

Letters from Home

for the friends of Gianna Homes

SPRING/SUMMER 2012

Serving our community since 1999

'ad maiorem Dei gloriam'

Dear Friends,

As I watch the tulips, daffodils, irises and hostas come up in the Gianna gardens, I'm reminded that spring is a season for both reflection and renewal. So what better time to unveil our updated newsletter and share some of the exciting things happening here at Gianna Homes?

First, let me give a big thanks to Skip and his family for generously treating us all to our earliest barbecue ever on March 13th. It was enjoyed by everyone.

Next, for those of you who enjoyed reading about Betty in our Christmas letter, her daughter has graciously shared more about her life, as well as some favorite family photos, on page 3.

I'd also like to introduce you to the Phillips—a volunteer family that's part of our Adopt a Resident program—and offer special thanks to their youngest daughter Pearl, who donated \$5 from her lemonade stand earnings to fund a Dairy Queen outing for one of our residents. What a generous heart! Learn more about this dynamic family on page 2.

Last but not least, we'll be renovating again this year! To make the home a little easier for our residents to navigate, we'll be relocating the kitchen, replacing appliances and updating fixtures. Per requirements from the city of Minnetonka, the upgrade needs to meet commercial kitchen standards and be completed by the end of this year. As you can guess, all this comes with a hefty price tag outside our annual operating budget.

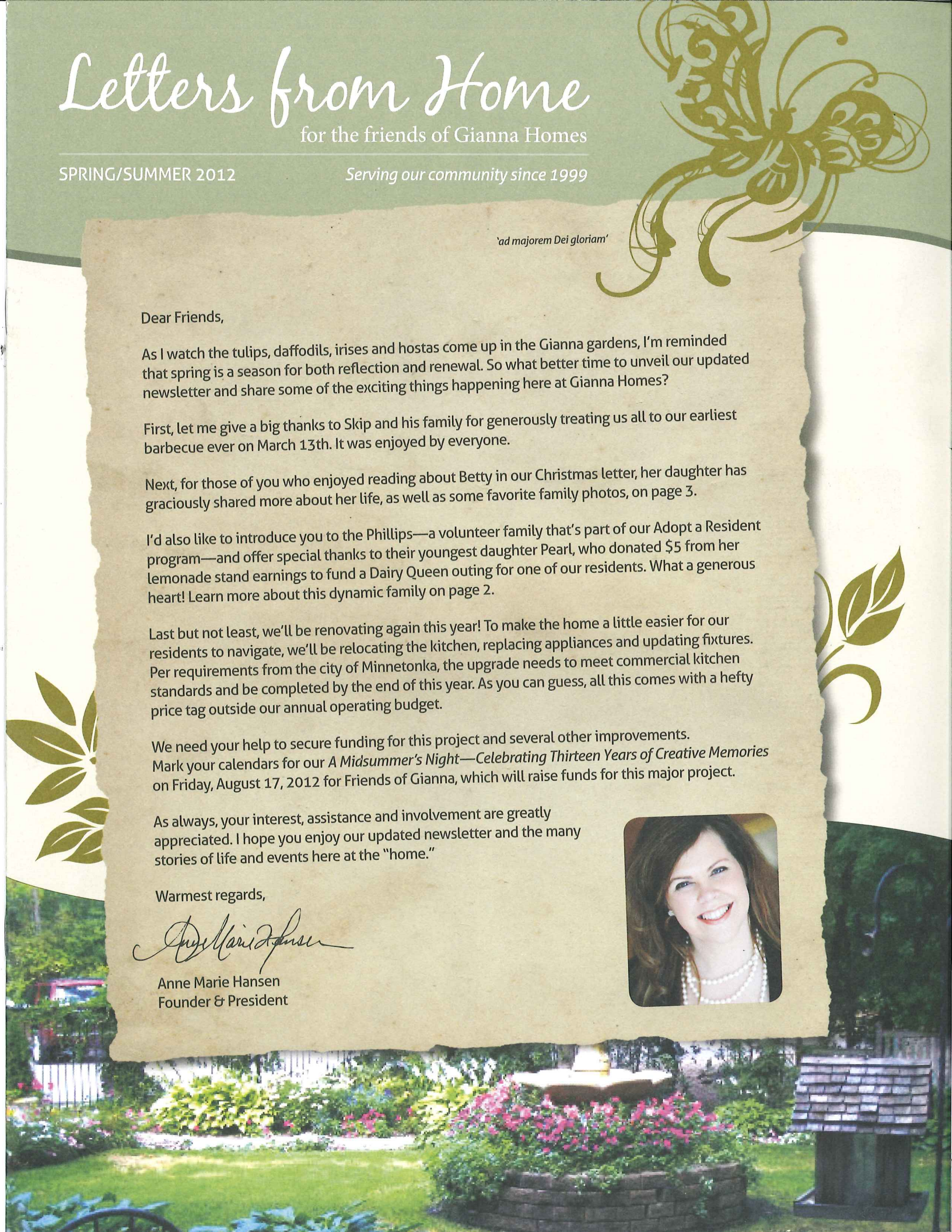
We need your help to secure funding for this project and several other improvements. Mark your calendars for our *A Midsummer's Night—Celebrating Thirteen Years of Creative Memories* on Friday, August 17, 2012 for Friends of Gianna, which will raise funds for this major project.

