

LETTERS FROM HOME

FOR THE FRIENDS OF GIANNA HOMES

Serving our community since 1999

Gala Keynote Speaker:

Dr. Gianna Emanuela Molla, MD – the Daughter of St. Gianna



Dr. Gianna Emanuela Molla, MD—the daughter of St. Gianna, from whom we get our name—will be the keynote speaker of our gala on October 27.

When God put it on my heart to open a place for those who are the most vulnerable among us, those with memory loss, I chose to name the organization Gianna Homes after Dr. Gianna Beretta Molla. She was a woman I emulated in my Christian journey, and I knew I had chosen the perfect name when I learned her daughter Gianna Emanuela was a medical doctor specializing in geriatrics and served on an Italian team of physicians who had started a new concept of care in the 1990s for those diagnosed with Alzheimer's disease. She was implementing a Gentlecare Model of care as I hoped to do in Minnesota.

"Love and sacrifice are closely linked, like the sun and the light. We cannot love without suffering, and we cannot suffer without love."

—St. Gianna Beretta Molla

Dr. Gianna Emanuela Molla practiced as a geriatrician at the Geriatric Institute Camilo Gulgi in Milan. In 2003, she left her career to care for her father Pietro until his passing in 2010 at the age of almost 98. Since then, Dr. Gianna Emanuela Molla has dedicated her life to spreading the joy of her saint mother's life. It took her many years to understand God's will for her mother, but now she recognizes that the Lord, in His infinite wisdom, "thought Mama could do a lot of good, not only for the family, but all around the world. I am a direct testimony of all the good her decision to save my life has caused. And I thank my saint Mom and beloved Dad for this gift of life."

"The Way of the Cross is the Way of Joy," she said. "Both suffered a lot in their life, but they had a great joy. It is the most profound joy that is a prelude of a bigger joy—to reach paradise one day and forever."

At the gala, Dr. Gianna Emanuela Molla will share from her professional and personal experiences the unexpected joy to be found in caring for another.

Please **mark your calendars** for this historic occasion of the first visit of Dr. Gianna Emanuela Molla, the daughter of a saint, to Gianna Homes on **Friday, October 27, 2017!**

St. Gianna Beretta Molla timeline

Oct. 4, 1922: Born to Alberto and Marie Beretta in Magenta, Italy.

Nov. 1942: Begins her studies in medicine.

Sept. 1949: Pietro meets Gianna at her brother's medical office.

Nov. 30, 1949: Earns a degree in medicine and surgery.

July 1, 1950: Gianna opens a medical clinic in Mesero.

July 7, 1952: Gianna obtains her degree as a pediatric specialist.

December 8, 1954: Gianna and Pietro began their friendship after meeting at a friend's first Mass.

April 11, 1955: Gianna and Pietro are engaged.

Sept. 24, 1955: Gianna and Pietro are married.

Nov. 19, 1956: Their first son Pierluigi is born.

Dec. 11, 1957: Daughter Maria Zita is born.

July 15, 1959: Daughter Laura is born.

1961: Became pregnant with Gianna Emanuela. In her second month of pregnancy, she is diagnosed with fibroid tumor on her uterus. The doctors give her three choices: a hysterectomy, removal of the fibroid or an abortion.

Sept. 6, 1961: Gianna undergoes surgery to remove the tumor in an effort to preserve her child's life.

April 21, 1962: Gianna Emanuela is born.

April 28, 1962: Gianna Beretta Molla dies at the age of 39 of septic peritonitis.

1977: First miracle occurred in Brazil.

April 11, 1978: Cardinal Giovanni Colombo and the 16 members of the Bishops Conference of Lombardy petition Pope John Paul II for the introduction of the cause for the beatification of Gianna Beretta Molla.

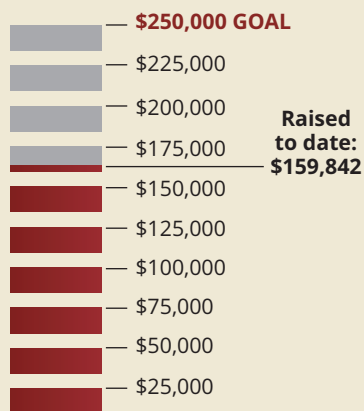
April 24, 1994: Gianna Beretta Molla was beatified during the year of the family.

2002-2003: The second miracle is examined and declared valid.

Feb. 19, 2004: The process of canonization concludes.

May 16, 2004: Canonization in St Peter's Square, Rome.

