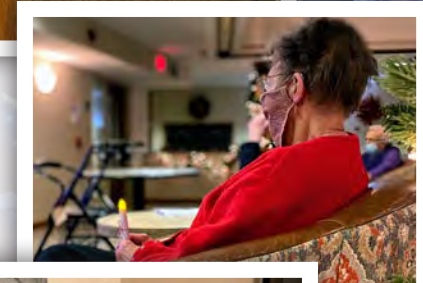


Love Lights 2020



KEEPING US CONNECTED WHILE WE'RE APART

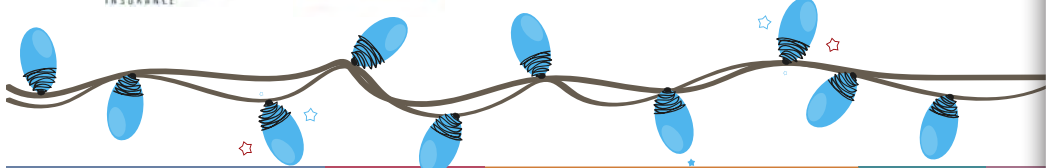
COVID-19 was no match for Love Lights, as the annual event of the Friends of Luther Manor was a success again this year. An estimated \$30,000 was raised, with net proceeds benefiting the Faith & Education Center renovation project.

This year, without the ability to gather, the event was broadcast live on Channel 956 from the Faith & Education Center. President & CEO Stephanie Chedid and Director of Pastoral Care Pastor Laura Gerstl-Beukema led the program.

The lighting of the Love Lights tree was captured in a Facebook Live event. Three singers from the Milwaukee Choristers joined us with hymns, and led the Luther Manor community in singing Silent Night. Residents joined from their rooms, where each had an electric candle to light.

Thank you to everyone who remembered or honored a loved one with a light on the Love Lights tree. Generous sponsors again helped make this event possible.

Special Thanks to Our Sponsors



We'd like to introduce you to a new feature in News & Notes that will help you get to know a staff member of Luther Manor. If you know that person, perhaps you'll learn something you didn't already know! Dave Hahn, our Marketing Manager, is the first one up!



GET TO KNOW THE STAFF OF LUTHER MANOR

Are you married and do you have any kids?

Sheila and I have been married for 21 years and we share a 14 year old son, Seth. I love them both like crazy!

Where did you grow up and go to school?

I lived in Milwaukee on 56th and Vliet until I was 9 and then we moved to Nashotah. I graduated from Arrowhead HS in Hartland in 1989.

How do you like to spend your free time?

I love spending time hanging out with my wife and son, helping coach his baseball team, and going to Brewers games. Remember when we could do that?! I also love listening to and playing music.

What is your work schedule like?

I typically work Monday through Friday and average 40-50 hours a week, but both can vary.

Tell us about your job!

I'm the Marketing Manager which means different things for different organizations. I created our logo (the one with the 3 people) and overall look back in 2017 and, prior to 2020, was responsible for all our print and online presence, our advertising efforts and anything that helped people come to Luther Manor. Today, I mostly handle social media, internal communications and marketing projects like News & Notes, Abundant Living.

Has your job been different since COVID?

COVID has required that all of us become much more flexible, that's for sure. Personally, I've been spending much more time creating COVID-related

communications (both print and online) for the many audiences who love Luther Manor.

Who's on your team?

Currently, I'm a solo act. Until January of this year, Betsy Bohnett was a critical and valued part of marketing. She is now equally valued as a senior living advisor in independent living!

I can't get through my day without?

That's easy, God. I also enjoy a Diet Mt. Dew or two.

Who do you begin your day with?

Again, God, and then my wife and son. Once at work, I greet my hallway mates and head to my office where I spend the rest of my day getting stuff done!

What are your work meetings like?

Most of my meetings are on Mondays and Wednesdays and are related to our current and future efforts in sales and marketing. Some are in person, but these days, most are on ZOOM.

Do you eat lunch away from the Manor?

I do, but not as much as I used to, due to COVID. There aren't as many places to go, quite honestly. Every once in a while, I still treat myself to Chick-Fil-A.

What kind of decisions do you make each day?

