

CARING



FALL 2018

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



Trained chefs prepare nearly 1,000 meals a day for residents and participants (l-r): Cairo Turner, Paige Pelischek, Nga Ha, Jason Pulsipher. Not pictured: Latasha Bradley & Stuart Burgdorf.

Year-End Campaign Focuses on Music Therapy

A new music therapy department will be created to serve all three of our facilities beginning in 2019.

Music has the power to calm, to evoke memories, and to enhance engagement and socialization, which will give our residents greater interaction with their peers, the staff, and our volunteers. A full-time music therapist will lead this program and work with all of our departments.

Your support is needed to brighten the lives of our seniors and children through music. There are many ways to give, so call our development office at 612.821.3150 to learn more.



Food Is Key Component for Residents at a Provider of Choice

“Food is what people know,” says Lydia Kljucaricek, director of dietary services. “They know what their favorite food is, what they like best.” It’s why the food served at Mount Olivet Home and Mount Olivet Careview Home is so important. “They may not know about medications or therapy, but they know about food,” Lydia affirms as she explains how carefully the menus are planned. “We need to make sure it is the best we can provide, food our residents enjoy.”

Lydia’s department serves meals each day in the Mount Olivet Home dining room and several other dining areas throughout the buildings. “Serving in various locations means we need to stagger food preparation so it’s hot and delicious when it comes to the residents,” she explains.

“We want it to be as homelike as possible,” Lydia says. “We encourage ‘walk to dine,’ so people gather for meals. Sometimes family members come and dine with the residents. Plus we plan special events throughout the year, but especially around the holidays. Then we like to ‘dress up’ the dining rooms.”

Lydia and her staff listen to what residents’ culinary needs and wants are. A menu task force made up of 18 residents meets regularly. “We ask them, ‘What do you love?’ and then we try to get it for them,” she notes. “We ask them what they remember eating and what they have liked. We go through menu changes and bring samples of food for them to try.”

The menu doesn’t stay static; the staff is always trying new things. “We try to introduce a little bit of adventure,” Lydia comments, “but not so much that they push their plates away.” The staff plans 90 meals in four-week cycles. “We

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Online at www.mtoliverhomes.org

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vary many of the meals each month, taking note of what's popular at the moment. Sometimes I get recipes from

residents," Lydia smiles as she speaks, "and we have lots of alternatives." For each meal alternatives are offered as well as the main menu. Dietitians are involved in planning all meals.

"But that's not the future," Lydia observes. "Most of our residents are from the Greatest Generation. People in the next generation [the Baby Boomers] want what they want when they want it. It's a generational move that we are beginning to encounter," she notes. "And we need to prepare for that."

The culinary staff is a key part of the food experience. "We need both good quality food and good quality staff," Lydia says as she points out that three of the six cooks are trained chefs.

Right now Lydia is working to enhance the skills of the chefs on her staff. "We go off-site to train with a master chef—Bill Niemer. A certified executive chef through the American Culinary Federation, he has worked as an executive chef for several fine dining restaurants and private clubs as well as vice president at the Le Cordon Bleu College of Culinary Arts. He currently works as the chief experience officer at THAT Cooking School. "Giving our cooks this kind of training not only develops skills which serve our residents, but also lets the cooks know that they are valued employees here," Lydia says. Maintaining a qualified and inspired staff is important—and difficult.

But then it all cycles back to the residents. "I want the chefs to put love into what they're making and not just whip it up," Lydia states emphatically. "Our staff really does appreciate the residents, and that's why we plan and prepare so carefully. We do it all for the residents."

"Food touches so many areas of life, evoking memories, recalling life events, stirring emotions," Lydia muses. "It's an important part of our residents' lives. We want it to be the best it can be."



A beautiful setting and delicious meal at the Centenarian Luncheon

FROM THE ADMINISTRATOR

TIM HOKANSON

Dear Family and Friends,

What a joy it was to greet over 200 visitors at our Open House on September 29. We appreciated that Jeremy Schroeder, our Minneapolis City Council representative, came to see our renovation. Visitors could view our remodeling, which has been in the works since 2013. We are grateful that we could make this project a reality for our residents. With our high-quality services, our philosophy of compassionate care for seniors, our impressive staffing levels, and now our beautiful new physical environment, we can say that we are the provider of choice for a large segment of the Twin Cities.

Our year-end appeal asks you to contribute to several worthy projects that will help us maintain and keep building our provider of choice designation. One program I want to highlight is the establishment of a first-ever music therapy department for our Mount Olivet Home and Mount Olivet Careview Home residents and for our children and adult participants at Mount Olivet Day Services.

