



SOARING

A Publication of Mennonite Home Communities



THERAPY

Restoring Lives

IN THIS ISSUE...

Where Do I Go From Here?

Cognitive Fitness

Uncommon Courage

Person Centered Care
Update

Rosevue Reinvention
Update

Summertime Memories

WHERE DO I GO FROM HERE?

This is a question many of us eventually face, yet few are prepared to answer. The defining moment came to John Gunn, a Woodcrest Villa resident, when his wife suffered a debilitating stroke in August of 2006. John knew that life would be forever changed.

As a social worker, John previously helped families evaluate recommendations from healthcare professionals concerning their loved one's care. Confronted with how to care for his wife, he recognized the sound guidance from the Health Care team at Mennonite Home.

Jean Gunn states *"Nobody really knows what healthcare needs they will have in the future. Catastrophic health events happen to other people, not me! Even though we purchased insurance, made plans, and prepared for the future, it was a shock to actually have to put those plans into motion."*

Medical experts used a veritable alphabet soup of terminology to define her condition. Jean describes her experience in simple, understandable terms. *"Can you imagine not being able to feel your own foot, or move your arm, and people are asking you to stand up and to use body parts that no longer seem connected to you?"* The Therapy Department asked Jean to actively contribute to her recovery. They presented her with the possibility that the connections could be recreated between her brain and body.

Dianne Coons, Occupational Therapist (OT), helped Jean cope with normal, everyday tasks, including sitting up on the side of the bed, eating, drinking, bathing, and dressing, to name a few. Speech Therapist Kelly Shenk concentrated on getting Jean back to eating regular food. The muscles of her mouth and throat needed to be strengthened in order to chew, swallow and speak properly.

Jean Gunn and Physical Therapist **Sally Luttrell**



Pictured on the cover are members of the Mennonite Home Therapy Staff. From left to right are: **Andrew Dubosky**, MSOTR/L Therapy Manager, **Ron Zielinski**, MA, CCC-SLP, **Sally Luttrell**, PTA, **Kelly Shenk**, MS, CCC-SLP, **Dianne Coons**, COTA/L, **Steph Book**, MSOTR/L, **Amanda Jane Hooks**, MPT, and **Rina Duran**, PT.

The Therapy Department at Mennonite Home Communities provides services to residents as well as patients from the surrounding areas.

Sally Luttrell, Physical Therapist (PT), aimed at getting Jean up and moving again. Jean strengthened her muscles for sitting, standing and walking under Sally's watchful guidance. Jean stated that her time in the Therapy Department was always a positive experience. *"I never felt pushed, only gently encouraged."*

Jean's load was lightened by the sense of community she experienced during her illness and rehabilitation. Some of her friends from Woodcrest Villa also required therapy during her time there. She constantly saw familiar faces; volunteers who took her to and from her therapy sessions, friends visiting, the nursing staff, social workers, therapeutic recreational assistants, dietary staff, and clergy. The team provided for all of her needs as she went about the business of recovery.

The months of hard work and dedication to the common goal of sending Jean home paid off on the day before Thanksgiving, 2006. Jean, her husband and family had much to be thankful for when she finally returned home. Jean stated *"I felt confident in my and John's ability to take care of me, with all that I have learned along the way. I still face some challenges and require continued therapy, but I feel that the Therapy Department provided me with the tools necessary to continue on with my vision of life together with John."*

Therapy cannot guarantee miracles, but our results often exceed expectations.

The Therapy Department at Mennonite Home is an integral part of my treatment plan for many residents. Almost any illness or hospitalization can result in weakness, stiffness, balance changes, and personal safety issues. Each part of therapy (physical, occupational, and speech) can help to restore an individual to the previous level of function.

Therapy must be tailored to the individual's needs. Almost everyone can gain some benefit from strengthening and balance.

The goal for each resident is to achieve the maximal level of independence.

Leon Kraybill, MD, CMD
- Mennonite Home
Communities Medical Director

Cognitive Fitness

From the New York Times to AARP Magazine – the buzz is COGNITIVE FITNESS! The concept has many names; mental fitness, cognitive therapy, mental and brain gymnastics.

"Numerous studies have shown that cognitive stimulation through games, puzzles, reading and other leisure activities can substantially reduce the risk of Alzheimers and dementia."

- Assisted Living News

Over the last year, the MHC staff has reviewed multiple programs. Recently, Dan Michel, the CEO of Dakim, demonstrated the [m]Power system. Our evaluation led us to the decision to implement [m]Power in our community.

[m]Power is designed to enhance seniors' quality of life through cognitive stimulation. It uses images, movies, sound clips, and games to generate mental exercise. Long and short-term memory, critical thinking, computation, visual-spatial orientation and language are the focus.

We will start with one terminal at each campus. The program is the most resident-friendly choice available and offers a variety of programming, all controlled by a touch-screen. No computer knowledge is necessary – there is no keyboard, no mouse!

We expect our residents to readily flock to this new electronic companion for both fun and mental sharpness.

