

News & Notes

A SHINY & SACRED SUMMER

Summer 2022 at Luther Manor saw the return of a beloved, shiny event and a sacred, summertime theme from a musical staple.



First, the sacred. "Sacred Summer Sounds," featuring the Terrace Singers was held in the F&E to a packed house. Over the past 14 months, the singers had concerts about Independence Day, Christmas, Black History Month and fun, uplifting show tunes. They thought it was time to have a concert featuring sacred music. Within their group are many lifelong church organists, choir directors, music teachers, instrumentalists and church choir members with hundreds of years of collective experience singing sacred music. It really showed, especially when singing 4-part harmony hymns. The show began with "God Bless, America!" and attendees were asked to sing along anytime they "felt the Spirit!"

Now, for the shiny! The end of August saw the return of "The Luther Manor Classic Car Show." Car owners and aficionados got together in the F&E parking lot to show and view classic to modern muscle cars. Car owners and attendees enjoyed the sights and sounds along with box lunches and raffle prizes.

Events like these reflect a continued return to normal and the incredible joys of summer in Wisconsin!



GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

Gary Christianson

This month I am writing about a true bachelor, **Gary Christianson** who lives in G110. Gary was born in 1944, raised in Black River Falls, a city in Jackson County in western Wisconsin. It is also home to the administrative center of the Ho-Chunk Nation. He was never married, had no children but he is a proud uncle to three nieces and their father, his brother-in-law.

At the age of fifteen, he started his stamp collecting, a hobby he continues all his life. He had a special interest in the worldwide and topical stamps. He especially likes the Scandinavian lore. He took piano lessons, at least he learned to read music, as in later years he regretted never paying that much attention to the keys.

Gary schooled at St. Olaf College in Northfield, Minnesota.

He received his BA in Social Psychology. He followed with his Master's at UW-Milwaukee for Social Work. He moved to Detroit to begin his career as a social worker but that plan got way-laid for one year. Due to a teacher shortage, he worked as their Social Resource Teacher, as a "jack of all trades." He was moved around to various schools working at Kettering High, Hutchins Junior High and others for one to two weeks at a time. One of many assorted classes, he taught welding. Gary admitted he knew nothing about welding. He also taught Physical Education and History classes. This time "his history" lasted one school year. He wanted out of there.

He then moved to live and work in New York City for five years. His first job as a Social Worker was at Lutheran Social Services working with families, adoptions, and foster care. He found the work very interesting and rewarding to help families solve problems and to get the children to loving families. He said, "The foster care continues to be a huge problem then and

to our present day."

In 1971, he came to Milwaukee and worked at Milwaukee County Mental Health Center, for the Social Development Commission. He lived downtown for several years on Cass Street on the east side and later moved in 1987 to the Northridge neighborhood.

In 1990, Gary worked for the Wheaton Franciscan/Ascension Mental Health in St. Joseph, St Michael, St Francis, and Elmbrook hospitals. He retired from full time work in 2011.

In 2020, Gary moved into Luther Manor to live on the first floor with level housing because of his arthritis. He wanted to live with people to socialize and give up the maintenance at his home.

He is considered semi-retired, still on the job consulting with clinicians and health agencies looking for program development. He submits proposals to hospitals and healthcare facilities. He mentioned that health care is in turmoil now. He continues to read professional journals and novels.

In his free time, Gary enjoys his stamps, enjoys all music- some in small doses, likes opera, a favorite being "Magic Flute" by Mozart, and the Symphony listening to Beethoven. He's learning to play chess, likes scrabble, volunteers in the Manor Mart as a bagger and is a facilitator for programs of Brain Health and Wellness. He attends our Creative Writing Class, the first Thursday of the month.

Get to know Gary. He wants to meet people. For starters, ask him when he is going to retire, really retire, and play Bingo! See you around the pens and pencils, Gary. It was a pleasure to know you and share you with our Luther Manor family!



This month, we're getting to know one of our longest tenured employees who has truly seen it all, **Kathi Brueggemann, Director of Independent Living** at Luther Manor. Let's get to know her!



GET TO KNOW THE STAFF OF LUTHER MANOR

KATHI G. BRUEGGEMANN

DIRECTOR OF INDEPENDENT LIVING

Where did you grow up?

I was raised in Sheboygan, Wisconsin as the fourth child, in a family of five children. My parents, Ed and Boots, both deceased, are my heroes as they coped with the births and deaths of my two brothers who had Cystic Fibrosis.

Where did you attend college?

I always attended Christian schools growing up in Sheboygan. Then I attended Trinity Christian College and UW-Milwaukee.

Tell us about your job!

I have worked at Luther Manor for 30 years. I began as a Social Worker, and have worked in the Terrace, the Health Care Center and at River Oaks filling in for other Social Workers.

Tell us about your family!

I am thankful to have been blessed by meeting the love of my life, and then marrying him! Mike and I are married 33 years now. He is brilliant in all things mechanical and works at Briggs and Stratton in Wauwatosa, WI.



