

News & Notes

LIGHTS IN THE DARKNESS



Over \$31,000 raised for our current & future residents!

One of the great tenants of the Christian faith is that God, fundamentally, is love. "Love never fails" is written in the Scriptures. This is why grief is so powerful, because grief is love prevailing over death. We know that we are connected to each other beyond the physical bodies we share. LOVE LIGHTS at Luther Manor is a powerful testimony of this hope.

LOVE LIGHTS is our tradition of lighting the campus in the darkest season of the year in tribute to the ones we love. Each holiday light represents someone special. Donations contribute to the resident support fund. Funds ensure Luther Manor can always care for our beloved older adults. Thank you to everyone who has supported Luther Manor by sponsoring lights. We are pleased to announce that over \$31,000 has been raised this year and the 2022 LOVE LIGHTS are currently lighting up our campus!

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Our Terrace, Courtyards, and Health Care Center residents gathered in their respective living areas to enjoy a meal, recite the Love Lights program together, and sing some beloved Christmas favorites.



GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

Wolf Knappe

Missouri Synod Pastor, **Wolf Dietrich Knappe, Q206**, was born 1925 in Au, in the Rhineland Munich in Bavaria. He had five siblings including a twin brother. His lineage from his mother's side dates back to 788. She descended from one of the oldest noble families in Bavaria but was raised in very modest circumstances. Wolf's father, a Lutheran pastor, smuggled Jewish people out of Germany during WWII.



As the editor, I'm going to concentrate on Wolf's teen years during the Hitler era and how he learned to stay true to his faith. We need to keep his story fresh in our minds as there are very few people alive today to talk about the factual events besides reading it in the history books. What a fascinating true story from one of my favorite residents as we are lucky to have a "relic" in our midst!

"I grew up in Germany during the Hitler days in a Christian home," Wolf began. "He who does not know history is condemned to repeat it. Hopefully, we can learn from these things that happened during the first half of the last century."

HITLER! How did he happen? Certainly, he was a great deceiver. He appealed to the lowest instincts of human nature when he turned to people of little or no moral convictions or religion. He could also appeal to the best there is in the German nation, and by doing so, from the start, attracted many idealists and patriots who saw him as the coming savior of Germany. Wolf remembers, "My mother admitted that she once voted for Hitler and the Nazi party, like so many other Germans, thinking Hitler was the man who would bring Germany out of all that misery caused by losing World War I. Dad never did as he felt the man was a phony." The Nazis, a National Socialist German Workers' Party, grew into a mass movement and ruled Germany

through totalitarian means from 1933 to 1945 under Hitler. During WWII, a total of about 13.6 million soldiers served in the German Army. Hitler was pushing for an equalizing of all social and political organizations. All were to be subservient to the new government. This included the churches. Most of the church services had two Nazis sitting in the back monitoring the sermons. Most of the German Underground Movement, military leaders, and more concluded that Hitler must be

eliminated at all costs, even if it meant killing him. It was a matter of saving millions of lives by getting rid of one person. There were no fewer than forty-two plots that have been uncovered by historians to assassinate Hitler. All attempts occurred in the German Reich and they all failed.

In 1931, Wolf's family moved to Munich where his dad had accepted an old downtown church ministry. Growing up in a Christian home, Wolf recalls devotions with lots of singing twice a day. "We learned many hymns," Wolf fondly recalls. When he was six years old, he heard someone shout, "The Nazi-Sozis are coming!" The family all ran down to the street where a column of brown-shirted men went marching past carrying a flag with that strange symbol, the swastika. He remembers January of 1933 when Hitler took power and his teacher told them what a wonderful thing this was for Germany. He remembers street fights between various parties just before and right after the *Machtergreifung*, which was the seizure of power in reference to Hitler's appointment as chancellor on January 30, 1933.

He also remembers Roehm, the leader of the S.A., which was the Nazi Storm Troopers, and played a significant role in Adolf Hitler's rise to power in the 1920's and 1930's. Wolf remembers, "Their headquarters were

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Last issue, we got to know one of our longest tenured employees, **Kathi Brueggemann, Director of Independent Living at Luther Manor**, but we didn't get to hear everything she had to say. With that said, here's part two of our Inside Peek into the life of Kathi Brueggemann!

