



The Beacon

Guiding your Journey

September ♦ Volume I ♦ Issue I

Club Gabriel

Hospice

Life Enrichment
Center

St. Paul Villa

Volunteer
Opportunities

Greetings and welcome to our inaugural issue of *The Beacon!*

This publication is the result of much brainstorming and hard work by a team of SPES leaders who are involved in the newest and most innovative programs offered by SPES. Each one of these leaders had developed their own monthly newsletter and communication to the various stakeholders they work with on a regular basis. This included our volunteers for hospice and the entire campus, as well as consumers and clients utilizing our related service lines such as St. Paul At Home, Club Gabriel Adult Day and the Life Enrichment Center.

It appeared that we were spending much effort and resources communicating to many of the same individuals who have a particular interest in one or several of our areas of operations. And yet, even after so much effort, many within our own locality remain unaware of the broad array of services that we provide. It seemed only natural and prudent to combine our efforts into one, comprehensive publication. This is your first look at it.

We welcome your comments and suggestions for improvements as we go forward. We will publish this on a monthly basis; and if you choose to receive it via e-mail, please let us know, and we will make sure you receive it in that format. You will also be able to review it on our website: www.stpaulelders.org.

I am confident that you will find within these pages interesting and timely information regarding senior services on a local level and beyond. It is our intent to have this publication become a valued resource to you as you face issues with aging parents, spouses or loved ones. Just as a beacon is a valued guide for sailors in a storm, we hope that our "Beacon" will shed light on the many complexities of issues surrounding an aging society and the expansion of services that will be required to meet these needs.

If you have specific topics or questions you would like us to address, we want to know that as well. We will be sure to address these issues in future editions so that the *The Beacon* becomes a valued resource for you and that SPES becomes your partner in planning for your future care and service needs!

Enjoy!

Jim Fett
President/CEO

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Club Gabriel Happenings

Ice Cream Making

Shelly Cavins-Sauer, St. Paul Elder Services' Massage Therapist, and her daughter, Autumn, shared any afternoon with our Club Members making ice cream! The group truly enjoyed the ice cream, as well as the intergenerational experience.



Alma
&
Autumn



Sr.
Goretta
&
Autumn

Each month, a specific activity and engagement calendar is created to provide meaningful experiences for our members of Club Gabriel. Please contact Becky Reichelt at 766.6020 ext. 198 or beckyr@stpaulelders.org for a copy of the calendar and/or if you would like any additional information about the program.

Club Gabriel is a state certified adult day program serving members of the community age 55 and older who desire engagement, companionship, & therapeutic programming. The program provides person-directed support to members and offers invaluable respite to family care partners.

September National Adult Day Services Month



**St. Paul Elder Services will
celebrate 2011 National Adult Day
Services Week**

September 18-24, 2011

This special week has been celebrated annually since it was proclaimed on September 27, 1983, by former President Ronald Reagan. The third complete week of September is set aside to raise awareness of the availability and accessibility of adult day programs nationwide.

Please feel free to stop-in Club Gabriel during that week to visit our members and celebrate with us!

REMINDER

**Club Gabriel is
closed on Monday,
September 5, 2011,
in honor of
Labor Day.**

Walk to End Alzheimer's

The end of Alzheimer's disease starts here!!

Join St. Paul Elder Services, Inc., at the Alzheimer's Association Walk to End Alzheimer's™ and unite in a movement to reclaim the future for millions. Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Together, we can end Alzheimer's disease — the nation's sixth-leading cause of death.

Saturday, October 1, 2011

8:00 am Registration

9:00 am Walk

Fox Cities Stadium – Appleton

Watch for posters and registration forms throughout the St. Paul Campus.
Please join St. Paul's effort in the fight against Alzheimer's disease!

Register by contacting Becky Reichelt

766.6020 ext 198 or beckyr@stpaulelders.org

or visit our Walk to End Alzheimer's link

<http://2011walktoendalz.kintera.org/appleton-wi/stpaulelders>



2011 St. Paul Memory Walk Team



Hospice 101 Frequently Asked Questions

What is Hospice Care? Hospice is a palliative (comfort) care program that is designed to ease the physical, emotional and spiritual concerns related to a terminal illness. It involves a team of professionals that are committed to supporting the patient's wishes and alleviating discomfort related to their disease process. Often people feel it is an overwhelming or impossible task to care for a loved one at home, but with the help of the hospice team, it can be one of the most treasured, precious times in a family's life. The patient and family's needs and wishes are respected and the hospice team does everything possible to honor them.

