiple areas of the brain to improve cognition and increase stimulation. This high skill level is then carried into the regular 1:1 music therapy sessions later in the week.

Above and Beyond provides weekly support in the areas of physical and occupational therapy. Their therapists work in group and 1:1 setting to help facilitate residents' movement in targeted ways to promote cognition and increase engagement in activity. They are then able to make recommendations to the nursing staff to continue to promote physical and cognitive stimulation.

We are thrilled to have these professionals and partners as part of the team supporting our residents. To coordinate between disciplines, we will be meeting quarterly to review the integration of services to ensure our residents are getting the best care.



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## Resident Feature Story, *continued from page 1*

Tom loves to dance, and he is a very good dancer! One of the first things he'll ask you is, "Have you ever danced with me?" If your answer is yes, Tom will reply, "Then you know I'm a good dancer!" Then, he'll give you that great, big Italian smile.

Tom will turn 90 next month. When his birthday comes up his response is, "Do I look that old?!" He is definitely young at heart.

When Gianna Homes Life Engagement Coordinator Tonnelli Christianson first met Tom, she fell in love with his character. Tom is always a joy to do things with. He told staff members that when he was growing up, family and friends got together and entertained each other with dancing, singing and playing games. He says that nowadays people expect to be entertained, but in his day, they were the entertainers.

On occasion, Tom reminds the staff that, "Everyone has 10 times the capabilities of what they can do. We just don't use it." Genuine words from a true go-getter.

Because of Tom's background and love of Italy, we have a program on Monday afternoons when Tom teaches the staff and residents words/phrases in Italian. Most days he will sing a little song in Italian for us, too!

If you find yourself at Sursum Corda, be sure to stop by and have a chat with Tom.





# Mark Your Calendar! – Family and Resident Events

- **December 1** – Haircuts (GP)
- **December 4** – Armstrong Chamber Singers Perform at 2:30 PM (GP)
- **December 5** – Outing to See Christmas Lights
- **December 6** – Communion Service with Deacon Francis
- **December 12** – Yoga with Rose (SC)
- **December 13** – MN Chorale Christmas Program with Santa and Mrs. Claus (SC, GP)
- **December 14** – MTSA (Music Therapy Student Association) Christmas Caroling - 1:30-2:30 PM at SC / 3:00-4:00 PM at GP
- **December 19** – Outing to See Christmas Lights
- **December 20** – Communion Service with Deacon Francis
- **December 21** – Therapeutic Painting with Suzy (SC, GP)
- **December 26** – Yoga with Rose
- **December 27** – Communion Service with Lucia
- **January 3** – Communion Service with Deacon Francis
- **January 9** – Yoga with Rose (SC)
- **January 10** – Mass with Father Fehn
- **January 11** – Haircuts (SC)
- **January 11** – Discover Your Story – Minneapolis Institute of Art (SC, GP)
- **January 12** – Haircuts (GP)
- **January 17** – Communion Service with Deacon Francis
- **January 18** – Therapeutic Painting with Suzy (SC, GP)
- **January 22** – Yoga with Rose (GP)
- **January 23** – Yoga with Rose (SC)
- **January 24** – Communion Service with Lucia
- **January 31** – Communion Service with Deacon Francis
- **February 2** – Piano with Jim Shaw (SC)
- **February 7** – Communion Service with Deacon Francis
- **February 13** – Yoga with Rose (SC); Minneapolis Institute of Art
- **February 14** – Mass with Father Bauer
- **February 15** – Therapeutic Painting with Suzy (SC, GP)
- **February 21** – Communion Service with Deacon Francis
- **February 22** – Haircuts (SC)
- **February 23** – Haircuts (GP)
- **February 26** – Yoga with Rose (GP)
- **February 27** – Yoga with Rose (SC)
- **February 28** – Communion Service with Lucia
- **March 2** – Piano with Jim Shaw (GP)
- **March 7** – Communion Service with Deacon Francis
- **March 8** – Minneapolis Institute of Art
- **March 13** – Yoga with Rose (SC)
- **March 14** – Mass with Father Fehn
- **March 15** – Therapeutic Painting with Suzy, both homes
- **March 21** – Communion Service with Deacon Francis
- **March 26** – Yoga with Rose (GP)
- **March 27** – Yoga with Rose (SC)
- **March 28** – Communion Service with Lucia

In addition to the special events listed above, residents in both homes enjoy group and individual music therapy and group physical and occupational therapy and massage therapy.