Funds Raised from
July 1, 2017 to April 24, 2017



Gala Fundraiser: \$115,630.00
End of Calendar Year: \$37,619.20
Memorials: \$4820.00
Give to the Max: \$1,773.09



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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

End of Fiscal Year Giving

Dear Friends of Gianna,

Every day, I receive calls from families looking for a place for their loved one who has reached that point when they can no longer stay at home or in their current assisted living environments and 24-hour supervised care is necessary. We have to turn many of these families away because of their limited financial means to pay for care. They need a place that accepts Elderly or CADI waiver services. Unfortunately, because of our small size and how we staff, we are not able to accept individuals on waiver services but must refer them to other larger providers in our area.

This has never been an easy thing for me to do. My dream is to accept anyone who needed our care no matter their ability to pay. We started the resident care fund many years ago to help a few families who had been with us for several years pay for care and stay in their "home." The program has evolved to serve many more families than I ever expected, but there is still so much need. **As we wind down our fiscal year on June 30, we are still a bit short of our annual fundraising goal. If you are able to support us in any way so we can close out the year in the black, I would be most appreciative.**

You can make a donation online at www.giannahomes.org/donation or you can mail a donation to our administrative offices at: Gianna Homes 14451 Hwy. 7, Suite 223, Minnetonka, MN 55345

Spring blessings to all of you,
Anne Marie Hansen
President & CEO



Mneme Therapy

Some of you may have seen our article about Mneme Therapy in our February E-Newsletter, "Grace Notes". Some of you may be familiar with the notecards and jewelry we have made using our residents' Mneme Therapy artwork in the past. Well, this year brings all-new paintings and with those new paintings, all-new items in our Gift Shop! Please watch out for exciting and nostalgic pieces that we will release this year using our residents' Mneme Therapy paintings. Watch for the announcements to come on Facebook and via email! These items promise to make perfect Christmas gifts for all your friends and family.



Meet our New Director of Nursing at Gianna Homes

Katie Gross RN, BSN IAC FCN



Nursing is a career that has endless opportunities in various practice settings. I served as a nurse in an ICU, medical supervisor in a plasma center, and nurse coordinator at my Fargo parish before joining the Brighton Hospice team, where I served 12 residents and families of Gianna Homes over the course of 18 months. I knew the moment I entered the doors I was in a special place with a special staff. When I was approached for the opportunity to join the team, I knew my previous experience had perfectly prepared me for the work of the Director of Nursing (DON) at Gianna Homes. I joyfully said “yes” to the call.

My philosophy of care developed in a very small hospital in Hettinger, North Dakota. My grandmother was chronically ill through my high school and college years. Some of the staff would refer to her as “honey” and “sweetie,” which drove both of us up the wall. The woman the staff saw was a frail old lady who didn’t talk much and who they believed was hard of hearing and confused. But they were wrong. She was a stoic and loving Granny of few words and my very best friend with more than adequate hearing. If the nurses had gotten to know my Granny, they would have realized neither of those pet names were a fit.

During long days at her bedside, I developed the philosophy that you care for the individual person outside of their disease and honor them accordingly. As a parish nurse, BeFriender Ministry Training affirmed this belief. The training changed how I saw the world and interacted with the people in it. Two of the key principles are listening and understanding from the other person’s perspective and being fully focused on caring when attending to a client’s needs.

Somewhere along the way, our society decided to break up the responsibilities of caring for people. We trust hospitals and doctors to take care of our bodies, faith communities to care for our spirits, and mental health professionals to mend our emotional and mental health. But the mind, body, and spirit all impact our overall health. When we fail to see the correlation between them, optimal health eludes us.

This is why I learned how to use aromatherapy and healing touch in my nursing practice. One of the biggest misconceptions of those with dementia is that they have lost

their ability to smell. Some practitioners question how aromatherapy could be beneficial for people with dementia. While the ability to perceive a smell or recall a memory associated with the smell may be impacted, essential oils still have healing effects. The molecules that give plants their healing properties are still absorbed through the skin or inhaled into respiratory system. They create a biochemical change that can create relaxation, alleviate pain and nausea, and more. I look forward to working with Gianna staff on practical uses of aromatherapy with our residents.