As always, your interest, assistance and involvement are greatly appreciated. I hope you enjoy our updated newsletter and the many stories of life and events here at the "home."

Warmest regards,



Anne Marie Hansen
Founder & President



Volunteer Profile

Phillips Family

Our journey to Gianna Homes began when a friend passed along one of their fliers. I couldn't get Gianna Homes out of my mind, especially as both of my parents have been struggling with the effects of Alzheimer's disease back in Kansas City. Neither my husband nor I have family here in Minnesota, and dealing with my parents' struggles from so far away has been a difficult process. By volunteering at Gianna Homes, I can contribute in a small way to the comfort of residents in whom I see reflections of my own parents.



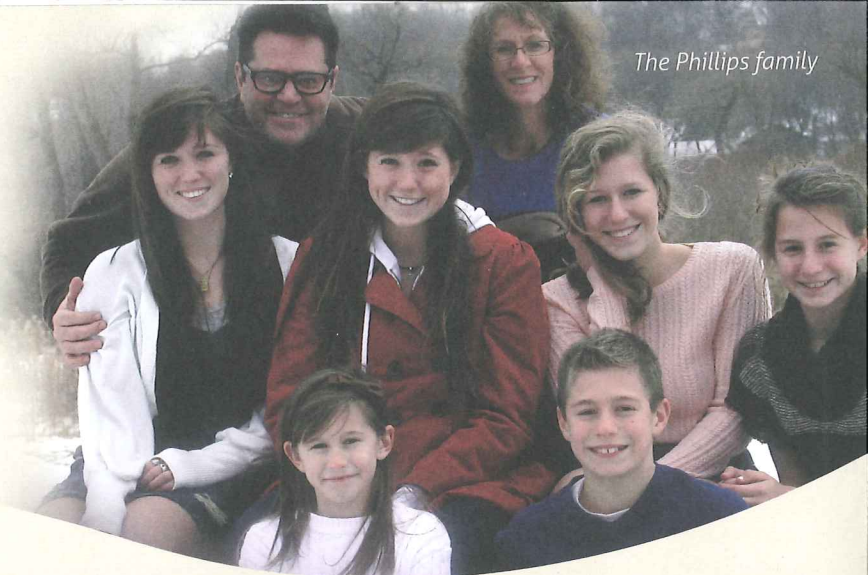
Madison and Cassie Phillips
with resident, Lillian

When I first started, I was the only one from my family who was volunteering. I found after several months that I wanted to get my kids involved and it has been the best decision I have ever made.