SC = Sursum Corda (Minnetonka) | GP = Gladys' Place (Plymouth)

## Who is ready to eat some home-cooked food?

By Denise Budde, Home Director



Did you know the art of home-cooked meals is dying? At Gianna Homes, all of our meals are home cooked for our residents. We try to use as many natural and organic ingredients as possible. When we flavor our dishes with fresh spices, that warm wonderful aroma fills the homes, inspiring memories for those in our care. We also take into account our elderly residents and watch the amounts of salt and sodium that we serve. This summer we even grew fresh herbs that our residents tended to, and used them in our daily cooking.

Share family recipes with us, and we can try them in our menu rotation.



## Dear Friends of Gianna

As I write this, I am 34,000 miles above the earth en-route to New York City to attend a series of board meetings for a nonprofit organization I volunteer with. I travel several times a year for this role. Serving in this capacity allows me to serve the sick and poor in our country and around the world in a way that is meaningful and quite impressive. I've seen the benefits of many people coming together to contribute their skills, passions, and financial generosity to improve the lives of the sick and less fortunate who otherwise are forgotten.

The enduring power of the kindness that pours out from all of you in selfless ways blesses those we serve here at Gianna as well. Your generosity during our inaugural virtual gala ball on October 12 has contributed to the:

- **Resident Care Fund.** We continue to build our resident care fund to ensure care for residents who run out of funds while living in our homes.
- **Repair of Our Homes.** Donations helped demolished part of our water-damaged exterior, replace a deck, and repair our driveway.
- **Improvement of Patient Care.** Donations have helped cover the cost of a new three-quarter time Registered Nurse to meet the growing demands of patient care and on-call rotation.

We have just begun our fundraising and capital campaign efforts for this fiscal year. We hope you are able to help us make our goal this year as we move toward end-of-year giving opportunities.

We still need donors to help us raise funds for:

- Elevator Lift at Sursum Corda .....\$39,000
- New Furniture, including a Dining Room Table for Sursum Corda Residents.....\$30,000
- Gutters and Soffit and Drain Tile.....\$20,000
- Water Damage Remediation and Repair.....\$38,000

We have a few photos and updates from the Couch Potato Gala on page three. Thank you for your generosity, we have a link on our website to the curated autumnal dinner that Tom Reschenberg provided for our VIP (Very Important Potato) donors. I prepared the dinner with a few friends, and it was absolutely delicious! Perhaps you are looking to try some new recipes during the holiday season. These will surely become new favorites. Bon Appetit!!!

Anne Marie Hansen, President & CEO

## From our CFO – Stacy Shaw, CPA, MBA

With the new tax law changes, some individuals will no longer be itemizing and will be taking the standard deduction. One way to take advantage of the new tax law and continue to deduct your charitable deductions is through a donor-advised fund. A donor-advised fund is like a charitable investment account, for the sole purpose of supporting charitable organizations you care about, such as Gianna Homes. When you contribute cash, securities or other assets to a donor-advised, you are generally eligible to take an immediate tax deduction which will allow you to itemize in the year you set up the fund and then take the standard deduction in subsequent years. Then those donor-advised funds can be invested for tax-free growth and you can recommend grants to virtually any IRS-qualified public charity.



# End of Year Giving and Capital Campaign Opportunities

## Capital Campaign Needs

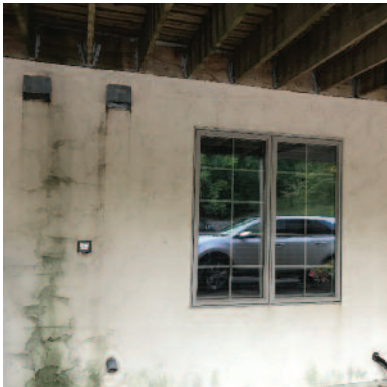
It's been 19 years since we've had to do any major repair or update projects at our first home in Minnetonka, Sursum Corda. Our annual operating budget does not allow for some of these larger expenses, so we are reaching out to you, our faithful supporters, to help us cover the costs of the repairs and upgrades below. If you can help in any way by adopting a full project or making part of project possible, we would be very grateful.



### Soffit, fascia, gutters and drain tile fund

The existing soffit and fascia system has been repaired and repainted several times in the last 19 years. We would like to replace it with a vinyl product that will last for years. We'd also like to install a better gutter and drain tile system to move water out from the building.

