

CARING

FALL 2016

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



Progress is clearly visible as the infrastructure rises to support five stories and a rooftop garden for Mount Olivet Careview Home. Residents and staff watch and listen as construction continues all around them.

Both Residents and Staff Observe Ongoing Construction with Interest

Visiting with residents living in Mount Olivet Careview Home, second floor, you can't necessarily see the construction going on around them, but at times you can definitely hear it! Right outside their windows, scaffolding and infrastructures are rising, offering a promise of the new facility that will be home to some of them next year.

Ask residents and you will learn that they are interested and curious. Vince Helling, a resident who in his wheelchair nimbly gets around inside and outside the facility, is intrigued: "It's really hard to tell what's happening right now. There's a lot of pounding and hammering, but I like it. I think it's great!" he says. "It's going to take quite a while, because it's a big project."

Philip Quanbeck, resident on Careview second floor, is a bit more pensive about the changes happening around him, not surprising coming from a theologian and one-time college professor: "You know, life changes all the time. Things happen which didn't before. And now things are changing here." Remarking on the construction workers, he says, "Work helps to order one's life. It tells you what you should be doing." And he's curious: "When I hear that noise, I wonder what's happening. I wish I could see it!"

Everyone is interested in what's going on outside. Resident Richard Anglim, also on Careview second floor, whose room is right next to the construction area, remarks, "It's a narrow view we have." He points out, "Staff and construction workers have to have a plan that's going to work."

Continued on page 6

YEAR-END GIVING

Make a Difference at Mount Olivet Home and Mount Olivet Careview Home

Construction on the building expansion is in full-swing, and funds are still needed to create warm and inviting spaces for our residents to call home, to provide a beautiful rooftop garden, and purchase therapy equipment.

Make a Difference at Mount Olivet Day Services

Support is needed to purchase new lift-recliners, singalong books, and other furnishings to enhance the experience of our adult participants. For the child program, your gift will help purchase much-needed equipment and toys for children to use in outdoor play, learning, and exploration.

See page 8 for more information on how you can make a difference in the lives of our residents, adult participants, and children by supporting these important needs.

INSIDE

PAGE 2

From the Administrator
Centenarians Observe a Century of Change

PAGE 3

Celebrating a Centenarian: Agnes Docken

PAGES 4-5

Careview Addition: Progress So Far

PAGE 6

Ongoing Construction, continued

PAGE 7

MODS Staff Exhibits Long-Term Commitment
A True Renaissance Man: Val Kotsenowsky

PAGE 8

From the Director of Development
Construction Project Fast Facts

Online at www.mtolivethomes.org

Six Residents Have Observed a Century of Change

Mount Olivet Careview Home is home to six centenarians:

- Frances McAlpin, age 106
- Evelyn Carlson, age 101
- Edith Harrer, age 100
- Ellen Hoff, age 100
- Phyllis Waldsmith, age 99
- Agnes Docken, age 99

Think of what happened in the world in the years these women were born:

In 1910, the year **Frances McAlpin** was born, the Boy Scouts was founded, U.S. postal stamps were first issued, and neon lights were first publicly displayed at the Paris Air Show. Immigration into the U.S. hit an all-time peak with 8.8 million immigrants over 10 years from 1901 to 1910. The first known woman police officer was appointed by the Los Angeles police department.



Frances McAlpin



Evelyn Carlson



Edith Harrer

In 1915, the year **Evelyn Carlson** and **Edith Harrer** were born, World War I was raging, although the U.S. had not yet entered the war. Transcontinental phone service in the U.S. was inaugurated, and Babe Ruth hit his first home run in the major leagues. The U.S. House of Representatives rejected a proposal to give women the right to vote.

In 1916, the year **Ellen Hoff** was born, the Professional Golfers Association of America (PGA) was founded, the National Park Service was formed, and the first supermarket—Piggly Wiggly—opened in Memphis, Tennessee. Margaret Sanger opened the first birth

control clinic, and Jeanette Rankin was the first woman elected to the U.S. Congress. President Woodrow Wilson first suggested a League of Nations.