Check www.mennonitehome.org/happenings.htm for [m]Power demonstration dates.

UNCOMMON COURAGE

Is Not So Uncommon

It is inspirational to read stories of bravery and courage - Gertrude Ederle swimming the English Channel; Charles Lindbergh crossing the Atlantic Ocean; Lance Armstrong beating cancer and winning the Tour de France. Another group of heroes reside at Mennonite Home Communities. Just ask our therapists.

*L*ike world-class explorers or athletes, ordinary people facing physical challenges draw on every bit of their physical and inner strength. Recovering from a stroke or learning to walk after a broken hip can be likened to swimming the English Channel. Progressive medical problems, like Parkinson's or Alzheimer's disease, require continuing accommodations.

Residents who face health challenges are not alone. A strong sense of support and encouragement is the foundation of the recovery process. Many residents credit the guidance of Therapy Staff, camaraderie of peers and family, and the assistance of other departments for their success.

It is true that as the body ages it wears out. Even society doesn't hold out much hope... "Well, he's old. That's to be expected." Yet in our caring community, unexpected recoveries occur. Let's share three remarkable stories.



At age 91, Sarah Stoner suffered a compressed nerve and muscle tear that left her unable to walk. After corrective surgery and months of physical, occupational

and speech therapy, she resumed her active lifestyle in Assisted Living. She is active in the choir and says, "I've always been in the hands of the Lord."



After a fall, 88 year old John Rorabaugh came to MHC unable to walk, disoriented and unable to communicate. After two months of intensive therapy, the dementia had receded to the point that he was beating the Therapy Manager at checkers with two and three jump finishes!

John's loving wife was also a key to his recuperation and successful return to his West Lampeter home.

Person Centered Care

A N U P D A T E

Person Centered Care, as we define it at Mennonite Home, is more than just a few fancy words. It is our guiding principle as we improve service to our residents. The summer months were filled with training sessions provided by LaVrene Norton and her team from Action Pact.

The steering team meets every other week and is actively piloting Person Centered Care concepts on several floors. Seven action teams are in place and all are working on ways to change current operations to reflect Person Centered Care. Most of the action teams include a resident or family member, which adds an important perspective

as we implement the new program.

The action teams are:

- High Involvement Team (Communication/Education)
- Clinical/Therapy Team
- Medication Administration Team
- Dining Team
- Design Team
- Care Plan Team
- Life Enhancement Team



After surgery for a broken hip, centenarian Margaret Beard came to MHC where PT and OT taught her to walk and care for herself again. She also had

Speech Therapy to address a swallowing weakness that commonly occurs after such an injury. She now gets around using a walker. When asked how she feels about living at Mennonite Home, she said, *"I like it here. I can get help anytime I want it. I'm going to be 101 years old next January. I don't fret. My family is near and all I need is right here."*

See www.mennonitehome.org/newsletter for more details.

EXPANDED THERAPY SERVICES

A future plan for the Therapy Department located at Mennonite Home is to expand their services to the Woodcrest Villa campus. Occupational, physical and speech therapy will all be offered on an outpatient basis. The services will be provided in the resident's apartment or villa. This will provide Woodcrest Villa residents with a continuity of convenient services, often begun at Mennonite Home. The Therapy Staff is eager for this expansion which will present the opportunity to help more of their Woodcrest Villa neighbors.



Rosevue Reinvention

AN UPDATE

The Rosevue reinvention initiative is in full swing. In some respects, the more difficult, "big picture" elements are defined and now the focus is on smaller details.

Key elements of this project include an additional elevator and connecting hallway. These simple additions dramatically change the traffic flow, allowing more privacy and decreasing interruptions to residents and staff. The kitchens and dining areas will be expanded, providing for a more home-like atmosphere.

Building codes mandate that this addition not increase water run-off. Square footage added to the building's water run-off will be balanced by restoring grassy areas.

The next phase of the project will focus on Benchmark Construction's guaranteed maximum price. We expect the final blue prints with construction targeted to start in fall of 2007.



Person Centered Care Results

Within one year of implementing Person Centered Care, an Ohio skilled nursing center decreased the frequency of resident falls by 64%! They attribute the results to three changes:

- 1) Undisturbed sleep,
- 2) Consistent caregiver assignments, and
- 3) Versatile workers.

- Future Age, July/August 2007

THE VOLUNTEER CONNECTION

The success of our Therapy program is more than just results. Success is based on the complete experience a person has from the time they are transported to Therapy until they return to their room.

Our residents are blessed with a group of volunteers who have a strong desire to help people. In an average week, our volunteers travel miles across the entire Mennonite Home building, transporting approximately 175 residents to Therapy.

Our residents benefit from having Woodcrest Villa volunteers help with their recovery. Volunteers keep the residents connected with their friends, fostering a sense of community. Residents appreciate the volunteers' time and a happy, familiar face can certainly reduce anxiety. Many of our volunteers and residents develop a strong sense of family with each other. Our volunteers take the time to listen and a simple hello or touch means so much.

