

News & Notes

WELCOME HOME, CHARTER MEMBERS

The grand opening of The Gardens!

THE GARDENS
 AT LUTHER MANOR

Welcome home! The first residents and charter members of The Gardens at Luther Manor, our brand new memory care center, moved in to receive an enriching life full of personalized and compassionate care.

As you can already see, residents are getting situated and are enjoying the wonderful life enrichment activities offered, like arts and crafts, gardening and golfing.



SOUNDS OF THE 60s

A trip back in time with the Terrace Singers

Our wonderfully talented "Terrace Singers" is a choir consisting of independent living residents (and a few other friends), and they perform several different themed concerts throughout the year for fellow residents and visiting groups. Their newest concert "Sounds of the 60s," got everyone singing along while they enjoyed some 1960s-inspired clothing and hairdos! The audience was also treated to tunes by a barbershop quartet of Terrace residents. It was a wonderfully fun and musical trip down memory lane!

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GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

Annette Olson

Annette Olson and her husband, Myron, are new residents in S201. They are the proud parents of Amanda and Peter, grandparents of four and one great grand. Myron had ties with Luther Manor as a Lutheran pastor. Growing up in her parents' musical setting, she became musically inclined. She plays many instruments, particularly the piano. She used to sing but now she writes.



Annette was born in 1941. Her parents moved several times before finally settling in Chicago when Annette was thirteen. She attended Bowen High School followed by North Park College, both in Chicago.

She married Myron Olson in 1962. He was in seminary to become an ELCA pastor. His first call was to Lake Park Lutheran in Milwaukee, followed by Chicago and Cedarburg. Before he retired, he was working sixty plus hours a week. She took care of everything indoors; he would do the outdoors. After he retired from the parish ministry, he worked right here at Luther Manor on the chaplaincy staff, part-time, for fifteen years.

She had language skills which helped her as an executive secretary, working for several attorneys, a school superintendent, and a church choir director. Working as a temporary employee helped skirt around Myron's schedules. She thoroughly enjoyed the church choir. It gave her the freedom to begin writing. She has written two unpublished novels based on family stories.

In 1979, Annette was accepted into the Milwaukee Symphony Chorus. Singing choral masterpieces was a joy and fulfillment for her. She often sang in the smaller chorus that did special songs like "Messiah." The full chorus sang holiday pops concerts. She added, "We weren't excused from that, so you can imagine the rehearsal

schedule as well as the concert agenda. It was very exhausting, but I loved it." Summers, she did local theater. After chorus, she was more free throughout the year with her last show being "A Murder Is Announced," at the Sunset Playhouse in Elm Grove.

She developed throat problems and, eventually, cancer stole her singing voice. She had to drop out of the chorus in 2004, which was, and still is, an enduring grief. However, in 2005, she heard about Ten Chimneys, a historic landmark

for classic Broadway and film buffs in Genesee Depot, Waukesha County. She became a docent, or a guide, for fifteen years. She proudly remarked, "All my theater training and poetry came in very handy!"

They opted to move to Luther Manor when Myron had two serious falls and surgery. He couldn't do much, as she had been very dependent on him and now had to learn to do things herself. At that time, she was playing in an adult handbell choir at St. Matthew's Lutheran Church, a lay reader, and a regularly scheduled worship assistant.

She had to take a leave of absence and move them into Luther Manor. Their health was declining and keeping the condo in Brookfield was becoming more difficult. They realized that it seemed wise to be located where they could be taken care of, as necessary. Luther Manor became home this past April. They were lucky as they knew people here already. She said the move was physically brutal! It took several months to recover, which she believes is typical.

"At this point, we aren't planning any volunteering here, other than Myron joining the Luther Manor Chorus," remarked Annette. He enjoys music. He also likes to read

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Where did you grow up & attend school?

I was raised in Kenosha, Wisconsin. I went to St. Thomas, Lincoln Junior High, and graduated from Tremper High School. I then joined the Army for three years and served as a Military Police Officer. After the Army, I moved to California and attended San Francisco State University for two years.

Tell us about your family.

I have been married to my beautiful wife, Heidi for almost 30 years. I have four children, Garrett (27), an officer in the Army; Sierra (25), manages a duck farm in Racine County; Samuel (18), a full time student at UW-Parkside; Rebecca (17), attending UW-Milwaukee and studying to be a teacher. I have a dog, two cats, five chickens, and two Peking ducks.

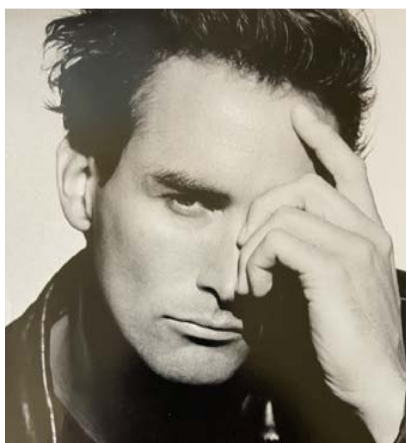
Have you always been in security & loss prevention?