My skills in holistic care and my philosophy of care transfers into my leadership style. I worked as a CNA in a memory care during college, so I know firsthand what it takes to do the job and do it well. I also know it’s not an easy job some days. I am a very hands-on leader and mentor. I educate staff every opportunity I get and jump in to help where I’m needed. Being fully present builds the trust that is vital for my team’s success. My goal is to help our team feel supported and cared for, just as our residents and families are cared for. This will allow them to give the best they have every day, increasing the quality of care to our residents. I want Gianna Homes to not only be an exceptional home for residents, but a premier place to work.

While my work as a nurse is very important to me, I’ve had to learn that my chosen profession does not define me as a person. Work-life balance was something I had to learn the hard way after experiencing burnout while working as a hospice nurse early in my career. When you let go of work being your total identity, you are able to find balance.

Yes, I am a nurse and a caregiver. But I am also a fun-loving, adventure-seeking, motorcycle-riding, Gary-Allen loving, super-cool wife and auntie who loves her dogs, Sioux Hockey, wine, and the occasional reality TV show. Exercise is an important part of my day that helps me stay balanced. So does spending time with my husband. I’m looking forward to serving as Gianna Homes’ Director of Nursing and all of the joys, challenges, and rewards the position will bring to my life and the lives of my staff.

Stats from the Alzheimer’s Association and Gianna Homes:

- More than 15 million Americans provide unpaid care for people with Alzheimer’s or other dementias
- In 2016 these caregivers provided an estimated 18.2 billion hours of care valued at over \$230 billion.
- Gianna Homes has an estimated 52 Volunteers and 30 Resident Assistants

A Home for Jim

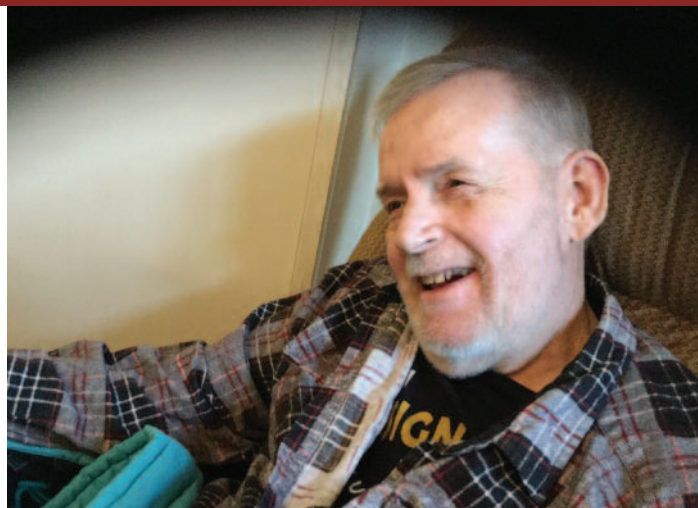
By daughters Rebecca and Jessie and sister Betty

Jim was born and raised in Long Prairie, Minnesota, and was the only boy in the family with four sisters. Growing up, he really wasn't a "school kid"; Jim loved cars, especially his Mustang, and dancing to polka music. He and friends would steal apples from the neighbors but would always get caught.

After high school, Jim studied printing at Wadena Vocational School, and he got his first job with Hart's Press right after graduating. His entire career was printing, and he did everything from printing decorative photos to bandage boxes. Rebecca still buys the brand of bandages he printed. During this time, Jim met his wife Ruth. Jim swept her off her feet, and they would dance the weekends away. They got married in August 1969 and moved to Minneapolis together. That is when their family grew to include their two daughters Rebecca and Jessie.

Jim was always a "doer"; he was always tinkering on something in the garage or basement, whether it was fixing or building something. Hunting and fishing were an integral part of his life no matter the season. He hunted everything from duck to deer to goose. He would take his boat out in the spring and summer, most notably summer vacations spent at Lake Michigan. The family would set up the camper for a week and he'd go out salmon fishing every day. Many winters, he had an ice house set up on Lake Minnetonka and was out fishing (either alone, or with friends) every chance he got.

The process of diagnosis was a scary time. Ruth noticed changes in him much earlier than his sisters or daughters did. It began with mild forgetfulness and progressed quickly. These events are what prompted the family to have Jim seen by a doctor. The diagnosis of dementia came relatively quickly through a series of doctors and diagnostic testing. It was especially difficult when the doctor recommended that Jim no longer drive; he loved his truck! Betty came to Minnesota from her home in California to help Ruth and Jim drive to Arizona for the winter. This was when she got the whole scope of his condition. Jim was no longer the brother she had known.



