Jim Johnson, Episcopal Homes Foundation Board Member, reunites with his TCU Culinary angel, Molly Zevounou.

Always a reason to be thankful

Photo Credit: Cindy Iverson
Dear Friends.

The last two years have passed quickly with a dynamic pace of growth and change. As we approach this Thanksgiving holiday, we pause to reflect on all that we are grateful for.

Thanks to our residents, families and staff who pulled together in our commitment to vaccination, masking and distancing, Covid-19 cases dropped from 185 in 2020 to just 19 through the first three quarters of 2021. As one of the first senior campuses in the state to adopt a vaccine mandate, we took a strong stance in our efforts to keep our residents and staff safe.

We adjusted and adapted to the health and workforce challenges this year and through the year’s first three quarters, never had to stop admissions to our campus. As a result, our nursing homes presently rank first and second in occupancy, ahead of nearly 90 of our Twin Cities’ peer organizations.

Accomplishments like these cannot happen without devoted staff. People like Molly Zevounou, the culinary staff member who graces our cover, embody this excellence. She receives more service compliments than just about any other Episcopal Church Home employee. Hers is just one of the many stories of staff we could tell of bettering the lives of those we serve.

Compassionate and respectful are just two of the adjectives Arvida Steen uses to describe our NeighborCare staff as she collaborates with our caregivers for her health and how NeighborCare has brought peace of mind for her family members.

To help those with limited means, you will read how the generosity of the family of a well-loved beautician set up a memorial fund that has brought smiles and styles to the faces of 225 Episcopal Homes residents. The impact of gifts like these cannot be understated.

Our tireless commitment to strengthening services for residents and employees is reflected in our work to establish a new Episcopal Homes Foundation Board of Trustees. These leaders, along with five new trustees we welcome to the Episcopal Homes of Minnesota Board, will help bring to life the Foundation’s mission to develop and connect resources of time, talent and treasure in support of Episcopal Homes’ mission of enriching life and building community with older adults.

Your generosity plays a critical role in making Episcopal Homes the special organization and community we are today. Thank you for your ongoing support.

In gratitude,

Marvin Plakut
President & CEO

Incoming Episcopal Homes' Board Trustees

Rick Cunningham  Jihan Golden  Sue Haigh  Jim Scheibel  Martha Swenson
October 5, 2021 marked the first meeting of Episcopal Homes Foundation’s new Board of Trustees. “It is clear that grateful and passionate friends from Episcopal Homes’–resident, family, staff, donor, volunteer, and faith communities–have defined, strengthened and sustained our organization for over 125 years,” says Mary Routhieaux, Foundation Executive Director.

The Foundation was established in 1982 to raise funds to support Episcopal Homes’ growth over a period of three decades. Foundation capital campaigns helped build Becketwood Senior Cooperative, four affordable housing communities serving more than 200 low income seniors, and a campus expansion that culminated in doubling our residents in 2015.

The new board doesn’t signify a new foundation, but a renewed focus on growth, engagement, and impact. This recent launch does bring a new board, brand, and mission. The Foundation’s mission is to develop and connect resources of time, talent, and treasure to strengthen and sustain a vibrant, thriving Episcopal Homes community. By attracting and distributing a variety of resources, the Foundation helps bring Episcopal Homes’ mission to enrich life and build community with older adults to life.

The Foundation celebrates the diversity that exists throughout the Episcopal Homes community and works to create equitable access to resources to build a just community where all are valued. This commitment to diversity, equity and inclusion harkens back to Sister Annette Relf’s founding of Episcopal Homes as a setting where vulnerable elders could age and live well as valued community members.

The Foundation’s internal grantmaking focuses on providing equitable access to Episcopal Homes’ mind, body, spirit wellbeing programs for all residents; scholarship and emergency assistance programs for diverse frontline employees; and NeighborCare, a program that makes home care accessible to lower and middle-income seniors who want to age well in the homes they love. Learn more about these programs at www.episcopalhomes.org.

Foundation trustees co-chair five circles that each engage the Episcopal Homes’ community through residents, families, staff, donors, and area faith communities. Circles serve to elevate the voices of stakeholders in leadership where members can advise on community needs, Foundation funding priorities, grantmaking, and program approaches.

