$1.5 Million Investment in Transitional Care Center

Your experience at Episcopal Homes’ short-term rehabilitation center is getting an upgrade! We are committed to providing the highest quality care and experience to both long-term and short-term care residents and so are building a substantially larger, state-of-the-art therapy gym, consolidating all transitional care on the same floor and upgrading the interior of our rooms. The renovation is scheduled for completion in June. If you would like to see the new space after completion, look for invitations to our Community Open House or call 651-632-8842 for a tour.

Transitional Care Center at Episcopal HOMES

Physical Therapy | Occupational Therapy | Speech Therapy | Aquatic Therapy

Guests recuperate in private rooms and enjoy a made-to-order menu and countless campus amenities. Our certified therapists and clinical team ensure you’re headed in the right direction: HOME! If you or a loved one are recovering from illness or injury and the doctor recommends short-term rehabilitation, choose Episcopal Homes.

Call 651-632-8842 or visit Episcopalhomes.org/short-term-rehab to learn more.

At 100, what will keep YOU moving?

Jack shares his secret to staying fit
CEO Leads With An Active Lifestyle

Although he may appear so in the photograph to the right, Episcopal Homes’ CEO, Marvin Plakut, is not an Arctic Explorer. He is a devoted cyclist, braving the elements through rain, snow, sleet, and ice on his 30-mile round-trip ride to work each day.

Six years ago, Marvin choose to bike to work to encourage use of alternative transportation and maintain a healthier lifestyle. As a result, Marvin has maintained his goal weight for over five years and saves over $5,000 a year in fuel and vehicle expenses. That’s a hefty pay raise! Marvin sets a fine example of living an enriched life through an active lifestyle. While residents on campus may not cycle across the Twin Cities like Marvin, they can choose from and participate in an array of fitness activities through Episcopal Homes’ Life+ Wellness program, which is made possible through the donations of community supporters like you.

Seeding Vitality: Aroha Philanthropies funds Creative Arts Series at Episcopal Homes

Chosen from a highly competitive field of applicants, Episcopal Homes is honored to be one of 15 organizations funded by Aroha Philanthropies to support the development and expansion of multi-session artful aging programs. Funding from Seeding Vitality will support multiple, 16-session series in watercolor, clay making, and cabaret that begin in Studio K in April.

Upcoming Creative Classes to Consider:

Playing With Paint
April 2 through May 21
Mondays & Wednesdays 10:30 to 12:00
with watercolor artist Joanie Delamater

Dancing Your Story
First weekly session begins April 16
with Tu Dance’s Teaching Artists,
Thern Anderson and Mary Easter

Cabaret Project
Begins in July with a final performance in September
Directed by Sage Singers’ Joey Clark

Clay Classes
Begins in October
with Northern Clay Center’s Angie Renee

Contact Kristin Aitchison, Creative Connections Director at 651-272-4930 to enroll.

Net Promoter Scale

<table>
<thead>
<tr>
<th>Scale</th>
<th>Score</th>
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<tbody>
<tr>
<td>World-Class</td>
<td>100</td>
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<tr>
<td>Excellent</td>
<td>70</td>
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<tr>
<td>Good</td>
<td>50</td>
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</tr>
<tr>
<td>-100 to 0</td>
<td>Detractors</td>
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Net Promoter Score (NPS) is used globally by leading organizations to measure how likely customers are to recommend them. Based on our residents’ responses, Episcopal Homes’ Net Promoter Score is 72, which is considered “World Class” and comparable to companies like Apple (72), Amazon (69), and Netflix (68).

What is monoprinting?

In monoprinting a unique impression on paper or fabric is printed from a block, such as an etched plate or woodblock, incorporating hand-coloring, painting or collage.
Three times a week passers-by in Cornelia House are sure to find Jack Lund and his friend Ruby Hunt working through their regular exercise routine. With an armchair for balance and exercise band for resistance, their routine consists of deep breathing, balance exercises, leg kicks, arm extensions, and marching in place.

“...it keeps me alive, and I can expend myself a little better. I’m just enjoying life the way it is.”
- Jack Lund

For the last eight years, Jack and Ruby have gathered to share fitness and friendship. Jack shares that it’s Ruby’s friendship and their dedicated fitness time that helps hold him accountable to his wellness commitment.

For years, research has shown that physical activity in older adults is critically important in the prevention of disease, maintenance of functional independence and improvement of quality of life. Studies also show that exercise, along with intellectual and social stimulation, help combat cognitive decline, like dementia, which is a leading contributor to disability among older adults.

“...just because you become older, you shouldn’t slow down. You should still keep at it because that’s what keeps you going.”
- Ruby Hunt

Carty Heights Community Celebrates the Vietnamese New Year, Tết

With singing, dancing, fabulous foods and gorgeous gowns, residents and families gathered February 16th in Carty Heights’ community space to enjoy a grand celebration of the Lunar New Year, or in Vietnam, Tết. Carty Heights community residents say that they feel enriched by their community’s cultural diversity and truly enjoy celebrating holidays and special occasions among their Episcopal Homes community members.

