

News & Notes

PROJECT REVITALIZATION

EXCITING UPDATES TO CARE AREAS, PROGRAMS & ENTRANCES

BEGINNING IN SPRING OF 2023

We are very grateful to begin our 62nd year in senior living this June, but we are equally excited to announce some brand new renovations and programming coming to Luther Manor in 2023!

This Spring, The Gardens at Luther Manor, our new memory care program, will be opening! The Gardens will offer multidisciplinary services designed to meet unique needs and enhance the quality of life for those with various forms of dementia. The program's benefits will include increased social participation, physical and emotional health monitoring, and activities for daily living assistance. Our goal is to maximize the resident's independence, using an individualized approach that includes small groups, frequent one-to-one interactions, and activities geared to the resident's needs.

Also coming this year are brand new entrances off of 92nd Street, into The Courtyards (assisted living), and into The Terrace (independent living). We are also putting in a new therapy gym, a cafe and lounge in The Courtyards, and new dining rooms for our long-term care and rehab residents. Lots to look forward to!

More renderings on page 4

THE GARDENS BUILDING ENTRANCE



THE GARDENS LIVING & DINING AREA



THE GARDENS RESIDENT ROOM

GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

Pat Behling

Patsy Ann Behling in C109, an ultimate caregiver, mom and grandmother who surrounds her life with all her children and grands weekly. I deem her the luckiest resident living in Luther Manor.

Pat Tomczyk was born June 8, 1936. She and her only brother, John, lived at 29th and Burnham with mom and dad. As Catholics, they went to St. Barbara's parish and school. During the summers, she went to stay a couple months in Deerbrook with her grandparents on the farm. She had "farm fun." As she grew older, tractor lessons began, gardening, and selling produce. All in a day's work.

In 1950, she went to Pulaski High School. She met Jerry as a freshman. He was the senior editor of their sports paper. New beginnings. Unbeknownst to her, she married him ten years later. Junior year, she transferred to South Division High becoming the first student in Milwaukee to attend a work study program. She went to school in the morning and left for Badger Mutual Insurance work in accounting in the afternoon. After graduation, she continued working at Badger Mutual Insurance.

They moved to Skokie, IL. When their fourth child was born, she quit working to be a stay-at-home mom and house engineer. In 1969, her mom was diagnosed with cancer. Jerry and Pat and their four children, Lynda, David, Mark, and Paul, moved back to Milwaukee to live in West Allis to care for grandma. The following year, they bought their home on 75th and Capitol Drive. Jerry belonged to the Covenant Lutheran Church at 82nd Street. Pat helped teachers and counselors; wherever her kids were, she was there helping.

In 1975, Patsy became a Lutheran. They bought a fourplex ranch on 94th and Greenfield that also housed a nursing home with a housekeeper to help care for older



family members that suffered losses. Their growing children all went to Milwaukee Lutheran School.

Pat went back to work two days a week at the Heritage Bank on North Avenue as the Customer Service Investor for seven years. When the kids went to college at UW-Madison, Jerry and Pat bought them a home to house six students. Working in numbers, Pat figured with four children it would save them money in the long run. She also wanted to keep the kids together as they all continued to

grow up. Pat was promoted to Heritage Trust that was later sold to M & I Trust. Pat calculated the profit & loss of five mutual funds and wrote her daily report for the Milwaukee Journal by 3 pm, regardless of the weather.

On her second day at the job, no one told Pat that she had the only "live" desk on the floor. Inquisitively, she pushed the button under her desk. Within minutes five policeman stormed in with rifles drawn thinking there was a robbery.

Pat was proving to all that she is a "strong woman." She worked as a trainer, computer programmer, auditor, and responsible for all the Trust peoples' disbursement checks. Pat was a trusted employee. She worked herself up the ladder without further schooling. She proved to her bosses that she could do it all. She earned top dollar. She was "fearless." She did it!