The Foundation Board is led by Dr. Rebecca Hawthorne, Chair, and the Reverend Donna Lindsay-Goodwin, Vice Chair. Both leaders have chosen to devote their time and talents to Episcopal Homes Foundation because diversity, equity and inclusion are not just words but are exemplified in the Foundation’s structure and work.

Rebecca is a Trustee of Episcopal Homes, and previously served on the boards of Sheltering Arms Foundation and Episcopal Community Services. She recently retired as professor and director of the Master of Arts in Organizational Leadership program at St. Catherine University. She currently leads the Mayo Innovation Scholars Program and Innovation Partners, its replication.

Donna has split her professional time as CEO of DLG Creative Management, an event management company and HealingHands–HealingHearts, the umbrella company for her work as a Priest, Spiritual Counselor, and practitioner of Herbal Medicine. Donna’s energies in volunteerism have been primarily in fundraising and marketing with organizations like Amherst Wilder Foundation, Metropolitan Regional Arts Council, and Chaske Cikala Wacipi.
"I think the business of taking care of one's health is a two-way street. If you want the help that you need, you have to be a partner in that effort. So I work to do that." This nugget of wisdom is shared by NeighborCare customer, Arvida Steen.

A few years after Arvida moved into Episcopal Homes’ Terrace apartment community, her neuropathy began to escalate and she had two knee replacements. After a series of falls, she knew she needed more help. Arvida turned to Episcopal Homes’ innovative home care service.

NeighborCare was launched with help from a Minnesota Department of Human Services innovation grant to respond to the growing need for affordable in-home support.

90 percent of older adults want to age in the homes they love among their neighbors, but only 40 percent of those who need support can afford it. NeighborCare was established to help fill this gap.

NeighborCare’s initial pilot service area covers the ten minute driving radius around Episcopal Homes’ main campus at Fairview and University Avenues in St. Paul. This setting includes Episcopal Homes’ own senior housing communities, where Arvida resides.

“Well, NeighborCare,” says Arvida. “I first have to brag about Vivian,” her NeighborCare caregiver. “She’s just fabulous. She gives me a shower twice a week and she does my wash because I’ve lost my core balance. If I need other help like getting meals and help getting dressed, she provides that.”

NeighborCare gives Arvida peace of mind. And it allowed Arvida’s twin daughters, Carla and Cindy, to return to the role of daughter rather than caregiver for their mom. “If I have trouble, I can call on NeighborCare and someone from the team will come. The help comes almost instantaneously or you’re told how long you have to wait. It’s a lot easier to take if you know help us on its way.”

What makes the NeighborCare team special to Arvida? “It’s the people you hire, the people you keep, and how you train them.” Arvida shares, “Despite 60 years difference in age, these people treat me with respect. They value me. They are so professional. They put me at ease. They make me feel normal again. They gave me back control.”

“What’s been typical of the people who have taken care of me is their compassion,” Arvida continues. “I think it goes straight through the whole core team.” NeighborCare is exploring the value of teams to improve service and employee satisfaction. As Arvida shares of the NeighborCare staff, “They like it here. They want to be here. And if we treat them well, they will be here. We help each other. We all grow. We all get better if we understand each other better.”

Her advice to anyone considering bringing in some help? “Get to know your caretaker, get to know what is reasonable to ask for. Then remember to be thankful.”

For more information about living well at home with NeighborCare, please call 652-444-4000 or find more information at episcopalhomes.org/neighborcare.
Jim Johnson was recently injured and unexpectedly needed transitional care. When discharge planners at Abbott Northwestern Hospital handed him a list of transitional care units (TCU) to choose from, Episcopal Homes’ TCU was among the few metro area options with a 5-star rating from the US Center for Medicare and Medicaid Services for quality nursing care and staffing levels.

Episcopal Homes’ recognition as a top performer came with great pride to Jim, who had begun volunteer service at Episcopal Homes out of gratitude for Episcopal Homes’ care of his father, Earling Johnson. He was a key volunteer leader behind the renovation of Episcopal Church Home and the building of Cornelia House, Coventry Chapel, The Gardens, Midway Pointe, and the Terrace.