Ruth was Jim's primary caretaker. They had an extremely special relationship, and she was really the only person Jim would listen or respond to. After Ruth had a fall and shattered her hip in Phoenix, Jim returned to Minnesota. Shortly after Ruth returned to Minnesota, she fell ill with an infection that she was unable to survive. Jim tried to move to a memory care facility, but it was not a good fit for him. His care was inadequate for his needs and inconsistent. He was often angry, agitated, and confused. We finally found Gianna Homes in March 2016 and he moved in April 2016.

At Gianna Homes – Gladys' Place, our dad and brother has finally experienced peace after Ruth's passing. He is less agitated and is very comfortable in his surroundings. It's fun to watch him interact with the staff and other residents. Often, the behavioral interventions at Gianna Homes—music therapy, massage, art therapy, yoga—have helped calm Jim without the need for medication. He's talking more and interacting more. His personality is back. The staff is kind and attentive and goes above and beyond for Jim.

Finding Gianna Homes for Jim has been incredible. We went through an extremely chaotic time when our mom/sister died, and really did not understand the extent of the disease, or what to do. He seems to have found where his new spot is in life and for us, it has really helped in coping with a disease and transition that is difficult to watch and understand. Being at Gianna Homes has helped Jim find a new normal. He has never been good at sitting still, but when we hear that he is sleeping at night, joking with the caregivers and participating, we are thankful every day. We finally feel that things will be okay and that we truly did find his home.



Jim Gone Fishin'



Jim and Gregg hunting



Jim and Ruth

Resident Recipe Box

Jane, a resident of Sursum Corda, was known for her cooking—she even took gourmet cooking classes. Jane never made the same recipe for dinner twice. Her sons and husband joked that if you liked a meal, you had better savor it, because you wouldn't be seeing it again!

A few years ago, she put together a cookbook for her family. Jane included this favorite cookie recipe, given to her by a dear friend in the 1950s and used for many Christmases since. This same friend gave her a beloved statue of Mary that is identical to the Mary that stands in the garden at Sursum Corda!

Thumbprint Cookies Christmas ("Blackeyed Susans")

1 ½ cups flour	½ cup brown sugar
¼ teaspoon salt	1 teaspoon vanilla
½ cup butter	2 Tablespoons milk

Mix butter and sugar. Add milk and vanilla. Mix well. Add salt to flour and add to rest of mixture.

I scoop dough out with the smallest ice cream scoop, very lightly roll into a ball. Place on ungreased cookie sheet. Poke thumb/finger print in center.

Bake at 350° about 10 to 12 minutes (*depends on size of cookie*).

Transfer to cookie rack and immediately drop each cookie in powdered sugar to coat. Set back on rack. Repeat when each cookie is cooled.

Then drop tiny spoon of chocolate in "hole" of cookie. Leave out overnight to "set." See Filling recipe.

Note: I always double or triple this recipe.



Filling for Thumbprint Cookies

¾ cup chocolate chips
1 Tablespoon butter
Melt in double boiler over low heat or chocolate will
break down. When melted add:
2 Tablespoons corn syrup
1 Tablespoon water
1 teaspoon vanilla

Note: Set aside until needed. This is a small recipe.
I always double or triple.



Reflections from a resident:

"I think sometimes God laughs at us."

—Gianna Homes Resident

Gianna Homes – Marketing Corner

By Cari Doucette, Marketing Director

My name is Cari Doucette and I am thrilled to be the new Marketing Director for Gianna Homes. I have more than 25 years' experience working with seniors in a variety of settings, including Independent Living, Memory Care, Assisted Living and Adult Day Programs. Almost 20 years ago, I was in a position at a Memory Care community that I absolutely loved. After all this time, I now feel I am back home where I belong. Working with families and individuals with memory care is a privilege, and I am honored to have this opportunity.

As the Marketing Director, I plan to focus time on building relationships and spreading the word about Gianna Homes

and the tremendous, loving care Gianna Homes provides.

I live in Maple Grove with my husband Don and our 3 sons. In my free time, I enjoy spending time watching our boys play hockey and baseball as well as going to the family cabin in northern Minnesota.

If you know of someone interested in Gianna Homes or just want to introduce yourself, I can be reached at 952-443-6113 or cari@giannahomes.org. Thank you.



Volunteer Spotlight: Pet Visitors are Paw-some!



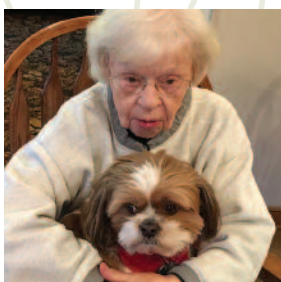
Allow us to introduce a unique set of volunteers on our team. They have four legs, wet noses, and furry faces. In conjunction with National Pet Month in May, we are celebrating our Pet Visitor volunteers and their owners!