Who decides when Hospice care is appropriate? Should I wait for my Doctor? While it is true that two doctors must certify the terminal prognosis and need for hospice, the patient and family are encouraged to speak freely to their physician about their end of life wishes and have an open communication about hospice care. Anyone, including the patient and family, can make an initial referral to be assessed for hospice.

Why should I choose St. Paul Hospice Services? St. Paul Hospice offers many creative and innovative methods to increase comfort, provide pain relief, and attend to the needs of both the individual and their loved ones. In addition to the typical hospice service, we offer aromatherapy, healing touch, pet companionship, music therapy, and "Lasting Reflections" a service to assist the individual in recording their memories and messages for their loved ones to keep as a remembrance. We offer a very meaningful "Departure Ceremony" upon the death of an individual and provide a special tribute of song and prayer as the person's body is escorted from their place of residence.

This all sounds good, but I don't think we can afford hospice! Hospice is a Medicare benefit. Anyone who is eligible to receive Medicare benefits can receive hospice at no charge as long as they meet the criteria for the program. Hospice is also covered by Medicaid and many insurance companies. St. Paul Elder Services is passionate about providing quality end of life care and feels a responsibility to assist those in need. No person is turned away regardless of their ability to pay.

For more information or questions please call 920-766-6180

Volunteer Hours

∞ Total Hours
Year to Date:
511 Hrs 05M



Dr. Alan Wolfelt, PhD

Dr. Wolfelt Returns

Alan Wolfelt, PhD, noted author, grief counselor, and educator will return to Appleton for presentations on October 4 & 5, 2011.

Dr. Wolfelt will speak Tuesday, October 4, on the subjects “Exploring Eight Critical Questions When Someone Dies,” and “Answers That Will Help You Heal.” This is a free, educational seminar open to the public scheduled from 6:00-9:00 p.m. To register please visit www.wichmannfargo.com or call 920-831-9905

On Wednesday, October 5, Dr. Wolfelt will present “Helping Children and Teens Cope with Grief,” a daylong seminar designed for professionals.

Both presentations will take place at Liberty Hall in Kimberly. Questions? Please contact Molly at 920-831-9905.

Hospice Volunteers please feel free to sign up for the free evening seminar. Make sure to arrive early to find a seat. The last time he was here the room was full.

Why is My Grief Different from Yours?

While grief can affect everything from our emotions to our spirituality, there are many other factors that help explain our responses to grief. And, they can help us understand why different people grieve differently.

The type of loss, such as a sudden job loss or an anticipated death-and how it occurred, can impact how we respond. So can the teachings we gained from our parents, the number of times we’ve already experienced loss, our age, the family support we have, the other stresses we have in life, our religious, cultural and philosophical beliefs, our personality styles and our gender.

The point is that grief responses vary from person to person, situation to situation. If what we are experiencing is not the same as what other people in our lives are experiencing, no one is wrong. Husbands and wives may express grief over the death of their child in ways that are absolutely opposite from one another. Siblings may experience life after divorce in such different ways you might think they were from different families.

Grief is not dictated by rules or absolutes. Just as each of us is our own unique person, our grief also is uniquely our own. Not better. Not worse. Just ours.

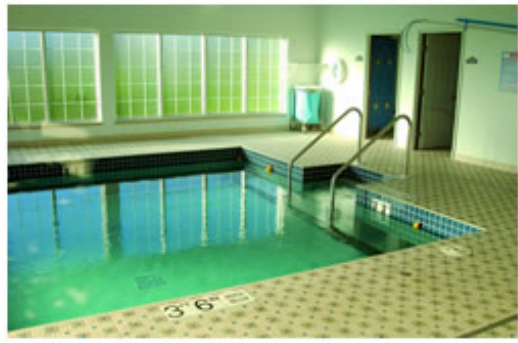
From: A Time to Mourn, A Time to Dance, Help for the Losses in Life
Thrivent Financial for Lutherans



Upcoming Volunteer Meetings

∞ Oct. 4, Noon to 1pm
Haen Community Center

∞ Nov. 1, Noon to 1pm
Haen Community Center
(May change)



HEALING WATERS

Healing Waters Warm Water Pool Classes

St. Paul Life Enrichment Center is again offering pool classes in our warm water pool! The next session runs August 29th through October 21st. Costs vary pending number of classes chosen per week. St. Paul At Home members receive a 5% discount. For more information and to register, call us today at 766-6188.

Get the Meds Out!

Do you have expired medications or ones you no longer take? St. Paul Life Enrichment Center is participating in Get the Meds Out!

