

# News & Notes

## SHINING LIGHTS for our LOVED ONES

The results are in: with the help of our generous **Luther Manor donors**, **Luther Manor Foundation** raised over **\$27,000** from **185 donors**! Proceeds will help grow our resident support fund, which ensures that residents who have outlived their savings will receive the shelter, care and community they deserve.

Aside from the fundraising, Love Lights 2023 included fellowship and fun across campus. Residents in The Health Care Center, The Courtyards, River Oaks, and The Gardens enjoyed a tree-lighting ceremony followed by music and a special lunch. Residents in The Terrace gathered for their own tree-lighting ceremony, a special dinner, and musical entertainment.



If you were unable to attend these events, there are still ways to enjoy Love Lights 2023. Watch the tree-lighting ceremony on the Luther Manor Facebook page. Visit the Luther Manor Welcome Center to view the decorations and tributes. Check out the large donor boards in The Terrace and Courtyards listing all of the 2023 Love Lights donations. AND, enjoy the beautiful "love lights" on our iconic tree on 92nd Street and around campus.

Finally, thank you to all who led the tree-lighting ceremonies in each of Luther Manor's care areas, to our talented volunteer musicians, and all our sponsors!

*Thank You!*  
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# GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

*Bill Smith*

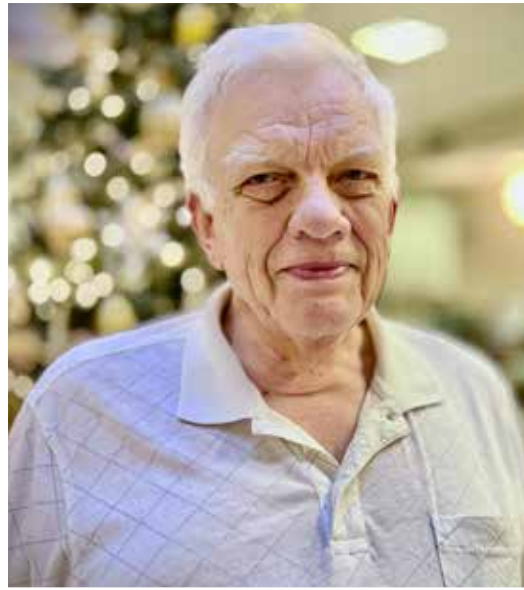
**Today, we get to know Bill Smith, a rather new resident in P102.**

Bill is a daily morning sitter in the lower atrium listening to the latest news of Luther Manor happenings. He is a passionate opera and classical music fan, traveling to Chicago and Madison to hear his favorites. He is a dedicated, enthusiastic sports fan, heavily involved with Wisconsin Master Games.

Born in 1936 in Brooklyn, New York, Bill's immigrated ancestors, the Smiths and Gillettes, came to the United States in the late 1600's. They settled around the Connecticut River Valley. Bill is the oldest of seven siblings. His home roots are Haddam Neck in Connecticut. In 1954, his father was a foreman at Pratt and Whitney Aircraft, a Division of United Aircraft Corporation located in East Hartford, Connecticut. Some children of United Aircraft employees who were interested in engineering were awarded this great opportunity to attend a full four year scholarship to Massachusetts Institute of Technology, (MIT) in Cambridge. Bill studied Mechanical Engineering. He graduated in 1958, the same year he met his wife, Paula Russell. He told everyone, "It was the best thing that I did in my life." They were married for sixty-three years. They had three children and eleven grandchildren.

His first of many engineering jobs took him to Providence, Rhode Island with the Speidel Corporation in a newly formed space instrumentation group that worked with space instruments in gathering scientific information to explore new planets, moons and our solar system and beyond.

In 1965, Bill received his Master's degree in Engineering at Brown University while also receiving his license as a professional engineer at the same time. He found new opportunities with a number of businesses during the



forty years after MIT. His achievements in the various companies were invaluable. To name a few, Bill worked with hot water heating pumps with Taco heaters; he tested components at Hamilton Standard for the Apollo Lunar Module (LEM) designed to land on the lunar surface and return the astronauts to the Command Module in lunar orbit for their trip back to Earth; he worked at Sier Bath Division of Gilbarco in North Carolina as a pump engineer, manager of their engineering and sales, and finally, their Production Manager.