Cost: **\$20,000**



### Water damage exterior and interior fund

The back of the residence where the deck joins to the porches and home has water leakage and damage to stucco and interior of home. Remediating the water damage and total repair of this area to make sure we have correctly repaired this area is essential.

Cost: **\$38,000**

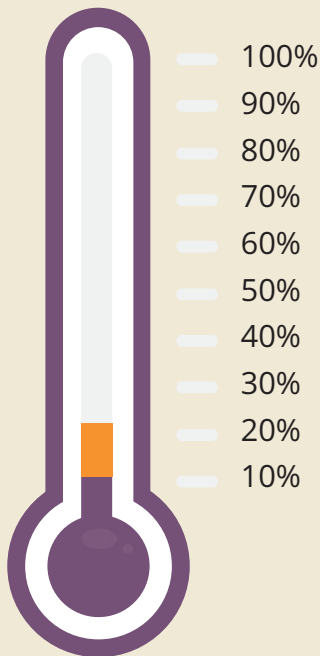


### Steve and Mary Mattson Resident Care Fund

Steve and Mary Mattson believe in the model and the more social approach to care that Gianna Homes puts into practice for those with dementia. They committed in very tangible ways to supporting our organization.

Cost: **\$12,750 (one month of care)**

## 2018-2019 Fiscal Year Goal: \$250,000



### 2018 Virtual Gala:

Income:	\$ 27,556
Pledged:	\$ 26,000
	<b>\$ 53,556</b>

### FY Goal Breakdown:

Steve & Mary Mattson Fund	\$106,550
Capital Campaign	\$143,450
	<b>\$250,000</b>

### Server and cloud technology fund

Our operations have become increasingly electronic over the years. eCharting and documentation across multiple locations present privacy compliance concerns. After years of faithful service, it is time to upgrade our servers to equipment with cloud capacity and invest in two laptops to support eCharting.

Cost: **\$9,500**



## New commercial dishwasher fund

The commercial dishwasher is constantly leaking water and needing repairs. At this time the company we contract with for our commercial appliances recommends replacing our current unit with one that is updated and is known for its performance.

Cost: **\$6,100**



## Replace dining room vinyl

Every so often, we have needed to update this flooring due to the wear and tear it receives from the dining chairs and wheelchairs being pulled back and forth from the table. We are planning to install a wood look ceramic tile in this space so it can handle the daily wear and tear of this heavily used area of the home over many years.

Cost: **\$5,600**



## Driveway repairs due to severe 2017–2018 winter weather fund

After 12 years of faithful service, you will notice buckling and settling in the driveway and parking lot area that was a result of our harsh winter weather. Proposed updates include patching asphalt, some excavation in areas to put in a new base and fill all cracks, seal and stripe.

Cost: **\$15,750**



## New Elevator lift fund

An updated lift that is faster and more reliable is proposed to be installed in the same location. The current lift was installed in 1999 and has served our residents' mobility to and from the lower gardens, chapel, covered carport area and family room for years. It has been repaired and maintained faithfully. The elevator company has recommended that the costs of repairs are no longer a ideal considering the age of the unit and the use it gets daily.

Cost: **\$39,000**



## Landscape updates and removal of trees fund

Several trees and shrubs needed to be removed from the front of the home due to rot and winter weather. We would like to replace these with more perennials and shrubs that will withstand the winter weather yet allow some privacy to resident rooms along the front of the home.

Cost: **\$3,000**



## New dining room table

This table was purchased when we first opened in September 1999. We have been holding it together with repair after repair. Now we need a new table and several new dining room chairs with arms.