Take part in this new, free program in the Wisconsin Great Lakes watershed counties. The goal is to dispose of old medications safely and prevent them from entering our waterways.

Call 920-766-6188 for more information about the free medication Mail-Back Envelopes available now.

Meals on Wheels is Rolling Forward!

- Are you finding it difficult to cook a well balanced meal for yourself and/or your loved one daily?
- Would you like a healthy lunch brought right to your door?

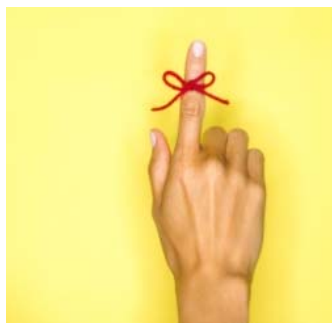


St. Paul Elder Services Meals on Wheels Program may be the solution! We offer meal delivery in Kaukauna and the surrounding Heart of the Valley area. Meals include a hot entrée, starch, vegetable, soup or sandwich (which may be used for a light dinner later), dessert, and a piece of fruit – all for an affordable rate of \$5.00 per meal.

Meals are delivered between 11:15 and 11:45 am Monday through Friday (except holidays.)

Clients can select the frequency of delivery and can put the service on hold at any time by calling in advance.

If you would like to order meals or have further questions, please call Todd Zwirschitz at (920) 766-6020 ext. 134.



Reminder!

Don't forget to contact our office 24 hours in advance to cancel or make any changes to your St. Paul At Home hours. Due to the complexity of our schedules and out of respect to our aide staff, we ask that you respect our policy in making changes prior to the day of the planned service.

We realize there may be exceptions to the rule such as an emergency or unexpected illness, however, please call 766-6188 as soon as you are aware that a cancellation or change in service needs to occur. Thank you for your understanding and cooperation!



Welcome to the Life Enrichment Center at St. Paul Elder Services!

Call to register: (920) 766-6188

Free Blood Pressure Clinic – First Tuesday of the month
9:00 am – 11:00 am and 1:00 pm – 3:00 pm

Cloud Walkers (Foot and Nail Clinic) – Tuesdays and Thursdays 8:00 am – 2:30 pm

Ear Cleaning – Third Wednesday of the month. Call for an appointment time.

Massage – Pamper yourself with a massage! Call for an appointment time.



Say Hello to BOB!

St. Paul At Home is pleased to offer an Emergency Response System from Critical Signal Technologies, named BOB. Similar to Lifeline, BOB consists of a small pendant that you wear around your wrist or neck throughout your home.

- Should there be an emergency or fall, it provides easy access 24 hours a day, 7 days a week, to an emergency call center that will contact your family or neighbor, as well as 911 Emergency services if appropriate.
- BOB also has optional accessories that provide medication reminders and other safety features.
- BOB is a very affordable way to offer peace of mind to your loved ones while allowing you to remain active and independent in the place you call home.
- Installation is free from a St. Paul At Home staff member. There are no long term contracts. Why not try it today?
- Call St. Paul At Home at 766-6188



New Exercise Program for Parkinson’s Disease

Parkinson’s disease is a progressive, neurological disorder that can lead to difficulty walking, talking, or completing simple tasks. As the disease progresses, a shaking or tremor, may begin to interfere with daily activities. Some may experience difficulty in swallowing, chewing, and speaking. While there is no cure for Parkinson’s disease, a new program called **Big and Loud** is helping those who have the disease live a fuller life.

Parkinson’s patients who experience speech/voice problems (a soft or monotone voice, breathlessness, hoarse voice quality, slurred speech and/or swallowing problems) are sometimes forced to retire early. Many are unable to engage in activities they enjoy, or have difficulty communicating with their family/friends and the outside world. This can lead to decreased socialization and isolation.

People with Parkinson’s can experience difficulty walking, resting, tremors, slow movement, rigidity, poor balance, coordination, and decreased facial expression. Some of these symptoms increase the risk of falls. The new Big and Loud exercise program was developed to help Parkinson’s patients regain normal movement pattern. This helps to improve walking and mobility by increasing speed, increasing the size of steps, increasing confidence and reducing the risk of falls. Specific exercises are given with exaggerated movement which help to retrain the person to what is normal movement.

We will be starting a new exercise program in the Villa which is similar to the Big and Loud program. It will be open to all tenants. I strongly encourage all to come and participate.

Look for this new exercise program on your September activity calendar!