The pets that come to our home—dogs, cats, and even bunnies, along with the birds who have permanent residence—bring smiles and peace to our residents. Many of us have experienced the unconditional love a pet can bring, but the idea of introducing life in this way into long-term care facilities of all kinds started with Dr. William Thomas. His “Eden Alternative” method proposes that meaningful activities and the presence of animals, plants, and children can significantly impact elders.¹ Studies have shown that pets can improve mood and have calming effects including lowering blood pressure, decrease the instances of challenging behaviors, and even increase food intake.^{2,3} Additionally, having a pet

companion can release serotonin (the happy hormone) and reduce cortisol (the stress hormone) in our brains.⁴

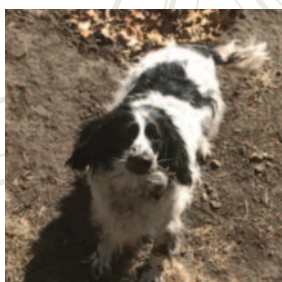
Not only do our four-legged friends bring calm and ease, they are also a source of conversation. Steve, who brings his dog Grand, says “the residents respond to Grand with uncanny familiarity and an emotional connection.” Oftentimes, the pets that visit spark a story for the residents. Some residents like to talk to the animals. Chayla, Murray’s owner, says “every visit is different. You never know who will have a story or will want to spend some time with us. No matter who we sit with, it’s always fun and you can see they enjoy having a furry friend. It is so rewarding, even if we’re there for a short time, you can see Murray brings some joy to the room.”

Thank you to each of our pet visitors and their human companions! You fill our walls with joy!



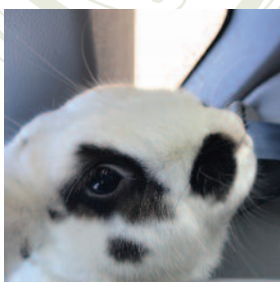
Grand

(Steve Champaloux, owner)
Loves to make a big entrance
and find a friend to pet him.



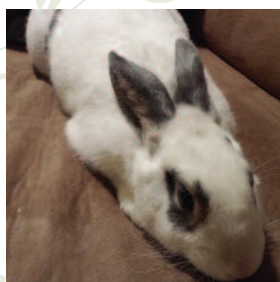
Mac

(Cari, Adrianna, and
Samantha West, owners)
Goes for walks or lays
on feet while watching TV.



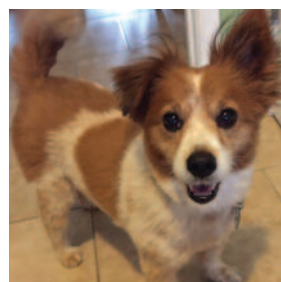
Sprig

(Cari, Adrianna, and
Samantha West, owners)
The more petting,
the better!



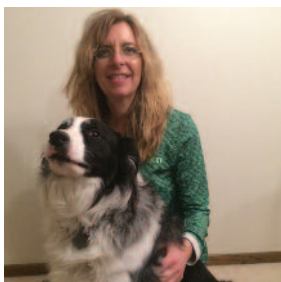
Casper

(Cari, Adrianna, and
Samantha West, owners)
An inquisitive chap, likes
to hop around and
seek out attention.



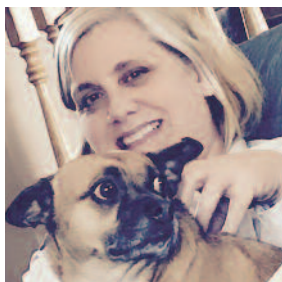
Murray

(Chayla Balko, owner)
Loves an ear scratch.



Tiki

(Nici Lawson, owner)
Likes to show off his tricks.



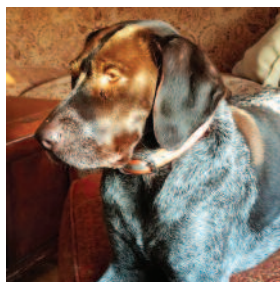
Ginger

(Kathy Mancell, owner)
Takes a chin scratch
(especially from Darlene).



