Grace Hazelton, 99, Terrace Resident, improves her strength during COVID-19 by meeting weekly for personal training with Anthony Munkholm, Active Living trainer.
Dear Friends,

Our passion is to create strong community; to provide opportunity for everyone to fully live. These values that we hold dear are challenged at this time of Covid-19. While we remain committed to protecting each of our ten communities from the spread of the virus, it continues to challenge us. The same provisions that keep us physically distanced and healthy are taking a toll on community. It is a tough balance.

Efforts to improve technology access, virtual connections and programming do help elders stay engaged with friends and loved ones. However, more is needed. This summer, skilled care and assisted living communities opened for outdoor and essential caregivers visits to support family connection, while adhering to state and federal health guidelines. Independent community residents were able to welcome one visitor per day.

As winter approaches, we have begun to follow Minnesota Department of Health (MDH) guidance on opening for indoor visitation. Just like outdoor visits, these will heighten the vulnerability of staff and elders. However, we know it is the right thing to do. Below I am sharing a letter from the wife of a resident in one of our skilled care communities. I was deeply touched by her words as she so clearly stated her concerns about being able to spend more time with her husband.

We will get through this. We are stronger together.

Marvin Plakut
President and Chief Executive Officer

To: Marvin Plakut
Subject: thank you

Hello,

My husband was in Episcopal Church Home from March to August 2019 and has been in the Gardens since then.

If he has to be somewhere other than our home, I am so glad he is with you at the Gardens. I feel you have been doing a great job during this time of COVID.

I understand the need for unwavering protection of the elders. And, I know first-hand what was discovered: isolation is cruel.

I have been able to be outdoors with my husband and family 3 times, thanks to good weather. I have been approved as an essential caregiver and broke down in tears when I was told I could massage my husband’s feet while he was in bed—masked and it being the required 6’ built in!

We just celebrated 50 years of being together in May. It will be healing for both of us to be able to be in the same room and touch each other with love. I pray this is the direction the pandemic will continue to go in: more and more time together, slowly and safely.

Thank you to you and all the incredible staff on Episcopal Church Homes campus. We are in history making time, and you will be remembered on so many levels as heroes.

Be well,

The wife of a Gardens resident
COVID-19 Communications

Since March, we have made many improvements to communication practices, reaching residents, families and staff in new ways. Regular communication methods for our COVID-19 status include:

• 1:45 p.m. Monday and Thursday, Marvin’s update video posted to our COVID-19 webpage, Facebook, YouTube and internal cable channel 3.1
• A Daily Case Dashboard including number of tests administered and current active cases on www.episcopalhomes.org/COVID-19
• A weekly video staff message from Marvin each Thursday
• A weekly written status update to all families, resident and staff each Friday
• Ongoing communications from building managers on changes that affect individual communities

For the latest COVID-19 updates, including our case dashboard, please visit www.episcopalhomes.org/covid-19

Unique opportunity to bypass our waitlist

Prospective community members will soon have a unique opportunity to bypass our long waitlists and receive a move-in incentive. One and two bedroom apartments are available for move-in at Iris Park Commons, our Assisted Living community. We also have two female shared apartments in Katy’s Cottage, our secure Memory Care community.

Services include:
• Three meals daily
• Morning and evening safety checks
• Weekly light housekeeping
• All utilities included (except phone)
• Activities, events and wellness programs
• Episcopal Home Care available 24 hrs/day
• RN/LPN on-site M-F; on-call weekends/after hours
• Home health aide certified staff 24 hrs/day
• Pendant and emergency call system

Remain connected during COVID-19

We work hard to ensure our residents remain connected with friends and loved ones. Small group, in-person activities with physical distancing and masks continue, complemented by a wide array of digital programs offered through four new in-house television channels. Staff also support residents in connecting through outdoor, indoor and virtual visits.

Iris Park Commons overlooks our beautiful courtyard, where staff and guests have been creatively entertaining residents during COVID-19 with sing-a-longs and performances.

For information on a $2,000 move-in incentive before Feb. 1, call Deborah Ashamu, Director, Iris Park Commons and Katy’s Cottage Memory Care

651-209-8522
dashamu@episcopalhomes.org

For a video tour of Iris Park Commons, please visit www.episcopalhomes.org/irisparkcommons
Grace Hazelton, 99, began personal training with Anthony Munkholm, Active Living Trainer, after her daughter, Anne Nelson-Murphy, suggested it may be a good idea for her to keep up her strength especially during the COVID-19 pandemic.

