

Letters from Home

for the friends of Gianna Homes

SPRING/SUMMER 2014

Serving our community since 1999

RESIDENT PROFILE

ALICE'S STORY



My mom Alice has always been a whippersnapper, whipping things into shape. At the snap of her fingers, she'd expect things to get done. At Gianna Homes she's still making sure that little particles on the carpet get picked up or both lights on the mantel are turned on, not just one. She even insisted the bright green afghan be removed from the living room because it did not match the furniture!

My mom came from a German Lutheran family where the kids were expected to stay in line. She was just eight years old when her mom died. Her dad remarried and she was then raised by him and her stepmom. While in high school, she lived with a family for whom she did household chores. After high school my mom moved to Minneapolis, became a licensed practical nurse, and did home nursing assignments. She met Dad in 1942 when he was stationed at Wold-Chamberlain airfield and they were married at the Navy base in Pensacola, Florida in 1944. When my dad went to sea as a Navy pilot, Mom worked at the base in Norfolk, Virginia.

After the war, my parents moved to Northern Minnesota, where my sister Kay and I were born. We moved to Montana when I was one year old. Dad traveled as a salesman and Mom managed the house and us kids. She also worked two days a week at the Miles City Livestock Auction Company—a great place for little kids to visit. Mom and Dad developed many friendships in Montana, learned to play golf, and were very involved at the Lutheran Church.

We moved to Golden Valley, Minnesota, when I was starting middle school and my sister was in high school. Mom further developed her sewing skills at a drapery shop in our neighborhood. She was a

talented and detailed seamstress. I got to help fold drapes on my ping pong table!

Mom also liked to grow things. She had violets and other indoor houseplants and she grew geraniums, canna lilies and sedum that were phenomenal! And, she loved to golf. She was the Brookview Golf Club's Women's Champion once or twice. My parents moved to Bella Vista, Arkansas, from 1992 to 2001 because they could play golf year round. They were also quite social. They had friends and neighbors in Golden Valley, a Bible study group that lasted 25 years, and great friends in Bella Vista.

They came back to Minnesota for health reasons in 2001 and lived in various senior centers. We noticed Mom's memory slipping, starting primarily in 2004 after her second bout with cancer. She had five broken bones and three surgeries over a period of five years, all due to osteoporosis. Each incident caused more memory loss. Dad passed away in 2010, which set Mom back even more.

Mom has actually been happier with Alzheimer's, compared to many crabby and critical moments in her pre-dementia life. She was not so happy when she had pain from falls at her last memory care residence, and couldn't explain to people the problem. We are so thankful for Gianna Homes, where fall protection has been a priority, and her daily activities and social life keep her smiling and cheerful! She gets lots of attention, and always greets her friends with a big smile. We are thankful and blessed that in her final days she is getting such great care.

Written by Ron Wolfe, son (With a comment or two by Kay Wolfe, daughter)



Alice and her brood at Thanksgiving, November 26, 2010.



Alice all dressed up for a Halloween party. She didn't want to take off those fancy gloves!



Alice Westphal as she graduated from nurses training, 1939.

Gianna Homes' Board of Directors

Officers:

Anne Marie Hansen
Patricia Henjum
Terrence Kopp
David Orlady

Advisory Board Members:

Jayna Locke
Paul R. Mooty

Save the Date!



*Gianna Homes
Fundraising Gala*

*Friday, November 7
The Metropolitan Club*

Letter from Terry Kopp



Our family's initial association with the beautiful work of Gianna Homes goes 'way back', but from a distance. Thanks to the generosity of my parents, Lee and Barbara Kopp and their founding of the Kopp Family Foundation, my wife Debbie and I and our children were given opportunities to financially support worthy causes in the Twin Cities area and beyond. My father's mother, Irene Kopp, suffered from dementia in her later years of this life, so we had a natural affinity for this work and service. One of our daughters, 21-year-old Monica Gianna, is named after the namesake of the Homes, so there is a natural connection there as well!

Anne Marie remembers calling me one day in 2000 and telling me about the new venture she had undertaken in service to those suffering from dementia. My response to her was, "What is it you need?," and the answer came back, "We could sure use an elevator." Debbie and I decided this was certainly an important and unique need, so we helped make it possible.

The rest of the story is that it was 'always someday' that we would finally visit this wonderful place in person, but it was all in God's good timing, as it was not until 2012 that I was invited to serve on the board to help further the mission and Debbie and I finally fulfilled our intention to visit the home. The elevator has recently been reconditioned, so we may finally have our first ride in it soon! Debbie and I have always been greatly inspired by the life and work of Anne Marie Hansen, so there was no way I was going to say no to her invitation to serve and to ask again "What is it you need?." This founder has a talent for graciously drawing out the best in the people around her and expecting them to strive to be their very best. I am thankful for this opportunity to partner with her in this important endeavor.

