



"ALL THE NEWS THAT FITS" FROM OUR HOMES TO YOURS



## Still making a joyful noise!

The **Coventry Concert Series** began in 2006. In January, 2008, we invited a group of accomplished swing band musicians to regale our crowd with the old swing standards. The members of the group all knew Cornelia House resident **Melvin Carter** because they'd played together back in the day. They suggested that Mel sit in on trumpet. *"My lip was out of shape,"* says Mel, *"but I gave it a shot and everyone had fun. We've been playing Coventry Chapel every January and July since. On January 24, we played our fifth show here, and my neighbors say it was the best one yet. There's a reason for that. Shirley Michienzi."*

Shirley (at right) was a soprano soloist who performed with the Minnesota Orchestra under Dimitri Metropolis, the Saint Paul Chamber Orchestra and countless other groups. She is also a virtuoso pianist who now plays regularly at campus worship services. *"We started doing things together,"* says Mel. *"Her classical training and my swing and jazz background make it fun for both of us. We cook up material for the weekly Friday social hour here at Cornelia House, and we play the Thursday Communion services in Coventry Chapel."*

Mel and the group were just in the studio (pictured above) recording a CD with vocalist **Courtney Burton** (inset above). Mel promises, *"We'll have it available at our July show!"*



MORE JOYFUL NOISE-MAKERS

**Charles Woehrle's** "pie plate art" was featured on the cover of our last issue, but he's a keyboard artist too. A resident of **Iris Park Commons** since 2002, Charles has been a musical mainstay for our campus community. He plays the big Allen organ in Episcopal Church Home's **Leigh Chapel** at morning worship and leads the Friday Happy Hour sing-alongs from the piano in the party room. *"I've only had five lessons in my life,"* says Charles. *"They were \$1 each."*



For nearly 40 years, **Gerald Olson** has served as the organist at **Messiah Lutheran Church** in Minneapolis. He plays often at **Leigh Chapel** too. Gerald moved to **Seabury** from Seward Towers in 2007. *"A friend who lives at Cornelia House told me about it,"* he says, *"and it was worth the five-year wait. I like how all of the residences are linked so I can get to both chapels and the Café without getting cold or wet!"*

CREATIVE LIVING

**Our Creative Ventures Program is focusing on "story weaving," so we're bringing in author Mary Anne Barothy for inspiration (and the inside scoop on working with Doris Day)!**

**Mary Anne Barothy** literally wrote the book on Doris Day. The book's title is *"DAY AT A TIME – An Indiana Girl's Sentimental Journey to Doris Day's Hollywood & Beyond."* Mary Anne's presentation will include lots of pictures, and each picture will have a story. The idea is to get us thinking about weaving stories of our own. We all have them!

You're invited to join our residents (your neighbors) in welcoming Mary Anne Barothy to **Coventry Chapel** on **Thursday, May 6 at 2 p.m.**

**Please RSVP to Julie Niewald at Cornelia House: 651-288-3931 or [jniewald@ehomesmn.org](mailto:jniewald@ehomesmn.org).**

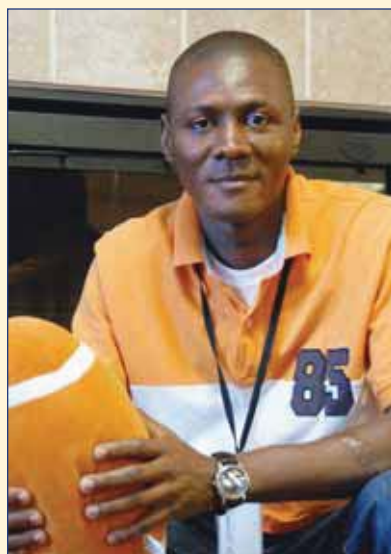
To help support Creative Ventures, please contact Judy Alcott: 651-632-8855 or [jalcott@ehomesmn.org](mailto:jalcott@ehomesmn.org).

## NEWS BRIEFS

**Baby shower coming up?** How about a made-to-order baby quilt? Or maybe a hand-made Raggedy Ann (or Raggedy Andy) doll? 96-year-old **Seabury** resident **Loretta Eklund** is still sewing strong! Her prices are as low as her quality is high. “*Make sure they know that I make free quilts for needy kids too,*” she says. “*They go to the **Hallie Q. Brown Community Center.***” Loretta moved into Seabury when it opened in 2002. She loves her apartment and her neighbors, and she’s proud of her family. To inquire about having Loretta sew for you, contact Seabury manager **Kire Meyer-Quist** at **651-379-5102** or **kmeyer@ehomesmn.org**.