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

I love to read, have coffee with friends, play the piano, garden, and travel with my family when I am not working. Favorite family trips include Canada, California, all the coasts of Florida, Tybee Island in Georgia, the Great Smoky Mountains in Tennessee, Yellowstone, and numerous Civil War and Revolutionary War battlefields. When I was single, I traveled with friends to Europe and the Bahamas repeatedly. My husband Mike and I are active in our church, where I am the Coordinator of Women's Events and our church's Coffee Cafe. We love to cheer on our local sports teams and attend games together as a family and enjoy theater and musical events as well.

Tell us about your job at Luther Manor.

I have worked at Luther Manor for 30 years. I began as a part-time social worker and worked in just about every care area we offer. Having been a Terrace Case Manager and a Terrace Resource Manager, I was eventually promoted to Director of Independent Living, reporting to Patrick Hansen. I consider everyone who works in the Terrace and/or has staff that works in the Terrace as my co-workers. I interact the most with Linda Ehlers (Terrace Resident Specialist) and Amanda Fullhart (Life Enrichment Specialist).

I set the agendas for and lead Terrace Facility Operations, Terrace Life Enrichment, Terrace Resident Council, and weekly Terrace Staff meetings and attend many others including leadership meetings, management meetings, Resident Satisfaction Team meetings, Terrace Dining Council, and Family Resource referral meetings. I enjoy being an advocate for the Terrace residents and the input from those in the meetings I both lead and attend is so valuable.

I help make decisions about new resident move-ins and apartment selection, as well as the Terrace's day-to-day processes, policies, and procedures. I've learned how important it is to be an active listener and get all sides

INSIDE PEEK

GET TO KNOW THE STAFF OF LUTHER MANOR

KATHI G. BRUEGGEMANN DIRECTOR OF INDEPENDENT LIVING



Terrace resident and Craft Queen JoAnn Holze, along with Deb Bayee and Amanda Fullhart got together and made this crown and apron for Kathi, our Christmas Queen!

of a story. Personally, I feel it is so important to communicate as much as possible.

Many have asked why I've stayed at Luther Manor for so many years. I always reply that I love my work, it is important work, and I am committed to serving the residents who make Luther Manor their home. I also share that this work is never boring! I enjoy the variety of situations that are presented - at times very rapidly - in a day, and I am always learning from everyone that I work for and with. It is a win-win situation, and I am blessed to be here!

MINDFUL SCOOP

Nutrition & Immunity

It's that time of year—cold and flu season—and the CDC has already reported a strong start to the season. As we age, our body may become less efficient at producing immune cells needed to fight off infections. Taking steps like eating a healthful diet, getting enough sleep, and reducing stress can help keep our immune system strong and help prevent or decrease the severity of the common cold.



VITAMIN C

Vitamin C is a powerful antioxidant that is well known for supporting the immune system. Most people think of citrus and vitamin C but did you know that 1/2 cup of bell peppers has as much vitamin C as a 6 oz glass of orange juice? Other food sources rich in Vitamin C include broccoli, berries, brussel sprouts, and kiwis.

BEYOND VITAMIN C

Vitamin D plays a role in regulating the immune system—food sources include mushrooms, fish like salmon and sardines, and fortified dairy. Talk to your doctor about if a supplement is right for you. The gut microbiome (all the good bacteria in our intestines) also plays a role in immune support. Try including probiotic foods such as yogurt with live cultures or fermented vegetables to support a healthy gut and immune system.

SOME GREAT RECIPES TO TRY:

Berry Yogurt Parfait & Red Pepper Basil Soup

"Love Lights" continued from page 1

On Friday, Dec 9th, residents and families gathered to celebrate the Christmas season and turn on the lights together. We prayed, sang, and feasted together to celebrate the love we have for each other and for those who have gone before us. - it was a special night! You can watch the video of our ceremony on our Facebook page.



Clockwise from top left: Marc Powers played and sang Christmas songs; The Love Lights decorations at Luther Manor at River Oaks in Mequon; Linda Zywicki from the Foundation joined the Court-yards residents in their Love Lights celebration; Our Love Lights 2022 sponsors; The Love Lights tree set up in the Terrace.

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What's Happening @ LUTHER MANOR



(LEFT) For the first time since the COVID pandemic, our residents were able to enjoy a few summer and fall trips with Luther Manor! Our Terrace residents took in a water ski show in Pewaukee, grabbed ice cream at Lee's Dairy Treat in Brookfield and took a scenic bus trip out to Holy Hill! Upon their return from Holy Hill, residents enjoyed some warm cider and cookies. We are so grateful for a long-awaited return to this beloved Wisconsin landmark!