After moving safely back home, Jim sent a note about his TCU stay at Episcopal Homes explaining how it had exceeded his expectations. Jim noted that he, of course, had met his care goals, but that he didn’t anticipate visits from several friends who were still with the organization since his board service. He also shared that he enjoyed the caring and lively interactions he had with several TCU staff members. In particular, he mentioned culinary staff member Molly Zevounou, who called cheerfully each day to talk about the home cooked meals the kitchen could make to brighten his day and fuel his recovery.

Molly made several fun meal suggestions that resulted in pancakes on Jim’s first morning! By day two, Jim was ready for Molly’s joyful call, which led to a more decadent breakfast selection of piping hot French toast.

Jim also fondly remembered his caregiver Josephine, who shared a first name with his grandmother. “Talking about names helped me get to know more about Josephine, and I found that she was both a wonderful caregiver and a genuinely caring person.” His note of gratitude mentioned several staff who made a positive impact on his staff in our TCU.

Jim never imagined on his way to a Transitional Care Unit for a short recovery stay that he would find friends—both new and old. Jim served on the Episcopal Homes Board from 2010 to 2015 and lead capital campaigns in the early 2000’s. This October, Jim re-joined volunteer leadership at Episcopal Homes when he began service on the Board of Trustees of Episcopal Homes Foundation.

Learn more about the TCU: 651-288-3693
For More information on Skilled Nursing Care contact Ian Bruess, Community Relations Director: 651-288-3693
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 April 1, 2021 to September 30, 2021.

Gifts Given in Honor Of:
- Barb Dennis
- Faith Crook Perrizo
- Anne Green
- Faith Crook Perrizo
- Marlene Jensen
  - Dr. William & Debbie Rupp
- Doug and Judy Kruse
  - Steve & Kathy Flood
- Julie Niewald
  - Eileen Lardy
- Jean Probst
  - Kay Provine
- Grady Shapiro and Emily Zimmer
  - Mary Payne

Gifts Given in Memory Of:
- Charlotte Badow
  - Susan Ryan
- Carol Brocato
  - Tony Brocato
- Pauline Brooks
  - Gayle Reynolds and Paul Windschitl
- Lloyd and Alice Burkholder
  - Ann E. Burkholder
- Beth Calhoun
  - Rosemary O’Hara
- Jogues Epple
  - Susannah M. Smith
- Susan Faunce-Zimmerman
  - Jean Doane
  - Jim Faunce-Zimmerman
  - Ruby Hunt
  - Jo Lottsfeldt
  - Elaine Willis
  - Davitt Felder
    - Dusty Mairs
  - Milda Gemmel
    - David W. Gemmel
  - James Groebner
    - Dorothy Blackwell & Kathleen Prois
    - James & Clara Boldt
    - Byron & Pam Crouse
    - Groebner Family Trust
    - Keith & Lainie Hoverstad
    - Frances & Howard Maki
    - Patrick & Pamela Riley
    - Conrad & Bernice Schneider
    - John Upton
  - Jackie Hudson
    - Amy Brandenburg
    - Alisha Comelekoglu
    - Martin J. Dorfner Jr
    - Dale L. Hudson
    - Karen Hudson & Harley Gee
    - Dusty Mairs
    - Sue Reaney
    - Greg Westfall
  - Lavern Jagg
    - Logan Patrick
  - Kathie Jeppson
    - Bernadette Anton
    - Karen Jeppson-Innes
    - Brian & Ginger Sneljtse
  - Pam Johnson
    - Frances Bly & Charles Hample
  - Dottie Kelm
    - Alvin C. Kvaal
  - Richard Kruse and Cynthia Kruse Disching
    - Steve & Kathy Flood
  - Jane Lindberg
    - Judy Moore
    - Mary Moore Vento
  - Betty Newell
    - Brien Slawik & Monika Strom
  - Faith Ohman
    - Joanne & Carl Carlson
  - Millie Olson
    - Barbara Cartford
    - Irene & Joseph Crnobrna
    - Kelly & Richard Duncan
    - Paul & Barbara Geier
    - Beverly Gustafson
    - Christopher James Hickman
    - Cindy Holtz
    - Lauren & Marianne Howard
    - Elsie C. Johnson
    - Nancy Ledesma
    - Debra Meyer
    - Catherine & Michael McClellan
    - Diane McFarland
    - Kathleen Mullins
    - Patricia & Donald Plooster
    - Barbara Reichter
    - Allan T. Retka
    - Jayne & Tom Simser
    - Whittington Family
    - Revocable Living Trust
    - Darlene Zocher
  - Lois Snook
    - Ruby Harkcom
    - Lyn & John Lawyer
    - Dusty Mairs
    - Jerry Quinn
  - Jerome Sventek
    - Mary Jane Sventek
    - Mary Jane Sventek

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.