Upcoming Events

- Sept 7 - Birthday Breakfast
- Sept 9 – “9/11” Brat Fry
- Sept 14 - Men Club Breakfast
- Sept 15 - Music with Tess
- Sept 23 - Out to Lunch
- Sept 28 - Casino Trip

Every Friday at 2:00pm there will be fantasy football in the lower level activity room.

Every Monday you can sign up for the Packer pool with Linda Ring.

If You Grew Up in Northern Wisconsin:

- You know that creek rhymes with pick.
- You spent more on beer than you did on food at your wedding
- You know how to polka but never tried it sober
- You think that Lutheran and Catholic are THE major religions.
- You think that start-of-deer-season is a national holiday
- The local gas station sells live bait
- At least twice a year some part of your home doubles as a meat processing plant
- You can make sense of “upnort” and baatree”

Silent Auction A Huge Success!

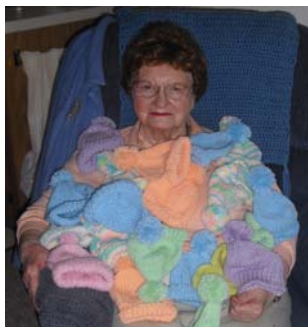
On August 18, 2011 we held a silent auction and are donating all proceeds to the Children's Hospital of the Fox Cities.

Over 114 items were up for bid. All of the items were donations received from area businesses. It was extremely heartwarming to see the generosity of our neighboring business partners. We had everything from fresh bakery items to golf packages.

Together we raised over \$3,200 for the Children's Hospital. This was above and beyond the amount anticipated.

We also have over fifty baby hats to be donated to the newborns at Theda Clark. The tenants and volunteers have been busy making the handmade knit hats and the handmade fleece tie hats.

A representative will be coming to the Villa to accept the baby hats and the monetary donation.



Margie Mach
(Knitted baby hats)

Beyond Kegels



We all strive to stay active and healthy through exercise during the aging process, menopause and after surgery (such as hysterectomy or prostatectomy). Beyond Kegels has been proven to be effective for men, women and children. The comprehensive program is non-invasive and designed to prevent frequency, urgency and leaking. It is simple to learn, easy to do and very effective in strengthening pelvic floor muscles. Many participants also report decreased lower back pain and improvement in gait and balance.

In the Beyond Kegels exercise program, you will learn how to strengthen pelvic floor muscles and understand the importance of physiological quieting (breathing or relaxation) to regain bladder and or bowel control.

We will be starting a Beyond Kegels exercise program in the lower level activity room every Tuesday morning at 9:00 am.



Heaven Bound

Rose Eiting - On August 15, 2011, our dear, sweet Rose entered into the gates of Heaven. Rose resided in the Villa for almost 6 years. She was a very active tenant during her stay and was always willing to lend a hand to someone in need. Rose will always be remembered for her green hair on St Patrick's Day! She was the life of every party. She truly was a kind soul and always had positive, uplifting words for anyone she encountered. We will miss you Rose, but we know in our hearts that you are dancing the Irish Jig in the sky!

Dominic Peeters - On August 19, 2011, Dom entered his eternal resting place in our Lord's arms. Dom will always be remembered for his jovial personality and his love of giving to others. You could never leave Dom's room without a piece of candy in your pocket. Dom always had a kind word for all, and we all know that he is now exactly where he wanted to be - back in the arms of the love of his life Irene!

Angel Association of SPES

Volunteer News:

**Volunteer Meeting: Monday, Sept. 19, 2011
12:00 noon**

Haen Community Center – All are welcome!
RSVP by Sept. 12, only if you did not sign in
at the last Angel Meeting – 920-766-6183.

Volunteer Hours:	January	1,709	July 1,898
	February	2,059	
	March	2,134	
	April	2,123	
	May	1,986	
	June	2,283	

	Vione Pomeroy	9-2	Rebecca Lefebber	9-17
	Cydney Schmidt	9-5	Amber Schaefer	9-23
	Sally Landwehr	9-8	Richmond Frielund	9-25
	Lois, Neuser	9-8	Sr. Lois Ann Gosch	9-25
	Alice Dalton	9-9	Justin Scoville	9-26
	Margaret Douglas	9-10	Carla Knoke	9-26
	Marie Wall	9-12	Charlie Geerts	9-27
	Jeanne Emmer	9-13	Johanna Schuh	9-28
	Kenneth Schuh	9-14	Ellen Verstegen	9-28
	Patricia Huss	9-15	Lois Stewart	9-29
	Laure Pynenberg	9-16	Paula Beyer	9-30

Angel Association Meeting In-service Notes

Julie Feil shared information regarding the program at SPES called “St. Paul At Home.” This is a spinoff of the “Guardian Angels” program that Sr. Joy began. The goal of “St. Paul At Home” is to keep people in their homes as long as possible. Services offered are: assistance with personal grooming, cleaning, laundry, yard work and transportation. Technology includes: the BOB chosen over Lifeline at \$32/month, with 24 hour answering service hooked into a landline phone and installed free of charge with no long term contract. Accessories can be added to help monitor when a person walks out of their door, if an intruder comes in, or if smoke alarm sounds. Another accessory is the Medication Dispenser with an alarm to signal when medication is to be taken, or if it was missed. The original program began in West Bend, WI.