When my kids and I come to Gianna Homes, we all spread out. Laine (18) and Cassie (17) enjoy visiting with the residents, while Madison (15) and Grace (13) have learned how to just be in the presence of someone, hold their hand and just be with them. Dominic (11) and Pearl (8) like to do activities with the residents such as play with balls, color, play musical instruments and read books.

What we have found is that not only do we see my parents' faces in the residents, we also see the face of God.

— Linda Phillips



The Phillips family

A Budding Relationship

Gianna Homes & By the Woods

Local landscape architecture firm, By the Woods, has expanded their services to include not only design-build projects, but also a garden and retreat center complete with coffee, yoga and education classes. Gianna Homes has partnered with the center to provide therapeutic horticulture experiences for our residents throughout the summer—planting seeds, tasting fresh herbs and more. Families are encouraged to join us, so watch the activities calendar for more information.

www.bythewoods.com



Donald P.

Resident Stories—Betty

My mother Betty (she also goes by Elizabeth) came to Gianna Homes in the Spring of 2011. Before Alzheimer's disease took so much away from her, my mom was a very different person.

She loved family.

Betty was the second of five siblings. Some of my most vivid childhood memories involve get-togethers and holidays spent with our extended family of three generations. She loved, admired and respected her parents. Even now, she still talks about them in a gentle voice. During the earlier stages of Alzheimer's, she was often comforted by talking about the childhood Sunday drives with her father and long mother-daughter conversations. With her husband, Bill, she extended that family, raising five kids she said were her proudest accomplishment. My mom always made it clear to us that we were loved, and she was quick to talk us up to others.



Bill and Betty, 1960

She liked the finer things in life.

My mom loved to shop. She lived in beautiful homes. She traveled the world. But she also had a strong sense of character and steered clear of people with airs of self-importance.

She loved the Lord.

Betty attended bible study for years and described herself as "Christian," rather than by denomination. She leaned on God often in life, but never more so than during the early stages of her Alzheimer's.

That's my mom—the woman she was and the person I will remember. Although this disease is an awful one, I am comforted knowing that she has had a full life. And I am consoled knowing that she is comfortable, safe and still capable of experiencing joy—all tucked in here at Gianna Homes.

*— Tricia Kane
Betty's Daughter*

She loved art.

Betty went to school for nursing, but she "always wanted to be an artist." She loved creating portraits with the use of pastels and spent countless hours volunteering at the Edina Art Center. On vacations, she would never tire of exploring art museums. The Minneapolis Institute of Arts was her favorite.

She did yoga long before it was cool.

That's right. Way back in her thirties, my mom was doing yoga. In fact, she took great care of her body throughout her life—always taking her daily vitamins and eating well. She often referred to her diet as "seeds, nuts, fruits and shoots." She loved her walks and was always up for a stroll around Lake of the Isles.



Betty's family at her 45th wedding anniversary

An Old Familiar Song

Music Therapy and Dementia

*Claire M. Klein, MT-BC, Music Therapist
at Gianna Homes*

There's a reason you often hear music filling the rooms at Gianna Homes. In addition to the smiles and entertainment a musician can bring to our residents, music therapists can further enhance the lives of those with dementia.

What is music therapy?

Music therapy is the clinical use of music interventions to accomplish non-musical goals. Music therapists design treatment programs using music to manage stress, reduce pain, enhance memory, teach skills and provide opportunities for interaction. These trained, credentialed professionals don't just work in long-term care facilities; they can also be found in schools, psychiatric facilities, hospitals, private practice clinics and other locations.