Pictured left to right are Kathi's oldest son (Kurt), her husband (Mike), Kathi, and their youngest son (Marc).

We were thrilled to have three children together. Our first child, Kara died four days after she was born. Kurt, our second child, first son was born in 1992. Kurt was the first baby in the Child Day Care here at Luther Manor. Some of you may recall Kurt as he has been a volunteer through the years. Kurt recently married Jen on August 6th! We are thrilled to have a daughter-in-law. Some of you have met Marc, he is our second son, a Luther Manor baby as I call him! Marc is 26 years old.

How do you spend your free time away from Luther Manor?

I love to read, garden, and travel with my family when I am not working. Favorite trips include: Tybee Island, Georgia, and Great Smoky Mountains, Tennessee. We are active in our church where I am the Coordinator of Women's Events and the Coffee Cafe. We love to cheer on the Packers, the Bucks and the Brewers and attend games together as a family. We enjoy theater and musical events as well.

MINDFUL SCOOP

September is National Honey Month!

National Honey Month, initiated by the National Honey Board in 1989, marks an important time for honey producers and beekeepers across the nation. Honey collection typically concludes in September as bees begin to secure their hives and prepare for winter. In the spirit of celebration, here are some fun facts and recipe ideas!



NUTRITION FACTS

- Honey is a natural alternative to processed white sugar. While honey is a sweetener and impacts our blood sugar in similar ways, it is naturally sweeter than white sugar so you may be able to use less of it.
- Honey also contains some micro-nutrients like iron, zinc, and potassium. It is also a good source of antioxidants like flavonoids and polyphenols. Many of the health benefits associated with honey are due to its antioxidant content.
- Honey has been used for health in wound care for its antimicrobial properties, as a cough suppressant for kids, and even to help soothe and upset stomach.

FUN FACTS

- There are nearly 20,000 known species of bees worldwide.
- A single worker bee produces approximately 1/12 of a teaspoon of honey in her lifetime. That means around 22,700 bees are needed to fill a jar of honey!

RECIPE IDEAS

- **Breakfast:** Classic Steel Cut Oatmeal with Honey
- **Entrée:** Honey Lime Turkey Salad
- **Dessert:** Blueberry, Peach and Honey Parfait

WE LOVE OUR STAFF!

Our Employee Appreciation Picnic

In early August, we enjoyed an Employee Appreciation Picnic in the F&E parking lot. Under the backdrop of a beautiful sunny day, our staff enjoyed live music by our very own Ron Harris' band, "The Style," a lunch by Billy Sims Barbecue, games, raffle prizes and, of course, fellowship!



VETS CLUB REPORT

By Dave Myers, Vets Club Coordinator

Terrace Vets Club meetings are held on the 2nd Wednesday of the month starting at 7 pm in the Lower Atrium. Courtyard and Health Care veterans meet the 3rd Wednesday of the month at 1:30pm in the Welcome Center, pandemic restrictions permitting. These gatherings are open to everyone interested in supporting our resident-veterans.

In other news, a bill was recently sent to Congress for the posthumous promotion of Civil War General Ulysses S. Grant to the rank of five star "General of the Armies." If approved, this would add his name to a very short all-time list of five-star US Army generals.

- **George C. Marshall**, promoted December 16, 1944 as Chief-of-Staff of the Army forces in the United States
- **Douglas MacArthur**, promoted December 18, 1944 as commander of Allied forces in the Pacific Theater
- **Dwight D. Eisenhower**, promoted December 20, 1944 as commander of Allied forces in the European Theater
- **Henry "Hap" Arnold**, promoted December 21, 1944 as commander of the Army Air Forces
- **Omar Bradley**, promoted September 20, 1950 as Chief-of-Staff of the Army forces in the United States

One other four-star general, **John J. Pershing**, commander of the American Expeditionary Forces (AEF) in France during World War I, received an honorary five-star promotion on December 25, 1944, prior to his death three years later.



LUTHER MANOR
A Life Plan Community

MISSION: POSSIBLE

Luther Manor's mission to "share God's love by enriching the lives of older adults" is made possible by every member of our staff on a daily basis. Help us congratulate our most recent winners who have gone above and beyond in fulfilling our mission!

LISA CHEW

Housekeeper



JULIE ISCHE

Hospice Chaplain



SHINE A LIGHT OF LOVE

Love Lights are now available for purchase!



We gather every year in the darkest season to shine the light of hope. No matter that darkness, the light of our loved ones can never be extinguished. We fill our campus with strands of light to comfort us in our grief and find joy in the love we share with one another. Residents, families, staff, and neighbors make donations in honor or memory of their loved ones, so each light reflects someone we love. **The 2022 lighting ceremony will be broadcast on December 9th at 5 pm on Facebook.**



The money raised supports Luther Manor's mission to share God's love by enriching the lives of older adults. Each dollar provides for the housing or medical needs of our residents while providing a job for one of our compassionate caretakers.