With their children in college, they moved to live in St. Petersburg, FL. They rented a condo for one year until Jerry became ill. They left for Milwaukee and purchased a home on 118th & North. Pat not only worked at Pine Lawn Cemetery as their manager, but she also worked at the non-profit Zoological Society's information desk and planning committee for thirteen years. She was the "jack of all trades," loved by all.

Continued on page 8

Last issue, we got to know one of our most beloved non-employees, **Abby Kuchta, Geriatric Therapeutic Massage Therapist** at Luther Manor. Rumor has it that Abby makes people feel as good as they can and that they are almost able to do cartwheels after seeing her!

Tell us about your family.

My husband, Mark, and I have 3 adult daughters and two grandchildren. Mark is now retired, but was a design engineer at Eaton/Cooper. We also have 3 cats: 11 yr. old twins, Starlight and Moonlight, and 5 yr. old, Ms Kitty. Sadly, our 16 yr. old mixed Australian Shepherd, Wicked, recently passed away.

Where did you grow up and go to school?

I grew up in Milwaukee and went to school at St. Sebastian's, Pius XI High School, UW-Milwaukee, and Milwaukee School of Massage.

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

I love family time, driving, decorating, gardening, landscaping, motorcycle riding, singing and playing guitar at area churches.

Tell us about your job at Luther Manor.

I started working at Luther Manor in 2019. Even though I am an independent contractor, I answer to Kathi Brueggemann, Director of Independent Living.

God has given me the gifts to become a licensed massage therapist. I am trained in many areas of massage. I love working and helping people, especially with the senior population. As an alternative health care option, I use these gifts to help my clients in every way I can. If needed, I give assistance getting clients on and off the table and putting their shoes back on. For those unable to get onto the table, I will discuss other options.

I aid in relaxation and most importantly, pain relief. I have helped release frozen shoulders, reduce inflammation of joints, eased breathing restrictions, and loosened arthritic joints. I can massage hands, feet or your whole body. After my consultation, I then decide the most effective treatment for a particular client. I play soothing soft music when I work. For some folks, quiet is the ticket. Others like to talk, communicating their concerns and ways they would be more comfortable. I'm eager to hear all about my clients, though what we discuss is private.



GET TO KNOW THE STAFF OF LUTHER MANOR

ABBY KUCHTA

GERIATRIC THERAPEUTIC MASSAGE THERAPIST



Every massage is unique to the individual and their concerns that day. Their comfort and well-being are my primary concern. I love to meet people for a free consultation and to learn how I can help. Some clients have massages for one half hour, one hour, and even one-and-one-half hours a session. I also massage staff of Luther Manor during their free time. Everyone should have the opportunity to receive massage!

CALL ABBY IF YOU'RE INTERESTED IN A MASSAGE
414.412.8288 | LOCATED IN N111

MINDFUL SCOOP

Fuel for the Future



National Nutrition Month is back again, and the theme for this year is "Fuel for the Future." One can wonder if the focus is on fuel for our bodies or for the planet since both are very hot topics in the media. Did you know that the body is constantly replacing the cells that make up you? Most of the cells in our body are replaced during a 10 year period. That's a whole new you. So, what do we need to eat to provide the best building materials for those cells? The fuel for your future starts at every bite you take. Eating less fast food/processed foods, focusing on quality foods and water, will provide your body with the fuel you need for your future.

LEAN PROTEIN

Provides building blocks for your muscles.

CALCIUM

Dairy and leafy greens help build strong bones.

WATER

60% of your body is water. Every part of your body needs it to function.