(continued on page 11)



Reminder: St. Paul is collecting old ink cartridges and used cell phones. Please put in containers in the Van Dyke Lobby or take to the Life Enrichment Center.

Rose Marie Van Dyke reported July volunteer hours were 1,896 (Adult hours 1,446, Adult Group 44, Hospice 55, Board 4, Associates 0; Youth 95 and Youth Groups 252.) Year-to-date the volunteer hours are 14,429 = 10 FTE. Be sure to mark down your hours in the book even for this meeting.

Sr. Jerianne was introduced as a new volunteer who will be a Concierge at the Front Desk and Paul’s Pals. Duane Heindel came to our meeting, and we are hopeful he will join us. Other new volunteers are Katelyn Richard and Joe Tremblay.

A resident would like to go shopping at Goodwill. If anyone would be interested in helping, please talk to Holly Wyro, Social Worker @ Ext. 177.

Angel Association Meeting (Continued)

St. Paul at Home is certified as a Personal Care Service and has an agreement with the Veteran's Association and Medical Assistance Program. The Grand Care Program being looked at covers three things: fun activities using a touch screen (you can receive family pictures,) safety with monitoring like doors, and the monitoring of blood pressure and pulse. Flyers were distributed on the programs explained. St. Paul At Home covers the Heart of the Valley. If further than ten miles from St. Paul, there will be an additional charge.

A new program involving the Concierge is being developed to help those leaving St. Paul – a nice, friendly “Good Bye.” As we greet people on Admission, we would like to say good bye as well. The program will be coordinated with various departments for full utilization.

Paul's Pals has a need for volunteers. Cheryl Reitveld does the training for this program.

If you have any idea how to make St. Paul more “homey” and make residents feel more comfortable, please let us know.

Recovery Inn may request the Concierge pick up paper work or equipment, etc. This service will allow the staff to concentrate on patient care.

SPOON Program: a re-training sheet needs to be completed by each volunteer involved in this program – please return it as soon as possible.

The Manor has been razed. A Marketing and Demographics study should be finished by the end of this month.

Electronic Medical Records via Matrix will be more efficient. A CNA could click on an icon and document at a resident's bedside. In health care “if not written, it is not done.” The system would be able to flag if a perimeter is not met. Matrix should be up and running by mid October.

Budgets are coming – a real challenge as Jim Fett indicated reimbursement is expected to be decreased by \$207,000.

With a volunteer filling the Bird Feeders at St. Paul, we have seen more birds and have been going through 40 pounds of seed per week. A request was made for \$500 from the Angel Fund for bird seed. The Motion was made by Ken Schuh and seconded by Rose Marie Van Dyke. Motion carried. We do receive a once a year donation which also helps.



Sr. Delores thanked the Volunteers for being a blessing; bringing a smile to our visits and sharing love and joy through helping with the Mass.

Sr. Delores said how much she loves being here. The Lord brought her here for a reason.

Thank you to Rosemary Johns for organizing refreshments for the August 17th Memorial Service.

If a Eucharistic Minister, go slowly when going to the rooms and be sure the hosts are consumed.

If anyone would like to help with Chapel flowers, please let Sr. Delores know.

Also needed are Song Leaders.

Calendars will be sent out as usual even with the new Newsletter.

Sr. Joy thanked all for being so flexible and helpful. No other facility has such a great group and great number of volunteers as St. Paul. Jim Fett stated that we have a phenomenal Volunteer Program!

September 19, 2011
The In-service will be on
“Marketing”
by Laurie Levknecht.



St. Paul Elder Services, Inc.
316 E. 14th Street
Kaukauna, WI 54130
Return Service Requested

St. Paul Community Newsletter

Club Gabriel (920-766-6188)

Hospice (920-766-6180)

Life Enrichment Center (920-766-6188)

St. Paul Villa (920-766-6181)

Volunteer Opportunities (920-766-6183)