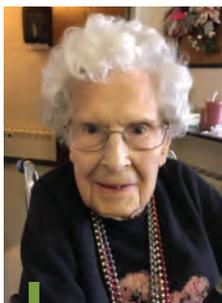


Ellen Hoff

In 1917, the year both **Phyllis Waldsmith** and **Agnes Docken** were born, the U.S. entered World War I and instituted the draft. Tsar Nicholas of Russia abdicated, and the Bolsheviks took control. World War I continued and was not ended until November 11, 1918.



Phyllis Waldsmith



Agnes Docken

The National Hockey League was formed, made up of five teams. The first cases of Spanish flu were reported in the U.S., the beginning of a global pandemic that would take the lives of 50 to 100 million people.

FROM THE ADMINISTRATOR

TIM HOKANSON

Dear Family and Friends,

If you have driven by the Homes on Lyndale, you will see our building project is finally underway! As of this writing, a new elevator shaft and steel beams tower above the building below. Every day the look changes, so it is exciting to see that we are getting closer to providing such a great new environment for our residents. Please drive by and see for yourself. The new building is scheduled to be done next June, at which time the existing buildings will undergo a complete remodeling. Thank you for your interest and support of this monumental undertaking.

This year our year-end appeal will again focus on raising money to provide new furnishings for the new and remodeled buildings. Steel and plaster are one thing, but the building won't be complete until we furnish it with chairs, tables, beds, therapy equipment, and everything else needed to make it a "home." Please consider how you might help, and you can be assured it will be deeply appreciated.

Please call me with questions, or stop by. The coffee pot is always on!

CARING

FALL
2016

BOARD PRESIDENT
Pastor Dennis Johnson

ADMINISTRATOR
Tim Hokanson

DIRECTOR OF DEVELOPMENT & EDITOR
Mari Carlson

WRITERS & COPY EDITORS
Erin VanBurkleo, Sam Velie, Lynn von Hassel & Karen Walhof

Caring is published three times a year for family, friends and supporters of MOUNT OLIVET HOME, MOUNT OLIVET CAREVIEW HOME and MOUNT OLIVET DAY SERVICES, organizations dedicated to providing loving care for children and seniors. Address changes, comments, and questions are welcome. Call 612.821.3151 or email mcarlson@mtolivethomes.org.

Copyright © 2016 by Mount Olivet Careview Home. All rights reserved. Manufactured in the U.S.A.

CELEBRATING A CENTENARIAN

AGNES DOCKEN

Agnes Docken had a very interesting beginning nearly 100 years ago. She was born on board the ship that was moving her family from their home in Germany to a new home in North Dakota. Agnes was a middle child of 20 children in the Philip and Anna Schmidt family. Agnes will celebrate her 100th birthday on September 1, 2017.



Agnes Docken

The Schmidt family settled near Anamoos, North Dakota. “It was a pretty good little town,” Agnes says. “It seemed like we did a lot of work—with cattle and farming and breaking the land. My parents were so ambitious!” It wasn’t an easy life, Agnes remembers, “but my mother wanted all of us to have an education.” They went to school in Anamoos. “There was a bus drawn by horses that picked up the schoolchildren,” Agnes recalls.

She remembers happy times as a child. “We went to Sunday school, and that was a joyous thing! At Christmas time we would decorate the horses with bells and then drive over the bumpy fields to church for the Christmas Eve service. When we got home we kids would hurry and get to bed. But the big stove in the living room had a pipe that went through the ceiling, and we would watch from above through that hole as our parents put up the Christmas tree!”

In her teens Agnes became discouraged with farm life and, unbeknownst to her parents, secured a scholarship which allowed her to attend business school after high school.



Gilbert and Agnes on their wedding day

After business school she was married to Gilbert Docken. She has one daughter, Carol Fisher, who now lives in St. Louis, Missouri. In addition to caring for her family, Agnes was the office manager for Minneapolis Paint and Manufacturing Co., where her husband served as superintendent of the company. They lived in south Minneapolis.

Gilbert and Agnes were members of Mount Olivet Lutheran Church. In addition, they were involved in the Minneapolis Zuhrah Shrine. Agnes was active in the auxiliary for the Shriner’s Hospital for Children and even served as an officeholder. “Mother was very involved in service,” Carol says. That commitment continued after Gilbert’s death; when Agnes moved into Vernon Terrace in Edina, she continued in those auxiliary organizations. “Until last year,” Carol notes, “she was still collecting soda can tops for the Shriner’s Hospital.” Carol speaks lovingly of her mother when she

says, “She really knew the meaning of serving others.”

