

# News & Notes

## Artists Among Us!

### THE TERRACE HOSTS ITS VERY FIRST RESIDENT ART SHOW

This past May, our independent living residents participated in the very first Terrace Art Show. Life Enrichment Coordinator, Amada Fullhart, recalled, "Being new here, I noticed that there were so many artists living in The Terrace, I thought it would be cool to showcase their talent. After asking around, I discovered that many of the residents had wanted to do an art show for some time. So I set a date, invited artists to show off their work, and encouraged fellow residents to enjoy their work."

Overall, 23 resident artists showed their art and dozens of their neighbors came to see the three-day show. Amanda concluded, "We'll be doing our second art show this December and I hope to see even more resident artists participate!"



# GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

*Allan Prokop*

**Allan Prokop in I-204**, moved into Luther Manor seven months ago. He and his wife, Diane, are "the happy wanderers." They move "side by side" through all their activities. They are a unique couple that enjoy each other's company all the time.

Allan was born in 1943 in Berwyn, Illinois. He was an only child. He grew up in Broadview, a suburb in Chicago, and played football for two years for East Proviso High School. Before the military draft called him, he volunteered to join the Air Force base in Kincheloe, Michigan.

Basic training lasted eight weeks. Then he studied to become a medic, another eight weeks. For three months he studied at the fifty-bed hospital learning anatomy, the military tradition, and how to treat patients nicely. He worked mainly in medical records and coding. Every two weeks, he ordered the air evacuation plane, complete with nurses, to transfer the severely sick soldiers with cancer and other medical problems to other major military hospitals such as Walter Reed and Lackland Air Force Base. He handled billings, registrar at the hospital, and ordered food for the hospital cafeteria. Within his four years, he wore many hats. His non-war service years were 1962 - 1966.

Coming home after four years of service, he enrolled in Community College and studied Accounting. His first job was working for the Motorola employees of the twenty-eight cafeterias and vending machines across the United States. He stayed with Motorola working in the employee stores of television and stereos with the population of 150,000 employees all over Florida, Texas, Iowa, and many more states. He made life-long friends. He met Diane at an alumni club dance in Des Plaines, Illinois. With a broad smile and a twinkle in his eye, he said,



"First time going and first dance, I picked her out of a large crowd." They married in 1970, presently fifty-two years dancing and still counting. Allan enjoyed watching his son playing intramural sports. In their free time, they enjoyed sightseeing in places of interest and touring down the highways and byways. Sadly today, Allan said, "Motorola employs only 13,000 employees," coast to coast. He had liked working for the service club banquets when they had well-known celebrities, such as Bob Hope. He worked at Motorola

in Schaumburg, Illinois for thirty years, from 1968-1998. Diane taught school thirteen years in Chicago and was a teaching assistant in Schaumburg for fifteen years.

He left Motorola when they were downsizing to accept a great offer to work for eight years as the Business Manager at Elk Grove Village, Illinois as the library personnel and accounting supervisor and the hiring of maintenance.

In 2006 after forty-two years, they retired at Del Webb Sun City Huntley, Illinois in a 55+ community. About ten years before, Diane happened to see a PBS program on TV talking about Luther Manor. When it came time to find their forever home, they were delighted to hear that their son lived only six miles away.

On December 29, 2022, they sold their Illinois home in one day and moved into the Bridge apartment in Luther Manor for a three day stay. The impact of meeting two very friendly residents, Dick Butzer and Lee Vance, sitting in the lower atrium as they were going to the Café for their morning coffee, sealed the deal to move into the Manor to become happy residents. Right from the "get-go," the twosome frequents sitting in the lower atrium daily drinking their morning coffee. They meet with

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Have you ever wondered what all those letters mean behind a doctor's name? **Dr. Quryshi MD**, Luther Manor's Medical Director from Froedtert, is going to tell us what they mean and much, much more!

### So, what DO all those initials mean?

The initials mean: MD - Doctor of Medicine, Board Certified and Fellow in Internal Medicine; FACP - Fellow of the American College of Physicians; CMD - Certified Medical Director; FAAHPM - Fellow of American Academy of Hospice and Palliative Medicine; HMDC Hospice Medical Director Certification.

