

News / Notes

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That's a BIG check!

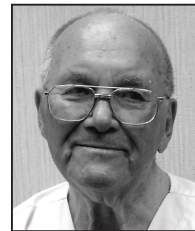
Wayne County Executive Robert Ficano recently delivered a check for \$400,000 to the Wayne County Family Center. The funds will be used for building improvements. The center for homeless families, in Westland, is owned by Wayne County and managed by Lutheran Social Services of Michigan. Ficano visited on the day of an open house to celebrate the completion of its Adopt-a-Room project. Many of the project donors attended to see the rooms they helped refurbish.



Margo Kahl outside the room refurbished with donations from members of her church, First English Evangelical Lutheran Church in Grosse Pointe Woods.

Barber retires after 37 years

Dean Vanderveen is hanging up his shears after 37 years of barbering the gentlemen at Luther Manor in Saginaw. A retired minister, Pastor Vanderveen, 83, supplemented his clergy duties by cutting hair in local nursing homes. Since 1975 he has visited Luther Manor once every five weeks to trim and style the hair of the male residents. When he started, haircuts cost \$1; now he charges \$9. "He not only cuts their hair, but he remembers our guys and talks to each one personally," said Nancy Abbott, activities director.



Dean Vanderveen

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July 2012

His Hand

Catered Living Plus: keeping seniors independent

Gaylord and Betty Heaston's children knew that the couple could no longer live safely in their home in Lowell. Gaylord, 92, needs tube feedings, which he can't manage by himself. Betty, 91, uses a wheelchair and has memory problems. They need a higher level of help than most independent senior communities can offer, but they don't need to be in a nursing home.



Lauren Hanna, LPN, chats with Gaylord Heaston in his Catered Living Plus apartment at The Terraces at MapleCreek.

The Heastons, who recently celebrated their 71st anniversary, found the right balance in Catered Living Plus at The Terraces at MapleCreek in Grand Rapids.

The Terraces has been providing catered living for independent seniors – private apartments with meal service, housekeeping and activities – since it opened as Luther Village in 1976. Recently, managers noticed that many residents, though still capable of living independently, need some help throughout the day. Catered Living Plus opened in October to help them.

The program is perfect for the Heastons. Most assisted living facilities offer small studios with bathrooms. Catered Living Plus has 10 one- or two-bedroom apartments with full kitchens, and couples can stay together even if only one person needs the "plus" level of care.

"Most other places charge double for a second person in the unit," said

Deedre Vriesman, Terraces manager. "We charge one monthly rate for the apartment, with an extra charge for the second person that varies according to the level of service needed."

Residents of the ground-floor Catered Living Plus apartments can eat in the main Terraces dining room or in a smaller dining room near the apartments. Those who have difficulty moving appreciate the option. The residents can participate in all The Terraces activities, as well as some offered only in Catered Living Plus.

"We're very comfortable here," said Gaylord Heaston, a former mechanical engineer. "We've got our own furniture. I have a patio right outside my apartment where I can sit when it's sunny. I put my croquet set on the lawn, and when my daughter brings her dog over, we can let him

out there. Our friends sometimes visit and eat with us. They just love the food."

The Catered Living Plus staff help Gaylord with his tube feedings, and they help Betty transfer from her wheelchair to chairs and to bed, activities the Heastons would struggle to do on their own.

Catered Living Plus promotes close relationships between staff and residents. "We describe them as 'care partners,' not 'caregivers,'" said Vriesman.

For more information on Catered Living Plus, call The Terraces at MapleCreek at (616) 452-5900.



Gaylord and Betty Heaston

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SHAWL remembers Henry Roesler

Senior Housing Association of White Lake (SHAWL), comprising two apartment communities for low-income seniors, has planted two pear



Henry Roesler, Jr.

trees in memory of Henry Roesler, Jr., a former employee and staunch supporter of Lutheran Social Services and longtime mayor of Montague. The May 3 program also celebrated the 30th anniversary of SHAWL I in Whitehall and the 20th anniversary of SHAWL II in Montague. "We wanted to recognize and honor all that Henry Roesler accomplished in his life, which included bringing quality, affordable housing to the seniors in his community," said SHAWL Manager Sheila Morris.

