

# CARING



SUMMER 2019



Therapy staff and patients use a variety of tools to improve mobility and their ability to handle daily activities, as well as stimulating mental processes.

YOUR SUPPORT MAKES A DIFFERENCE



Beautiful Blessings

The Mount Olivet **Gala**

Friday, October 11, 2019

**NEW** 5:30 P.M.  
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St. Louis Park, Minnesota

THE GALA SUPPORTS



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From the Director of Development  
Elder Law Presentation  
Estate Planning Presentation

## Therapy Services Offer Renewal

Success in the therapy center requires a fine mixture of planning, persistence, and patience. You see it as people work on rehabilitation machines, play therapeutic games, repeat a specific movement again and again, learn adaptive behaviors, and sharpen skills for daily living. Quality of life is the goal.

Michele Meyer, rehab director, and her staff draw patients from the Transitional Care Unit (TCU), Mount Olivet Home, Mount Olivet Careview Home, and even Mount Olivet Day Services. Each patient receives personalized care because everyone coming to the therapy center has unique challenges and possibilities for restoration. Michele says, "Patients who come to us have medically complex conditions, so we work together with their doctors and nurses to help them reach their maximum potential."

"We begin with evaluation," Michele says, "and then set up a plan of care unique to the patient. We also develop goals for each patient"—important for measuring improvement, but also necessary as they report to the patient's insurance company.

The therapy center offers physical therapy, occupational therapy, and speech therapy, with some patients requiring only one type and others a combination. Physical therapy is care that aims to help a patient function, move, and live more comfortably. It may be prescribed to relieve pain, improve movement or ability, manage a chronic illness, or teach the use of assistive devices like a walker or cane. Occupational therapy treats patients with injuries, illnesses, or disabilities, helping them develop, recover, and improve the skills needed for daily living. Speech therapy involves assisting those who have difficulties with communication, eating, and swallowing. Broadly, it also involves working with short-term

*Continued on page 4*

WTA WORLDWIDE PHOTOGRAPHY

Offering a continuum of high-quality care for seniors and children in an intergenerational setting

Online at [www.mtolivethomes.org](http://www.mtolivethomes.org)



Staff and donors with Compassionate Caregiver Award winner:  
 Front row (l-r): Patty Roach, Steve Roach, Japheth Nyaata (winner), Elaine Roach, Awil Ambashe. Back row (l-r): Mari Carlson, Jennifer Carlson, Tammy Nelson, Tom Litecky, Tim Hokanson, Roger White, Lori Youngvorst, Britni Bolstad



Scholarship donors and winners met for dinner to celebrate each other and the importance of learning opportunities.

## Scholarships Awarded

Mount Olivet Home and Mount Olivet Careview Home recently awarded nine staff members scholarships so they may further their education:

- Florence Makini, Augie & Jane Bauer Endowed Scholarship
- John Omwenga, Edgar M. Carlson Endowed Scholarship
- Kadiatu Kamera, Eleanor T. Heegaard Scholarship
- Naomi Okebiro, Philip C. Helland, EdD. Endowed Scholarship
- Polycarp Momanyi & Caroline Nyangwara, Ken & Ruth Jarcho Endowed Scholarships
- Benjamin Ongara, Niles & Helen Joseph Endowed Scholarship
- Norah Nyabuti, Naomi Nechtel Endowed Scholarship
- Gilbert Awuku, Lloyd & Jane Salin Scholarship

Scholarships are an important benefit for staff at Mount Olivet Home and Mount Olivet Careview Home because ongoing learning improves care for residents—always our primary goal. We are very grateful to the generous donors for providing our staff with this opportunity!

If you are interested in establishing a staff scholarship, please contact Jennifer Carlson at 612.821.3154 or [jcarlson@mtolivethomes.org](mailto:jcarlson@mtolivethomes.org).

## Japheth Nyaata Presented First Compassionate Caregiver Award

A new program recognizes staff members who exhibit a caring, attentive, respectful, engaged, proactive, responsible, and joyful style of work. The first Compassionate Caregiver Award has been given to Japheth Nyaata, nursing assistant, who received an award in the amount of \$1,000.

We are grateful to donors Steve and Elaine Roach for making this special award possible.

## When Wishes Come True: A Touch of Grace

Since Grace Hospice was founded in 2014, Sarah Van Winkle, executive director, has received special requests from patients. One patient wished he could enjoy a steak dinner downtown with his wife. “We wanted to make that happen,” Van Winkle recalls. Staff members brought the patient and his wife to a downtown restaurant, using a town car to drive them around.

This year, Grace Hospice instituted a program called Touch of Grace. The program uses donations from generous family members to make more wishes come true. The program allowed one patient to host a pizza party for his family. Another patient was visited by sports celebrity Wally McNeil (also known as Wally the Beer Man), who knew the patient in previous years. “Part of our mission is about celebrating the moments we have,” says Van Winkle. “Giving people the opportunity to enjoy those moments is the purpose of our Touch of Grace Program.”