HEALTHY FATS

Good for your skin, heart, and nervous system

FRUITS & VEGGIES

Packed with vitamins and minerals

WHOLE GRAINS

Provide fiber that can reduce cholesterol for heart health

"Project Revitalization" continued from page 1

THE TERRACE ENTRANCE APPROACH



THE TERRACE ENTRANCE



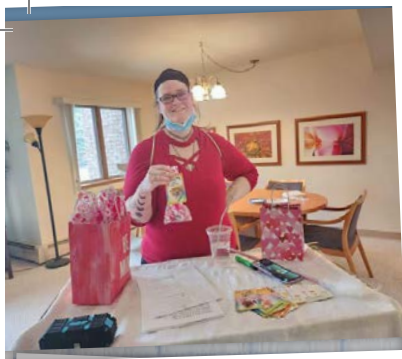
NORTH ENTRANCE



THE COURTYARDS ENTRANCE

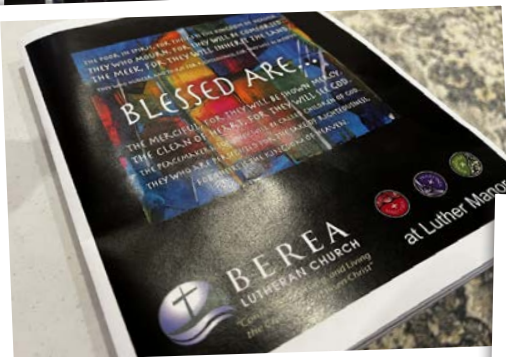


What's Happening @ LUTHER MANOR



(LEFT) Love, Kisses and Valentine's wishes! Luther Manor residents celebrated the most lovestruck Valentine's Day with a cupid-themed party, festive telegrams and sweet treats. It was a wonderful day to show love to friends, neighbors and the community.

(RIGHT) Our Courtyards and Luther Manor at River Oaks residents took a group outing to Prime Minister Restaurant & Catering. There were lots of laughs, lots of meeting new people, and lots of awesome food!



(LEFT) Luther Manor's foundation is built upon faith. That faith continues to flourish in many of our staff and residents today with weekly opportunities to worship, pray, study, and fellowship together. One such opportunity is born of our partnership with Berea Lutheran Church in Milwaukee. Each Wednesday, residents are welcome to worship along with Pastor Jeff and others. Enjoy these photos from a recent service and thank you to our friends at Berea!

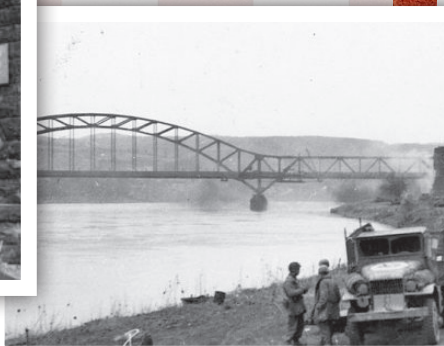


For more, find
Luther Manor on Facebook!
facebook.com/luthermanorwi

VETS CLUB REPORT

By Dave Myers, Vets Club Coordinator

Luther Manor resident-veterans in the Terrace got together in January for a sub-sandwich luncheon to discuss various veteran assistance programs asking for financial support. Then, in February, they used the occasion on March 8th to remember the 78th anniversary of the capture of the bridge at Remagen on the Rhine River. Within two months of that event, in 1945, the war came to an end in Europe. Currently about 40 veterans live in the Terrace.



The Courtyard and Health Care veterans met for the first time in 2023 on Tuesday, March 28th. This gathering was spent renewing their special friendships. Over 20 veterans live in these sections of Luther Manor. Their next meeting is planned for Tuesday April 25th. Check with Shari or Kathy "Jazz" for time and place.

In 2023, Terrace Vets Club meetings will usually be held on the second Wednesday of the month starting at 7 pm in the Lower Atrium. Courtyard and Health Care vets will generally meet the 4th Friday of the month at 2 pm in the Activities Center. These gatherings are open to everyone interested in supporting our 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!

**SHAUN NUMMERDOR,
GARY DANIELS, GARLAND
MURRAY, JEFF JONES, SHORTY
WRIGHT & PATRICK HANSEN**



Where were you on Christmas Eve and what were you doing? For six Luther Manor employees, their answer would be, "I was working to clean up a huge mess at work and keep our residents safe!" What began as a call from WE Energies to turn down the heat ended up with a sprinkler pipe bursting at 10:30 pm on Christmas Eve, flooding the common areas of all three floors, plus the basement, of our "R" Building. These six men assessed the damage, began cleaning up and checked on residents. Please join us in congratulating and thanking Garland, Gary, Shaun, Patrick, Jeff, and Shorty for making our mission possible.