He was contacted by A.O. Smith in Milwaukee as the Director of Engineering that grew to Vice President of the Engineering of the Harvestore Division. They manufactured the big blue feed silos. Due to a recession in agriculture, he went to work for Pferd Milwaukee Brush Company. All in all, he worked over fifteen various engineering jobs in his lifetime, completing the individual jobs two, three and longer years depending on the particular appointment. His learning of "this and that" proved to be fruitful as he sat on many boards to run the particular companies. The only negative in this type of career was no pensions or retirement health benefits.

During their senior years, Bill and his wife, Paula, traveled extensively. Basketball was his sport. He coached CYO basketball, and organized and coached in a men's industrial league. One year, his team won the Greensboro, NC championship. Retiring in Milwaukee, he played basketball in various city leagues, finally playing in the 2017 Wisconsin Senior Olympics. In the course of one year he participated in thirteen sports. He has played horseshoes, table tennis, shuffleboard, javelin and the hammer which is one of the track and field throwing events held at the multi-sport during the Summer Senior Nationals.

*Continued on page 8*





# INSIDE PEEK

GET TO KNOW THE STAFF OF LUTHER MANOR

**MIKE RADSKE**  
MATERIALS MANAGEMENT SPECIALIST

**Where did you grow up & attend school?**

I was raised in Milwaukee, growing up on 51st and Vilard, attending Hampton Grade School. We moved out to the country (or so we thought) to Brown Deer, where I went to high school. We lived right across from the school, near 60th and Bradley Road.

**Tell us about your family.**

My wife, Margaret, and I have been married 33 years. We have four adult children and three grandchildren.

**How long have you worked at Luther Manor, who is your boss, and what do you do?**

I have worked at Luther Manor for almost 23 years, and my boss is Dorothy Kendler. Together, we make up the Central Supply Department.

Along with Dorothy, I work alongside Gary Daniels, Richard Schilling, Dan Zalewski, Dan Anderson and Ron Harris. If needed, Dorothy and I ask for help from Eric, Tony, Chentl and Rita in Housekeeping and from Kendall and the maintenance department.

Every Monday morning begins with our delivery of Nursing supplies from McKesson. We distribute the packages delivered from Receiving and restock the nursing areas and residents' rooms on a daily basis. They usually have three or four pallets that we bring into our Central Supply in the Truby basement, unloading them and putting them away on the various shelves. Dorothy does the ordering of nursing and office supplies and I keep the areas well stocked and respond to any requests that staff might have. We are responsible for all the air mattresses and putting them on and taking off the residents' beds, on the 2nd floor Home, Health Center



and Truby for the Rehab, as needed. The incontinent briefs and pull-up distribution is done every Monday, Wednesday, and Friday. We go to each residents' room in the Health Center on the 2nd floor in the nursing home and Courtyards and give them the supplies they need. The nursing supply areas are checked and restocked with gloves, wipes, soap, tissues, bleach wipes, cups, spoons, and straws on a daily basis. The nurses keep all the medications. Central Supply also supplies all the over the counter medications plus wound dressings.

We also take care of getting groceries to stock the Manor Mart. Dorothy orders from Walmart, Sam's Club, and Kroger's to make sure the store has what it needs. I fill in this role, when she is on vacation, or when she needs a hand.

We accumulate a lot of empty boxes in our department. We give them to a variety of people, such as social workers when they are moving residents in or to a different room, families when they are cleaning out their loved one's room, to Terrace resident, Jim Thom-



# MINDFUL SCOOP

## *A season spotlight on cranberries!*



Cranberries are a fruit native to North America that have a short growing and harvesting season making them a fun seasonal spotlight this time of year. They are widely touted as a super food and are well studied for urinary tract infection (UTI) treatment and prevention. Initially researchers thought it was the acidic nature of cranberries that helped with UTI treatment. Now they believe that the tannins in cranberries help prevent bacteria from sticking to the lining of the urinary tract. New research has shown that cranberries can be a good heart healthy choice by helping to increase your good cholesterol, HDL. Cranberry can be consumed in a variety of forms including fresh, dried, as juice, in sauce, or concentrated in tablet form. Cranberries can be quite tart so be mindful of products with a lot of added sugar. Try adding them in dishes where the tart flavor is balanced with other savory or naturally sweet flavors. Check out these fun recipes as a way to add cranberries in this season and some fun facts on how cranberries are harvested!