I am Board Certified and have a Fellowship, a physician who has advanced sub-specialty training in their field. It provides an added level of expertise, insight, and experience, which many patients find comforting. Besides Internal Medicine, I am a Fellow in Hospice and Palliative Care Medicine too. Palliative Care means people-centered health services relieving serious health-related suffering, be it physical, psychological, social, or spiritual, a global ethical responsibility. I also completed and maintained the Certified Medical Director Training Program in Hospice and Palliative Care.

I believe that to develop mutual trust and understanding, a physician needs to listen and have an open and honest discussion with his patients to treat the whole person, not just the disease. I feel patients should be treated the way I would like my own family to be treated. Patients should be fully informed and encouraged to ask questions. I believe in health maintenance and disease prevention. Patient satisfaction is my goal.

### Tell us a little bit about yourself.

Many people call me, Dr. Q.

I was born and brought up in Mysore, called Garden City, India. I came to the United States for higher studies after completing Medical School in India. I completed Medical Residency at Froedtert and the Medical College of Wisconsin in 2000.



GET TO KNOW THE STAFF OF LUTHER MANOR

## MIR ISMAIL QURYSHI

MD, FACP, CMD, FAAHPM, HMDC

Besides Luther Manor, I am a Froedtert and Medical College physician.

My children call me "MD which, in this case, stands for "Make Decisions."

### Tell us about your job at Luther Manor.

Having worked at Luther Manor for 5 years, I am the Medical Director. Practically, that means I am an attending Physician/Primary Care Physician for many Luther Manor residents, including those in The Terrace. My co-worker is Katie Lammi NP, a Nurse Practitioner, who works

in Rehab and the Courtyards. I mostly work with Stephanie Chedid, Karen Gibbs, Cassandra Hale, Patrick Hansen, and the rest of the leadership team.

Presently, my office is at Froedtert in the Sargeant Medical Health Center located at 840 N. 87th St. My phone number is 414-805-5540.

### Do you go to meetings?

Two meetings I attend are QAPI (Quality Assurance and Performance Improvement) and IDG (Interdisciplinary Group).

QAPI is an initiative undertaken by the Center for Medicare and Medicaid studies to expand improvement activities in nursing homes.

QA is a process used to ensure services are meeting

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# MINDFUL SCOOP

## *Phytonutrients.*

### COLOR YOUR PLATE FOR HEALTH

Phytonutrient or phytochemical are broad names for a wide variety of chemicals produced by plants. In plants, phytonutrients provide structure and color, aide in growth, inhibit the growth of competing plants, and aide in predator resistance. Researchers study phytonutrients for their potential health promoting properties, especially around cancer and heart disease. Phytonutrients are found in fruits, vegetables, whole grains, nut, beans, herbs, tea, and coffee. Different plants contain different phytonutrients so eat a variety of colors. Enjoy the bounty of the summer produce season!



### CAROTENOIDS

Give plants their yellow, orange and red color. They act as antioxidants in your body.

### GLUCOSINOLATES

Found in cruciferous vegetables like brussels sprouts, cabbage, kale, and broccoli. They give these veggies their odor and flavor, and may help prevent the growth and development of cancer cells.

### ELLAGIC ACID

Found in a number of berries, especially raspberries, strawberries, and pomegranates. It may help to fight cancer by slowing the growth of cancer cells.

### RESVERATROL

Found in grapes, purple grape juice, and red wine. Research suggests it may play a role in reducing the risk of heart disease and certain cancers.

## THE CARESMART IS NOW OPEN

### *A unique benefit for our dedicated & essential staff*

On June 7, 2023, employees who work at Luther Manor were given a new option for picking up last-minute food items for meals before they leave campus at the end of a shift.

CARESmart, a new convenience store in our Wauwatosa campus, carries products like milk, cereal, boxed pasta and other essentials - for free or at low-cost prices. Developed by the Luther Manor CARES Committee, the CARESmart concept follows the life plan community's core values of Compassion, Accountability, Respect, Everyone Matters and Service to God, and was influenced by a one-time donation given to workers during COVID-19.