When Carol thinks of their life as a family, she recalls the times spent at the family cabin on Martin Lake, just north of Forest Lake. “At the lake we swam, boated, and picnicked,” Carol says. “That brings such fond memories!”

After Agnes and Gilbert retired, they tore down the summer cabin on the lake and built a home there which frequently was a site for family gatherings. “Mother taught me how to entertain,” Carol says. “She hosted numerous family get-togethers, often at the lake. Those were memorable days. She always had an open-door policy when it came to family members.”

Nearly 100 years of service to others and care for family! Congratulations, Agnes, from the Mount Olivet staff.



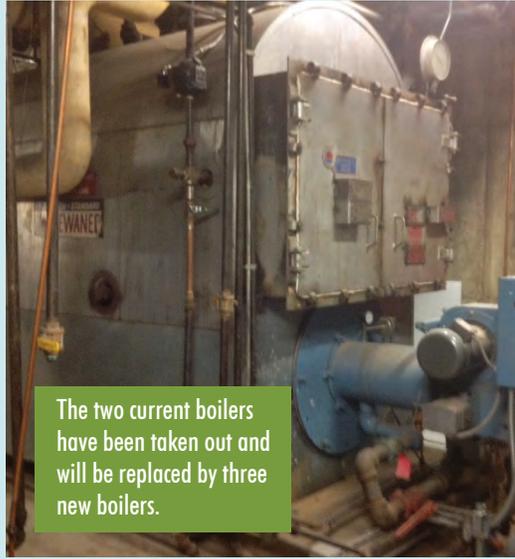
Agnes with her daughter and son-in-law, Carol & David Fisher

CONSTRUCTION PROGRESS SO FAR

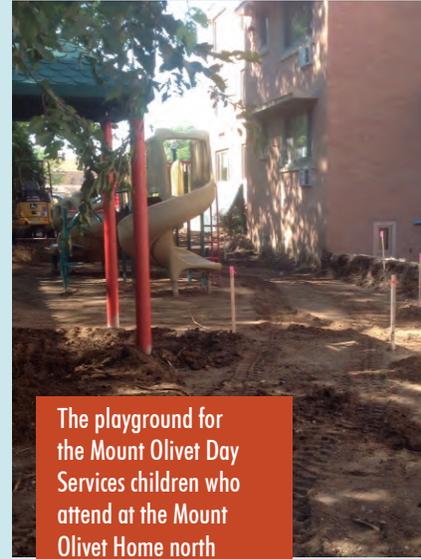
A Behind-the-Scenes Look!



The middle lounge and Spiritual Care Office were demolished, with chunks of concrete cut out and removed one at a time.



The two current boilers have been taken out and will be replaced by three new boilers.



The playground for the Mount Olivet Day Services children who attend at the Mount Olivet Home north campus was demolished.



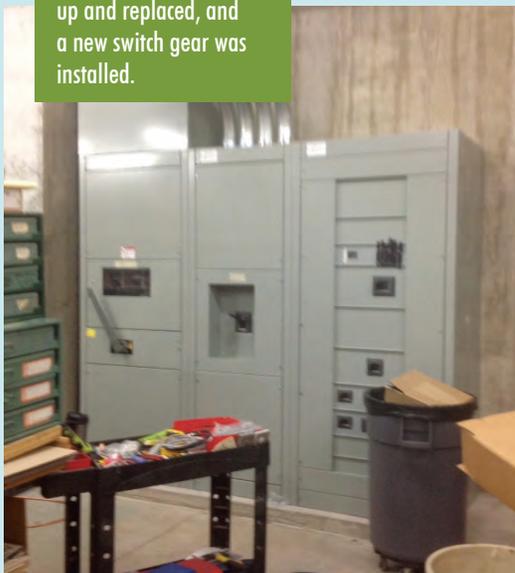
The main electrical lines for the building were dug up and replaced, and a new switch gear was installed.



Two new playgrounds have been put into place.



Steel beams wait to be put into place in the new addition.