Music is a big part of our Mount Olivet organization, and especially important to the people we serve. This new department will expand the therapeutic value of music and supplement the music programming and the entertainment value we already provide.

Many studies detail the measurable benefits that music therapy provides for individuals, both children and adults, but especially for people with various stages of memory loss. We owe it to the residents to provide funding so this extra ministry of music can be established.

We need your generous support to make this a reality. Because it is a new venture, we will not launch it until it has been fully funded.

Thank you in advance for your interest and support!

CARING

FALL
2018

BOARD PRESIDENT
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WTA Worldwide Photography & Peter Stratmoen

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@mtolivetohomes.org.

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CELEBRATING A CENTENARIAN

JUNE JOHNSON

On June 1, 1919, June Johnson was born at her parents' home in South Minneapolis, the fifth child of Jack and Josephine Weitzel. She had five brothers and three sisters. All have passed, leaving June the last of her generation.

June in 1939 at age 20



After high school, June worked for Fanny Farmer Candy in downtown Minneapolis. Charles

“Bud” Johnson worked next door and frequented the candy shop. Her son Chuck tells, “My dad loved coming in for the candy, but it turns out he was much more interested in Mom.” They married in February 1941.

Their son Chuck was born in August 1942, just before his father left for the South Pacific, where he served in the Navy for the duration of World War II. During the war June worked for Acme Tag in Minneapolis. When Bud returned, he went to work for the telephone company, Northwestern Bell, in sales. The family lived in the Minneapolis area for the next several years, with a couple years in St. Peter and Red Wing, Minnesota. A daughter, Judy, joined the family.

Her sister-in-law, Donna Wessling, recalls that it was always a joy to be at

June with her husband Bud



Bud and June's home. “You have no idea!” she exclaims. “It was always so much fun going there.” Donna adds, “She's been a wonderful sister-in-law.”

Chuck recalls his mother's parenting approach: “She let me do pretty much as I wanted. She wasn't strict. She relied on me to be sensible”—sensible

enough that he turned out to have a career as a police officer!

Most of June's spare time was volunteering at Mount Olivet for dinners, at Cathedral of the Pines camp, garage sales and time at the Mount Olivet Retreat Center. “It was fun!” June remembers. A glint shines in her eyes when she recalls those years and volunteering at their church. “I loved to do it all,” she says, “and there weren't many things I couldn't do.” Hearing her life story, it's clear that's true.

Bud died in 1974 at the age of 54, of an aneurism. June worked for National School Studios from her 60s into her 80s. Her granddaughter Cheryl McCollam, Chuck's daughter, smiles at her grandmother's active social life: “She's always been so social, with so many friends—always going and doing.” Cheryl chuckles when remembering a visit to Disneyland with her

June having fun at work



grandmother. When everyone else was exhausted and eager to rest, June was ready to go again. “She was always on the go,” Cheryl recalls. In fact, June drove until she was 92.

June continued to live in Bloomington (with the exception of one year in Arizona) until she moved to Mount Olivet Home in 2013. June has two grandchildren and three great-grandchildren.

When she turned 80, her son gave her a big birthday party. Twenty years later, is it time for another one? “Maybe,” Chuck says, “at a family reunion this summer.” No doubt June will be ready for the party!

June with her family at the Centenarians' Luncheon recently: Front (l-r): Son Chuck, June. Back (l-r): Granddaughter Cheryl McCollam, niece Patty Wench, sister-in-law Donna Wessling, niece and god-daughter Linda Breyette with her husband Rick.



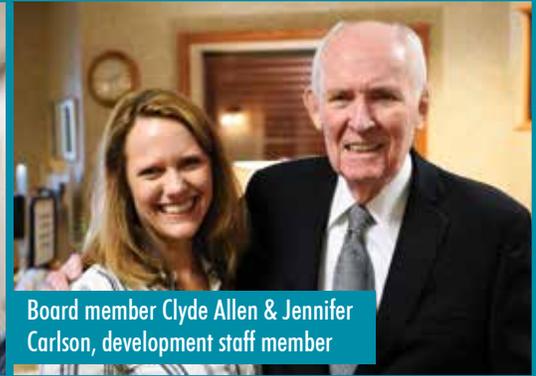
Friends, Volunteers, Board Members, Staff & Residents E



Board Chair David Lose, Jeremy Schroeder, Minneapolis City Council member & Tim Hokanson, administrator