"Our healthcare workers were essential during the pandemic," recalled Patrick Hansen, Luther Manor's Chief Resident Experience Officer.

"People couldn't get supplies and many staff leave work late at night because of our 24/7/365 operation. So, we put together a CARES bag for more than 300 staff containing toilet paper, paper towels, hand sanitizer, bleach and a treat. It was a 'thank you' to them for their amazing dedication and helped calm our routine."



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# What's Happening @

## LUTHER MANOR

(LEFT) In April, our residents were treated to a wonderful Springtime concert by the Milwaukee Choristers, a chorus of 75 mixed voices performing various classical and contemporary songs, spirituals, Americana, and Broadway tunes. This concert, called "Sing! Said She," under the direction of Dr. James B. Kinchen, Jr., featured compositions and arrangements solely by women who have been chipping away at the glass ceiling since the Middle Ages.

(RIGHT) Luther Manor, c'mon down!! Last week a group of volunteers from Pinelawn Memorial Park - Milwaukee, WI hosted a live version of "The Price Is Right" for our Terrace Independent Living residents. Residents competed for prizes (and bragging rights) on large recreations of Plinko, Cliffhangers, The Big Wheel, and of course, the Showcase Showdown!



(LEFT) Our residents, campus-wide, were treated to a performance of "Flora & Ulysses" by the Milwaukee Youth Theatre. We had a great crowd in our Faith & Education Center, but we also broadcast it live to resident rooms and public spaces across our community. Thank you, MYT friends, for bringing your exciting, new play to us!



For more, find  
Luther Manor on Facebook!  
[facebook.com/luthermanorwi](https://facebook.com/luthermanorwi)



# VETS CLUB REPORT

By Dave Myers, Vets Club Coordinator

Army recruiting in 2022 came up 15,000 new recruits short. The other four original services also failed to meet their recruiting goals. Only the new Space Command met and exceeded its target.

The Army's recruitment program for 2023 is looking for 65,000 new soldiers. To help meet that goal it was announced that its slogan, "An Army of One" has been replaced with, "Be All You Can Be". Yes, the old slogan used for over 30 years is back. News TV ads using the new tag line started in May. Along with increased bonuses and offers of a paid college education, the Army hopes to fill its ranks again.



BE ALL  
YOU  
CAN BE

★ U.S. ARMY

Terrace Vets Club meetings are usually held on the second Wednesday of the month starting at 7 pm in the Lower Atrium. Courtyard and Health-care vets hold their gatherings on the fourth Tuesday of the month in the Fireside Lounge starting at 2 pm. As a resident of Luther Manor you are automatically a club member if you are a veteran. Your spouse is automatically a member too. All residents of Luther Manor are welcome to attend club meetings.



## A FLAWLESS REVIEW

*The Courtyards receives a deficiency free state evaluation*

Congratulations to the entire team in the Courtyards on achieving a deficiency-free annual survey! This is no easy feat and it comes with a lot of hard work, sticking to our processes, and remaining diligent in our care and commitments.

The state surveyor remarked on the quality of our grievance process, the nice condition of our common areas and resident rooms, and was very pleased with her interaction with staff. She also spent a lot of time talking with residents who shared their compliments and overall satisfaction with living at Luther Manor.

Thank you and congratulations to every member of the team who makes this assisted living program so special. Achieving this outcome is simply exceptional!!

## GETTING CLOSE

*The Gardens opens July 10th!*



Our new memory care, "The Gardens" opens! July 10th Look at the progress that's being made already!





**HELP US  
BUILD**

# *The Sanctuary*

Early this summer, we will be opening The Sanctuary, an outdoor space connected to our new memory care, The Gardens, offering residents solace, health, and social interaction surrounded by the wonder of God's creation!

Research shows that residents living with dementia benefit greatly from being cared for within a nature-centric setting. Sitting with family and friends at a bench, or walking along the pathways inside of a secure space will bring a sense of peace and stir the senses.