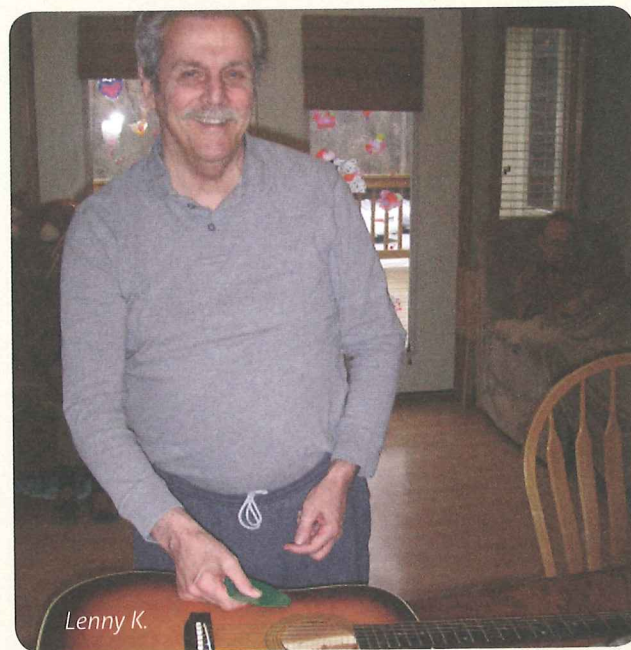
For more information, please visit the American Music Therapy Association Website:

www.musictherapy.org



Benefits include:

- Memory recall, reminiscence and life review
- Positive change in mood
- Opportunities for choice and a sense of success
- Increased attention and awareness of environment
- Reduction in stress and anxiety
- Management of pain
- Positive sensory stimulation
- Encouragement of physical movement
- Cue for speech and vocalizations
- Opportunities to interact with peers, family and caregivers
- Creation of legacy items such as a CD recording



Claire Klein MT-BC

Claire Klein is a board-certified Music Therapist and the Program Director at Gianna Homes. She was trained in music therapy at the University of Minnesota, researching the many ways music impacts bereaved individuals and those with dementia. Before joining Gianna Homes in January 2010, Claire completed an internship at University Hospitals in Cleveland, Ohio, where she explored the wide range of uses of music therapy throughout the hospital and in the community.

Our Outreach

Penelope 35 Apartments

Once a month, Gianna Homes Program Director and Music Therapist Claire Klein shares music and laughter with the residents at Penelope 35 Apartments in Bloomington.

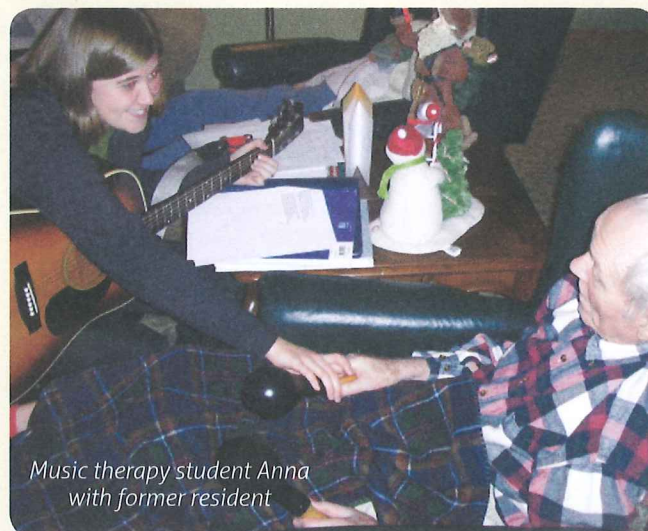
Here, residents reminisce, laugh, dance and play percussion instruments, all while singing their favorite old tunes. The group was formed through a partnership with the Minnesota Creative Arts and Aging Network (MnCAAN), an organization that seeks to nurture creativity through expressive arts for older adults. See additional MnCAAN projects at www.mncaan.net.

Community Thought

An Orchestra

A community is like an orchestra: each instrument is beautiful when it plays alone, but when they all play together, each given its own weight in turn, the result is even more beautiful. A community is like a garden full of flowers, shrubs and trees. Each helps to give life to the other.

—Jean Vanier, Community and Growth



Shirley, Shirley and Merry

Hospice Philosophy at Gianna Homes



We view hospice care in the context of midwifery. The symmetry between natural birth and natural death are most striking.