**Iris Park Commons resident Nathalia Faribault turned 105 on February 2!** She is shown here being honored by our staff and her neighbors. Nathalia is sharp as a tack, has a great sense of humor, and gets around without any assistance other than her walker. In 1932, Nathalia married **Raymond Alexander Faribault**. If the name sounds familiar, it should. Nathalia’s husband came from the family for which the town of Faribault was named. The couple had four sons. Then, at the age of 41, Nathalia gave birth to a beautiful baby girl who they named... *Nathalia!* A graduate of Rasmussen Business College, Nathalia’s career included serving as a legal secretary and working at Northwest Airlines.



## Employee Scholarship Fund

**Congratulations** to two Church Home employees who are currently taking courses to prepare for future positions with Episcopal Homes! Each has received a \$2,500 scholarship. Both say it’s a big help. At left: **Ernest Bishop**, a Nursing Assistant in **Isabella House**. A native of Sierra Leone, Ernest has been in the U.S. (and with us) for two years. He’s working on his LPN, then wants to go for RN. At right: **Menderin Fetto**, a LPN in **Sister Annette House**. She is working toward her RN. Menderin is from Ethiopia and has been with us for 5 years. We are proud of how Ernest and Menderin are making their American Dreams come true!



**A Planned Gift could transform our Scholarship Fund. Call Judy Alcott to learn more: 651-632-8855.**

## TRANSITIONAL CARE CENTER

*“When I arrived, I had a feeding tube in my belly. I had lost the ability to swallow. The speech and occupational therapists helped me regain my ability to swallow and got me started on pureed meals. Gina the dietician made sure that I found those meals worth swallowing.”*

George Brooks

In late 2008, six days after rotator cuff surgery, *Guillain-Barré Syndrome* nearly delivered **George Brooks** to death’s doorstep. Guillain-Barré attacks the peripheral nervous system, resulting in paralysis that spreads throughout the limbs and face. It is usually triggered by an acute infectious process. Fortunately, Guillain-Barré is rare (1 or 2 people per 100,000), and the majority of patients recover fully with prompt treatment followed by rehab. But it can be a long road back, as it was for George.

**Margaret Jones Brooks** recalls how her husband’s odyssey began as if it were yesterday. *“It was on October 19, 2008,”* says Margaret. *“We were both taking it easy at our home in Hudson, Wisconsin. All of a sudden, George couldn’t talk. He whispered that his arm was numb and asked what was happening.”*

*I called our good friend, **Dr. Charles Crutchfield Sr.***



*“I’ve come back a couple of times to thank the people who took such good care of me. Even after a year, they all still remember me by name.”*

*in a panic. I told him that I thought George was dying. He called our primary physician, **Dr. Alfredo Beltran**, then called me back and said an ambulance was on the way. They took him to the hospital in Hudson. On top of everything else, George’s blood pressure was through the roof. That’s what Guillain-Barré does.”*

George didn’t stay long at his hometown hospital. He was taken to the Intensive Care Unit (ICU) at St. Joseph’s Hospital in Saint Paul. George was there for 37 days, during which he had to be put on life support on three separate occasions. Those 37 days were a blur for George, but all too real for Margaret. It was her faith in God and prayer that sustained her.

*“We are members of **Progressive Baptist Church** in Saint Paul,”* says Margaret. *“Everyone was so supportive! Our pastor and friend, **Dr. Earl Miller**, was really there for George and me. He even came to the hospital to give George decent shaves. Although George was very emaciated, we wanted to keep him looking as good as could be.”*

When George no longer required an ICU, he was moved to Bethesda Hospital for acute care and to begin rehab. That lasted two months. He needed subacute care and more rehab after that, and the question of where to go was answered by family friend **Gloria Wright**, a retired nurse.

After knee surgery, Gloria had chosen our Transitional Care Center (TCU) for her rehab. *“She said **Episcopal Church Home** was the **ONLY** place to go for rehab,”* says Margaret, *“and she was right. All the rooms are*



George volunteered to stop by for this interview. While enjoying a lunch of (normal, solid) food in our Café, dietician **Gina Dahl** walked through. She saw him from about 20 paces and hollered “George!” They hugged and had a joyful reunion.



## CHAPLAIN KAY

### God loves a good story!

There is an Hasidic tale that declares God made humans because God loves a good story. And humans are nothing if not tellers of stories. God tells stories too.

Think of all the stories in our Christian and Hebrew Scriptures, and for that matter in Buddhist and Hindu and other religions as well. It appears there is no better way to get at the Truth than by telling stories. There’s the story of Abraham traveling to the Promised Land. Moses freeing the slaves in Egypt and marching them for 40 years through the wilderness in Sinai. The shepherd boy David becoming the greatest king of Israel. Christians know of Jesus because of the stories told about him in the Gospels, and about the founding of the early church through the stories in Acts.