If you ask our volunteers why they help, the overwhelming answer is that they care about their friends at Mennonite Home. They feel a tremendous satisfaction knowing that they have helped ease someone's mind.

Mr. & Mrs. John Gunn, Woodcrest Villa residents, have experienced the comfort of a familiar face waiting to greet you and transport you to therapy. They have a special connection with volunteer Jack Nauffts, who they consider the "#1 wheelchair pusher." It's not hard to see that a real sense of community is active in our Therapy Department.

Ask Joy Harmount why she volunteers, and she will say that her biggest reward is seeing her friends get better and sharing their smiles. Sometimes therapy can be tough. Joy takes time to explain that life is good and we are all here for a reason. She is glad to help comfort and inspire our residents.

The strength of our Therapy Department depends on our passionate volunteers. They do not expect a reward for their diligence and patience. They simply want to continue our circle of caring - *Our Tradition*.

John and Jean Gunn being served by MHC Volunteers Jack Nauffts and Joy Harmount



SUMMERTIME MEMORIES

Two Thousand Seven

There is always something to do on those beautiful sunny days of summer. Our residents enjoy activities

such as gardening, fishing at the creek, Walk of Ages, picnics, or just sitting on the porch sipping lemonade while chatting with an old friend. Volunteers, staff, family and friends enjoy these special times with our residents. Whether it is a refreshing conversation or a warm stroll through our campus, these are the special memories we will share of summer 2007.





Shining Stars

Recognizing employees for the dedication and hard work that is done each and every day to make Mennonite Home and Woodcrest Villa a wonderful place for residents to live.

April



Janet Myers
MHC Office Coordinator



Gretchen Shenk
Volunteer Services Assistant



Carol Fair
MH Unit Assistant

May



Linda Bouman
MH LPN



Veronica Boynes
MH LPN

June



Lyndon Thompson
MHC Shuttle Bus Driver



Keith Perry
MHC Painter



Barry Koser
MH Carpenter

Mennonite Home Communities

1520 Harrisburg Pike
Lancaster, PA, 17601

NON PROFIT ORG.
U.S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 229

SOLICITATION POLICY

If you wish to have your name removed from the mailing list to receive future newsletters or fundraising materials supporting Mennonite Home Communities, please send a written request to:

Mennonite Home Communities Marketing Department,
2001 Harrisburg Pike, Lancaster, PA 17601.

“SOARING” is a quarterly publication of Mennonite Home Communities, 1520 Harrisburg Pike, Lancaster, PA 17601. Mennonite Home Communities is a Pennsylvania non-profit organization. A copy of the official registration and financial information of Mennonite Home Communities of Lancaster may be obtained from the PA Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement. Please note: A donation or contribution to Mennonite Home Communities is purely voluntary. A contribution is in no way a requirement for the institution or continuation of any business relationship with Mennonite Home Communities. Also, a contribution is in no way a requirement for admission or continued stay at the facility. Residents of Mennonite Home Communities will receive the same standard of quality care, the provision of which is not conditioned on any contributions.



WISE GIFTING

The Bible has much to say about the importance of sharing our blessings with those less fortunate. Jesus recognized our obligation to pay taxes to Caesar, as well as making gifts for the work of the kingdom. Today's complex tax codes can obscure the best way to give. Here are two wise gifting ideas.

1) CHARITABLE TRANSFER FROM AN IRA

Last year Congress allowed persons over the age of 70½ to make tax-free gifts from an IRA or other qualified retirement savings. This is a great way to gift to a charity and avoid any tax on that gift.

Gifts from an IRA also counts towards your Required Minimum Distribution. Such gifts eliminate Pennsylvania inheritance taxes that can be 13% and, if your estate is taxable, federal estate tax of up to 45%. IRA gifts also avoid an income-type tax that your heirs pay when they inherit your IRA.

Call Greg Pierce, Director of Development, at (717) 390.4903 for forms or additional information. Please hurry – this option expires at the end of this year!

2) GIFTING IRA RESIDUALS

Not everyone can forgo the income they receive from part of their IRA. Yet many people, at their death, have assets remaining in their IRA. This IRA residual (what is left over

at death) is a wonderful source of gifting to your favorite charities. Remember, your IRA residual, gifted to family or friends, can be subject to three taxes:

- A. PA Inheritance Tax up to 13%. *(This applies to everyone!)*
- B. Federal Estate up to 45%. *(Depends on year of death and estate size)*
- C. Income-type tax to your heirs of up to 35%. *(This applies to everyone!)*

Gifts to charities avoid all of these taxes!

Gifts to charities avoid all of these taxes! Gifting your IRA residual to charity costs you only a \$.41 stamp. Contact your IRA administrator now for a Beneficiary Designation form. This form specifies what percentages should go to which charities, and to which family members.

We suggest a helpful book, **“The Christian Guide to Wills, Trusts and Estate Planning,”** that provides further insights. Call Greg for information.