After the army, I received a contract to go to Paris to do fashion and modeling. I stayed in the fashion industry for eleven years doing print, runway, and commercials for numerous designers who are very famous people today. I loved traveling to different countries and learning their customs. I learned so much and made lifelong friends in Paris and Milan, Italy. After modeling, I returned to California and finished college.

I started working for Hyatt Hotels in 1989 in San Francisco. Later I moved to Colorado with my wife, and we

lived in the mountains for nineteen years. I worked for the Aspen Institute and the Limelight Lodge. I was Director of Sales and Marketing traveling all over the United States.

In 2012, my family and I moved to Mt. Pleasant, WI because my mom was diagnosed with Dementia and Alzheimer's.



GET TO KNOW THE STAFF OF LUTHER MANOR

KEITH SEXTON

LOSS PREVENTION & TRANSPORTATION MGR.



What do you like to do in your free time?

Primarily, raising four children and spending time with my wife. We love to travel and explore all the National Parks in the USA.

Tell us about your job at Luther Manor.

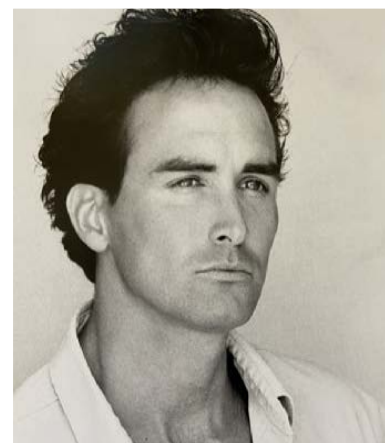
I've been at Luther Manor for 1-1/2 years and I love it! I report to Patrick Hansen, Chief Resident Experience Officer, and work closely with Shaun Nummerdor, Director of Facilities, on projects and inspections. I manage twelve officers and a receptionist.

I also manage the transportation

which consists of my driver, Brian Bernhardt, and two buses. I serve others and love my Lord, Jesus, every day. I often do the prayer on Luther Manor TV 956 in the morning.

What qualifies you to oversee all of Luther Manor's security?

I began in the U.S. Army for three years as a Military Police Officer. My first job in WI was with Securitas Security in the Racine County Jail doing intake of inmates and taking bail. Then I was offered a regional position



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MINDFUL SCOOP

The scoop on seafood



Seafood is nutrient packed which is why current US dietary guidelines recommend that Americans increase their seafood intake to twice per week. It is a low-calorie food when compared to other protein-rich foods making it a great option for those trying to watch their weight. Seafood is a high-quality protein and a good source of healthy fats including omega-3 fatty acids which are well known for promoting heart and brain health and for their anti-inflammatory properties. Did you know that you can get a general idea of the fat content of fish by looking at the color of the flesh? The leanest species such as cod and flounder have a white or light color. Fattier fish such as salmon and herring have a much darker color. The next time you see seafood on your menu, give it a try!



WHAT ABOUT MERCURY?

Mercury is a heavy metal found naturally in air, water and soil. It is a common myth that fish is the only source of mercury. Some other sources of mercury exposure include dental fillings, old thermometers and batteries, and inhalation from the atmosphere. The FDA and EPA both recognize that the health benefits of seafood outweigh the risks of mercury toxicity and agree with the dietary guideline recommendation of two servings of seafood per week.

INTRODUCING VST BALANCE

Automated fall risk assessment for residents

VSTBalance is an automated fall-risk assessment tool using Artificial Intelligence (AI), which provides education on the residents' fall risk and mobility level by evaluating deficits in balance, gait, and function. Program Manager, Lisa Knoblauch, explained, "We print and provide the results, highlighting key points, to encourage a discussion between the resident and their family and physician. While everyone has a risk of falling, residents want to know their personal fall risk percentage and are engaged in their options to help decrease their risk, leading to improved safety and quality of life."



VST BALANCE:

- Reduces post-acute care falls by 78%
- Improves mobility for IL & AL residents by 85%
- Reports with objective data to assist in identifying early deficits that can be addressed by skilled treatment
- Engages in biofeedback activities that seniors love while assisting in reducing falls and improving mobility





What's Happening @



LUTHER MANOR

(LEFT) Our veteran residents took a field trip in early August for a fish fry and to see the Pewaukee Lake Water Ski Club perform! It was a beautiful night with wonderful friends!

(RIGHT) Did you know that The Terrace Independent Living community has an Advisory Resident Council? It consists of residents elected to their terms of service by their neighbors, participating in affairs concerning their apartment home community, including: suggesting improvements, and assisting the administration in improving programs, surroundings, and services. The Council also promotes friendship and understanding among residents while providing a communication pathway for the benefit of all.

Our current council members are seen below! (First row) Carol, Joyce, Rosie, and John; (Second row) Bernie, Earl, Bob, and Pam. Arlene is not pictured.



(LEFT) Would you agree that one of the most summertime foods a person can eat is watermelon? Last week, our Terrace independent living residents found various ways to prepare this delectable fruit: salad, soda, smoothies, Popsicles, and in pieces. Then, they took to the outdoors to enjoy it together!