Cost: **\$6,500**

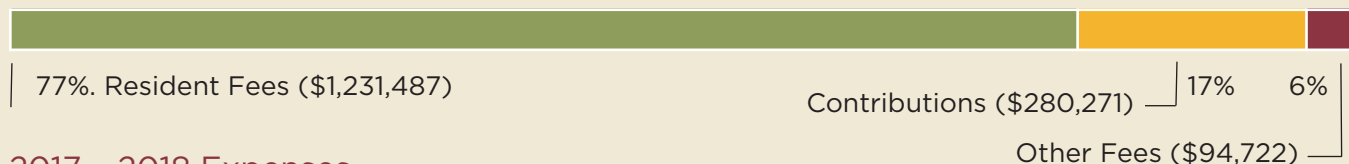


**Reflections from a resident:**  
*"Be kind to everyone, always."*

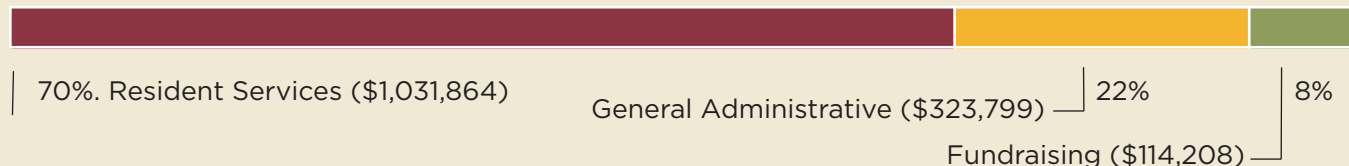
—Milt, Resident at Gladys Place

# GIANNA HOMES SURSUM CORDA AUDITED STATEMENTS OF FINANCIAL POSITION NON-PROFIT ANNUAL REPORT - JULY 1, 2017 to JUNE 30, 2018

## 2017 - 2018 Revenue



## 2017 - 2018 Expenses



*In thousands*

	2017	2018
<b>Assets</b>		
Current Assets including Cash	\$92,102	\$79,983
Fixed Assets	\$792,802	\$767,393
Other Assets	\$75,657	\$231,093
<b>TOTAL ASSETS</b>	<b>\$960,561</b>	<b>\$1,078,469</b>
<b>Liabilities and Net Assets</b>		
Current Liabilities	\$248,408	\$241,809
Long Term Debt	\$447,790	\$433,754
Net Assets	\$264,363	\$402,906
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$960,561</b>	<b>\$1,078,469</b>

## Thank You Fiscal Donors July 2017 through June 2018

Brian & Laurie Acker  
Sue Anderson  
Michael & Sally Ballentine  
Barefoot Beach Club IV  
Jim & Mary Benson  
Norbert Raymond Berg  
Annette Bergan  
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Noreen Phillips  
Sue Ann Pirsch  
Jack Plonsky  
Cory Plotts  
David & Judith Porter



## Thank You Fiscal Donors, continued July 2017 through June 2018

Lisa Radermacher  
Robert Ramsey  
Mary & Michael Regnier  
Jeff & Laura Reither  
Marilynne & Richard  
Rickenbach  
James Edward Ring  
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Emily & Dr. Nes Rotstein  
Gary & Sue Russell  
Rod Sanders  
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Schneiderman's Furniture

Jason & Natalie Stob  
Schneiderman  
William & Jackie Schroeder  
Meg Touhey Schulz  
Schwab Charitable Fund  
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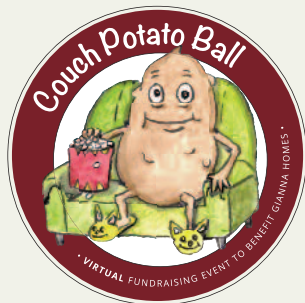
*Wishing you a very Merry Christmas  
and a Happy New Year*

Staff at Gianna Homes



## Update on Couch Potato Gala

We did it! We held our first virtual gala. Thank you for jumping on board with our efforts for something a bit different this year. Despite a few technological challenges, our first virtual gala was a success. See details on insert. The photos you sent to us and the handwritten recipe from a resident were hits with all SPUD donors.



*Next year, our live gala will celebrate our 20th anniversary!*

*Mark your calendars for:  
Friday, October 11, 2019*

## Remembering...

We are extremely blessed by the families who choose Gianna Homes for memorials in honor of their loved ones who called Gianna home. Their generosity in giving back to help other families on their journey 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

Linda Johnson – May 8, 2018

Arlene Verkinderen – July 20, 2018

Mary Ellen Haggerty – September 6, 2018



# The Flu and YOU

It's hard to believe that we are gearing up for another flu season. Last year's flu season had the highest acuity in five years, with a vaccination effectiveness of 40 percent. Some resources state it was the worst flu season since the swine flu epidemic in 2009. The season peaked in the months of January and February and remained elevated through the month of March. We are so grateful at Gianna Homes to not have had ANY confirmed cases of influenza for our residents.

Influenza can be life threatening for small children and vulnerable adults. As a means of protecting this population, it is important to get vaccinated for the flu. Flu shots are now widely available in clinic and pharmacy settings.