### HOW ARE CRANBERRIES HARVESTED?

**Dry harvesting** uses scoops or walk behind machines to collect the berries. These are typically sold fresh in stores.

**Wet harvested** cranberries float in water, and bogs are flooded to collect them. These are used in juices, jams, and more.

## IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

On Tuesday, November 21st, Luther Manor welcomed a group of 14 employee volunteers from **SPS Health** to The Terrace to assist with our annual Christmas Tree Roll-Out. A huge thank you to all staff, residents and volunteers that helped us 'Deck the Halls' of The Terrace!







# What's Happening @

## LUTHER MANOR



(LEFT) Every month, the Courtyards assisted living community has a neighborhood lunch and a cooking demonstration by our Chef Walter. In October, Chef made and served chicken stir-fry and lemon meringue pie! It looks great, doesn't it?!



(RIGHT) October was a super fun and super busy month for our Terrace residents and Life Enrichment staff. We finished up the month with a Halloween party, including some fun costumes, creative treats, and great friends!



(LEFT) On Nov. 5, the Packers played the Rams. The Courtyards assisted living residents joined with our Health Care Center residents and cheered on the Pack with a special lunch of chili dogs, nachos, cookies, and beer (or root beer). The Packers won, and great fun was had by all!



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



# MAKING OUR MISSION POSSIBLE



## OUR HCC CLINICAL TEAM!

"Medical Emergency! All hands on deck!" Nurses and medical personnel frequently make and hear similar calls throughout their careers. For Reggie Miller, Director of Human Resources at Luther Manor, making that call to the front desk with those directions was a brand-new experience.

"I was meeting with Brenda, our Nurse Supervisor when suddenly Shemara ran in to let her know there was an emergency," Reggie remembers. "Before we left the office and turned the corner, the clinical staff, Shabre, and Linda, arrived in the resident's room and began providing emergency care. It felt like a director was choreographing the whole thing. Even though tensions were high, no one panicked, and everyone made contributions toward the procedure."

After requesting the emergency alert, Reggie went to find additional nursing staff to assist. He found Herminia, Deedra, another nurse, and a CNA who were in the residents' Fireside Lounge. Before Reggie could explain what was happening, Deedra grabbed her med cart, an IV monitor, and another nurse and began running toward the resident's room. Once the paramedics arrived and joined our nursing staff, they were able to stabilize the resident and head to the hospital for continued care.

Reggie excitedly reported, "It was astonishing to see CNAs, new LPNs, and nurse techs behaving as though they had done this kind of thing for 30 years. The urgency they demonstrated, coupled with composure, was truly remarkable."

**Congratulations to our clinical team of Shemara, Herminia, Shabre, Linda, Deedra, and Doral for making our mission possible and living out Luther Manor's values!**



# VETS CLUB REPORT

All military veterans living at Luther Manor are automatically a member of the Veterans Club. Its purpose is to provide a special place where vets can share information and fellowship. The club has no officers, no dues, no newspaper, and no secret handshake. Currently there are 52 vets residing here. Some are very involved with club activities, while others have little, if any, involvement. Spouses of veterans are always welcome to participate in events.

The club currently includes 27 Army, 11 Navy, 4 Marines, and 10 Air Force veterans. At present there are no Coast Guard or Space Command vets at Luther Manor.



The Terrace portion of the club usually gather on the second Wednesday of the month in the Lower Atrium. The Courtyards and Healthcare vets usually meet on the fourth Tuesday of the month in the Fireside Dining area. Check your local bulletin boards for time and activities each month.

