Spiritual Care Significant Component of Holistic Healthcare

A provider of choice—like Mount Olivet Home and Mount Olivet Careview Home—offers a broad dimension of care for its residents. That includes not only medical attention and physical assistance, but also spiritual care. At Mount Olivet, spiritual care is offered for residents of all faith traditions.

For example and perhaps most obvious, worship services are offered weekly in the Lund Chapel, and all are invited to attend. A Christian service is offered each Sunday, led by Mount Olivet Lutheran Church pastors as well as the chaplains, who also officiate at Holy Communion on Wednesday. Each Tuesday, neighboring Annunciation Catholic Church offers a Catholic Rosary Service, and Father Brian Park celebrates Mass once a month. Bible studies, daily devotions, pastoral lay visits, and seasonal religious programming are provided in addition to worship services, and residents can participate as they wish and are able.

But at Mount Olivet spiritual care is seen more broadly. It is an interfaith ministry that recognizes and nurtures the values and beliefs of all those served—including residents, patients, families, volunteers, and staff members.

The two chaplains on staff, Pastor Lori Youngvorst and Pastor Kari Fedje Rasmus, are available for all residents, family, and staff, whatever their faith tradition. Lori says, “Kari and I are open to various faith beliefs.” Kari adds, “Mount Olivet is a place with Christian roots, and as such we provide hospitality to all people. We desire to connect spiritually with each person, whatever their beliefs.”

The chaplains seek to help people experience meaning, purpose, and connection to others, to nature, and to the sacred. Spiritual care at Mount Olivet Home and Mount Olivet Careview Home embraces healing, wholeness, and well-being for all involved.

And the chaplains know those in their care. “The residents here are most often from the Greatest Generation, with a stiff upper lip,” Kari says. “They’ve been

Continued on page 4

Thanks to the generosity of the 264 donors and their families, Mount Olivet Day Services, Mount Olivet Home, and Mount Olivet Careview Home received more than $200,000 at the end of the year. The majority of these gifts will be used for the new addition at Careview, which is focused on resident room furnishings and our new physical therapy center.

Special thanks to Mount Olivet Homes’ Auxiliary members who gifted $21,000 to each facility.

We extend our heartfelt thanks to everyone who contributed! You make a difference. Thank you!!

The chaplains visit with residents (l-r): Mount Olivet Home resident June Allen, Pastor Kari Fedje Rasmus, Mount Olivet Careview Home resident Bill Fleming, Pastor Lori Youngvorst, Mount Olivet Home resident Gertrude Fischer.
Staff Members Receive Scholarships

Each year a number of staff members at Mount Olivet Home and Mount Olivet Careview Home receive the good news that they are the recipients of scholarships enabling them to further study in their area of care. That academic work, in turn, results in better care for residents. We are grateful to the donors who support this program. The following scholarships were awarded:

Augie & Jane Bauer Endowed Scholarship: John Mesa
Edgar M. Carlson Endowed Nursing Scholarship: Mary Mwai

Philip C. Helland, Ed.D., Endowed Scholarship: Benson Nyangau
Niles & Helen Joseph Endowed Scholarship: Geoffrey Moranga
Marion Loth Scholarship: Jackline Ogari
Miriam Murphy Scholarship: Nekeh Banks
Naomi Nechtel Endowed Scholarship: Irene Nimpson
Lloyd & Jane Salin Endowed Scholarship: Gamada Nebi

If you would like information about endowing a staff scholarship, call the Development Office at 612.821.3150.

FROM THE ADMINISTRATOR

Dear Friends and Families,

When you read this edition of Caring our expansion project will be within weeks of completion. It is a historic time! Mount Olivet Careview Home recently celebrated 50 years of caring for the elderly. This major project is a response by the Board of Directors to prepare for the next fifty years. When it’s finished, the private and semi-private rooms, the new physical therapy center, the rooftop garden, and the total redecorating throughout will result in a higher level of quality care and services for our residents.

Thank you for supporting this project during our year-end appeal. We look forward to your continued support for our ongoing programs. I hope you will attend our open house which will be scheduled for next fall. We will publish the date in the summer newsletter.

Every spring we celebrate National Volunteer Week and give extra thanks to our loyal volunteers. This program is one of the things that makes Mount Olivet a special place. Our residents and their families can feel the love when our volunteers are in the building. Please consider joining us. You will make a difference.

I also want to thank our wonderful employees. I have the privilege of hearing the positive comments from family members about the loving care their loved ones receive from our staff. They have a passion for caring for the elderly and it shows.