To learn more about Grace Hospice, contact Sarah Van Winkle at 612-238-0034 or [sfvanwin@gracecaring.org](mailto:sfvanwin@gracecaring.org). Grace Hospice serves people in their homes or care facilities, and is one of the services Mount Olivet Home and Mount Olivet Careview residents can use.



## CARING

SUMMER 2019

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# CELEBRATING A CENTENARIAN

HELEN  
GILSTER

Every day when she wakes, Helen Gilster says, she thinks, “This is the day the Lord has made. I will rejoice and be glad in it.” That conviction must account for her joyous spirit, evident as soon as you meet her.

Helen was born on July 4, 1915, in Minneapolis to Agnes and Harry Lindquist. Her father was a salesman, and her mother was a musician who had a beautiful voice, often singing at their church, Our Saviour’s Lutheran Church on

Chicago Avenue.

Helen not only went to elementary school, high school, and college at the Minneapolis College of Art and Design, she also earned a master’s degree in education at St. Thomas University—truly a rare achievement for a woman in that era. Visit her

room at Mount Olivet Home and you will see some of her artwork—paintings adorn the walls. When asked if she still paints, Helen says, “If I had room. But it goes in spurts, I’ve been thinking about taking my pencil and pad, sketching people at meals,” she says with a smile.

“I’m sorry that people don’t take time to get the feel of artwork,” Helen says. “You have to paint what you feel. It has to come from the heart! I had the ability even in first grade,” she says, when one of her art pieces was selected to go to the Minneapolis Institute of Art. More recently a drawing of her stepson Eric

was accepted by the Minneapolis Institute of Art for their holdings.

Helen married Lawrence Miller, and they had three daughters—Kathryn, Mary Helen, and Gretchen. Lawrence owned a lumber company in the Twin Cities.

Helen recalls frequent visits to their lake cabin when the girls were little, especially fishing there. She also remembers trips to Chicago for baseball games and visiting the art museums. “We had such fun!” Helen says. “And I loved playing tennis!” When the girls were teenagers, Lawrence died from a heart attack.

Later Helen married Bill Gilster, who had three sons. “We were the Brady bunch,” Helen laughs, remembering her three girls and his three boys. During those years, Helen taught music, English, and art at Highcroft, which is part of the Blake School. Helen and Bill lived



Helen with stepson Eric (in white shirt) and grandson Jason (in blue shirt), and great grandsons (l-r): Olin, Christian, Leif, & Will

in Minneapolis, then spent several years in Texas, “in the valley near McAllen, which is very delightful,” Helen says.

Bill and Helen discovered a new love—traveling. Together they were in many places around this country and visited Europe, Africa, and Asia. “I’ve been to Timbuktu!” Helen says, as her eyes light up. “And I really enjoyed visits to Thailand, where my daughter Gretchen’s children went to school. I toured the Greek Islands; I’ve been to Rwanda.” Ask her where her favorite travel destinations are and she says, “I just fell in love with the people in Africa. They are so joyful! And Spain has some beautiful sunsets!” For Helen, “Meeting people was the best part of traveling.”

When asked about the secret to long life, she responds, “Who knows? You tell me! I think God has been very good to me. My father died at 64, and that seemed old. You know, I had a wonderful grandmother who always said, ‘You be nice, and they’ll be nice to you.’”

With her bright smile, Helen asks about her visitors’ lives and experiences, showing interest in a wide array of topics. She has taken her grandmother’s advice, and her life is joyful—and long. Happy birthday, Helen!



Helen (r) with her older sister Frances



One of Helen’s works of art



Michele Meyer, head of therapy services, works with TCU patient David Bundy, who has returned home.

## Therapy Unit Offers Renewal, Hope, *continued from page 1*

memory, reasoning, attention, and problem-solving issues, as well as language recovery or improvement.

Look around the therapy center, and you will see people working out on stationary bicycles, using parallel bars as they learn to walk again, walking up steps, playing games to improve cognitive abilities, learning

again how to write checks and balance checkbooks, mastering the use of bathrooms and kitchens with adaptive equipment—and that’s just a glimpse of what goes on there. Each therapeutic activity is tailored to the patient. Most often the result is a return to their previous living situation. Sometimes it means moving to a higher level of care. “I like Mount Olivet because it offers a continuum of care, making it possible to meet the needs of all our patients.”

Sometimes therapy involves working with the patient’s family or other staff members. “We also advocate for patients, helping train staff and family members to assist them so the patients have a better quality of life, giving them independence and a greater ability to make their own choices.” They also do home evaluations. If there is a change in the health status of an individual living at home, staff will go to the home to observe and make recommendations for adaptive changes, making life easier and safer.