(RIGHT) Luther Manor's head chef, Chef Walter, routinely offers a "Cooking with Chef" life enrichment opportunity for residents who are interested in watching and learning how some of his most beloved recipes are made so that they can make it for themselves in their own kitchens. Of course, no cooking demonstration would be complete without an opportunity to taste the final product!



(LEFT) It was a "pitcher" perfect day here at Luther Manor's Oktoberfest! We'd like to thank our sponsors—Sendik's and Pabst Blue Ribbon—for their generous donations of beer and bratwurst for our residents to enjoy. It was a fun-filled, musical celebration that we will never forget!



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

VETS CLUB REPORT

By Dave Myers, Vets Club Coordinator

With COVID on the decline, our resident-veterans had a chance to once again gather in fellowship. The occasion was Veterans Day, and the event was a special luncheon and short program to pay final respects to the dozen vets we lost over the past year. The meal was provided by Bunzel's Meat Market, and paid for by generous donations from Waterstone Bank and a Thrivent grant from one of our veterans. The event was well attended thanks to several volunteers who pushed wheelchair bound veterans to the Faith and Education Center and then helped serve the meal to the grateful vets.



In 2023, Terrace Vets Club meetings will be held on the 2nd Wednesday of the month starting at 7 pm in the Lower Atrium. Courtyard and Health Care vets will meet the 3rd Wednesday of the month at 1:30 pm in the Welcome Center, pandemic restrictions permitting. These gatherings are open to everyone interested in supporting our population of over 60 resident-veterans.



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!

STEPHEN MARSH

Pastor



"We are a team and that is what a team does, I am blessed." That's how Pastor Stephen Marsh at Luther Manor responded when he was thanked for filling in, stepping up and going above and beyond his normal duties at Luther Manor.

When the pastoral staff was a little shorthanded for a season, Stephen looked for opportunities to help fill the gaps and make sure that ministry programming for residents was unaffected. Whether it was teaching Bible studies, visiting residents he had not yet met, or attending a funeral on his day off, Pastor Marsh has lived out Luther Manor's mission!

One staff member said of him, "I always see Stephen walking down the halls with a huge smile, making sure he connects with every person he sees. He goes out of his way to spend time with each resident after Bible Study & Church services. He brings an authentic, down-to-earth style, a calming presence, a powerful, prophetic preaching style, a sense of humor, relevant messages, and hope to those whose lives he touches."

right next to our house in Munich. My brother Manfred and I had been to the public swimming pool one afternoon. On the way home, we found that our block was cordoned off by soldiers and police. They wouldn't let us through. Our father got us past the lines eventually. Once inside our home, we looked out the back window and saw some soldiers carrying a machine gun through our yard and set it up to face their headquarters. We were yelled at to stay away from the windows. Roehm was not there at the time. When he was found, the Fuehrer talked him into shooting himself. At age eight, our dad warned us not to say anything to anybody against Hitler."



In 1939, at thirteen, the boys had to join the Hitler Youth, though their dad told them to never accept any leadership position. Wolf said, "Hitler Youth was designed to make future soldiers out of us boys. We learned to march in formation and

all kinds of fancy maneuvers. There was political indoctrination, where we were told again and again how great the Fuehrer was and how rotten all those were that did not want to follow him." To avoid street marching, while in high school, Wolf and his brother volunteered for specialty groups like marching band and the Sea Scouts for the Marine Youth Leaders. "Only 10% of the boys went to school, so we were considered members of a privileged class and leadership material. As such, we were both asked to accept a leadership role as a low-ranking corporal. We both refused the honor. Eventually, they gave up on our stubbornness and our saying "no" to everything. We learned that you could wear down the Nazis with just passive resistance. My brother and I really wanted to go to Bible Camp which was conducted by the youth leaders of our church. To attend it, we needed a permission slip from HJ, the Hitler Youth Leaders' headquarters. We had to listen to long lectures about how stupid it was to go to a Bible Camp when we could have more fun in Hitler's Youth Camp. We both just stood there, immovable, until finally someone in Hitler's office gave us the

permission slip just to get rid of us. Hitler ultimately took over our church camp of one hundred kids and turned it into another Hitler Camp." In 1942, the Bible group rented a farmhouse near Lake Constance and told the Nazis that they were on vacation or a retreat, but the Bible groups continued.