Nursing staff member
Lola Temidara



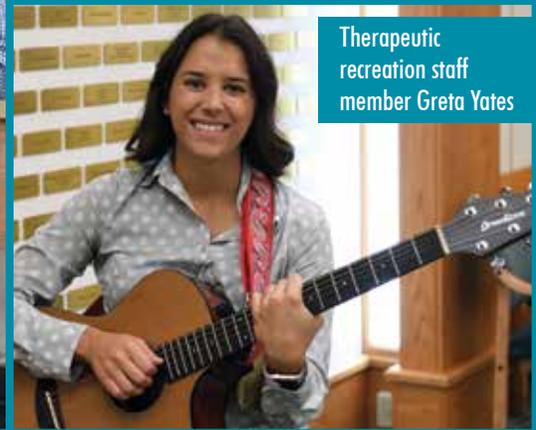
Board member Clyde Allen & Jennifer Carlson, development staff member



Musicians at the event made it special (above, l-r): Jim Strehlke, baritone player & Mike Opitz, accordion



Myrna Strand & staff member Heidi Opitz



Therapeutic recreation staff member Greta Yates



Jarcho Rooftop Garden



Nordic Surf Band

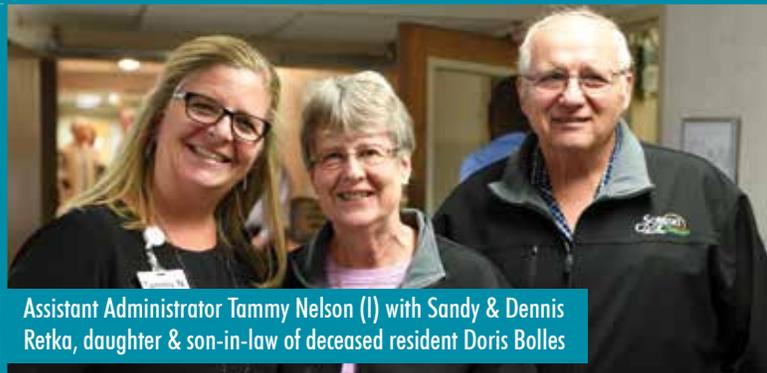
enjoyed the Mount Olivet Careview Home Open House!



Joyce & Don Wamsley



Gift Shop volunteer
Marcia McCallum



Assistant Administrator Tammy Nelson (l) with Sandy & Dennis Retka, daughter & son-in-law of deceased resident Doris Bolles



Nursing staff members (l-r):
Messie Dukuly & Wokie Nimps



Volunteers (l-r): Lynn Ziemkowski
& C.J. Kingbay Williams



Volunteers (l-r): Rose Marie Gram & Marvel Kotsonas



Mount Olivet Home resident
Elizabeth Kain & brother Frank Kiesner



Mount Olivet
Careview
Home resident
Karen Johnson
with daughter
Jackie Bell



Board member Dr. David Carlson



Delectable treats!

MEMORIALS AND GIFTS

JULY 1 THROUGH SEPTEMBER 30, 2018



ESTATE GIFT:
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Fund of InFaith
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IN HONOR OF:
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Boping Xie

GIFTS:
Michael Dahnert
Kristina Ijomah
Tom Litecky
Mary Jo & Michael Nelson
Tammy Nelson
Roger White

GIFTS IN KIND:
Linda Lounsbury

THRIVENT CHOICE:
Barb Bauer
Carol & Keith Hilgendorf
Annette Johnson



IN MEMORY OF:
GLORIA ASLESON
Lucinda & Scott Greenseth

CAROL CARDINAL
Rose-Marie Barton
Marie Chopyk
Janice & Lowell Kleven



EVELYN CARLSON
Janet Carlson

John Sauer
Patricia Shirley
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Rebecca & Dale Walker

TRINETTA DOLL
Karen & Ted Olson

GIIFTS:
James Van Epps
Jay & Jean Lansing



IN MEMORY OF:
GLORIA ASLESON
Lucinda & Scott
Greenseth

GIFTS:
Anonymous
Lori Youngvort

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



Linda Lounsbury, a gifted quilter, has donated six handmade quilts annually since 2015 for residents at Mount Olivet Careview Home.



Staff members Heidi Opitz (l) and Cheryl Julien (r) with Don Shelby, who appeared as Mark Twain for a special presentation as part of the Minnesota State Arts Board—Partners in Arts Participation grant.

Make a Difference!

Cash, Check, Credit Card, Stock Transfers & the Charitable IRA Rollover

There are many ways to make a gift that will enhance the lives of seniors and children. You can give cash, a check, or use your credit card at www.mtolivetcareviewhome.org. Another option is to give appreciated assets through a stock transfer. In 2017, Congress made the Charitable IRA Rollover permanent, making gifts from IRAs possible. Key qualifications are:

- You must be 70½ years or older to use the Charitable IRA Rollover.
- Only traditional IRAs are eligible for gifting.
- Checks from the IRA must be written out to qualified 501(c)(3) charities.
- Donors can also request a direct stock transfer from their plan administrator to a charity.
- Gifts cannot be made to a private foundation or to a donor-advised fund.
- Gifts cannot be used to fund a charitable gift annuity or charitable remainder trust.
- IRA gifts will not be treated as taxable withdrawals.
- If you have not taken your Required Minimum Distribution (RMD), this transfer will count toward your RMD for any given year.
- Any individual may directly transfer up to \$100,000 annually to any charity.