First, there's the shock of diagnosis. Think of the surprise of the mother at discovering she is pregnant. In contrast, even though we all know we must die someday, we really don't expect it to happen to us.

Next, we consult professionals, seeking a good outcome. The pregnant woman absorbs information from veteran mothers, searching for the best way to make this journey. The terminally ill person reads articles and consults survivors, searching for an angle the doctors might have missed.

The last several weeks are a time of spiritual searching and life review. The pregnant mother works on relinquishing her pre-baby life, and the dying person detaches from the world.


The pregnant mother nests. She gathers all the things she will need for the baby and prepares her home for the new arrival. The dying person carries out a reverse nesting, giving away belongings, putting business in order and perhaps making funeral arrangements.

The pregnant mother may feel out of control, as if her body has a mind of its own. The dying person may see the body as the enemy.

As the time of birth approaches, the mother worries about the actual birthing. Will it hurt? Will I have the people I want around me? What will it really be like? The dying person has the same questions.


Giving birth is something the body knows how to do, and usually does quite well. In the dying process, the changes in the body are self-protective. At times medical interventions prolong the dying process and diminish both comfort and peace. However, the hospice team's obligations are to provide appropriate and compassionate end-of-life care which includes comfort and relief of pain.

The goal of midwifery in childbirth is a safe and healthy mother and baby. In midwifery for souls, the goal is a comfortable body, a peaceful passage and a triumphant soul. The family's active involvement and loving presence greatly assist in the achievement of these goals. Above all else, fear is the greatest enemy. Both birth and death take great effort, and the labor is easier to endure with eyes focused on the reward.



"Managing a patient with memory loss requires a coordinated effort. Gianna Homes simplifies everything. I have confidence in their care. They deliver the total package."

- Jason Reed, MD, Internal Medicine, Specialist in Internal Medicine, P.A.



*"It's things like this that
make my heart sing."*

– Heather, in talking about gardening



ADVERTISEMENT

Guiding Way

Whether planned or sudden, times of change can become overwhelming. When the transition involves people we love, the thought of "where do I even begin?" can cause emotional paralysis.

You're not alone! Guiding Way was founded to help families navigate through this next chapter of life and take away the pain of dismantling a lifetime of memories. As a full-service transition management organization, we listen carefully to learn more about your specific situation and design a comprehensive, unique plan to meet your particular needs.

We can coordinate and oversee any or all of the following services:

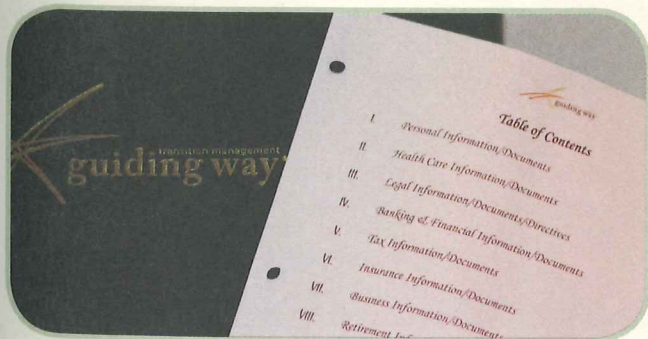
- Organizers, packers, movers
- Estate sales, auctions, consignments
- Appraisals
- Storage
- Hazardous waste or electronics removal
- House cleaners, window washers
- Staging and updating the residence for sale
- Realtor and sale of the home

We also have a network of trusted service professionals for complete transition care:

- Eldercare/estate attorneys
- Personal bankers
- CPAs
- Financial planners
- Companion services/drivers
- In-home health care
- Bill paying services

Please feel free to review our website at

www.guidingway.com or call us for a complimentary consultation at (612) 799-5292.