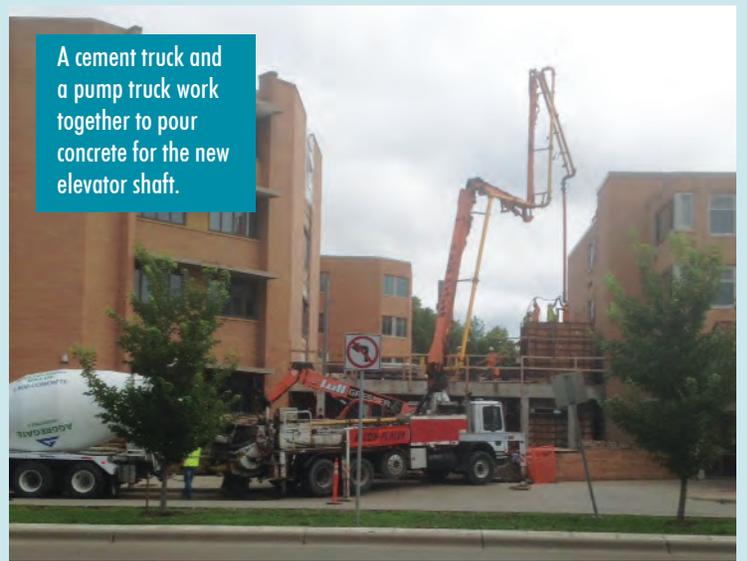


Behind the scenes, pipes, wires, and beams are being removed, replaced, and put into position, while the new addition begins to tower above Lyndale Avenue.

Demolition and construction are underway as workers from Kraus-Anderson Construction make progress on this monumental project.



Support columns are being constructed to support the floors above.



A cement truck and a pump truck work together to pour concrete for the new elevator shaft.



Scaffolding appeared as the new elevator shaft went up.



Steel supports framing the new addition are now visible above the current building.



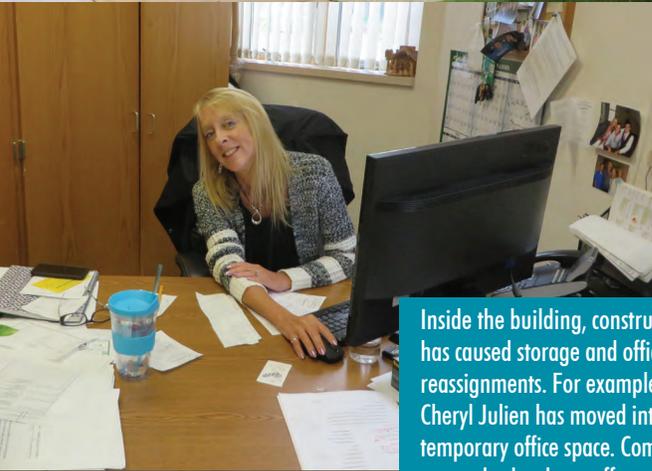
Resident and Staff Watch Construction, continued from page 1



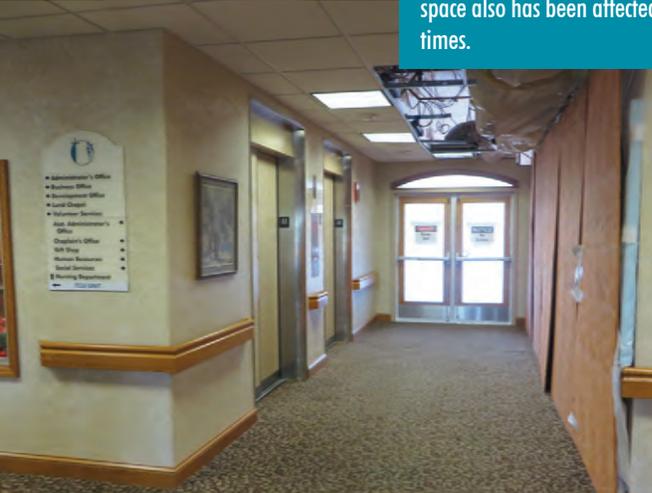
Outside progress is clear from the east as the elevator shaft climbs and floors appear.



Food continues to be stored in secure outside pods.



Inside the building, construction has caused storage and office reassignments. For example, Cheryl Julien has moved into temporary office space. Common space also has been affected at times.



Jane Hayek, director of social services, says, “Residents are curious. They want to know what’s happening and when things are going to be done. Each month we share a construction update at Resident Council. And we get lots of questions from families.”