Philip C. Helland, Ed.D., Endowed Scholarship: Benson Nyangau
Niles & Helen Joseph Endowed Scholarship: Geoffrey Moranga
Marion Loth Scholarship: Jackline Ogari
Miriam Murphy Scholarship: Nekeh Banks
Naomi Nechtel Endowed Scholarship: Irene Nimpson
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Leona Peterson, resident of Mount Olivet Home since 2014, will celebrate her 100th birthday on October 16.

Leona was born in 1918, one of a set of twins. Her sister, Leola, and she were the daughters of Myrtle and Gunnard Edstedt. Gunnard was a Swedish immigrant. They had a home in Northeast Minneapolis. When the girls were six months old, their father was killed in an accident at the machine shop where he worked.

For a time, Leona, Leola, and their mother lived with their grandmother. Her mother remarried when the girls were still very young. “We moved a lot of times,” Leona says. “I went to seven grade schools. It was the Depression, and my mother’s husband looked everywhere for work.” They even moved to Milwaukee and Seattle in the search for employment.

But much of her life, Leona lived in this metropolitan area. When she graduated from high school, she did housework to make a living, because jobs were still very scarce. “People today don’t realize how difficult it was during the Depression,” Leona says.

Leona married in 1939. They had four children — Dona, Ronald, Raymond, and Robert. When Dona was eight years old and Robert only nine months, Leona’s husband died of illness.

Leona’s aunt got her a job in the cafeteria at Land O’Lakes, and she worked there for several years. “I liked that job,” Leona remembers. While there, she met her second husband, Martin Peterson, who was a bus driver. It seems a girlfriend gave him Leona’s telephone number and encouraged their romance. He was surprised at the four children that came with her, but he liked them. “He said they were well-behaved kids,” Leona says. They welcomed another child, Marvin. Later they moved to a house in Crystal. “It’s where our kids grew up,” Leona says. Leona lived there until she moved into independent living in Plymouth, where she lived for twenty years.

Today Leona has nine grandchildren, fourteen great-grandchildren, and six great-great-grandchildren. Some live far away, but several live close by and they visit Leona often.

Leona has long crocheted afghans—20 per year for over 25 years, she estimates. “Now I can only do about ten each year,” she says. “A Swedish aunt taught me how to crochet when I was sixteen, and I’ve done it ever since.” A rose-colored afghan is draped on her lap, her crochet hook close at hand. She’s given afghans to her children, her grandchildren, and now to great- and great-great-grandchildren. “I used to make sweaters, too,” she adds.

Leona also kept busy throughout her life with volunteer work. And if you stop in her room, you’ll see one of her oil paintings. She’s done many—now claimed by her family members!

Ask Leona about her long life, and she points out that two aunts on her father’s side lived into their 90s. “Who knows how long my father would have lived had he not had the accident,” she ponders. “I’ve had two bypass surgeries and two kidney stone surgeries, as well as a number of other medical procedures, but I don’t feel that old!” Leona remarks. “I like to have fun!”

Her good attitude and her non-stop crocheting might have played a role in her long and optimistic life! Happy birthday, Leona, from all your friends at Mount Olivet Home!
Spiritual Care,” continued from page 1

able to handle war and life and all its struggles. But often, with aging, there is a mellowing. They give themselves permission to share their stories. Being able to talk about their experiences of war and loss is important in their lives at this time.” And with those conversations about their hopes and fears come “both tears and pride.” Lori immediately adds, “That becomes very sacred. There’s a lot of power and holiness in an individual’s stories.” And many times they provide opportunities for reconciliation and forgiveness.

Although the chaplains are available whenever they are needed—on call 24/7—the importance of family and friends in residents’ lives cannot be overstated. Kari says, “A lot of residents do have friends and relatives close by, but for those who don’t, we established the Friends Program,” a program which recruits volunteers to establish ongoing relationships with residents. The challenge of finding a “friend” who will connect with the assigned resident is a life-giving challenge, bringing great joy and comfort to the resident involved.

Both Kari and Lori talk about the importance of providing “dignity for each individual person”—as they live out their lives and when death comes. “We have several people in hospice here,” Lori says. “And we care for them throughout that time.” Losing a dear resident for whom they’ve cared for and developed a relationship is hard for staff. “There’s a lot of loss here, for residents and staff,” Lori says. “It gets pretty heavy when we lose someone.” Lori and Kari stand ready to listen and assist residents, family members, and staff through those times of grief. Sometimes funerals are held in the Lund Chapel. In addition, Services of Remembrance, held twice a year and to which family are invited, honor those who have died.