Grace, a retired civil servant from Washington DC, was new to senior living when she moved into the Terrace from Virginia in the summer of 2019, to be closer to her daughter, Anne, who also lives in the Terrace. “There was some adjustment to realizing things weren’t working as well as they used to,” says Anne. “Arthritis, vision, failing hearing and food changes,” she adds. “It took some adapting, but mom is really happy to be here.”

Prior to COVID-19 restrictions, Grace started needing some extra support with her daily routine, prompting some home care help too. She had two falls and Anne, a retired occupational therapist, knew that some additional activity would not only be good for her physical health, but her mental health, too.

Grace started working with Anthony one time per week and her progress has been inspiring. In a very short time, Grace can walk up to three blocks, her scoliosis has improved and she is able to get up and down out of her bed by herself. Anne notes her quality of life and perspective is better too, stating she is more cheerful and happy as a result.

“Mom has always been physically active,” says Anne. “She’s a hard-working, inspiring woman who has always been concerned about her health. Being able to work out with Anthony gives her something to look forward to each week. He understands her, he goes at her pace and they tease each other too.”

Anne says she is so grateful to be together with her mom at Episcopal Homes, especially during COVID-19, and notes others including Grace’s home care nursing assistant, Nirmala, have been incredible too. “She is very gentle and has a special intuitive understanding of the needs of the elderly. This is so incredibly important. People like my mom can then be as independent as possible,” says Anne.

“We are so blessed to be at Episcopal Homes. Every person who works here truly radiates a sense of service. The staff here truly care about people.”

–Anne Nelson-Murphy, Terrace Resident

Support Wellbeing Programming
To make a donation, please visit: www.episcopalhomes.org/foundation
A New Bike—A Gift of Joy for All Ages

Meet Fred and Eric. Fred is a role model at Episcopal Homes and a friend to many. He lives with spirit despite his Parkinson’s Disease. COVID can cause all of us to experience isolation, but particularly those who cannot easily head out the door for a walk or visit face-to-face today with loved ones. Eric, Fred’s son, took dad out for a ride in a wheelchair-equipped bike all the way to Minnehaha Park. The TriShaw Bike offers a safe, active experience that neither father nor son will forget. Help us fund a TriShaw for Episcopal Homes to be put into use next spring!

Grace Hazelton, Terrace Resident, improves her strength during COVID-19 by meeting weekly for personal training with Anthony Munkholm, Active Living trainer.

Fred Emmings recently took a ride in a wheelchair-equipped bike all the way from his home on our campus to Minnehaha Park, with his son, Eric.

To help more elders experience this gift of joy, please visit www.givemn.org/story/L631cf
Volunteers help residents remain connected to nature

When COVID-19 caused many Episcopal Homes staff members to adapt their roles to help elders remain connected, Christina Waters, clinical dietetic technician in the Gardens, wondered if she could use her connections as an intern with the Hennepin County Master Gardeners Program to help.

Part of Extension Services through the University of Minnesota, the program trains volunteers to educate people about horticulture.

By combining her roles, she realized she could help bring people together around a love for outdoors, hopefully helping residents feel less isolated. Christina soon engaged fellow gardeners to see who might be interested, but had no idea the level of interest or potential impact it would have. “Mostly, I didn’t realize the connection that would happen or how much of an important life line it would become for those who were participating,” she says.

Gardeners began showcasing their gardens while visiting with Episcopal Homes community members on a tablet from the safety of their rooms. It became important for the elders, but also incredibly meaningful for her fellow gardeners. Many of those paired became good friends. “What formed were some pretty amazing bonds between people,” says Christina. “It’s been really incredible to be a part of it and to witness what it means on both sides,” she adds.

Approximately 25 residents in the Gardens community have taken the tours to date.

Paul Christopherson, 100, Gardens resident, was one of the participants. He was matched with Hannah Schoneman of St. Louis Park. Hannah grew up as part of a farming family in northwestern Iowa. The two began talking about farming crops and Hannah’s veggies and hit it off.

“Meeting with Paul has been incredibly meaningful. My grandfather’s name is also Paul, so I guess he found a spot in my heart right away,” says Hannah. “I show him my garden, but it’s become much more than that. I appreciate his wisdom and stories so much. Talking to him helps me see how different our society is today and how important it is to continue these traditions,” she adds.

After that first meeting, Christina explains that Hannah even made sure to send over a link to the latest crop report so staff could have it printed off for Paul. He now gets the crop report every couple of weeks.