Spiritual Fitness

During her morning swim, the Rev. Lyn Lawyer, resident of the Terrace, prays for children enrolled in AMI Swim School who attend lessons in Wyman Therapy Pool. Using the pool welcome board, which displays the children’s names, Lyn prays for a different child each swimming lap.

Fitness + Friends = Healthy Longevity

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- Ruby Hunt

Episcopal Homes’ Life+ Wellness program fosters social connections among older adults, like Jack and Ruby, and provides fitness environments that break down barriers to physical health. Numerous community gathering spaces support professional and resident-led fitness offerings ranging from weekly tai chi, dance, and chair yoga to Jack and Ruby’s shared exercise program. In addition, the warm water therapy pool and fitness center offer state-of-the-art facilities specifically designed, along with certified trainer staffing, to promote whole person wellbeing among older adults.

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Healing Through Touch

Beyond physical healing, Spiritual Life therapeutic touch brings peace and well-being.

At Episcopal Homes, a core function of our Spiritual Life ministry is promoting and addressing barriers that impede healing. Beyond physical healing, our ministries explore spiritual and emotional barriers to well-being. Healing touch is one powerful tool available to complement other offerings like prayer, liturgy, and individualized ministry of presence, to support elders through life transitions, grief and loss, and exploration of purpose and meaning along their late life journey.

Since 2008, Episcopal Homes’ team of certified Healing Touch volunteers have brought greater peace and well-being to hundreds of Episcopal Homes residents. What began with four volunteers has since grown to a team of seven practitioners all trained and certified from one of several nationally-affiliated educational programs.

**Healing Touch is an energy-based form of healing therapy rooted in the tradition of laying-on of hands and anointing with oil for healing body, mind, and spirit. Practitioners use therapeutic touch and conscious intent to promote medical, spiritual, and emotional healing.**

Healing Touch volunteers serve elders throughout Episcopal Homes based upon referrals primarily from our social workers, nurses, physical therapists and chaplains. The majority of elders served come from our skilled nursing and transitional care communities.

“...and those who receive the therapy report feeling a sense of peace, relaxation, and reduced pain.” Delamater explains, “...and practitioners are trained to interact with the energy that surrounds and penetrates our body and to interact with elders, who play an active role in the healing experience, which occurs fully clothed while sitting or lying down. Healing touch practitioners gently place their hands on or above the elder, and with meditative intent, feel for energy ‘leaks or barriers.’ They may sweep the body for energy ‘clearing,’ all with intent to support the mind, body and spirit in the process of healing. While research evidence is emergent in the field, the practice is used widely in medical and spiritual health settings, and results indicate healing touch helps reduce pain, anxiety and depression.

Jane Livingston further describes, “Residents respond with how they are feeling, often saying they feel release of heat or tingling in the areas we are addressing, sometimes without directly touching them.”

Gifts Given in Memory of:

- Bob Abel
- Neal & Robin Gale
- Jean Alversen
- Jill Alversen
- Margaret J. Anderson
- Stuart Anderson & Joelen Oraudnik
- Jack & Joy Derr
- Karen Mateer
- Dixie C. Ohlander
- Grace Sulserud
- Jean Anderson
- Richard Anderson
- Pauline Brooks
- Gayle Reynolds & Paul Windschitl
- Frank W. Budd
- Laura S. Budd
- Barbara Day
- Michael & Teresa Day
- Reid and Bernice Elwell
- James R. Elwell
- Dr. Gertrude Esterson
- Pearl A. Jackson
- Hilda Eyre
- Linda B. Brummer
- Alice Flood
- Sally Flood
- Steve & Kathy Flood
- Donna Frider
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- Nick & Renee Hunzelman
- Milda Gemmel
- Tom & Pamela Hove
- Cap Hanson
- Logan Patrick
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- Erling O. & Geneva E. Johnson
- William E. Johnson
- Marie Lindner
- Wando & Franklin
- Ernest (Ted) Lottsfield
- Marie Lottsfield
- Edward Malon
- Anita Engle Malon
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IRA

If you are 70 ½ or older, you may receive tax benefits by giving your Required Minimum Distribution (RMD) to charity. Giving is easy and Episcopal Homes Foundation is a qualified charitable recipient. Consult your tax advisor or give us a call for details.

Visit EpiscopalHomes.org/Foundation or contact Mary Routhieaux, Executive Director:
651-632-8855 • mrouthieaux@episcopalhomes.org

Honoring by Giving

Thank you to all of you who remembered your family, friends, and loved ones through a recent memorial or tribute gift. The listing below reflects memorial and tribute gifts given from October 1, 2017 to February 28, 2018. Memorial gifts directly support the services offered by our Spiritual Life team.

- Bob Abel
- Neal & Robin Gale
- Jean Alversen
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Gifts Given in Honor of:

- Sandy Brophy
- Anonymous
- Dorothy May Davis
- Mary Jane Davis
- Gloria Delano
- Tom & Kris Delano
- Marion McCarthy
- Dianne M. Massiello
- Rev. Keeley Morgan
- Bruce & Paulette Briese
- Denise & Justin Cole
- Marvin Plakut
- Malcolm & Judy McDonald through the Malcolm W. & Judy McDonald Charitable Fund
- Maxine Steigauf
- Anonymous
- Annette Schaffer
- Gordon Vogt
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