We tell stories too – to ourselves, to one another, and to God. Stories of family and travels, of our faith and our illnesses, where we come from, and the things that have happened to us. Telling stories is what makes us human and accords us a sense of dignity. We create meaning from the chances and changes of this life. In telling our stories we grow into who we are meant to be. We come to terms with our past and prepare for our future. We meet God.

Telling stories is one of the most important things that goes on here at Episcopal Homes – along with meals and medicines, having fun, and taking care of daily needs. But stories are empty shells without the listener. Our chaplains, staff, residents and volunteers have the privilege of listening to stories, of sometimes inviting the story, and of helping people glimpse where God is in the story. We listen, knowing that it is God who is in the story, in the telling of it, and in the listening to it. Remember, God created us because God loves a good story!

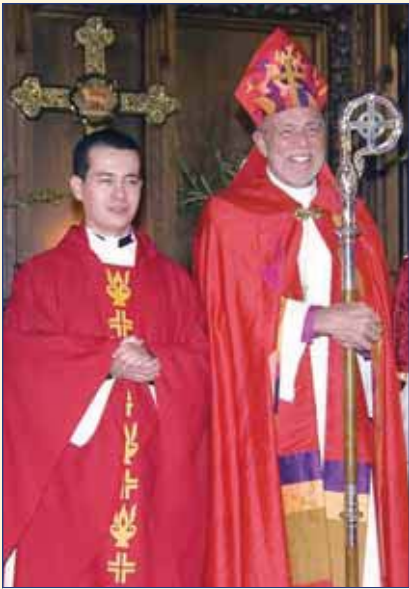
*private, and George’s felt more like a hotel room than a hospital room – but it was the kindness of the staff that overwhelmed me, and still does to this day.*

*I have never felt more welcome anywhere, and they took SUCH good care of George! It was like he was surrounded by angels. I am so grateful to them all!”*

When George went home after a month-long stay, he was well on the road to full recovery. His diaphragm, which had been weakened by his long stints on the respirator in the ICU, was stronger so breathing was easier. His range of arm motion, which had been limited by his rotator cuff surgery, was getting closer to normal. And perhaps most importantly, he could swallow again! After a few weeks at home, he was able to graduate to solid food.

George is the retired funeral director of the **Brooks Funeral Home** at Concordia and Victoria in Saint Paul. It was founded by his father and grandfather in 1941. He has five sons. *“I am grateful to my family*

To learn more about Guillain-Barré Syndrome, visit <http://www.gbs-cidp.org>



On January 7, 2010, **Bishop Jelinek** of the Minnesota diocese welcomed Neptali into the Episcopal priesthood.

For Neptali Rodriguez and Rebekah Taylor-Jean, serving the residents of Episcopal Church Home is an integral part of their (now Episcopal) religious vocations. So is raising their beautiful two year-old son Tristan.

Neptali grew up in Colombia. Rebekah grew up in California. Both felt called to vocations in the Roman Catholic Church. That's what brought them together, and that's when their lives got complicated.

Neptali entered a Colombian seminary at the age of 14. He studied there and in Rome. In 2003, Neptali was ordained as a deacon. In 2004, he was ordained as a priest and, after much soul-searching, he came to California in the hope of finding work as a priest in a Roman Catholic diocese. It was while assisting the parish priest at St. Dominic Church in Orland that Neptali met Rebekah. She was working in the parish office, living in a Dominican convent, and planning to join the order. The parish priest asked her to help Neptali with his English – a daunting task, as he didn't speak

a word of English, and she didn't speak a word of Spanish! *"Then we fell in love,"* says Rebekah. After much prayer, they decided to leave their respective vocations and make a life together. That meant they had to marry quickly, before Neptali's clergy visa expired. After their marriage, the couple decided to follow Rebekah's mother to her recently adopted town of Saint Paul. Through friends, Neptali found work as a homemaker at Episcopal Church Home. He rapidly fell in love with the residents he was serving, and he got involved with El Santo Niño Jesus, a nearby Hispanic Episcopal parish. Since being accepted as an Episcopal priest, he has become its Assistant Vicar.