"In February of 1943, stationed in Munich, right after the fall of Stalingrad, Manfred and I were not quite seventeen but got drafted. I tucked my little pocket Bible in my uniform." The boys were sent to "Luftwaffenhelfer," the Air Force branch of the German Wehrmacht, which was the regular German land force that fired from the ground. The brothers were ultimately separated when Wolf took sick leave. "We served in the anti-aircraft units at night while attending school in the day. I was always tired and scared that a bomb would drop on my head." Wolf remarked, "Manfred's battery was shooting at every air raid, whereas my range was much lower. The planes never came down that low. I had a splendid view of all the destruction. The civilians had to go to air raid shelters while I was on top of Munich's only skyscraper and saw the city around us go up in flames."

Early in July 1944, Wolf received his orders to report to the 100th regiment of the Mountain Ranger Station in Bad Reichenhall. Saying good-bye to his parents, Wolf's dad got out his Bible and read the 121st Psalm. "My father always read that Psalm when one of us would leave home for any length of time. It ends with the words, 'The Lord will keep your going out and your coming in from this time on and forevermore.' Those were his last words to me as eleven days later both of my parents were killed in a bombing raid on their home."

The Dachau concentration camp was located about ten miles from Wolf's home northwest of Munich. It was the first and the longest operating camp of the 44,000 camps



WHAT SHE WAS BORN TO DO

The story of Kathryn Ramirez

Kathryn Ramirez, RN, and Luther Manor's RCAC Nurse Manager, was born and raised in Milwaukee and now raises her son, Quinn (3 years old) and her dog, Luka, in the same house she grew up in. Kathryn remembers, "My grandparents lived just a few blocks away from us when I was a kid and my grandma quickly became my best friend. I think that, because of her, I've always had an affection for older adults. In my mind, it makes all the sense in the world that I'm doing what I'm doing for a living now."

After graduating from Carroll College in 2017 with a degree in psychology, Kathryn wasn't quite sure what she wanted to do with her degree, so she started taking on odd jobs. "I did everything from lifeguarding to waitressing, bartending, and shucking oysters at Maxies to selling building supplies for Owens Corning. "A few of my friends started attending MATC for nursing and I decided to join them."

Shortly after graduation, she got her first job at Luther Manor working as an RN on the second floor Health Care Center. Sadly, not long after Kathryn's new career began, her mom was



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diagnosed with pancreatic cancer. "They caught it early, but she did end up passing away on April 28 in 2019, the same day as her mom's, my grandma's, birthday," said Kathryn. As her mom's primary caregiver throughout her illness, Kathryn treasures the conversations she had and the time she spent with her mom before she passed. "That experience really helped prepare me for what was next in my career," Kathryn observed.

The next step along the journey was becoming a hospice nurse at Luther Manor. "Moving over to hospice allowed me to spend more quality time with residents and their families, which is what I love most about my work. I learned so much about being a nurse during those 3 years. Working alongside the hospice staff, Dr. Q, and Katie Lammi was such a gift." The work she did as a hospice nurse was quite personal and very familiar for Kathryn. "I know how much of an impact the hospice nurses had on my mom and my family when she passed, so for me to be able to help others in that same way, and give to them what was given to me and mine was very special."

Kathryn's philosophy in nursing is simple. "I want the residents and their families to know that they have the support that they need from myself and the Supportive Living staff, and that means establishing personal relationships with each of them. Of the 161 or so people who live in the Terrace, I know about 143 of them, and I'm responsible for 20 or more of them - but I want to know them all - not just their names and faces, but who they are." That's part of why Kathryn was hand-selected to step into the Supportive Living/RCAC Nurse Manager role. "The residents want that kind of relationship with the people that care for them. They often ask me about my son, my dog, and what I did over the weekend, and I'm always glad to share those things with them!"

Moving from the Health Care Center to Hospice to Supportive Living was fairly smooth for Kathryn because each role has helped her see what's unique about each area of care in the continuum and to better understand how a disease progresses. "In addition to managing our supportive living staff, I do our Wellness Clinic three times a week and get to meet residents who aren't necessarily part of the program. It keeps me con-

nected to all the Terrace residents and gives me visibility into health concerns I might not otherwise see. As a manager, I spend more time creating care plans than I do actually caring for residents, and unlike me, our aides see the residents every day, so anytime I'm able to actually see and treat people, I'm glad for it."