Hope Village becomes a senior center

Grand Traverse County Senior Center Network
Place to be... *involved inspired active*

Hope Village will serve as a gathering place for seniors as part of an expansion of the Grand Traverse County Senior Center Network. The network has provided programs for adults 50 and older throughout the county, with active sites in Interlochen and Kingsley. This spring the network expanded into Fife Lake and Acme. By providing space and staff support, Hope Village is enhancing the offerings provided to seniors on the east side

of Grand Traverse County. "We are delighted to partner with the network in providing this wonderful programming not only to our residents but also to other area seniors," said Cathy Stathakis, Hope Village manager.

New foster care video available on website



Services for Children & Families has created a new video spot aimed at recruiting foster parents. You can see it on Lutheran Social Services' public website, www.lssm.org. The child star in the spot is Eve Sykes, daughter of Rachel Sykes, licensing team leader in the Kalamazoo office. The "superhero," Darius Green, is an actor who volunteered his talent. The spot is being shown in movie theaters around the state.

Volunteer time is valuable!

The national estimated value of volunteer time for 2011 was \$21.79 per hour. In 2011, 7,871 individuals donated more than 53,500 hours to Lutheran Social Services of Michigan. Using the national estimated value, this time was worth \$1,165,765. We love our volunteers! If you can contribute time or talent to help those we serve, contact the Lutheran Social Services center nearest you, or contact Anna Romund, aromu@lssm.org or (313) 308-8830, to learn more.

Time to re-enroll in Kroger Community Rewards

Lutheran Social Services received more than \$200 in the first quarter of 2012 from Kroger Community Rewards. If you've been participating in this program, thank you! Please note that you need to re-enroll in the program for the current year. If you're not yet enrolled, now is an ideal time to sign up. Just go to www.KrogerCommunityRewards.com and click on "Michigan." Then click on "Enroll" or "Re-enroll." To re-enroll, you'll need your email address and your password (but they can send you your password if you've forgotten it). Enter Lutheran Social Services' organization number, which is 90875, and you're all set. Every time you shop at Kroger using your Community Rewards card, you'll get discounts on merchandise and a portion of your total will be donated to Lutheran Social Services. It's a win-win!



Renovations at The Lakeview please residents

Shirley Benson of Cadillac went to see her doctor for a checkup in April and ended up in the hospital for a heart catheterization. Unable to return home immediately because of her weakened condition, she moved into the short-term rehabilitation unit at The Lakeview, Wexford County's only skilled nursing center. She was pleased to be one of the first residents in the remodeled unit.

The Lakeview is putting the final touches on a major renovation project that started with the rehabilitation unit. There are a new entrance and a dining room just for rehabilitation residents, and a spacious rehabilitation center. Adjacent to the rehabilitation center are a fully equipped kitchen and bath where residents can practice activities of daily living.

All but two of the 30 resident rooms are private, and all the rooms have large, tiled bathrooms. There is no extra charge for the private rooms.

"I really enjoy it here," said Shirley, 80. "I especially like the dining room. It's much better than sitting in your room alone like in the hospital. And the bathrooms are really nice; there's plenty of room to move around in a wheelchair."

By the end of the summer, work will be complete on The Lakeview's long-term care unit and The Pearl, a special unit for residents with Alzheimer's disease and other memory problems. The Lakeview has a total of 133 beds.

The \$4.5 million renovation and building project began last September.

Mark Stutrud, president and CEO of Lutheran Social Services of Michigan, says the renovation of The Lakeview is indicative of the organization's commitment to community-based senior services. "We are committed to providing a wide range of services to help senior adults maximize their independence, from fully independent and catered independent living to home care, assisted living, rehabilitation and skilled nursing," said Stutrud. "We believe all seniors should have affordable choices of places to live."

Spotlight on Service



Shirley Benson enjoys taking her meals in the new rehabilitation unit dining room at The Lakeview in Cadillac.

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Editor: Barbara Lewis, Director of Communications

His Hand tells the story of Lutheran Social Services of Michigan and its impact on the lives of those it serves. These stories of success are possible because of your generosity and caring. Because of your interest in Lutheran Social Services, we share these stories with you.