The therapy center is also available to the community. If therapy is prescribed, patients may call Michele, who will work with them to make sure the therapy follows doctor’s orders and has insurance coverage.

Therapy moved up to third floor from the basement and tripled their space during the recent renovation. It is located adjacent to the TCU because most of their patients come from that unit as they transition from hospital to their prior living arrangement or to another level of care. Many enter TCU after surgeries, falls, or other medical complications.

## Therapy unit named **Moose Therapy Center.**

See Page 8



Therapy center staff member works with resident Joan Anderson.



One aspect of occupational therapy is designed to help patients prepare to return to their home settings and use kitchen and bathroom facilities safely and effectively. It prepares patients both physically and psychologically to go home.

Mount Olivet contracts with Centrex for the services of Michele and her staff—a typical arrangement for nursing facilities and TCUs. “Because therapists are highly-trained professionals, you want to keep them busy. This arrangement

allows therapists to work at other locations if the TCU isn’t full.” Right now there are physical therapists, occupational therapists, language pathologists, along with rehab assistants, and a rehab aide working in the unit.



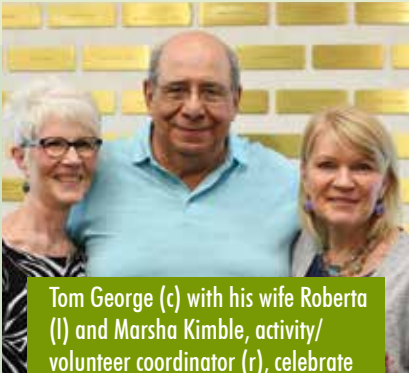
The bicycles in the therapy center provide key equipment in physical therapy for residents Diane Brynildson and Jack Wiborg.

What is clear is that the therapy center changes people’s lives for the better. “In this unit, you see major changes in people’s abilities,” Michele says. Her fondest hope for her patients: “I enjoy seeing patients meet their goals and go back home,” she says. Planning, persistence, and patience pays off!

# Volunteer Recognition Luncheon Celebrates Those Who Enrich Residents' Lives and Assist Staff



Volunteers filled the Lund Chapel on May 23 to receive thanks and recognition from staff and residents.



Tom George (c) with his wife Roberta (l) and Marsha Kimble, activity/volunteer coordinator (r), celebrate his selection as 2019 Volunteer of the Year for Mount Olivet Day Services.



Michael Vigen joins his parents, Sandy & Rich Vigen, to celebrate their selection as 2019 Volunteers of the Year for Mount Olivet Home & Mount Olivet Careview Home.



Administrator Tim Hokanson thanked the volunteers.



Volunteer Betty Lindberg enjoyed the citrus punch.

PHOTOS THIS PAGE BY PETER STRATMOEN

## Volunteers of the Year Saluted

The Volunteers of the Year were celebrated on May 23 at the Volunteer Appreciation Luncheon.

**Sandy and Rich Vigen** are the 2019 Volunteers of the Year at Mount Olivet Home and Mount Olivet Careview Home. Sandy has been volunteering for 20-plus years and Rich for 17 years. When asked why they volunteer, they responded, "We enjoy meeting the residents, getting to know them, and helping bring them to entertainment. Also, the staff is very organized and friendly, which makes volunteering a positive experience." Thank you, Rich and Sandy!

**Tom George** is the 2019 Volunteer of the Year at Mount Olivet Day Services. Tom grew up in St. Paul. He worked in law enforcement and later as a private investigator. Tom's wife, Roberta, long-time employee of Mount Olivet Day Services, introduced him to the good folks there, and he became a volunteer six years ago. He has formed great friendships while playing cribbage, chess, or simply engaging participants in conversation. Tom's sense of humor and wit make newcomers feel welcomed into the family. Thank you, Tom!



Staff members (l-r) Greg Patterson, Lance David & Kevin Bender valet parked the cars of guests.



(l-r) Justin Staebell, vocalist & Kraig Windschitl, piano, with Mari Carlson, director of development



# MEMORIALS AND GIFTS

OCTOBER 1 THROUGH DECEMBER 31, 2018



**ESTATE GIFT:**  
Mary Lillis Campbell

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We apologize if your name was omitted or misspelled. Call Tyler at 612.821.3151 for corrections.

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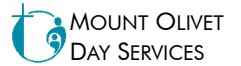


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Linda Lounsbury



# CELEBRATING A CENTENARIAN

LEONARD BOUSLEY

Leonard Bousley was born in Park Falls, Wisconsin, in 1919, but moved with his family to Minneapolis at a very young age. Leonard recalls that when he was a baby his family lived in north Minneapolis in a tenement house. "The window was wide," he says, and a good place to sit. He tipped out of the window at one point, fell three stories, and "broke my leg and my head open." He says ironically, "I had a lot of fun in my day."