In addition to receiving the flu shot, here are some other helpful ways to stay healthy during this season:



**Proper Hydration** – Drink half of your weight in ounces of water every day.



**Hand Hygiene** – Wash your hands frequently and use hand sanitizers.



**Get Sleep** – Rest your body with at least 7–9 hours of good quality sleep each night.



**Eat Your Fruit and Veggies** – Phytonutrients in fruits and veggies help to boost your immune system.



**Take an Immune-Boosting Supplement** – Vitamin C, zinc, and echinacea are known immune boosters!

## Life Engagement Corner: Resident Adventures

*By Tonneli Christianson, Life Engagement Coordinator*

Many of the residents at Sursum Corda and Gladys' Place have gone on different adventures these last few months. We took trips to the Apple Jack Orchards, Tonkadale Greenhouse, Mad Hatter Tea Restaurant, Maynard's Restaurant, Tommy's Tonka Trolley for ice cream, scenic drives to Medicine Lake and Lake Minnetonka, MN Landscape Arboretum, Lake Minnetonka boat cruise, and the ever-famous Medina Entertainment Center for dancing.

The Medina Entertainment Center is one of the few ballrooms left in our area where you can go to a dance. On the second Tuesday of every month, the venue hosts bands from 1:00-4:00 PM to play all the favorites (polka, waltz, two-step, schottische). People come from far and wide to enjoy these shows. The shows run April through October and are very popular. Some of our residents recall attending dances there when they were younger, so it brings back fond memories! We are anxious to start up again in 2019!

We will also attend the Minneapolis Institute of Art after the New Year for an opportunity to see and hear about different art and artists.





## Caregiving Corner:

# 7 ways to connect and communicate with someone with dementia

*By Cari Doucette, Marketing Director*

How you interact and understand someone who has dementia is so important. Recognizing different ways you can connect and communicate may help your relationships. Learn more from these suggestions on different ways and opportunities to interact.

1. **Respect.** We all want respect, and those with Alzheimer's or dementia are no different. Be thoughtful of how you speak, and try to avoid phrases that could be patronizing, demeaning and/or condescending.
2. **Speak clearly and calmly.** Refer to people by their names and refrain from using "he", "she" or "they" as that can be hard.
3. **It is okay to use touch.** A reassuring hug or hand on someone's shoulder can show affection without using words. Often some of our seniors with dementia miss physical attention and can really benefit from feeling loved.
4. **Keep the conversation simple.** Talk about one thing at a time. If the conversation has multiple subjects, it can be confusing. Also, try to ask simpler questions that have the opportunity for one or two answers. This can make the conversation feel less frustrating.
5. **Listen.** Spend more time listening and don't always be the one to talk. If you do not understand something, it is okay to ask them to repeat it or say, "I am sorry, I do not understand."
6. **Try talking about something they are interested in.** Someone with dementia may be able to remember his or her childhood but have a hard time remembering something that happened earlier that day.
7. **Patience is very important.** Give them some time to explain and talk. Try not to interrupt, and if you ask a question, just pause and give them time to respond.

## Marketing Corner

*By Cari Doucette, Marketing Director*

### Gianna Homes Home Care

Our home care is officially open and serving clients. Gianna Homes home care offers personal touches every step of the way. Our dedicated nursing team provides supervision and engagement to ensure your safety and overall wellness. If you know someone living in the western suburbs who is in need of home care, please let us 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.

Thank you to our friends, families and colleagues who continue to give us referrals. We greatly appreciate it. The majority of our new residents are coming from referrals from you, so thank you!

Contact: Cari Doucette

Cari@giannahomes.org | 952-443-6113





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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 is celebrating 20 Years!!



Gianna Homes is in our twentieth year, and we will be celebrating all year long. We hope you will join us as we offer a series of events including lunch and learn opportunities with prominent physicians and professionals in our field.

We have also opened Home Care in our 20th year and are celebrating the start of this new venture for Gianna Homes. We have loved caring for residents in our homes and now have the opportunity to care for individuals in their homes.

*Save the Date*  
**20th Anniversary Gala**  
**Friday, October 11, 2019**

**Minneapolis Event Centers**  
212 SE 2nd Street, Minneapolis, MN 55414

### 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



#### **Board Members**

Anne Marie Hansen  
Patricia Henjum  
Terrence Kopp  
David Orlady

#### **Advisory Board Members**

Jayna Locke  
Paul R. Mooty