Friends of Gianna

Help us light the spark

The butterfly is the perfect symbol of change—and Gianna Homes. Our transformative, holistic approach to residential memory care changes the lives of patients and their families every day. We're committed to building new supportive environments, imagining new ways of improving well-being and focusing on keeping residents actively engaged in life.

The butterfly honors the endless creative spark in all of us.

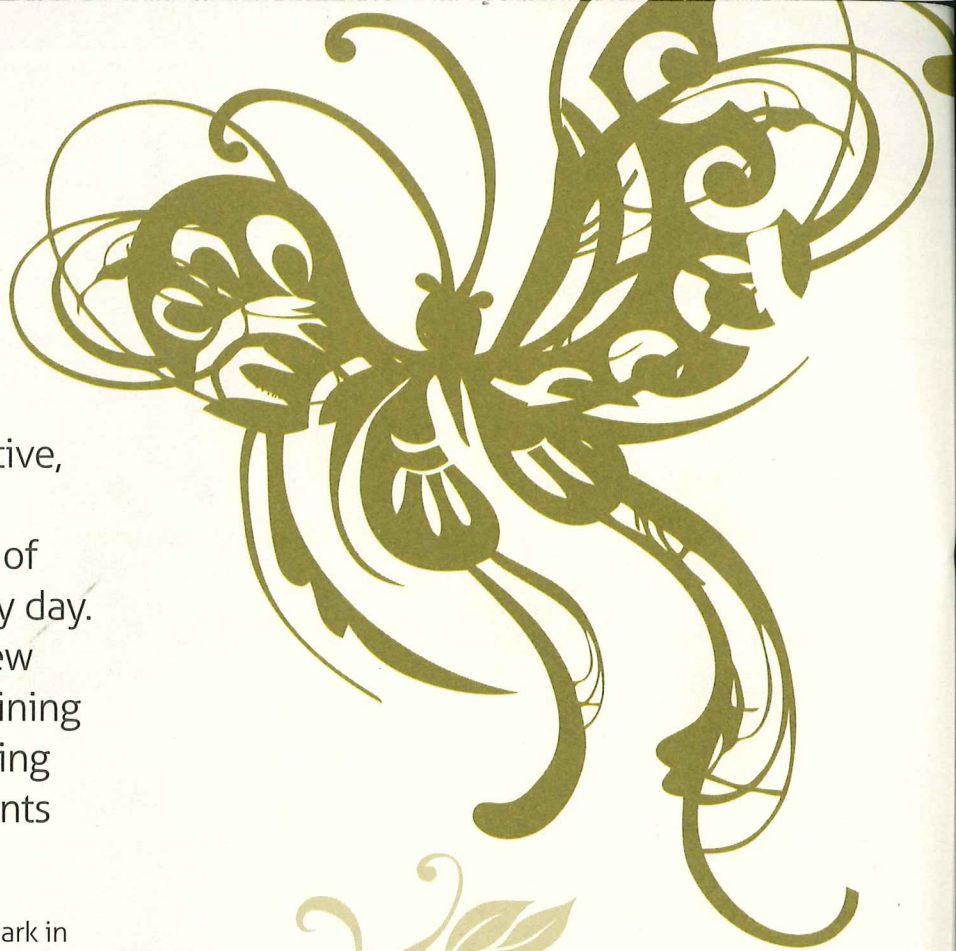
After all, our imagination never gets old; it sharpens with age. And our residents have so much of it to share. Let's enjoy their creative passion as it is being expressed and, where needed, help to light their creative fires.

Our upcoming event, *A Midsummer's Night*, celebrates 13 years of our residents' creative memories. The event aims to open the imagination and give back to our community by showcasing these older artists and giving them a stage. We look at life as a positive journey—and this evening will be all about hope and transitions.

We look forward to sharing this evening with you, celebrating over a decade of creative caring and raising money for our 2012 renovation project (see page 11 for more details).