Leonard describes his life as one of hard work. "Back then everyone had to work," he says. "I went to the CC Corps," he says, "and earned \$30 a month. After that I went to the U.S. Army and earned \$21 a month." The Civilian Conservation Corps was a public work relief program that operated from 1933 to 1942 in the United States for unemployed, unmarried men (part of the New Deal). In the CCC, Leonard worked in forests and drove truck.

In 1941, after Pearl Harbor, Leonard enlisted in the army. He served in Alaska for four years. "They had crews that went out and worked on roads and in forests up there," he remembers.

In the 1940s, Leonard enjoyed drawing. Here is his drawing of Winston Churchill.



Before he left for the war, he was married to Lorraine.

She went with him to Georgia, renting a room in a house while he served at Fort Benning.

He left the army in 1945, after the war, and moved back to Minneapolis. Leonard and Lorraine had two girls, Judy and Janice, and lived in a house on Oliver in south Minneapolis. Their daughter Judy remembers, "Mom was the disciplinarian. I do not remember my dad ever raising his voice to me. If he walked out of the room, I knew I was in deep trouble!"

Leonard worked for a propane company for 26 years. Then he worked as a janitor at a nursing home at 60th and Xerxes, where he became the maintenance supervisor. "I spent seven-and-a-half years there, and quit when I turned 65." Leonard says he's always



Leonard enjoys fishing trips to local lakes with his Mount Olivet Home friends.

liked working on crossword puzzles, but there wasn't much time, because work was a major part of his life. When he looks back on his life, Leonard recalls the hard work: "That's what I credit my long life to."

When his wife Lorraine broke her hip, they sold their house and moved into Mount Olivet. Leonard lives in Mount Olivet Home and Lorraine lives in Careview. "My daughter Judy goes up to Careview and brings Lorraine down and we visit here." Daughter Judy says,

"Dad's devotion to mom is unwavering. He greets her with, 'Here's my girl' and always asks if he can have some 'sugar'—a kiss."

We wish this centenarian and World War II vet a very happy birthday and say, Thank you, Leonard, for your service.



Leonard and Lorraine were married six days after Pearl Harbor.



Leonard and his wife Lorraine spend time together each week.



MOUNT OLIVET HOME  
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## FROM THE DIRECTOR OF DEVELOPMENT AND THE ADMINISTRATOR

Dear Friend and Supporter,

One of the amenities completed with the renovation at Mount Olivet Careview Home was a beautiful new therapy center located on the 3rd floor adjacent to our 24-bed transitional care unit (TCU). The trained therapy staff help residents, TCU patients, and community members do the therapies needed to live a higher quality of life.

Victor Moose, a Mount Olivet member since 1971, but living on the West Coast for the last couple decades, developed a neurological condition called Guillain-Barre. His mother had been a resident at Careview, so because of his connections, Victor arranged a medical air transport to Minneapolis from Portland, Oregon, to get both the physical and spiritual care he needed to recover. He arrived on a stretcher, unable to walk or talk, but the effort paid off!

With our high-quality therapy program and focused hard work on Victor's part, Victor was able to walk and talk again. Frequent visits from Pastor Kurt Kalland also helped him enjoy a regained quality of life. Sadly, Victor died last year.

We are most grateful to Victor for remembering Careview with a generous bequest in his will. To recognize this amazing man, we will name the therapy unit the Moose Therapy Center. Please stop by for a visit to this state-of-the-art facility.

Happy summer!

Warm regards,

Mari Carlson, Director of Development

Tim Hokanson, Administrator

### Essential Legal Planning for Families with Aging Loved Ones

**Mary Frances Price, Attorney at Law**

September 18, 2019, 3:30-4:30 P.M.

Mount Olivet Day Services | 5601 Lyndale Ave. S., Minneapolis, MN 55419

Have you thought about how you can help if someone you love has memory loss or another medical condition requiring assistance? Join us as we discuss thoughtful, practical, and essential planning for all families with aging loved ones.

Call 612.861.3305 for reservations.

Mary Frances Price is an Elder Law Attorney and Mount Olivet Lutheran Church member with years of experience working on effective elder planning.

### Estate Planning: The Greatest Gift You Can Give Your Loved Ones!

**Learn About Wills & Trusts**

**with Estate Planning Attorney Stuart Bear**

Wednesday, October 16 12:00 P.M. | Minneapolis Campus Fellowship Hall

Having an up-to-date will or trust is one of the greatest gifts you can give your loved ones. A well-thought-out estate plan makes it easier for your family, avoids disputes, and ensures that your wishes are followed. Family circumstances and estate planning laws change periodically, so it is important to review your documents every few years. You can also perpetuate your values by leaving a legacy for organizations important to you. Lunch included.



Reserve your seat by calling Tyler Hauser 612.821.3151 by October 4.