**Contact Dave Myers (414.445.7855) for more information on Luther Manor veteran events.**



# PROJECT REVITALIZATION

EXCITING UPDATES TO CARE AREAS, PROGRAMS & ENTRANCES

## PHASE 2 IS UNDERWAY

Phase 2 of our construction is underway as planned! Just a few highlights:

The houses on the north side of our property are down, and the soil is being leveled to settle this winter in preparation for landscaping and fencing this spring.

Demolition of the former Training Center is underway making way for our new **Therapy Gym** with the focus being on the HVAC and framing of the new area.

Demolition in the **Courtyard's** Ice Cream Parlor and the resident library is complete. Work around the walls, ceilings, and fixtures will progress toward the new Manor Cafe and resident lounge.

Removal of the existing **Terrace** entrance canopy, concrete work and establishing the foundation for the new Terrace entrance and canopy have begun as well.

One project we haven't talked about much is the renovation coming to the **HCC Garden** just off of the **Welcome Center**. This project is only possible because we were awarded a Community Development Block Grant from the City of Wauwatosa. New sidewalks and patios will allow for more residents to enjoy the area and safely navigate the space. A new arbor will offer shade and new plantings will make it more beautiful than ever. We've renamed the area "**Magnolia Garden**" after the beautiful mature magnolia tree that exists there today. We'll also install an automatic door opening mechanism on the door from the Welcome Center hallway so residents in wheelchairs and those relying on walkers can easily and safely access the space without help - increasing their independence and, we hope, use of the space.

92ND STREET ENTRANCE



THERAPY GYM



TERRACE ENTRANCE



COURTYARDS CAFE & ENTRANCE



MAGNOLIA GARDEN



*"Inside Peek" continued from page 3*

as, to distribute food from Festival Foods and six Starbucks stores to the "Gathering," which are food pantries to three churches for hot food for the homeless on 11th & Vine Street daily. We also provide boxes three or so times a year to Mt Carmel Lutheran Church for their shipment of quilts, which they send to homeless shelters.

We box up the shoes that are donated here for the Soles for Jesus charity. As the container, which is located outside the Manor Mart storeroom, is filled, we notify Soles for Jesus to pick up the donations.

**What do you like to do in your time away from Luther Manor?**

I like sports. I try to watch pretty much all NFL, college football, and basketball. Of course, the Packers, Brewers, and the Bucks are my favorite teams. I'm also a golfer, a Wisconsin fisherman, and a camper. I like to go to the gym at Anytime Fitness in Tosa.

*Thank you, Mike! Hats off to you and Dorothy for jobs well done!  
You are both valued staff members and are very appreciated.*

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

In their declining years, Paula was in Luther Manor's Rehab. Even then Bill liked Luther Manor, and it was close to their home on 84th and Good Hope. Sadly, Paula died in 2022. Bill became a resident in June 2023. Presently, he

volunteers as a new member of the Dining Council.

*Thanks, Bill! You were a big help for me to help write up your bio. I learned a lot!*

# A POSITIVE APPROACH TO CARE

## *Luther Manor partners with Teepa Snow*

"Until There's A Cure, There's Care" is the mantra of Positive Approach to Care (PAC), lead by it's founder Teepa Snow. PAC is a framework of care that enhances the life and relationships of those living with brain change by fostering an inclusive global community. Luther Manor is partnering with the PAC philosophy to equip those caring for someone with dementia with a greater understanding of the disease, self awareness, and critical skill sets.

This fall, as part of Luther Manor's investment in this philosophy, Kenny Stelpflug and Rachel Stokes of Luther Manor's Training & Development Dept. began training as teachers of PAC. "We'll be 2 of approximately 30

program teachers worldwide, which is pretty special," said Stelpflug. "We are excited to be able to train and support our internal teams and, eventually, the greater Milwaukee community. We intend to train every team member who regularly engages with memory care residents."

Kenny continued, "Early into our training and implementation, we've already seen many 'lightbulb' or 'A-ha' moments that have increased the confidence of our team as they interact with our residents with greater success. Seeing and hearing such positive feedback from those who have moved through the courses and begun using PAC is so rewarding."