Most of my decisions these days surround how to best communicate the message to the intended audience (ie., what to say, how it looks, what marketing mechanisms to use) and how to elicit the intended response from that audience. It's fun to try and get inside the mind of a group of people and know what might affect them.



Dave with his wife, Sheila and their son, Seth

MINDFUL SCOOP

Winter Wellness



Make your health a priority this winter! It is important to show yourself some love this holiday season. Follow these helpful strategies to prevent the winter blues, maintain a healthy Immune system, and stay stress free.

TIPS TO ENCOURAGE A HEALTHY DIET

Eating healthy helps to boost our immune system.

Holiday immune-boosting foods include: cranberries, oranges, bell peppers, broccoli, garlic, lemon juice, ginger and almonds.

Continue to fill half your plate with colorful fruits and vegetables.

Limit your alcohol consumption (Women: 1 drink/day; Men: 2 drinks/day)

HEALTHY SLEEPING HABITS

An average adult needs 7-9 hours of sleep each night.

Sleep can boost your immune system by allowing the body to repair itself and fend off illnesses.

Stick to a routine by aiming to hit the pillow at the same time each night.

Keep your room dark.

Limit/avoid screen time 30 mins before bed and try deep breathing exercises, or mini meditations before closing your eyes.

STAY ACTIVE

Physical activity helps boost the immune system and helps us manage pain.

QUESTIONS? Contact your nutrition experts, Krista and Gina

RESOLUTIONS FOR THE NEW YEAR

I will take time to laugh, it is the music of the soul

I will take time to think, it is the source of power

I will take time to play, it is the source of perpetual youth

I will take time to read, it is the fountain of wisdom

I will take time to pray, it is the greatest power of Earth

I will take time to love and be loved, it is a God-given privilege

I will take time to be friendly, it is the road to happiness

I will take time to give, it is too short a day to be selfish

I will take time to work, it is the price of success

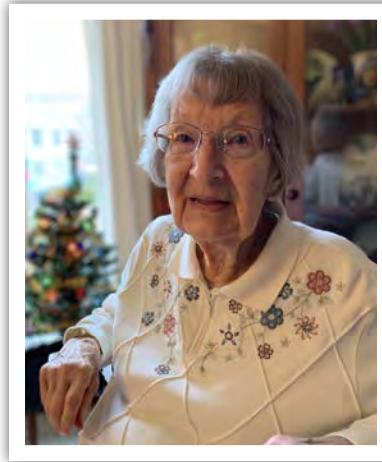


GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

Gloria Schmeling

Gloria Thiele Schmeling O201 was born in 1927. She lived her first five years in Caroline, WI, a small town with a population of 160 people. Her parents moved to Shawano, WI along with her brother and sister where they went to grade and high school.



In 1944, they moved to Milwaukee and settled at 15th & Highland. Gloria trained to be a nurse at County General Hospital, now our present Froedtert. She said her floor only had students and sometimes a nurse supervisor. She worked hard in the men's ward. She endured days of broken glasses and swinging arms of torment from her patients. Her last day began with class from 8-10 and then assigned 13 bed baths. She endured more physical fighting. That was it! She was glad to leave. After one year, she decided nursing was not her career.

For fun, she bowled in 2 leagues. Gloria then went to work at the A&P at 49th and Fond du Lac Ave. as a checker, but later transferred to the accounting department on Michigan St.. In 1950, she met and married Frank, a parts manager at a car dealer. They lived at 19th & State. He drove her to work daily, but during the weekends, she sat behind him on his Harley and toured the countryside following the motorcycle races. A favorite annual destination was the State Fair in Springfield, IL. They slept in the fairground hay barn to save their money. Annual family vacations were spent in Acapulco, Mexico and watching the bike rallies in Daytona, FL.