Paul was excited to receive this gift from Hannah. “I read about the condition of crops,” he shares. “Corn, wheat, barley, oats, sunflowers and sugar beets! It has about everything and it’s something I can’t find in the daily papers here.”

Your contributions to the Episcopal Homes COVID-19 Emergency fund help virtual connections, visits and programming to engage and enrich the lives of elders at this difficult time. To make a donation, please visit www.episcopalhomes.org/foundation

Above, Paul Christopherson participates in a virtual garden tour in the back yard of Hannah Schoneman, Hennepin County Master Gardener volunteer.

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NeighborCare helps community members

Hilvie Ostrow, NeighborCare client, can remain safely at home with the support of Episcopal Homes’ innovative new home care program called NeighborCare, a low-cost alternative to traditional home care with 24-hour service.

To read more about Hilvie’s story or to learn more, please visit www.episcopalhomes.org/neighborcare

Caring for Caregivers

In June, Monicah, a Gardens Shahbaz, was overwhelmed. Her husband needed to temporarily enter a nursing home at the same time that riots shut down public transit, making it both difficult and dangerous for Monicah to get to work. Despite her own crises, she made it to work each day to care for our elders. Often, families ask what they can do to express gratitude for the genuine care we have extended to their mothers, fathers, and loved ones. Episcopal Homes is launching the Employee Emergency Assistance program to help staff like Monicah.

www.episcopalhomes.org/foundation

Honoring by Giving

Thank you to all who honored family, friends and loved ones through a recent memorial or tribute gift. The listing below reflects gifts given from May 1, 2020 – Sept. 30, 2020.

Gifts Given in Honor Of:
Episcopal Homes Staff
Rita K. Lahtonen
Grocery Shoppers
Donna and Earl+ Gustafson
Ruby Harkcom
Teresa Kuleta
‘Judy LeWin
Sharon Mills
Christine Thomas
Thomas Plankers
Logan Patrick
Mary Payne
D. White and P. Baldo
Christina Beck
Shirley Stowe-Helland
Evelyn Bracbec

Mary Beth Carnicom
Linda Crosby
William and Sara Drinane
James Duevel and
Margaret Conlin-Duevel
Clare Fahey
Mary Ann Gilbertson
Margaret Hogan
Suzette Huguet
Ann & Gerry Kalunzy
Barbara McManus
Diane Nordstrom
Claudia and William Prebrog
Stephen and Ann Schwallbach
Barbara Street
Michael and Martha Willett
John and Leonie Erickson
Carol and Tony Brocato
Milda Gemmel
David Gemmel
Mary Ravlin Gould
Henry Gould and Sarah Keising
Joan Grant
Dusty and George+ Mairs
John and Virginia Greenman
Charlie and Bonnie Greenman
Glenna Guard
Anonymous
Michael and Christina Huck
Beverly Jones
Bethel Levin
The Rev. Robert Hardman
Pat Eversman
Marcia Fosch
The Rev. Lyn and John Lawyer
Dusty and George + Mairs
Donald and Abby Marier
Mary Payne
Warren Poole and Rosa Uy
David Hopper
Pat Eversman
Virginia Jacobson
Alvin Kval
Dusty and George+ Mairs
Diane Lothson
Bridget Clausen
Sarah Murphy
Kathy Pedersen
‘Jack Lind
Joanne Lund
Jean Marshall
Steve Marshall and
Suzanne LeBlanc-Marshall
Helen McGrath
Joseph and Virginia Bisanz
Megan Clinton and Peter Agren
Maureen McGrath Culhane and
Kevin Culhane
Myrna and Everett Engebretson
Jeanne and Peter Engel
Cheryl Hanzal
Kathryn McRae and Wilfred Beltz
Susan McGrath Mielenhausen and
Thomas Mielenhausen
Duane and Kathy Noecker
Kathleen McHugh
Laurel Murray
Thomas Hietpas
Daniel and Therese+ Murray
Dorothy Provine
The Rev. Kay Provine
‘Jean Rose
Ann E. Burkholder
Evelyn Coffey
Rick and Sue Cunningham
Joan Geick
Ruby and Donald+ Harkcom
Donald Hoseth
Michael Karpen
Dusty and George+ Mairs
Judy Mikolich
Sheil and Merrill Morris
Greg and Carrie Reineccius
Carol Suggs
Frances Torstenson
Ruth Torstenson Lemasters
Linnea Torstenson
‘Jeanne Wollfine
Nancy Anne Gilbert
Billie Young
Dusty and George+ Mairs