Volunteer Contributions

We are fortunate to be able to welcome back volunteers who generously give their time and talents here at Episcopal Homes. Through diligent testing and contract tracing, volunteers have provided thousands of hours of services safely this year. They help with getting residents to church services, oversee pet visitors, work in the gift shop, and much more!

If you are interested in learning more about offering your time or talent, please contact Volunteer Director Stacy Dunn at 651-288-3688

Jade, a resident volunteer, helps stock and manage our Gift Shop for residents, staff, and guests.
A lifetime of Beauty lives on

Alice Flood made Episcopal Church Home her home for many years. Her son Steve speaks tenderly of her and remembers fondly the years Alice lived here. He stopped by recently to talk about his mom and the continued impact of their gifts. Steve shared that on the days he used to visit his mother and she had just been to the salon here on campus, her mood seemed brighter. She worked as a beautician, retiring at the age of 85 years old, and having her hair “done” was very important to her.

When Alice died in 2011, at the age of 99, Steve and his family decided they wanted to be sure others had access to that same special experience and feeling like his mom did when she went to the salon. The family directed memorial gifts to Episcopal Homes Foundation as a way to remember and honor Alice, with a special focus on providing salon services to those with limited financial resources.

Because of those gifts and the annual gifts that Steve and his family send in memory of Alice, more than 225 haircuts and styling services have been provided to low-income residents! We coordinate between direct care staff, the Foundation which manages the House of Beauty Fund, and the stylists at the two salons on campus—all working together to lift the spirits of residents through hair care.

What a wonderful legacy for Alice and her family—and what an impact Alice continues to make here at Episcopal Homes!

Memorial or tribute gifts truly make a difference. These gifts can be made annually as a way to continue a loved one’s legacy here at Episcopal Homes. Like Alice’s family, your gifts in memory support programs that make this community thrive.

Please contact Kristin Rigg at 651-632-8857 to learn more about memorial and tribute gifts.

From our archives: a resident feeling pampered during a trip to the salon on campus!

Alice Flood was a beautician for 7 decades

For more than 40 years, laughter sprang from Alice’s House of Beauty, a salon in the basement of a Jefferson Avenue house in St. Paul’s Highland Park neighborhood.

“I would liken her basement to the beauty shop in [the movie] “Steel Magnolias,” where everybody came and hung out,” Bellinger said.

“Sometimes, I think the social aspect was more important than the beauty aspect.”

Alice Flood, beautician and Episcopal Homes resident, was described as “energetic, smart and independent” and did hair into her mid-80s. Taken from Star Tribune article by Pam Louwagie, 2011.

From our archives: a resident feeling pampered during a trip to the salon on campus!
Weaving the Tapestry of Episcopal Homes

Have you heard or read a story about the amazing people who live, work, and volunteer here at Episcopal Homes?

What if you were greeted in the Welcome Center by the many faces and stories that create the rich tapestry that makes up Episcopal Homes? We are excited to share with you news of a project that will weave the stories of residents, staff, and volunteers into a digital tapestry.

A team of staff and volunteers have begun work to customize a tribute platform that will be accessible both on our website and at an installation on the campus. Digital storytelling will be taught through resident artists; families will be able to write tributes of their loved ones who lived their lives here; staff and volunteers will be able to give voice to the mission work they do each and every day.

These stories will be in the voices of those who have lived them. Each story is unique and when woven together, they become the tapestry of our community.

Look for updates early in 2022 and instructions on how you and your family can participate in this exciting campus-wide initiative to bring the voices and images of our community together.

IRA
If you are 70 1/2 or older, you may receive tax benefits by donating 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