The Top 5 Myths of **SUPPORTIVE LIVING**



& THE TRUTHS YOU NEED TO KNOW

- 1 MYTH: I DON'T NEED HELP**
TRUTH: We all struggle asking for help. However, if you've missed taking medications, fallen more than once, or have been encouraged to get assistance, you would likely benefit from these services.
- 2 MYTH: IT'S TOO EXPENSIVE**
TRUTH: Supportive living costs vary (as low as \$30/day) and typically cost less than services provided by an outside agency or that of assisted living.
- 3 MYTH: I WON'T BE ABLE TO STOP ONCE I START**
TRUTH: Supportive living services are flexible and individualized. Residents routinely "graduate" from the program and conclude its services.
- 4 MYTH: I DON'T KNOW OR TRUST THE STAFF**
TRUTH: Each day, Luther Manor caregivers live out our mission to "share God's love" with residents. They are each state certified, in good standing and routinely complete background checks.
- 5 MYTH: I CAN STAY IN MY APARTMENT WITHOUT IT**
TRUTH: Living independently assumes certain criteria is being met. Each resident is expected to utilize services which assures their safety. Supportive living can help manage one's health and extend time lived independently.



**Interested in taking steps
towards Supportive Living?**

**EMAIL
INFO@LUTHERMANOR.ORG
OR CALL
414-847-5070**

We invite you to honor your loved ones with a donation. Who will you remember?

**BUY A SINGLE LIGHT OR
BUY A WHOLE STRAND!**



LUTHERMANOR.ORG/LOVE LIGHTS

What's Happening @



LUTHER MANOR



In early September, we saw the re-emergence of our Ice Cream Parlor in our assisted living Courtyards community! Volunteers at the parlor will be serving up delicious treats including ice cream bars, ice cream sandwiches, Drumsticks, fruit bars, and freshly-baked chocolate chip cookies.

It is currently open on the first Friday of each month from 1-4 pm. Interested in volunteering? Contact Matt Stephens at 414-831-8964 or mstephens@luthermanor.org.

The new menu board is an artistic creation beautifully drawn in chalk by our assisted living Senior Living Advisor, Renee Richer. Great job, Renee!

For several years now, Good Shepherd Catholic Church in Menomonee Falls has brought its Matthew 25 youth camp ministry to Luther Manor to volunteer and serve with us. Dozens of middle school and high school kids, along with their leaders, help out in whatever way they can and finish the day with a talent and variety show for our residents! Thank you, friends, for making a huge difference at Luther Manor and in the lives of our those who call Luther Manor home! We look forward to seeing you again soon!



For several weeks over the summer, we introduced some of Luther Manor's furriest friends to our Facebook audience. Some of our Terrace residents brought their pets to live with them when they first moved in and, certainly, future residents will do the same! Say hello to (clockwise from top left) Maggie & Jack, Duey, Aimee, Willow & Mr. Leon!



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

ISN'T SHE CRAFTY?

An award winner in our midst

JoAnn Holze remembers being 3 years old at her grandparents' farm and looking through a cabinet that belonged to her grandmother. "It contained scotch tape, paper, and stuff that little kids like to get into, including me!"

That's where JoAnn's gift for artistic expression began. She is quick to make an interesting distinction, saying, "I don't really consider myself an artist. I'm more of a craftsperson. It's a gift that the Lord gave me and I've taken no formal lessons." JoAnn taught herself to sew at the age of 3 and by the time she was 7, she was sewing on her mother's sewing machine. She recalls, "Sure, I got my hand pricked a few times at first, but you learn quickly to keep your fingers out of the way!"

JoAnn spent the bulk of her career as a daycare teacher at several schools in the area. When the daycare centers discovered JoAnn's flair for the creative, she was asked to paint murals in the children's classrooms and bathrooms, in addition to coming up with crafts for the kids to do. One daycare JoAnn worked at was near the Medical College of Wisconsin and she was asked to participate in fundraisers they put on for the Ronald McDonald House and the MACC fund. "Many of our parents were from the hospital or the college, so I decided to auction off some of the crafts I created that involved their kids. I'd have kids put their hands and feet in paint, press them into a piece of paper and make something fun out of it like a bunch of ducks or elephants. Parents and medical staff alike loved it and we raised thousands of dollars for these charities."

Her craftiness has benefited Luther Manor as well. She's part of a group of other residents that spent six months updating the craft room, and she's always recruiting fellow residents to help in big or small ways for their own enjoyment or for charities like "The Empty Bowl Project" which supports hunger relief. During the COVID pandemic when masks were at a premium, she led an effort to sew 250 masks for staff and residents at Luther Manor and for local hospitals. She's also been commissioned to create new "Welcome Home" signs for new residents to Luther Manor (see the picture above).

JoAnn has created pieces for several local contests, including those at the Wisconsin State Fair and she has won several awards for her submitted work, but what she remembers most is the fun and the challenges in all she's done. "It's who I am and I've gotten to do some really fun stuff!"

A small sample of the arts and crafts in various mediums that Jo Ann has both in and outside her apartment! There is even a reason behind the order in which these pieces are hung. Ask her about it!