Gifts Given in Memory Of:
Ruby Anderson
Laurie Anderson
Janice Berman
Richard Berman
Ingrid and Thomas Lee
Helen Blaney
Elizabeth Gergen
Mildred Connolly
Dusty and George+ Mairs
Colleen Connolly Swope
Patrice and Robert Steier
Howard “Mickey” Cullen
Bob and Sheila Bergren
Ann Bergstrom
Glenda Bunker
Patricia Carlson

Mary Beth Carnicom
Linda Crosby
William and Sara Drinane
James Duevel and
Margaret Conlin-Duevel
Clare Fahey
Mary Ann Gilbertson
Margaret Hogan
Suzette Huguet
Ann & Gerry Kalunzy
Barbara McManus
Diane Nordstrom
Claudia and William Prebrog
Stephen and Ann Schwallbach
Barbara Street
Michael and Martha Willett
John and Leonie Erickson
Carol and Tony Brocato
Milda Gemmel
David Gemmel
Mary Ravlin Gould
Henry Gould and Sarah Keising
Joan Grant
Dusty and George+ Mairs
John and Virginia Greenman
Charlie and Bonnie Greenman
Glenna Guard
Anonymous
Michael and Christina Huck
Beverly Jones
Bethel Levin
The Rev. Robert Hardman
Pat Eversman
Marcia Fosch
The Rev. Lyn and John Lawyer
Dusty and George + Mairs
Donald and Abby Marier
Mary Payne
Warren Poole and Rosa Uy
David Hopper
Pat Eversman
Virginia Jacobson
Alvin Kval
Dusty and George+ Mairs
Diane Lothson
Bridget Clausen
Sarah Murphy
Kathy Pedersen
‘Jack Lind
Joanne Lund
Jean Marshall
Steve Marshall and
Suzanne LeBlanc-Marshall
Helen McGrath
Joseph and Virginia Bisanz
Megan Clinton and Peter Agren
Maureen McGrath Culhane and
Kevin Culhane
Myrna and Everett Engebretson
Jeanne and Peter Engel
Cheryl Hanzal
Kathryn McRae and Wilfred Beltz
Susan McGrath Mielenhausen and
Thomas Mielenhausen
Duane and Kathy Noecker
Kathleen McHugh
Laurel Murray
Thomas Hietpas
Daniel and Therese+ Murray
Dorothy Provine
The Rev. Kay Provine
‘Jean Rose
Ann E. Burkholder
Evelyn Coffey
Rick and Sue Cunningham
Joan Geick
Ruby and Donald+ Harkcom
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Frances Torstenson
Ruth Torstenson Lemasters
Linnea Torstenson
‘Jeanne Wollfine
Nancy Anne Gilbert
Billie Young
Dusty and George+ Mairs

We strive for accuracy when preparing these lists and apologize for any errors. We invite you to notify the Foundation office at 651-632-8854 or foundation@episcopalhomes.org to bring corrections to our attention.
Both Episcopal Homes Skilled Care Nursing facilities achieve overall five-star rating for quarter

Episcopal Church Home (ECH) and The Gardens both recently received the highest possible five-star overall rating from the Center for Medicaid and Medicare Services (CMS).

The ratings evaluate care considering a wide range of factors, including nurse staffing ratios, quality care outcomes and health inspection results. The rating system was created to help consumers, their families and caregivers compare nursing homes.

The Nursing Home Compare website gives each nursing home a rating of between one and five stars. Nursing homes with five stars are considered to have much above average quality and nursing homes with one star are considered to have quality much below average.

Both facilities have been recognized by US News in the past as top performing nationally and the CMS rating system was key to these care centers receiving this recognition as well.

“We are pleased to be among the best skilled nursing facilities in the nation,” says Steve Mork, Chief Operations Officer, Episcopal Homes. “This year has been especially challenging with all that the COVID-19 pandemic has brought to the table. So we are especially proud of our staff whose hard work and dedication has achieved this high ranking for quality service to our community.”

Join us in making the holidays brighter for our residents of Episcopal Church Homes. Each residents is provided a gift they have personally requested. If you love to shop, look for our list coming out at Thanksgiving. Don't have time to shop? Consider contributing $25 to give our elders joy this holiday season. www.episcopalhomes.org/covid-19/ways-you-can-help