"What is it you need?" Each one of us is invited to ask this selfless question of our loved ones and many others in our lives, either directly or in thought and prayer. Once we have an answer, we can then say 'YES!' to generously meeting those needs in a spirit of love and patience, and receive abundant blessings in our lives as a result of our YES. This generous response is a hallmark of all that is good about Gianna Homes, its volunteers, staff members, benefactors and everyone who loves this mission and work.

Terry Kopp

SAVE the DATE

Programming and Family - Gianna Homes

- **Catholic Communion services** are held in the chapel every 1st and 4th Thursday of the month at 10:45am
- **Lutheran communion services** are held every 2nd Thursday of the month at 10:45am
- **Volunteer piano performers play** every Monday at 4:00pm and every second Tuesday of the month at 2:00pm
- **Volunteers lead a craft** every third Tuesday of the month at 4:00pm
- **Thursday, May 15, 10:30am** - Animal Ambassador Program
- **Monday, May 26, 2:00pm** - Memorial Day Service
- **Friday, July 4, 2:00pm** - Independence Day Fireworks in parking lot
- **Saturday, July 5, 10:30am** - Jim Shaw piano performance

- **Monday, September 1, 2:00pm** - Remember our Work History Labor Day celebration

Programming and Family - Gladys' Place

- **Thursday, May 15, 10:30am** - Animal Ambassador Program (trip to Gianna Homes)
- **Monday, May 26, 2:00pm** - Memorial Day Service
- **Monday, September 1, 2:00pm** - Remember our Work History Labor Day celebration

Volunteers

- **New volunteer orientation** and volunteer specialty infection control trainings offered regularly

Lewy Body Dementia Support Group

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

PALLIATIVE AND HOSPICE CARE AT GIANNA

Nursing is based in caring and respect for human dignity.

As an advocate for attention to quality of life throughout the lifespan, including the end of life, I believe a vital care staff (like the one at Gianna Homes) can provide a consistent presence to dementia patients and families.

Advanced terminal or chronic illness usually presents with multiple symptoms, requiring the nurse and care takers to provide holistic care consistent with the goals of patients and their families. Individualized professional nursing care is critical in maximizing comfort, autonomy and dignity.

As a nurse, I strive to promote “top-notch” quality of life for residents and families facing life-threatening illness by combining nursing care with the collaboration of care from our entire team. The art of compassion, openness, respect, mindfulness and devotion all promote a specialized kind of comfort care and the psychological support our residents deserve. This involves addressing physical, intellectual, emotional, social and spiritual needs.

Taking care of my loving father during the last few months of his life inspired me to pursue a career in palliative care and hospice. Much to my dismay, working for large companies as a visiting nurse didn't seem like the optimal way to provide comfort care. Constricted by time allotments and heavy caseloads made it very difficult to “be present” and entrust that the clients, families and care takers were supported. As part of the “Gianna team” I am able to collaborate, educate, support, and guide the residents' care needs.



Maxine helps Colleen set up for a special event at the home.

Palliative Care Programs, like those implemented at Gianna Homes, generally address the physical, psychosocial, and spiritual needs and expectations of a patient with a life-threatening illness, at any time during that illness, even if life expectancy extends to years. Palliative care does not preclude aggressive treatment of an illness, and provides comfort to patients and their loved ones.

While Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations provide hospice coverage, Medicare or Medicaid does not currently cover palliative care.

Hospice, meanwhile, provides for patients who can no longer benefit from regular medical treatment, per a doctor's determination, and are in the last stages of a terminal illness. Hospice and palliative care share the philosophy of maintaining and managing the patient's quality of life.

The goal of hospice care is to keep pain and suffering of a patient to a minimum, and not to cure the illness. At Gianna, hospice is based on the belief that every person has the right to die pain-free, with dignity, and with family and friends nearby.

A hospice team is comprised of doctors, nurses, caregivers, social workers and trained volunteers who manage the patient's pain, assist with the emotional and spiritual aspects of dying, provide needed medications and supplies, coach the family on caring for the patient, and provide bereavement counseling to surviving loved ones. Gianna Homes' staff work closely with the hospice team to provide the best care for the resident.

Gianna Homes has consistently provided skilled palliative care and support to families and their loved ones. I am eager to continue adding my own hospice and palliative approach to our home.