Your generosity supports many programs for seniors and children. For more information or for forms for the Charitable IRA Rollover, please contact Mari Carlson, director of development, at 612.821.3150 or mcarlson@mtolivethomes.org. Thank you!

This information is not intended as legal advice. Donors should always consult with their legal or tax advisers before making a gift using IRA funds.

Mount Olivet Homes' Auxiliary Gala Raises \$70,000!

Funds Benefit Mount Olivet Home, Mount Olivet Careview Home, Mount Olivet Day Services, Mount Olivet Rolling Acres



Careview Board member Greg Page & his wife Deb (in white jacket) shop the silent auction, filled with specialty items.



Careview Board member Trudy Olson & her husband Lance



Board Chair David Lose was the emcee for the evening.



Glenn & Margene Reno with Administrator Tim Hokanson (r)



Gala Co-chair Lizabeth Halva & her husband Curt, Careview board member



Auxiliary President Mary Slinde & husband Ken



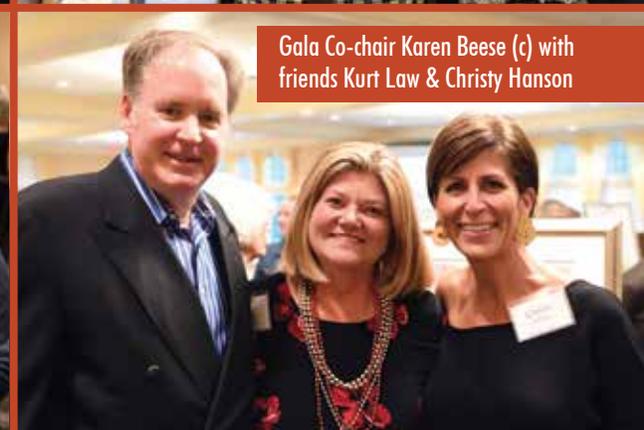
Careview Board member Chris Bent (r) with her husband Evon & Dawn Dahlberg



HR staff members Roger White & Jen McKahan



Gala Co-chair Lori Anderson (r) & her daughter Hannah Meeker (l)



Gala Co-chair Karen Beese (c) with friends Kurt Law & Christy Hanson



MOUNT OLIVET HOME
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FROM THE DIRECTOR OF DEVELOPMENT

*Where
 words fail,
 music speaks.*
 Hans Christian
 Andersen

MARI
 CARLSON



Dear Friend and Supporter,

I hope you had a chance to see the beautifully remodeled spaces at Mount Olivet Careview Home during our Open House last September. It was fun to show the results of this two-year building project to our Mount Olivet family and the greater community. Everyone was amazed with the improvements.

With a stunning physical environment for all to enjoy, we are now focused on programming needs. In 2019 we plan to develop a music therapy program that will touch the lives of everyone served at our three Lyndale Avenue facilities. Everyone loves music, so this will be something very special.

Music touches people of all ages in profound ways. It has the power to calm, to evoke memories, to enhance engagement and socialization, and to improve physical functioning like eating and swallowing. Research has also shown that music can reduce the need for certain medications. And, remarkably, some people with memory loss can sing a song even though they may not be able to recite the words. All of this contributes to a greater sense of well-being and satisfaction! As a provider of choice, this is our goal!

There are other needs, too, including transport wheelchairs, physical therapy equipment, iPads, and digital announcement boards that help residents know what is happening each day. At Mount Olivet Day Services your support will help with new outdoor playground equipment and expanding our children's Spanish program.

The year-end fundraising cards will be in your mailbox after Thanksgiving. We hope you will be generous with your support. There are many ways you can make a difference for the people we serve, so give our development office a call at 612.821.3150 to find out what might work best for you. Thank you so very much!!

With heartfelt appreciation,

Mari Carlson, Director of Development

Mount Olivet Lutheran Church & Affiliated Organizations | 612.821.3150 | mcarlson@mtolivethomes.org



2019 WISH LIST

NEW Music Therapy Program	\$125,000
Outdoor Playground Equipment	\$20,000
Physical Therapy Equipment	\$18,000
Digital Announcement Boards	\$12,000
Wheelchairs for Resident Outing	\$5,500
iPads and Software	\$5,000
Children's Spanish Program	\$5,000