In 1957, they moved into the Berryland Housing Development. She was a "stay at home" mother taking care of their three children until the kids went to grade school. Later she and Frank went to work at the David S. Gronik Company. She worked accounting "on site." In her day, they only auctioned businesses and foundries. The auctioneer appraised the business and determined its value ahead of time. Her

Frank worked as the caller describing the merchandise on the auction block. They usually had a crowd of at least one hundred people or more. The auctioneer asked for the opening bids. They traveled all over Canada, Florida, California and other states one or more times a week. Gloria recalled flying to their destinations, renting a car, sleeping in a hotel, and "up and at'em" back home. No sightseeing, only work. Later they finally bought their forever

home on 113th & Clarke St. In 1958, a high paying auction was auctioning the equipment to build the St. Lawrence Franklin D. Roosevelt's Power Project, the first active New York's hydroelectric power dam on Barnhart Island in Massena, NY. Other memorable auctions were Ford plants; garment companies; Omar Bakery; Frenchy's restaurant; the Monarch range factory; and the five day auction of the Christy Corporation Shipyard in Sturgeon Bay, WI.

Her Frank passed in 1999. Neighborhood friends, Delores Korbel and Emil and Alice Gruel moved into Luther Manor leaving Gloria alone and lonely. She finally moved into the Manor September 1, 2004. She would meet her friends at the ice cream parlor where our present Café is now located.

She volunteered in the Craft room making Bazaar items, caregiver to older friends, Luther Manor hospice caregiver reading Bible passages, books, and bringing a basket of treats. Presently, she collates the Terrace News & Notes. She used to read, play cards and dominoes for fun, but because her eyesight is failing, she's giving it all up. She requests friends to visit either in her apartment or at the bird cage as she does not even watch TV anymore.

Thanks, Glo, for the great time spent with you. I will miss you at the card table.

VETS CLUB REPORT

By Dave Myers, Vets Club Coordinator

Happy New Year to all of our veterans at Luther Manor. The pandemic still has a hold on our actives, but the end is in sight. Hang in there!!

In a surprise move, the U.S. Marine Corps announced the end of its use of armored tanks on any future battlefield. Tanks have been part of the Corps for nearly 100

years. General David Berger, Commandant of the Marine Corps said the tanks have become a liability due to the accuracy of today's computer fired anti-tank missiles

General Berger was present July 1, 2020 as the 1st Tank Battalion at the 29 Palms Center, California surrendered its model M1A1 "Abrams" tanks. Each tank weighs about 65 tons. By the middle of 2021 the rest of the tank units in the Active and Reserve Marine Corps will also turn in their tanks and associated support vehicles. Some units will be deactivated while others will be retrained as anti-tank missile units. The general expects the changes will result in a reduction of the Corps by 12,000 war fighters.

The tanks will be transported on special 140 ton capacity, six axle Department of Defense railway flat cars to the US Army's rehab facility at Anniston Army Depot, Alabama. There they will be upgraded to Army standards and put in storage for future assignment to Army units, or put up for sale to our allies.



LUTHER MANOR
A Life Plan Community

MISSION: POSSIBLE

SEPTEMBER

In a COVID-19 world, **Stephanie Rutkowski** made sure that every Luther Manor resident was personally engaged and cared for through activity books, in-house TV programming the Hope Garden project.



OCTOBER

Lisa Dawson learned that one of our residents was getting ready to celebrate a special birthday, so Lisa chose to arrange for a virtual visit between the resident and her family so they could enjoy the special day together.



NOVEMBER

Each day, **Rita Hernandez** makes sure that the Luther Manor campus is clean, sanitized, and disinfected so that private and public areas are not only beautiful but germ-free and safe for residents and staff. She does it all with compassion and a smile!



JOIN US IN THANKING ALL OUR WINNERS FOR TRULY SHOWING THAT LUTHER MANOR CARES!

A PRESTIGIOUS HONOR & AWARD

Luther Manor is the only senior healthcare facility in Milwaukee to be listed among America's Best Nursing Homes 2021, according to an annual survey produced by Newsweek magazine.

The national news publication recognized 400 skilled nursing facilities out of more than 10,000 potential candidates across 20 states. The criteria focused on performance data, peer recommendations, and the protocol and response measures put in place during the COVID-19 pandemic.

"In the face of a global pandemic, our staff, residents and volunteers rallied together implementing an action plan that has helped curb the spread of COVID-19 and undoubtedly saved countless lives," says Stephanie Chedid, president & CEO of Luther Manor. "I couldn't be prouder of everyone who shares in this prestigious honor."