So what would Kathryn say to someone who is wondering what supportive living is or whether or not they might be a fit for it? "Our goal in supportive living is to help people stay as independent as possible for as long as possible. So, when the little things start becoming more difficult, whether it be eye drops, medication management, compression stockings, taking out the trash, filling the dishwasher, or putting the groceries away, supportive living services can really help with energy conservation, so that a resident can do more of what they want to do and not be exhausted from the things they might have to do. I encourage residents to spend time doing what gives them joy. Plus, supportive living is a bargain compared to other options, and unlike outside agencies, we're available to residents all day rather than just a few hours a day. We'd love the chance to help improve their lives." We don't doubt it. It appears that's exactly what Kathryn was born to do.

IF YOU HAVE QUESTIONS ABOUT SUPPORTIVE LIVING, KATHRYN WOULD LOVE TO HEAR FROM YOU!
kramirez@luthermanor.org; 414.405.1687



Pictured above: Terrace Director, Kathi Brueggemann introduced Kathryn to residents as the Supportive Living Nurse Manager. A Meet and Greet opportunity followed.

and incarceration sites Germany and its allies established. With an initial overall capacity of 5,000 prisoners, in early 1937, the camp expanded with several buildings and served as a model for future concentration camps. It also became a training center for SS guards and leaders who were later deployed in the extermination camps.

In the beginning, there were very few Jews imprisoned there. The camp's prisoners included members of other groups Hitler considered unfit for the new Germany, including artists, intellectuals, the physically and mentally handicapped and homosexuals.

In January 1945, in the last months of the Third Reich, about 250,000 emaciated inmates were forced to walk "The Death March" across the Alps into northern Italy hoping they would not survive. While walking through German and Austrian towns and villages, SS guards, army and police units, and gangs of civilians committed countless incidents of mass slaughter. It was the "final death blow" and the Americans rescued the few that survived. Wolf's pastor friend and WWI captain, Martin Niemoeller, was one of those who survived the march.

The boys were shipped to the Western Front which ran around Munich. "We never made it because the bridge was out" Wolf remembered. "We unloaded everything and the next morning, we found ourselves surrounded by Americans. We surrendered. After eight weeks in a prison camp near Ulm at the Danube River, 100,000 prisoners, including me, were put into an enclosed field surrounded with barbed wire, with little food, and no shelter. We were soon discharged and sent home."



Only four of Wolf's classmates survived the war. One classmate and her mother were living in the basement of their home. Wolf recalls

that she came out to see him one day, saying, "Aren't we having wonderful times?" I thought, 'Her home was destroyed and her husband was missing,' but she meant it. It was September 2, 1945, the war was over and Hitler was gone. Those were wonderful times! Praise the Lord!"

At the age of twenty-four, Wolf went to the University of Erlangen to study Theology. After four years, he was transferred to Chicago for one free year of graduate study. He met his wife Inga and married her in 1950, raising three children.

In 1951, Wolf became a pastor at St. Peters, a small church in southern Illinois near Steelville. He was preaching bi-lingual in English and German to the parishioners. He then transferred to thirteen additional parishes. In Blair, Nebraska, he taught one year of the New Testament at the Trinity Seminary before returning to parish ministry in Chicago for nine years, and another sixteen years in Philadelphia. Inga wanted to be closer to her aging parents, so their final parish was in Brookfield, Illinois for five years. After retiring, he became an interim pastor for ten years and finally retired in 1991. Inga passed away in 2005.

In 2008, Wolf moved into Luther Manor to be closer to his son and his church, Gloria Dei, in Menomonee Falls. He volunteered for ten years pushing wheelchairs for resident appointments, played shuffleboard, and acted in drama plays before the pandemic. Presently, he teaches biblical Greek on a weekly basis in Menomonee Falls, translates German religious books into English, attends Bible Studies in the F&E, participates in Book Club, and sings with our Terrace Singers. He also finds time to ride his recumbent bike and take walks, inside or out. At age 96, Wolf is a very remarkable resident!

Wolf, I was honored to write your story. Thank you for allowing all of us to see a glimpse into your life. We are all so fortunate to have you as one of our neighbors. Thank you!