As they talk about the people they care for, it is clear both chaplains have found great appreciation and affection for residents, listening to their life stories and walking with them through times of joy and sorrow. Lori says, “This is a resilient generation. They are examples to me.”

Grace Hospice

Grace Hospice was developed three-and-a-half years ago through a partnership with Augustana Care and Mount Olivet Careview Home. It serves people with terminal illness. To date they have cared for nearly 1,000 people. “The hospice philosophy is to have a comfort-focused end of life spiritually, emotionally, and physically,” says Sarah Van Winkle, executive director. “At Grace Hospice we have gone back to the roots of hospice—offering not just physical comfort, but also emotional and spiritual care, for the patient and the patient’s family. By involving the social worker, chaplain, and nurse, we can customize end-of-life care.” The hospice chaplain and spiritual care team serve patients and their families in a variety of ways. Individual spiritual points of view are maintained and respected, regardless of religion or cultural background.

Patients receive hospice care right at their assisted living communities and skilled nursing care centers—like Mount Olivet Home or Mount Olivet Careview Home—or in their private homes. “Our affiliation with Mount Olivet and Augustana has been outstanding,” Sarah says. “It’s a perfect place for Grace Hospice.”

Grace Hospice will sponsor the first annual Hospice Gala, “Legacy of Grace,” on June 24, 6:00-9:00 P.M. at the Highland Chalet in Bloomington. Phone 612.238.0034 for more information.
Mount Olivet Homes’ Auxiliary Looks to the Future

The Mount Olivet Homes’ Auxiliary (MOHA) has been an important component of life at four affiliated Mount Olivet organizations—Mount Olivet Home, Mount Olivet Careview Home, Mount Olivet Day Services, and Mount Olivet Rolling Acres—for generations. With cultural changes and tighter schedules affecting participation in the auxiliary, Mary Slinde, current president of MOHA, says the board is eager to involve more people in both the service-oriented events and revenue-producing projects they sponsor.

Service-oriented events include the monthly birthday parties at Mount Olivet Home and Mount Olivet Careview Home—celebrations residents love. Auxiliary members also staff the Mount Olivet Gift Shop which exists, Mary says, “primarily so residents have a place to shop.” Staff and visitors also enjoy the abundant, interesting inventory of the gift shop. The Fall Fest, too, is designed as a service to residents, providing holiday gifts and crafts as well as great fun.

Revenue-producing projects include the Gala held each fall and the Mount Olivet Garage Sale. Each year, with the income generated by those two events, MOHA has made a significant financial donation to those four affiliated organizations. “They use those funds for a variety of purposes,” Mary says. “Auxiliary members work hard to raise money and know the funds enrich the lives of people served.”

The executive board of the auxiliary currently is looking at its purpose and its membership, hoping to encourage more people to be involved in these service and revenue projects. “So many of our young people work during the week,” Mary says, “and it’s difficult for them to be involved in these projects.” Then she asserts, “But we also have a huge commitment to these organizations. We need to recruit younger women as well as men into the auxiliary.”

Mary emphasizes her point, “I look at my children and their families, and they don’t need these organizations today. But tomorrow—it’s hard to realize how important they are until lives are impacted by the services they offer.” Mary speaks from experience; her mother-in-law was a long-time resident.

The Mount Olivet Homes’ Auxiliary is considering changes that will renew its life and revitalize its work. And that will enrich the lives of residents in many ways.
MEMORIALS AND GIFTS

MOUNT OLivet CAReVIEW Home

IN MEMORY OF:
LOREN & ELISABETH AAMODT
John & Joanna Aamodt
LOUISE & DOUGLAS ANDerson
Janice Schneider
EVELYN BECKSTROM
Paul & Ruth Beckstrom
KATHY BERG
Paul & Mary Olson

DIANE CHRISTENSON
Friends & Family
Beverly Anton
Bruce Carlson
Bruce Carlson
David & Mary Olson
Laurel Grace

SANDY Sather
Carol Skaar
Stephan Skaar
David Strand
George & JoAnn Swanson
Gordon BoeHe
George & Maryly Kotsonas
John & Shirley Nilsen
Edgar & Ebba Carlson
David & Karen Carlson
John & Joanna Aamodt
Sylvia Carlson
Richard & Ann Carlson
Barbara casciaro
Frank Ciaciario
Lisa & Richard Jahnke
Delores Chapman
Allan Block Corp.
Kevin & Judy Lovdal
Judy Christenson
Eva Johnson