In partnership with Froedtert and the Medical College of Wisconsin, Luther Manor leveraged the expertise of the Froedtert staff by developing one of the first COVID Specialty Care units in the state to assist seniors affected by the virus in their recovery helping free-up needed hospital beds. Luther Manor's clinical team is also a member of Froedtert's Care Coalition for

post-acute providers, and is active in developing joint best practice and clinical pathways to improve patient outcomes.

John Sauer, President and CEO of LeadingAge Wisconsin, a statewide association of mission-driven long-term care organizations adds, "Luther Manor's recent national recognition validates the organization's commitment to customer and community service. The greater community should be comforted knowing this organization is working tirelessly to support older adults, particularly during these challenging times."

Newsweek
recognizes

LUTHER MANOR
A Life Plan Community

as one of the

BEST NURSING HOMES 2021
Newsweek
POWERED BY statista

Newsweek chose the the best 400 nursing homes out of 10,647 facilities in the 20 largest states

- Luther Manor ranked #4 out of 7 in the state of WI
- Luther Manor was the only CCRC awarded in the state of WI
- Luther Manor was the only facility awarded in the Greater Milwaukee area



To celebrate the Newsweek award, our staff was treated to a holiday meal with all the trimmings!

What's Happening @ LUTHER MANOR



Our assisted living residents enjoyed a "Halloween Week of Fun" by creating various pieces of pumpkin art, guessing how many candy corn were in the jar (313), and eating delicious treats! What fun things did you do to celebrate Halloween?



For more, find
Luther Manor on Facebook!
facebook.com/luthermanorwi

It had been 6 months since our Terrace residents hopped aboard our bus for an outing, but that streak was thankfully broken in October. They took a scenic drive out to Holy Hill and see the fall colors while enjoying some snacks for the trip!



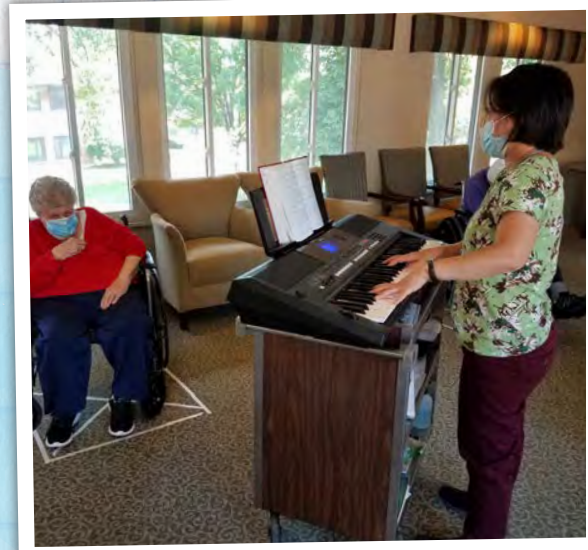
In honor of our recent presidential election, we remembered our 41st President, George H.W. Bush, who had a famous distaste for broccoli. In his honor, we decided to use it in a way that even he might have partaken - as a painting tool! Who knew it could be versatile, nutritious and crafty?

What's Happening @ LUTHER MANOR



November 22nd is Centenarian Day which honors those who are 100 years of age or older. Here are a few of our own, beautiful centenarians posing for a pic!

Yaping, Luther Manor's Music Therapist, led our residents in a hymn sing! Toes tapped, heads rocked, and hands clapped to "Amazing Grace," "Great is thy Faithfulness," and "What a Friend We Have in Jesus."



EXAMEN YOURSELF & THE DAY AHEAD

A guide to daily prayer

Ignatius Loyola's Examen is an opportunity for peaceful daily reflective prayer. It invites us to find the movement of God in all the people and events of our day. The Examen is simply a set of introspective prompts for you to follow or adapt to your own character and spirit.

GRATITUDE - I recall God's blessings of this day and thank God for them

GRACE - I ask for light to see my day through God's eyes and recognize my failings

REVIEW - I recall and reflect on the events of the day, my thoughts and feelings, words and actions in those moments

REPENT - I ask God to forgive my sins and to heal those I've hurt

RESOLVE - I ask for God's grace to be with me for a better tomorrow

AIN'T THAT
THE
TRUTH?

I WANT TO
BE LIKE A
CATERPILLAR:
EAT A LOT,
SLEEP FOR
AWHILE, &
WAKE UP
BEAUTIFUL!