Colleen Nustad, RN



A veteran of memory care and hospice nursing, Colleen Nustad's expertise and passion have given her a keen knowledge in this field. Her professional hospice experiences in the community and caring for her dying father inspired her to pursue a career providing comfort and loving care to those who are most vulnerable. Throughout her career and guided by her spirituality, she has found that a home-like environment coupled with compassionate caregivers and a holistic approach is simply the best way to provide for the unique needs of those afflicted with dementia.

Colleen is a native of Chanhassen and continues to reside there with her family. She enjoys reading, walking, spending time with her husband and son, and frequent visits with sisters, mom, and friends. For Colleen, being a member of the Gianna Team means doing what she loves, where she can demonstrate the values of life that she strongly believes in.



Thank you for our new generator!

A huge THANK YOU to the donor of our new generator system at Gianna Homes. What a relief to have no more worries about power outages! Your generosity will keep our residents safe in case of an emergency!

COMPASSION IN CARE

At Gianna Homes caring for the residents is more like a vocation, not merely a job.

Heartbreakingly, not all homes acquire, train and support their staff to be compassionate and dedicated to giving their residents the highest possible quality of life. I write passionately of the work here and how I feel that without the qualities of dedication, unselfishness and passion, we just become “robots” - collecting our pay and calling it a day! Compassion and respect are vital in providing mutual respect and genuine healthy relationships between the caregivers and the care receivers.

How many people say please and thank you? How many people think of others before themselves? How many people understand the meaning of duty and loyalty? It is little to ask that, if the minds of our loved ones fail them, we should take for granted that those entrusted with their care do - indeed - look after them and demonstrate sincerity and devotion. This life experience should not lack compassionate care and dignity.

Anne Marie leads the high standards and expectations of importance for the caregiving team - exactly the level of nursing care and assistance our residents deserve. My responsibility is to enhance exactly the right atmosphere where each resident is treated as an individual, not just a name. Provide an atmosphere of calmness, peacefulness, happiness, honesty, patience and genuine care and interest, and people will thrive; residents and care takers alike.

Compassion, paired with superior care from a devoted and loving care staff, coupled with the exceptional high staff to resident ratio focuses on meeting each resident's emotional, physical and spiritual needs. Enhancing everyday life and encouraging independence transforms to a remarkable quality of life.

Dedication, distinction, destiny, devotion, compassion, respect, call it what you'd like. Ensuring nurses, caretakers, therapists, and volunteers have a vocation is the solution! Without winter, spring would not be so pleasant - without this vocation to serve, “memory care” would merely be a “locked unit” where residents will be kept safe from wandering.

Happy Spring - finally!

Sue Weinzierl, RN



Sue assists Gladys' Place resident, Milt, in planting seeds to ring in spring.



At Gianna retreat days, our CEO Anne Marie, washes staff hands/feet to remind us of the service and compassion we share with our residents.

Sue Weinzierl received her Bachelor in Nursing from Crown College in St. Bonifacius. She has several years of experience in assisted living and memory care settings, and truly believes Gianna Homes is the right fit for her. Sue's Christian values and experiences guide her nursing care and leadership, and she feels blessed and honored to be a part of the Gianna team.



Sue's nursing career has allowed her to work in the Twin Cities area doing home care, direct patient care, and specifically memory care for the last seven years. Having a passion for working with dementia residents and their families, Sue finds her job caring for residents is not really a job, but instead a rewarding way to pay-it-forward and to give back to the memory-impaired community and their families. Sue's personal life motto is “No Day but Today.” She believes everyone has the right to a dignified, good quality of life and it makes her feel good knowing that she can be a part of assisting residents enjoy and cherish today.

A resident of Cologne, Sue is able to be near her family and the farm where she grew up. Her hobbies include gardening and decorating, to name a few. Sue values education and is extremely proud of her three children and their pursuit to complete degrees, attend graduate school and fulfill their dreams of the career paths they choose.

Reverie Harp

Designed and invented right here in Minnesota, Reverie Harps are beautiful instruments used by music therapists and others to interact with a resident and create a peaceful environment. The harp's use of the pentatonic scale means there are no wrong notes. Residents are free to explore the instruments' many sounds in whatever way they are moved and still be successful.

Sound interesting? Help Gianna Homes' residents have the opportunity to play this gorgeous instrument with a \$500 donation!



VOLUNTEER PROFILE

MUSIC THERAPY PRACTICUM STUDENTS

Gianna Homes has consistently advocated the use of therapies and strategies to best meet the residents' needs that work in conjunction with medical interventions. Program Director Claire Klein has continued that practice by including her expertise as a music therapist in the daily programming at the home. A music therapist receives thorough training by earning a minimum of a bachelor's degree at an accredited university, completing a 1,200 hour, supervised clinical internship, and passing a board certification exam.