DIANE CHRISTENSON
Friends & Family
Beverly Anton
Carol & Greg Carlson
Bruce Carlson
Carol Skaar
Laurel Grace

Sandy Sather
Carol Skaar
Stephan Skaar
David Strand
George & JoAnn Swanson
Joy Siweczky
Patrick Trow
Richard & Sandra Vigen
David Volk
Richard & Fay Yates
Marie Johnson
Clayton Elstad
Judith Johnson
Verde Clinton
Douglas & Darce Sabart
Theon Conner
Edward & Mary Murnane
Dorothy cornils
Christine & Evon Bent
Charles “Cubby” decorseY
George & Maryly Kotsonas
Richard & Sandra Vigen
Agnes Doeken
Betty Oslund
Rube & Bernice Dornfeld
Sandy & Darrell Norling
Rusty Duncan
Eva Johnson
Eudora Dyste
Lisa Dyste
George & Dora Egger
Donald & Anne Egger
Eunice Watson & elinor schultz
Ruth Maddox
Rose envil
Laurie & William Lockner
Ken Erickson
Randal & Shirley Anderson
Cheryl Bach
Barb Bauer
Bruce Lancon
Lyra Erickson
Kathyryn & Steven Wirth
Lin Fan
Yvonne Lo
Muriel & Bill Findell
Edward Findell
Leona Fogarty
Michael Fogarty
Esther Graff
Brenda Boff
EDWIN & EVELYN HanDe
Raymond & Patricia Murnane
Evelyn Hande
Kenneth & Mary HanDe
Marie HaugE
Beverly Miller
Marie HelgemoE
Merlin & Jean HelgemoE
Vincent “vince” HelEing
James & Ann Braden
Susan & Jeffrey Blair
Diane Christenson
Dean & Ann Einspahr
Michael Fogarty
Tara Fortune
Patrick & Lois Gallagher
Perry & Beth Hanson
Jean Heberle
Steven & Molly Kenney
Robert & Joyce Kinsley
Brigid Mary Lockhart
Patricia & Wallace Orfield
Jj & Jim Rutstein
Mark & Colleen Tracy
Lucille & Lloyd Helseth
Jean & Jon Albrighton
Robert “Bob” Helseth
Mary Gosselin
Warren Heyne
Diane & Chris Christensen
Patricia Ann Jensen
Robert Jensen
Loris Johnson
Carolyn & Bill Snow
Delphine Johnson
John & Sally Johnson
Laurene Johnson
Nancy Johnson & Paul Anton
Helene & niles Joseph
Maureen Lally & Bob Ball
Marion Kallin
Joyce & Frederick Muhl
Curtis Kingbay
Carol Kuhl
Toivo & Phoebe KivistO
Jim & Evelyn Barber
Dorothy Koch
Elmer & Jackie Koch
Omer & Dorothy Korshus
Jon & Linda Kornhus
Lori Lindgren
Patricia Lahit & Lou Vietti
Nora Lampland
Faith Armdahl

Merida Lundstrom
Connie & Bob Haithorn
M ужеa Maetzold
Denis & Linda Maetzold
Gale Matz
Mary Ann Matsen
Gary Melin
Jean Melin
Mary Long
Mike Millonig
Naomi Nechtel
Michael Bongaarts & Diane Murphy
Vincent, Patricia & Joanne Bongaars
Sareth & Hjortland
Nancy Lindberg
Tom & Barb McInerney
Barbara Rosenstrach
George Neallas
Adele Wallin
Thomas & June Nellas
Ruby Nelson
Cammie & Roy Olson
Ted & Maria Nelson
Don & Gretchen Nelson
Cora Nygaard
Gary Nygaard
Hank & Agnes Ostlund
Peggy Hanson
Betty Ostlund
Edith Pearson
Clifford Pearson
Judith Pearson
Clifford Pearson
Janet Peterson
George & Maryly Kotsonas
Donna McLain
Steve Peterson
Karen Greupner
Janele Hafferty
Patricia Lahit & Lou Vietti
Nora Lampland
Faith Armdahl