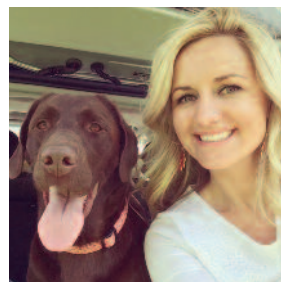
Bella & Treble

(Kathy Mancell, owner)
Residents love Bella’s soft fur.
Treble is confident and
loves to get attention.



Maisy

(Kathy Mancell, owner)
Helpful snack cleaner-upper.



Ginger

(Bobbi Zirbes, owner)
Big ball of love.



¹<https://www.verywell.com/how-does-pet-therapy-benefit-people-with-dementia-98677>

²Ibid.

³<http://www.brightfocus.org/alzheimers/article/alzheimers-disease-magic-pets>

⁴<http://www.alzheimers.net/2013-05-17/how-can-pets-benefit-alzheimers-patients/>



Reflections from a resident:

*"I don't know how God depends on me,
but he does."*

—Gianna Homes Resident

Mark Your Calendar!

Family and Resident Events

- **Saturday, May 6, 10:30am** – Jim Shaw, piano (SC)
- **Friday, May 19** – Mneme therapy painting with Suzy (both homes)
- **Saturday, May 20** – COMPAS art project with Anne (both homes)
- **Monday, May 29, 2pm** – Memorial Day Remembrance (both homes)
- **Saturday, June 3, 10:30am** – Jim Shaw, piano (GP)
- **Friday, June 16** – Mneme therapy painting with Suzy (both homes)
- **Saturday, July 1, 10:30am** – Jim Shaw, piano (SC)
- **Tuesday, July 4, 2pm** – Patriotic Sing Along; 4pm - fireworks (both homes)
- **Thursday, July 13, 10:30am** – Minnesota Zoomobile community program (GP)
- **Monday, July 31, 11:15am** – Minnesota Zoomobile community program (SC)
- **Wednesday, August 9, 2pm** – Accordin to Pete (SC)
- **Friday, August 11, 2pm** – Accordin to Pete (GP)
- **Saturday, August 12** – COMPAS art project with Anne (both homes)
- **Monday, September 4, 2pm** – Labor Day Show and Tell (both homes)
- **Weekly massage and yoga** (both homes)
- **Regular communion services** (both homes)
- **Volunteer visitors** throughout the month (both homes)
- **Hair appointments** with Lang every 6 weeks (both homes)

SC = Sursum Corda (Minnetonka)

GP = Gladys' Place (Plymouth)

Volunteers and Staff

Volunteer trainings and staff orientations offered regularly. Contact the office (952-988-0953) for more details.

- **May 6-12** National Nurses' Week
- **Monday, May 15** – Planting Flowers (SC)
- **Monday, May 22** – Planting Flowers (GP)
- **Monday, June 5, 5:30pm** – Gianna Homes Staff, Family, Resident, and Volunteer Picnic (Fish Lake Park)
- **June 15-22** National Nursing Assistants' Week

Lewy Body Dementia Support Group

- **Support group meetings** every second Monday of the month. Light lunch served.

Save the date for the Walk to End Alzheimer's

Join the Gianna Homes walk team for the 2017 Twin Cities Walk to End Alzheimer's at Target Field on Saturday September, 9!

- If you are interested in signing up to join the Gianna Homes team, please visit act.alz.org/goto/TeamGianna
- Click the yellow "Join Our Team" button
- Fill out the online form
- Share your story and start fundraising!



Sign Up for Grace Notes

Stay in touch between print newsletters by signing-up to receive our E-Newsletter "Grace Notes"! Grace notes is our all new bi-monthly email newsletter that features highlights on recent events taking place at our homes, amazing new research on memory loss, fantastic new additions to our staff, and plenty more exciting information you will definitely want to read about!

Please email info@giannahomes.org to sign up!



Gladys' Place



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

Gala **Save the Date** | Friday, October 27, 2017



Dr. Gianna Emanuela,
Keynote Speaker

Join the Gianna Homes family for our annual gala to raise awareness and monies to support our dear residents through their journey with dementia. This year we are honored to welcome Dr. Gianna Emanuela, daughter of St. Gianna (whom we are named after), as our keynote speaker. We are also extremely excited to announce our very own Anne Marie Hansen (founder and president of Gianna Homes) will be emceeing the entire event!



Anne Marie Hansen,
Emcee



Frank Sullivan & Team – Auctioneers



For more information
visit www.giannahomes.org/Gala2017



*“The secret to happiness is to live moment by moment
and to thank God for all that He, in His goodness,
sends to us day after day.”*

—St. Gianna Beretta Molla