While residents and their families are inquisitive about the continuing developments and sometimes noisy interruptions around them, staff seems quite unruffled by it all. Kris Ijomah, director of nursing, says, “The construction hasn’t affected our residents’ care at all. For staff it has meant a little smarter arrangement of space. We do a little more walking because some areas are closed off, but everybody is accommodating. It’s our exercise plan!”

Pam Sailer, assistant director of nursing, agrees: “We’re always adapting. Right now so many passages are blocked, we need to do more steps—but that’s heart healthy!” She smiles at that unintended benefit. “I haven’t heard any complaints.”

Look at the one-time hallway near Kris’s and Pam’s offices, and you understand. Blocked off by a large sheet of plywood, it now serves as a repository for equipment and supplies until hallways, offices, and storage rooms open up again. One day the elevator area was blocked off as support beams were installed. But the contractor and administration

have worked hard to lessen the effect and shorten the interruptions—for staff and residents alike.

Jane Hayek notes that members of her staff have had to shift and share offices, as have many other staff members during this period: “But it’s OK. We just have to get through this.”

Some staff have not yet been affected by the construction, but they are prepared. Cheryl Julien, director of therapeutic recreation, says, “We need to be sure residents in Mount Olivet Home can access chapel and other activities, but other than that it really hasn’t affected our department yet. Once it affects residents upstairs, it definitely will affect us. But we’re prepared. Flexibility is a key component of who we need to be anyway. We have to maintain our quality.”

Cheryl then easily makes the transition from current situation to future benefit: “A lot of people will be uprooted during this time, but you go with the flow. What’s important is the end result, and that will be fabulous!” It’s the refrain you hear from many staff members: “The outcome is what we’re looking forward to,” Pam Sailer says.

Jane Hayek says succinctly, “Good is going to come out of this!” She is especially looking forward to the rooftop garden. “Our folks with dementia don’t have easy access to the outdoors right now. So the rooftop garden is so important for them.” She also points out that therapy will be available to TCU residents right on their floor, which will be very convenient. And so many more residents will be able to have private rooms.

Jane makes it clear: “What’s nice about this project is that, first of all, our residents will reap the benefits! That is our mission and our primary goal in all that we do.”

Day Services Staff Exhibits Long-Term Commitment

“We have longevity of staff,” says Ginny Cullen, director of adult services at Mount Olivet Day Services, in a masterful understatement. Ginny joined the staff 20 years ago, shortly after Day Services opened, and several of her colleagues have similar histories here. “We have been blessed with low turnover,” she says. Ask her why, and she quickly responds, “We share the same mission—caring for people, trying to make things better for them, giving them the best day they can experience.”

Her long-term colleagues echo that response. Roberta George, health lead, who has been on staff from the start, says, “Our staff works very well together. We can read each other’s minds, and we help each other.” Marsha Kimble, activity volunteer coordinator for 20 years, agrees, “We are all equal and work as a team.”

Scott Niemeyer, activities assistant with 19 years on staff, honestly comments, “We know our individual quirks and idiosyncrasies, and what works for each of us. We’re like a family. We all have different personalities, but we get along, and we work out the difficulties. We each have different strengths working with participants.”

Becky Swenson-Dennis, activities assistant and a relative newcomer with only 11 years’ experience, says, “I think we try to honor each other’s abilities; we take turns being up front and leading activities. We help each other, and that makes a good experience for our co-workers.”

It also translates into a good experience for the adults they serve. “I think they feel safe, cared for; they can open up to us and let us know their needs,” Marsha remarks.

Ginny clearly points out the benefits to the participants that a long-time staff brings: “Consistency from day to day is important—the same driver picks them up, the same person bathes them

and assists them in the restroom. We get to know each person, and that’s important to our people here.” Marsha adds, “I don’t think there’s anything that can throw us. We are equipped to handle anyone’s needs.”

Scott sees the direct relationship between respectful staff relationships and participant satisfaction: “Participants see staff who’ve been here a long time, and they think, ‘They must like their job!’ and that translates to them; we have a good time together.”

Becky adds, “I feel like we make a difference for our participants—lessen their burdens, make their day more cheerful, give meaning to their lives. We see how genuinely happy they are, and that’s important to all of us.”