Catherine Lange
Susan Brum
Daniel & Karen Dock
Mary Hessburg
Bruce Matthew
Luan Banko
Hugh & Carol Mesheyne
George Larson
Peggy & James Sipulski
Bud Lindberg
Timothy & Maren Wright
Stuart Lindeman
Jacqueline Lindeman
Albert Lipp
Elayne Lipp
Tom Ludford
Marian Ludford
Mary Ann Rodier
Richard & Marie Rodier
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Joseph & elanor Scheffman
Dave & Paula Scheffman
Janet Schmitz
Ronald Schmitz
Paul Schmitt
Peter & Heidi Youngdahl
HeLEN SchuH
George Schuh
Geraldine Shoberg
Lynn Ziemkiewicz
Meble Shult
Wanda Shult
Arnold “Arnie” Shaker
Carol Skaar
James & Marilyn Smith
Martha & Harold Amsden
Warren Solomon
Virginia Solomon
Bob & Lillie Staples
Edward & Sharon Hoherz
Eric C. Swanson
Bonnie Masson
David Takaoka
Steven Miles & Jeannette Takaoka-Miles
Larry Joseph Thiehen
Marie Thilen
Virgil van Ornum
Stephen & Carol Van Ornum
Marshall Weber, Sr.
Kerol Weber
Howard Whitbeck
Lornda Whitbeck
Harrell Whitfield & Beverly Johnson
Friends & Family
Jerome Zak
Joanne Zak

In Honor Of:
Nancy Bixby
Marsha Bixby
Mary Carlson & The Development Office
doug & Shannah Gillespie
Doris Groth
Frederic & Stephanie Groth
Marion Kallin
Gayle & James Gallaher
Helena Larson
Peggy and James Sipulski
Georgia Taylor
Marsha & John Unthahn
Shirlel Turner
Suzanne & Mike Ralasch
Nancy Wiberg
Joel Wiberg

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Carla & Steven Anderson
Edwin Charles & Joan Anderson
J. C. & Lori Anderson
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Richard & Janice Merwin
Minnesota Vision
Outreach, Inc.
Mary Morton
Mount Olivet Homes’ Outreach
Engelsma Services, LLC

JULY

Wie, Juli 2018
Minneapolis State Arts Board (MSAB) Awards Grant

Mount Olivet Day Services (MODS) was recently awarded a grant for $14,490 from the Minnesota State Arts Board (MSAB)—Partners in Arts grant for a partnership with VocalEssence, which will provide intergenerational music sessions to our adult and child participants through workshops, storytelling, singing, dancing, and other forms of expression.

“Music can be relaxing, restorative, and energizing for people of all ages, and especially for seniors,” said Ginny Cullen, MODS’ adult program director. Studies show that through participation in music, older adults may have a more positive mood, may reduce their anxiety and stress, and may increase their social interactions with both children and adults.

Thank you, MSAB, for your financial support and for the opportunity to collaborate with VocalEssence!

In 1944, during World War II, Staff Sgt. Wayne Sundberg was shot down by German forces, suffering shrapnel wounds in the ordeal, then held as a prisoner of war until freed by Russian forces. He was entitled to receive the Purple Heart, a medal, and was told it would be forthcoming after paperwork was completed. He never received the medal until his family recently found a POW identification card indicating he had been wounded. In December, Senator Amy Klobuchar presented Wayne, a resident at Mount Olivet Home, with the medal.


Congratulations, Wayne, and thank you for your service.
FROM THE DIRECTOR
OF DEVELOPMENT

Dear Friend and Supporter,

With this newsletter, we feature the importance of spiritual care in the lives of our residents. As a “provider of choice,” every aspect of care is very important, so going forward each newsletter will highlight a particular department and the impact they have on our residents’ lives. The importance of skill building is obvious with our dedicated staff members who go above and beyond. See page 2 to meet some of our finest staff members who work fulltime and also go to school to improve their skills to ensure residents have the highest quality of care possible.

I am thrilled that Mount Olivet Day Services received a grant from the Minnesota State Arts Board for a collaboration with VocalEssence for 13 weeks of song and dance for our children and adults! Pure joy!! See page 7.

Congratulations to our centenarian Leona Peterson and resident and veteran Wayne Sundberg, who received a Purple Heart for his service during WWII. Wayne waited 73 years for this! Thank you, Senator Klobuchar, for helping make this award possible. See pages 3 and 7 for more about Leona and Wayne.

And, finally, many thanks to all who supported our year-end fundraising effort. We are so grateful to you for helping us better serve our residents.

Happy spring!

Mari Carlson, Director of Development

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