The Sanctuary will feature 88 shrubs, 95 perennials, and 6 trees for year-round color within a 5,200 square-foot area. We will also rebuild an existing pergola, creating a central hub for special events.

The Luther Manor Foundation is looking to raise \$96,874 to build it.



**LUTHER MANOR**  
A Life Plan Community

## 16<sup>th</sup> Annual Car Show



**FOOD & DRINK**

**MUSIC**



**50-50**  
CHERRY RAISIN

**9 AM - 3 PM**

**SATURDAY, AUGUST 26<sup>TH</sup>**

**Luther Manor**  
**4545 N. 92<sup>nd</sup> Street**  
**Wauwatosa, WI 53225**

**Questions? Please Contact:**

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sgarza@luthermanor.org

Kathy Jastromski: 414-847-5080  
kjastromski@luthermanor.org

**VISIT [LUTHERMANOR.ORG/THE SANCTUARY](http://LUTHERMANOR.ORG/THE_SANCTUARY)  
TO HELP MAKE THE SANCTUARY A REALITY**

*"Get To Know Your Neighbor" continued from page 2*

other residents that come and go every day. I personally think it is a smart way for newcomers to Luther Manor to get to know their new family. Much information is passed in the daily "gathering group." Allan and Diane are learning outside locations of the area for shopping and restaurants so they can continue their "happy wandering" in Tosa and the greater Milwaukee area.

Allan and Diane volunteer in the Manor Mart before they "pick up and go." They are team players as they both belong to Book Club, attend all music programs offered, and look forward to purchasing their own Symphony tickets next season.

Thank you, Allan and Diane, for your new beginnings. I also welcome you as a family member here in the Terrace, after all, you are living in the same apartment that I lived in with my Jim eight years ago.

*"Inside Peek with Dr. Q" continued from page 3*

qualified standards and assuring care reaches a certain level. PI is a pro-active approach that continuously studies processes with the goal of preventing or decreasing the likelihood of problems in care delivery.

IDG is a team that involves health professionals working together to treat a patient's injury or condition, which increases the likelihood of successful treatment outcomes.

**How do you like to spend your free time?**

I like to spend time with my family and friends. I like to read Medical Journals, Nature, and History. I also like to sing and play tennis.

*Thank you so much, Dr. Quryshi, you are a valued Luther Manor staff member!*

# WELCOME LORELEI

*Our new supportive living nurse manager!*

**Lorelei Martin** has joined the Supportive Living team in the Terrace as the Nurse Manager of that program. Lorelei has extensive experience in a wide variety of medical settings including most recently the management of surgical staff and operations. She is passionate about care and achieving best possible outcomes. Lorelei focuses on improved quality of life through resident education, advocacy and working with other healthcare team members through the continuum of care.

You can meet Lorelei in her office (O210), during normal Wellness Clinic hours, held in the Wellness office in the G building or call her at extension 56929.





"CARESmart" continued from page 4

When a former CIO suggested offering this assistance on a more permanent basis, the CARESmart idea was born. In the past two years, Luther Manor has secured grants from The Green Bay Packers Foundation (\$5,500), Anon Charitable Trust, (\$5,000) and the Siebert Lutheran Foundation (\$43,000) to cover the gutting and renovation of a former pharmacy on campus, and operating costs to make CARESmart a reality.

"As we renovated, our next need was where can we get the products?" said Hansen. "A past board member suggested a partnership with Just One More Ministry (JOMM), a conglomerate that helps disperse groceries to organizations in the metro area. JOMM will provide 80% of our items for us to pick up on a weekly basis, things like macaroni and cheese or spaghetti sauce. We will supplement other necessary food items at a reduced cost."

Hansen says CARESmart is another employee benefit that can help attract and retain healthcare workers in what remains a tight job market.

"About 34% of our employees earn \$15 or less an hour. CARESmart helps supplement what they need. The store is not intended to replace their preferred supermarket for shopping. It's just an affordable and convenient option to grab a box of cereal or other staple for the family."

Current and future grants will allow Luther Manor to pay one part-time staff member to manage the CARESmart store and remain self-sustainable for the future.







CARES MART

♥ ✓ 🤝 👤 +