Minnesota is home to two of the nation's 73 American Music Therapy Association approved college programs: Augsburg College and the University of Minnesota. As part of their coursework, music therapy students are required to complete several semesters of supervised practical experiences shadowing a music therapist in the community. Gianna Homes has had five such students since 2010. Students have the opportunity to learn about dementia, lead group music therapy experiences, and meet with residents one-on-one. Each practicum allows a student to grow musically and professionally, gaining experience in a variety of clinical populations before entering into their internship.

Not only do students learn to incorporate musical skills in a clinical setting, they also learn how to connect with the people with dementia. Brenton Haack, a music therapy master's student at the University of Minnesota, commented, "I learned how important it is to take the time to get to know the story of each person with whom you work. Claire does such a great job about knowing each resident's interests and life story, and she's always ready with a question about their family or past endeavors. Each resident at Gianna Homes has had such a full and interesting life and it's not lost on Claire or any of the other staff."

Anna Covington, another student who has now graduated to lead her own dementia music therapy programming, remembered, "I was a practicum student over the holiday season and I was able to assist in putting together a CD of the clients singing and playing instruments along to holiday music! It was a great experience that allowed me to see the importance of not only connecting with clients, but also being there for the families."

Heidi Hansen, an Augsburg student, had her first practicum at Gianna Homes. She remarked how she saw that music "can get a positive response, even from those you wouldn't expect it. Just because residents can't verbally say something doesn't mean they can't communicate." Heidi continued that her experience "validated so many things that music therapy can do and solidified it for me in a way my classes hadn't done for me."

Brenton concluded, "My experience at Gianna Homes has taught me how rewarding it is to work with older adults. The residents at Gianna Homes are so fun to interact with and I've enjoyed getting to know each of them in a different way. Because of Claire's example, I could definitely see myself working with older adults in the future." Heidi agreed "I loved watching Claire interact with people. It was so natural, like family. She really made it seem like fun. It was just so special."



Maddie incorporated her flute with a music therapy intervention designed as a "cool down" at the end of a session.



Through his practica, Brenton has the opportunity to work with a variety of clients and learn to adapt to the needs of each individual.

LOOK AT WHERE OUR STUDENTS ARE NOW!

Fall 2010 – Anna Covington (U of MN)

- Traveled to Ireland on a scholarship to donate music therapy services at a school for kids with special needs
- Now works as the music therapist at the Catholic Eldercare Day Program with her own practicum students!

Spring 2011 – Jenn Werner (U of MN)

- Now serves Mount Olivet Homes as their music therapist

Fall 2012 – Madeline McCarthy (Augsburg)

- Will graduate with a degree in music education from St. Catherine

Fall 2013 – Heidi Hansen (Augsburg)

- Will graduate May 2015 with a degree in music therapy

Spring 2014 – Brenton Haack (U of MN)

- Look for him as an intern at Park Nicollet in fall of 2014!
- Will graduate May 2015 with a Master's in music therapy

OCCUPATIONAL AND PHYSICAL THERAPY AT GIANNA HOMES

OUR COLLABORATION WITH ABOVE & BEYOND SENIOR SERVICES

Above & Beyond Senior Services is a private pay rehabilitation company that has been providing one-on-one Physical (PT) and Occupational Therapy (OT) to seniors in a multitude of settings for seven years. We are honored to have a close working relationship with Gianna Homes and have provided care to a number of their residents over these years.

OT can be thought of as working with seniors on the “skills for the job of living”. At Gianna Homes, a person’s set of skills may include:

- Self-care skills: dressing, grooming, bathing, eating and toileting
- Leisure Skills: hobbies, music, family interactions

PT addresses larger, gross motor activities such as walking, balance and transfers. When working with residents who have dementia, it is important to provide repetition of activities that keep strength and mobility at their maximal levels. Ease of transfers, walking and balance on a reflexive level are key as dementia progresses. Learning a new task can be difficult. When a resident has one-on-one instruction and supervision, they often are able to maintain their physical ability longer, and be able to participate in their daily routines and mobility with less hands-on assistance.

Occupational and physical therapy can help seniors both physically and cognitively. This is done by modifying and adapting the tasks that are

challenging for a specific resident. Overall, the goal is to keep our clients actively involved in daily life through modifying tasks to make them manageable. Additionally we work with residents on cognitive and physical skills to maintain the ability to perform the task and enhance well-being.