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

VETS CLUB REPORT

We're excited to announce Vets Club activities for the rest of 2023! All are welcome!

TERRACE VETS

October 13

Join us for dinner at Maxim's Restaurant in Brookfield on Capitol Dr.

November 8

We'll be in the Linden Room showing a movie about the 2022 Honor Flight from Milwaukee to Washington DC.

December 13

We're throwing a Christmas party with pizza and lots of goodies in Chives Restaurant.

COURTYARDS VETS

October 24

We'll be having a Halloween Party in the Fireside dining area.

November 28

Join us for a Thanksgiving hangout where we'll remember past Luther Manor veterans.

December 26

We'll be having a Happy Holidays party with treats and surprises.

Contact Dave Myers (414-445-7855) for more information on Luther Manor veteran events.



MATTHEW 25 YOUTH CAMP

Volunteering, cleaning, serving & entertaining!

Small groups from Good Shepherd Catholic Church's Matthew 25 Youth Camp volunteered their time assisting with Life Enrichment activities in our assisted living and health care center late last month. At the end of the week, we hosted the entire camp of 72 volunteers for a large garden clean-up service project, followed by a talent show for our residents. Thank you to all who gave of their time, your hard work, and all the smiles you put on our residents' faces. You are a true blessing to the Luther Manor community!



PROJECT REVITALIZATION

EXCITING UPDATES TO CARE AREAS, PROGRAMS & ENTRANCES

PHASE 2 BEGINS!

This summer, dozens of team members from across Luther Manor participated in a kick off meeting to start the next phase of our Revitalization Project. This team will help develop detailed plans to prepare for construction that begins this fall with the building of a new entrance at the North Terrace building. Planning has also begun for renovations in the new therapy gym and our long-term care unit. Construction in these areas begins in November and January, respectively. Our longest and most extensive project is in the Courtyards assisted living program. Work there will take place in stages throughout 2024.

Members of the Revitalization Team bring insights and ideas that will help make the projects go as smoothly as possible and will inform important communications so that you, our residents, your families and loved ones, and our staff are aware of changes in parking, entrances, services delivery and closures. If you have specific questions, please reach out to the director of your specific care area.

92ND STREET ENTRANCE



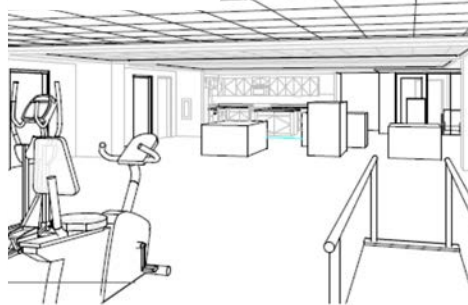
TERRACE MAIN ENTRANCE



HCC DINING & ACTIVITY AREA



THERAPY GYM



TERRACE COVERED ENTRANCE



COURTYARDS CAFE & LOUNGE



COURTYARDS BEAUTY SALON



COURTYARDS ENTRANCE



"Inside Peek" continued from page 3

in SE WI. I enjoyed developing staff and relationships with corporations. I've been in security for twelve years managing security teams at Molson Coors, Kikkoman, Caterpillar, and other companies.

When hiring here at Luther Manor, I always look for individuals that have a big heart for seniors. Training staff is easy, but teaching people to care is extremely difficult. I have hired retired police officers, students pursuing law enforcement, and military veterans in many of my positions.

Currently the Loss Prevention team has numerous new cameras that give our team access to most of our roads and parking lots throughout Luther Manor. As new projects come into fruition, Loss Prevention will be able to implement new cameras internally and externally at our doors and surrounding areas. Active Shooter Training is almost completed and, when approved, I will be hosting training for residents. Kathi Brueggemann will be working with me in setting dates in the very near future.

Do you have any safety tips you'd like to share with our residents?

Yes! If you are pulling into or out of the garage or leaving the CD or STU entrances, and you see someone lurking nearby, please call the Welcome Center immediately to report it. If someone you do not know asks that you let them in, please say: "I am not authorized to let you in, but if you ask at the Welcome Center, they can accommodate your request." Then, call the Welcome Center immediately to report this situation.

Individuals are smarter than you think when it comes to playing a part. We've had people let in who appear normal and have reasonable requests financially victimize our residents. We all need to be aware of our surroundings and **if we say see something, say something!** When everyone on campus is aware, Luther Manor will be a much safer place. If you have any questions or concerns, please reach out to me at ext. 48959.

Thank you, Keith! You're a valued staff member. You certainly have led an interesting life, so far!

"Get To Know Your Neighbor" continued from page 2

and do Sudoku, while she reads and works crossword puzzles. Myron used to enjoy puttering around outdoors. Now they both take walks. Annette plans to resume her church undertaking at St. Matthew's Lutheran Church in the Fall.

Thank you, Annette, for giving us an inside look at you and Myron's life. Luther Manor is lucky to have you both join our family. C'mon and gather in the daily lower atrium for meeting more friends and your new family.

"Sounds of the 60s" continued from page 1