Roberta gets a bit emotional as she talks about the people they serve each day: “Our participants can see that we



(L-r): Ginny Cullen, Becky Swenson-Dennis, Scott Niemeyer, Marsha Kimble, and Roberta George cumulatively have served Mount Olivet Day Services adult participants for over 90 years.

share a mutual respect on staff. They see how well we work together and we will do whatever they need. This is their home away from home. These people are a part of my family, and so they each have a little bit of my heart.”

Consistency. Continuity. Commitment. Those characteristics are key as staff members care for the people they serve each day and as they find joy working together.

A Renaissance Man: Val Kotsenowsky

Mount Olivet Day Services participant Val Kotsenowsky’s stories about his life span extraordinarily different times, places, and vocations. Val was born in Hamburg, Germany, in 1948. “I remember the burned out buildings and churches from World War II,” he says.



In 1951 he came to this country with his parents through the assistance of the Madame Tolstoy Foundation, which helped White Russians leave a troubled land. At first his mother worked as a maid and his father as a chauffeur, though later both of them taught at the university level, his mother in art and languages, his father in art.

Val received a Regents Scholarship and attended college in New York, studying literature, theater, and archeology. After school, however, he worked as an engineer, helping clean up the Hudson River, polluted by untreated sewage and industrial waste. “I liked working in the outdoors,” he says.

In 1990 he visited his parents at the University of Minnesota and decided to move here. While continuing to work in engineering, he also appeared as an actor at Theater in the Round and other drama venues, performing in *One Flew Over the Cuckoo’s Nest* and *Look Homeward, Angel*, as well as other productions.

Engineer, actor, artist—a true Renaissance man. And another reminder of the fascinating lives of people at Mount Olivet Day Services!



MOUNT OLIVET HOME
 MOUNT OLIVET CAREVIEW HOME
 MOUNT OLIVET DAY SERVICES
 5517 Lyndale Avenue South
 Minneapolis, MN 55419-1719

Non-Profit Org.
 U.S. Postage
 PAID
 Permit No. 3617
 Twin Cities, MN

RETURN SERVICE REQUESTED

FROM THE DIRECTOR OF DEVELOPMENT

MARI
 CARLSON



FAST FACTS About the Construction Project

Dear Friend,

With every boom, bang, rat-a-tat, buzz, rattle, and roar, Mount Olivet Careview Home is closer to having a “Five-Star” building matching its “Five-Star” care rating! I continue to be very excited about this multi-year project because it will provide new and renovated single and smart double rooms for our Careview residents and TCU patients. We are on our way!

For our 2016 year-end appeal, we will continue raising funds to purchase furnishings for the 107 resident rooms. New hospital beds, mattresses, dressers, chairs, flat-screen TVs, crown molding, art glass above the headboards, window treatments, and wall coverings are needed to give our residents the home they deserve. Once we knew legislation would allow the new addition, we held off on installing the new call-light system, which now needs to be expanded from the original 80 rooms to 107 rooms. Additional funds are needed for this as well.

Another wonderful aspect is the rooftop garden which will give residents with memory loss the opportunity to enjoy the outdoors in a safe and lovely manner, something that is currently unavailable. I imagine the view from the roof will be something to behold!

And finally, funds are needed for purchasing equipment in the new therapy center, which will be a state-of-the-art facility for both inpatient and outpatient therapy services.

At Mount Olivet Day Services, year-end gifts will provide singalong books for fun programs, comfortable seating with new lift-recliners, and activity toys for the children to be active outdoors all year long.

Please watch your mail for your year-end invitation to support these important efforts. Call with questions. Thank you for your partnership.

Happy fall!

Mari Carlson, Director of Development
 Mount Olivet Lutheran Church & Affiliated Organizations
 612.821.3150 | mcarlson@mtolivethomes.org

TIMELINE

- Summer 2016 – Summer 2018

FUNDRAISING

- \$400,000 raised of \$1.1M goal

BY THE NUMBERS

- 60 trade workers on-site at one time during peak of construction
- 250 tons of steel
- 3 boilers will provide heat and hot water (up from 2)
- 36,000 square feet of new space
- 340,580 square feet total space at both facilities at end of project

NEW SPACES

- 61 single occupancy rooms
- New therapy center
- Secured rooftop garden
- New windows for dining rooms
- 24 bed Transitional Care Unit
- Renovation of all Careview rooms
- 2 new outdoor play areas