At Gianna Homes, OT can complete a general cognitive assessment to identify a client’s ability to follow directions, perform and engage in familiar tasks, and problem solve.

OT and PT will also assess the client’s physical abilities:

- Range of motion
- Strength
- Fine motor skills/hand function
- Transfer skills
- Balance and standing tolerance

The goal of any treatment is to maintain or improve on a person’s abilities. Engagement in meaningful activities and



Occupational Therapist Janna works with our residents to help improve balance, hand-eye coordination, and to reach functional goals such as using utensils, walking, and transferring from a chair to a wheelchair.

GLADYS' PLACE: OUR NEW LOCATION



Gladys' Place residents engage in meaningful activities throughout the day.

Gianna Homes opened the doors to its new location in Plymouth, Gladys' Place, this February. We welcomed two residents and are looking forward to reaching our full capacity of six.



Volunteer families bring life to the home with intergenerational experiences. Julie, a resident, loves to play with the family's dog.



An inviting living area creates activity and visiting space for the residents.

exercise is crucial. To determine appropriate treatment activities for a client, the person's life story is important in identifying activities that will facilitate interest.

Some examples of modified physical and cognitive activities performed with clients are:

- Adapted golf - sitting or standing to putt at a target
- Adapted tennis - may involve a foam ball or light weight paddle
- Adapted volleyball - gross-motor and eye-hand coordination
- Flower arranging task - great visual stimulation and use of hands
- Lacing or sewing activities - may stimulate memories of sewing in past
- Exercise - adapted to be appropriate to physical/ cognitive level
- Caregiver education on the use of adaptive equipment or specialized techniques for self-cares to maximize active participation and success.

Benefits:

- May produce calming effect
- Stimulates mental engagement
- Strengthens arms, legs and core
- Promotes increased activity tolerance
- Utilizes unspent energy in focused and "fun" activity
- Promotes active engagement in environment
- Gives a sense of purpose and well-being
- Increased safety with transfers

Consultations for PT and OT can be discussed by calling Above & Beyond Senior Services at 612-965-5122. Please visit our website www.aboveservices.com.

"Over a three-year-period, my dad received wonderful care from the occupational and physical therapists of Above and Beyond Senior Services. They cared for Dad as if he was a member of their own family. They adjusted the therapy sessions to his level of cognition. In the first year, it was a stationery bicycle and Yahtzee. In Dad's final year, it was the therapists moving his limbs, helping him stand and walk with aid for a few steps and finally, reading newspaper headlines aloud. Above and Beyond improved Dad's final years exponentially."

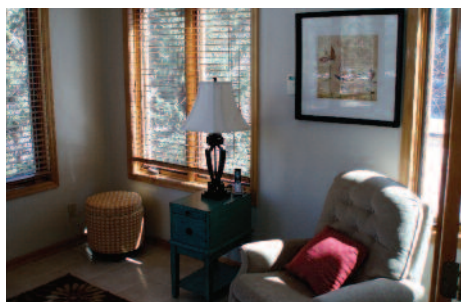
- Cheryl Olseth



Residents work with physical and occupational therapists to maintain their physical abilities and independence.



Welcome Home to Gladys Place!



Many residents enjoy the sun porch with a view of the yard and home to pet birds.

**Can't think of the right gift for someone?
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**



Gladys' Place



Thank you to the Providence Academy baseball team for their donation to Gladys' Place.

The team gave a portion of their proceeds to the home from their pancake breakfast at Dobos Cafe in Loretto on Sunday, April 14. We're flipping over your generosity!

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



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.

Ways to Help:

Gianna Homes is currently seeking these items or donations toward the following:

- **Gardening Tools**
- **Reverie Harp** (see inside for more information!)
- Cosmetics (lip sticks, brushes, blush, foundation, nail polish)
- Curling irons & plastic hair curlers
- **2-3 iPads for staff charting**
- Care products such as shampoo, conditioner, lotion, perfume, and spray deodorant
- Old jewelry pieces for resident activities
- Note cards for residents to write their friends and family
- *Simple Pleasures for Special Seniors* book series
- No skid socks
- Sponsor a dinner for residents and staff from Famous Dave's or Davanni's
- Sponsor an activity (Mneme therapy, petting zoo, special music guest)
- **Sponsor the garden flowers**
- Pay for a piano tuning
- Help us shampoo our carpet
- E-Z stand for Gladys' Place residents
- Outdoor patio furniture for Gladys' Place
- Simple age-appropriate puzzles
- Minnesota photography books by Doug Ohman

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Fundraising Gala*

*Friday, November 7
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