LIFE ENRICHMENT IN THE TERRACE

Evidence based programming!

It is exciting to share about the evidenced-based programs being offered in The Terrace, Independent Living community. Life Enrichment Specialist, Amanda Fullhart, and Terrace Director, Kathi Brueggemann, have been approved to be trained in the "Mind Over Matter" and "Stand Up & Move More" classes. Due to our partnership with the Milwaukee Department on Aging and our partnership with the Wisconsin Institute of Health Aging as a program provider, Terrace residents will be able to take the classes, receive class materials, and enjoy healthy snacks throughout the classes, free of charge.

What are these programs? "Mind Over Matter" helps women take steps to prevent or improve bladder and bowel health through simple changes like fiber intake, beverage intake, and pelvic muscle exercises. In just 3 fun and interactive sessions, skills are learned and confidence is gained leading women to report that their bladder leakage improved by 71% and bowel leakage improved by 55%. One woman wrote after the sessions: "I used to wake up two times a night to use the bathroom. Last night I got through the whole night without getting up."

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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

"Get To Know Your Neighbor" continued from page 2

For summer fun, the ever increasing family has camped at Green Lake 1 ½ hours north of Milwaukee for five days every year for forty years and counting.

In 1994, Pat and Jerry moved into Luther Manor as Jerry was showing signs of mental illness. Pat volunteered as the bookkeeper for the LM Auxiliary, worked Love Lights, and Manor Mart. She enjoys playing sheephead, Bible classes and is open to any party - just call! She tries to keep healthy. This is home and she's happy here.

Pat, your life has been extraordinaire. A friend that holds a back. A keeper! Thank you very much!



Pat (in the center) surrounded by her 4 kids, their spouses, and her many grandchildren!

"Life Enrichment in The Terrace" continued from page 7

"Stand Up & Move More" is an evidence based program that provides strategies and tools to increase time spent standing. On average, older adults spend more than 60% of their waking hours in sedentary activities, mostly sitting. Now, Terrace residents will have the opportunity to learn strategies and make changes that increase how often and how long you stand up which is associated with better health and function in older adults, including lowering your risk of heart disease, diabetes, and certain cancers. This is not an exercise program, but it has proven effective as participants who completed it decreased their sitting time by 68 minutes per day.



Another evidenced based program with history in The Terrace is **"Living Well With Chronic Conditions."** This program benefits those who have arthritis, high blood pressure, cancer, depression, heart disease, and diabetes. As many as 80% of older adults are living with at least one chronic condition. Through the mutual support of those taking this workshop, confidence is gained through setting goals and putting new problem solving skills to work. It is about doing what is important - not

just living, but living well! This is a 6-week workshop, during which, short term goal setting, healthy eating, meal planning, relaxation techniques, planning for the future, partnering with health providers, feedback and problem solving, stress and depression management and effective communication are all explored, discussed and used to improve lives. Those who took this workshop

demonstrated a 27% reduction in the average number of emergency department visits. On participant wrote, "Taking better care of myself isn't impossible. Taking it one step at a time makes it doable." Another wrote, "This is so worth it. I learned so much, I wish I had taken these classes sooner."

Each of these classes will be held in the summer or fall of this year with the goal of improving the lives of the seniors enrolled in them. We encourage all Terrace residents to sign up as they beautifully reflect Luther Manor's mission to enrich the lives of our residents and of those who love them!

CONTACT KATHI OR AMANDA FOR MORE INFORMATION OR TO SIGN UP FOR FUTURE CLASSES!



LUTHER MANOR
A Life Plan Community

News & Notes is published quarterly for the residents & participants of Luther Manor