With very grateful hearts,

The Board of Directors and Staff of Gianna Homes



Fundraising Event: Save the date

A Midsummer's Night

*Celebrating Thirteen Years
of Creative Memories*

Friday, August 17, 2012

Why: This event will raise money for our new commercial kitchen and other much needed renovations and updates to our home in Minnetonka.

How Can You Help?

Volunteer

- Adopt a resident program
- Share your gift of music or craftiness, read with a resident, play cards

(Contact Claire Klein to learn of the many opportunities available)

Fund a need

- Sponsor annual staff education programs
- Sponsor annual staff retreat
- Contribute toward medical equipment that enhances residents' daily activities
- Fund the annual planting of our many gardens
- Underwrite one of our programs and outside activities, such as Mneme Therapy or a trip to the Arboretum
- Maintenance and upkeep of residence exterior
- 2012 fundraising campaign for the upgraded commercial kitchen

Make a financial gift

Every year we rely on donations to help us cover the costs of care and programming. One of the critical missions of Gianna Homes is not to send a resident away when they are no longer able to pay for care privately. As you can guess, the financial consequences to this are quite hefty.

Your donation allows us to continue living out this mission and not sending someone away from their "home" for financial reasons.

Donations can be made on our website or sent to our office at the address listed below.

Thank you for your generosity!

To make a charitable donation

Credit card: go to www.GiannaHomes.org

Check: please make check payable to:
Gianna Homes – Sursum Corda

Mail check using the enclosed envelope.



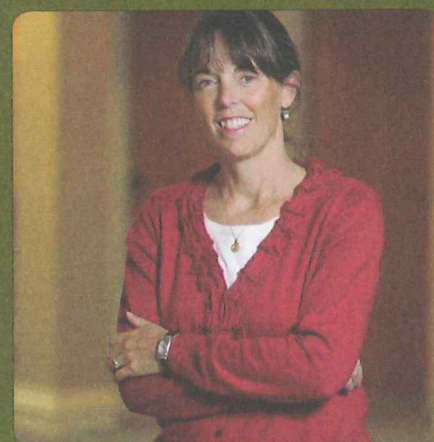
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Patty Henjum, NP (Board member)

Born and raised in Southern California by two parents in the medical profession, Patty's earliest ambition was to become a nurse. She soon realized that dream in 1986, graduating from the College of St. Benedict before spending 10 years nursing at Abbott Northwestern hospital. Since then, Patty has earned her Masters from the University of Minnesota in the



Gerontological Nurse Practitioner program, worked with Evercare, MN (the area's first nurse practitioner and physician on-site practice for elderly patients in assisted living and long-term care settings) and joined the newly launched practice of Consultative Health and Medicine.

Patty has been very impressed with the care that she has seen at Gianna Homes and finds the mission to be in line with her own philosophy of care. She hopes to help in whatever way to promote this beautiful service, vocation and mission as a valued resource to Gianna Homes.

Patty lives with her husband and four children in the Twin Cities, where she enjoys boating, skiing, gardening, reading and traveling.

The architect's drawing below shows the new location of the commercial kitchen and the new dining room space. This remodel utilizes design features that preserve our home-like atmosphere and encourage residents to participate in activities while remaining as independent as possible. This renovated space will allow much easier access to the three private rooms that those residents were only able to access by going through the kitchen. The new design will allow a safer and more natural flow to the main living space and ease of movement for our cognitively impaired residents as well as ease in the use of adaptive medical equipment.

1) The existing dining room will become our new commercial kitchen, per City of Minnetonka requirements.