Rebekah has followed a similar path. She is a novice in The Companions of St. Luke, a Benedictine religious community in the Episcopal Church. That is why she wears a traditional habit. *"Both Neptali and I see our work at Episcopal Church Home as being integral to our religious vocations,"* says Rebekah. *"We both see Christ in the joys and sufferings of every resident we serve, and in the son with whom we've been blessed. Tristan will never be faced with his parents' language challenges either. We're raising him bilingual."*



**Rebekah** shares a smile with Gilbert House resident **Phyllis Stoehr**. *"I see Christ in every resident,"* she says.



*"Tristan loves visiting all his grandparents,"* says **Neptali**. Here he is in a staring contest with **Robert Forsyth**.

## Episcopal Homes at a glance...

### EPISCOPAL CHURCH HOME



#### **Nursing & Rehab Care** **651-646-4061**

*A Tradition of Caring Since 1894*

Now in its 115<sup>th</sup> year. Renowned for compassionate, high quality care and its inclusive spiritual life program. Medicare/Medicaid. *Come visit!*

1879 Feronia Avenue  
Saint Paul, MN 55104  
(1 block SW of University & Fairview)

### IRIS PARK COMMONS



#### **Assisted Living** **651-646-1026**

*A Community of Heart*

59 one or two-bedroom and studio apartments with a menu of supportive services for age 55+. Come see why it's called "a *Community of Heart!*"

1850 University Ave W  
Saint Paul, MN 55104

### CORNELIA HOUSE



#### **Independent Living** **651-288-3931**

*A Gracious Way of Life*

47 one or two bedroom designs. If you don't need a "senior community" yet, you'd fit right in. Nobody here does. Great neighbors! Age 62+.

1840 University Ave W  
Saint Paul, MN 55104

### SEABURY



#### **Independent Living** **651-379-5102**

*Affordability for the Rich in Spirit*

49 one-bedroom apartments and a vibrant resident community that have changed the face of affordable housing. Nationally acclaimed. Age 62+.

1830 University Ave W  
Saint Paul, MN 55104

### CARTY HEIGHTS



#### **Independent Living** **651-288-1142**

*The Newest Member of Our Family*

49 one-bedroom apartments reflecting our belief that limited income needn't mean limited quality of life. Full with a waiting list since Day One. Age 62+.

412 Dunlap Street N  
Saint Paul, MN 55104

### KINGS CROSSING



#### **Opening Winter 2010 at University & Dale**

Like Seabury and Carty Heights before it, **Kings Crossing** will bring 49 beautiful, affordable (and much-needed) one-bedroom apartments to its neighborhood. If Frogtown is your home and you'll be 62+ next winter, call **Heidi Crumpler** to learn more about eligibility. **651-288-1142**.

*Our mission is to enhance the quality of life for senior adults by providing homes and services that support each individual's physical, social and spiritual needs. We have been welcoming all for 116 years.*



490 E. Lynnhurst Avenue  
Saint Paul MN 55104

***Greetings to all our neighbors  
in Zip Codes 55102, 55103, 55104,  
55105, 55108 and 55114!***

We send this newsletter to our friends and supporters in February, June and September. If you're receiving it for the first time, it's because we're neighbors and we thought it was time to introduce ourselves.

We hope you enjoy the stories inside. You might even see some folks you know from your church, your circle of friends, or even from just down your block. Just about all of our residents and short-term rehab patients hail from these six Zip Codes.

If you would prefer to receive our newsletter by email, simply send an email to **Mary Franson** at [mfranson@ehomesmn.org](mailto:mfranson@ehomesmn.org). Please put **SUBSCRIBE AT HOME** in the subject line.

If you prefer not to receive our newsletter, please call Mary at 651-632-8852. If you get her voicemail, leave your name and address. Please speak slowly and clearly. We believe that respecting your wishes is part of being a good neighbor.



**You're invited to join our residents (your neighbors) for free matinee concerts at Coventry Chapel.**

Please RSVP to Julie Niewald  
at Cornelia House: 651-288-3931  
or [jniewald@ehomesmn.org](mailto:jniewald@ehomesmn.org)

**Saturday, March 13 at 2 p.m.**

**Cormac O'Shea and the Two-Tap Trio**

[worldmusiccentral.org/article.php/20050901181203692](http://worldmusiccentral.org/article.php/20050901181203692)

**Sunday, April 11 at 2 p.m.**

**The Café Accordion Orchestra**

[cafeaccordion.com](http://cafeaccordion.com)

**Sunday, April 25 at 2 p.m.**

**Choir of St. Mary's Episcopal Church**

**Saturday, May 8 at 2 p.m.**

**Steinway Artist Don Irwin**

[donirwin.com](http://donirwin.com)

**Sunday, June 27 at 2 p.m.**

**Jazz/Gospel Vocalist Bruce A. Henry**

[bruceahenry.com](http://bruceahenry.com)