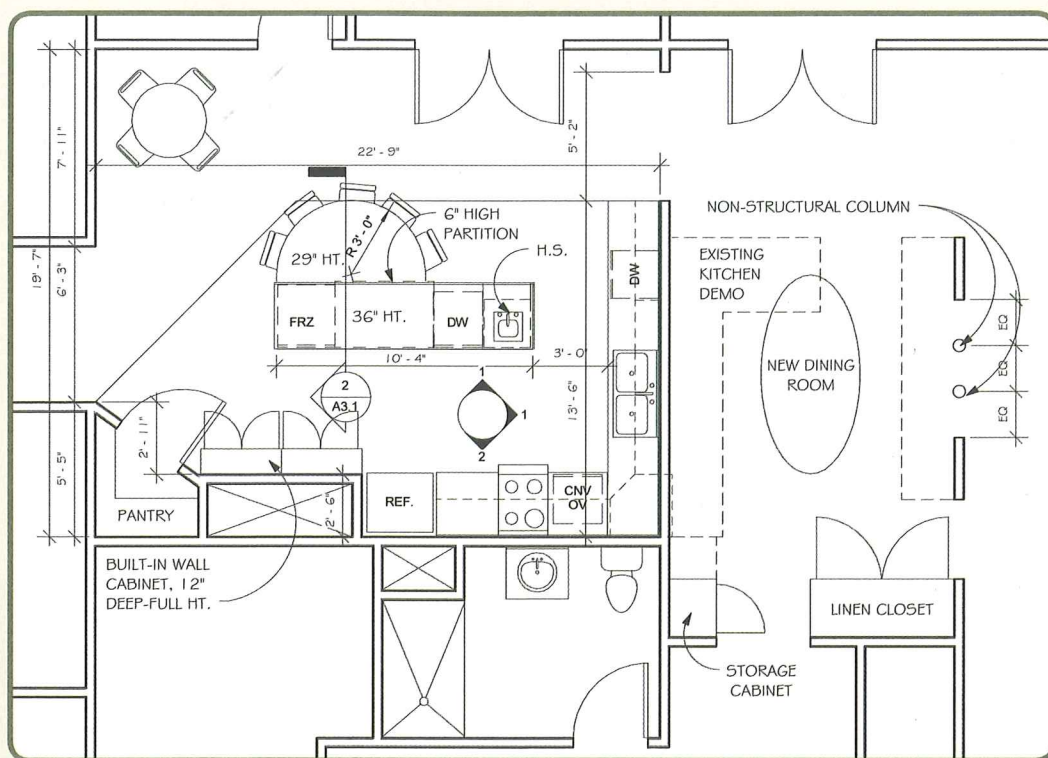
2) The renovated old kitchen will become our new dining room.

3) The wall behind the current oven will be removed, opening up the upper common areas to complete view from all angles.

4) All flooring will be replaced, making smooth transitions from one area to the next.

Currently, there is a tiny step up into the kitchen which can be an issue for some residents.

5) Worn-out flooring will be replaced in three bedrooms off the kitchen.



Improvements to Lower Level include a new entrance door where the current patio door is, complete with keypad security entrance features. This will become our main entrance in the future, making the home more accessible to visitors and guests and allowing more privacy to nursing and administrative offices. Flooring will be replaced downstairs in the family room area.

We are in desperate need of new soffits and fascia, as they are rotting in many areas. We will also be adding on much-needed gutters and downspouts.

Gianna Homes

Memory care that celebrates
each moment.

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Minnetonka, MN 55345
952.988.0953
giannahomes.org

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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



Save the Date / Calendar

Resident/ Families

- Wednesday, June 20, 2:00 PM, Mneme Therapy
- Wednesday, July 4, 3:00 PM, Fireworks
- Saturday, July 7, 2:00 PM, Piano with Jim Shaw
- Saturday, August 11, 11:00 AM, Accordin' to Pete
- Friday, September 7, 2:00 PM, Gianna Homes' 13-year anniversary
- Every fourth Thursday of the month, 10:30 AM, Mass in Chapel with Father Kubista

Volunteers

- Thursday, June 21, 4:00 PM, New Volunteer Orientation
- Thursday, July 19, 12:00 PM Volunteer Recognition Picnic

Lewy Body Dementia Support Group

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

Friends of Gianna Homes

- Friday, August 17, *A Midsummer's Night*
Celebrating Thirteen Years of Creative Memories

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.