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
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. 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.

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.

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

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.

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!

Therapy unit named Moose Therapy Center.
See Page 8
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!
MEMORIALS AND GIFTS

OCTOBER 1 THROUGH DECEMBER 31, 2018

MOUNT OLVET CARMEL VIEW HOME
ESTATE GIFT: Mary Lillis Campbell

IN MEMORY OF:
LOREN & BETTY AAMODT
John & Joanna Aamodt
ROBERT “BUDDY” ANDRE
James & Ann Andre
JEFF BARBER
Jim & Evelyn Barber
EVELYN BECKSTROM
Paul & Ruth Beckstrom
JOAN BOLINE
Muriel Johnson
Jeanne Moynihan Myers & James Myers
Joanne Peterson
Sharon Smith
GARRETT BYRNE
Monica Byrne
EDGAR & EBBA CARLSON
David & Karen Carlson
Joanna Swanson
BARBARA CASCIARO
Lisa & Richard Jahnke
DIANE CHRISTENSEN
H.D. Christensen
GORDON CLIFFORD MOE
Charlene Meuwissen
THEON CONNER
Edward & Mary Murmane
DOROTHY CORNILLS
Christine & Evon Bent
CARL DUWEAPATCHI
Thilani Jayasekera
EUDORA DYTE
Lisa Dyste
PAUL & ELIZABETH CARTWRIGHT
SIGGARD & LILIAN RUDI
Eileen & William Cartwright
RICHARD RUDOLF & EDITH COOPER
Nita Rudolf
ROSE ENVI
Laurie & William Lockner
LIN PAN
Yvonne Lo
MIURIEL & WILLIAM FINDELL
Edward Findell
LEONA FOGARTY
Michael Fogarty
ADELE WALLIN & GEORGE NELLAS
Thomas & June Nellis
DOROTHY GISVOLD
George & JoAnn Swanson
ESTHER GRAPF
Brenda Boff
IDELA GRISBRY
Toni Pettiford
HAROLD & DORIS GROTH
REUBEN & MARGARET LANGHANS
Fredric & Stephanie Groth
GARY HACKENMUELLER
JoAnn Huckle
EDWIN & EVELYN HANDE
Raymond & Patricia Hartman
EVELYN HANDE
Kenneth & Mary Hande
DEREK HANSEN
Marcia Dwight
ELEANOR HEEGAARD
Friends & Family Accredited Investors, Inc.
Joan & Dan Arbach
Steven & Linda Brandt
Carol Burling
Ann Freeman
Katie Heckman
Bill Heegaard
Chuck Legros & Karen Heegaard
Eric Heegaard
Julie Heegaard
Roger & Cheryl Heegaard
William & Mary Jacobs
Jane Kohlen & the book club
Leo & Kay Kurz
Kimberly Jo Palmer
Margaret Rudeen
Paul & Barb Schlafer
Kila Syven
Sue LeGro & Greg Thompson
Jacqueline White
Margaret Wilcox Browning
MARIE HELMGEOM
Merlin & Jean Helmgemo
MARIA HIBBARD
Gerald & Shirley Hibbard
Marilyn Ernst & HOWARD TYREE
Sharon & James Tyree
JONE BOLINE & JOHN BOLINE
Marlys & Lefty Martinez
DALE NELSON
Laurelle (Micky) Pearson
Lillian Rovik
John & Beata Rydeen
Nancy & Rick Wiens
EVA JOHNSON
Muriel Johnson
MARIAN KALLIN
Gayle & James Gallagher
CURTIS KINGBAY
Carol Kuhl
LOWELL K. KLEVEN, M.D.
Janice Kleven
Jim and Pat Lehmann
DOROTHY KOCH
Elmer & Jackie Koch
DONALD KOCKX
Opal Kockx
ISABEL KUEHN
Sandra & John Kuehn
MARVIN LABELLE
Caren LaBelle
STUART LINDMAN
Jacqueline Lindman
ALBERT LIPP
Elayne Lipp
TOM LUDAFORD
Marian Ludford
HUBERT OLSON & MARION VRIEZE
Susan & Brad Olson
GALE MATSON
Mary & Max Kueser
MARY MILLION
Mike Millong
VICTOR MOOSE
H.D. Christensen
JUDY NELSON
Michael & Linda Korman
RUBY NELSON
Cammiene & Roy Olson
RAYMOND NOHER
Richard Noher
KAREN “KAY” ORNER
George & JoAnn Swanson
HANK & AGNES OSLUND
Peggy Hanson
Betty Oslund
GORDON & CLARETTA PETERSON
Margaret & Robert Berlute
EVELYN QUILLIN
Dan Quillin
MARY ANN RODIER
Richard & Marie Rodier
ARNOLD & JOYCE RUDI
Eileen & William Cartwright
DONALD SAMUELSON
Patricia Samuelson
ADA SATRE
David & Joy Anderson
MARI JEAN
Eugene Sauer
JOE & ELEANOR SCHEFFMAN
Dave & Paula Scheffman
LILLIAN SCHMITT
Ronald Schmidt
MARION SCHOFER
Forrest Schoeller

We apologize if your name was omitted or misspelled. Call Tyler at 612.821.316 for corrections.

HELLEN SCHUH
George Schuh
GERALDINE SHOEBERG
Lynn Ziemkowski
MERLE SHULT
Wanda Shult
ARLINE SKAAR
Carol Skarholt
ARLENE STRAND
D & B Balston
Tavis & Susan Strand
FLORENCE THOMPSON
H.D. Christensen
SHIRLENE TUNNEY
Suzanne & Mike Rauh
STEVEN WILLIAMS
Lorna Williams

IN HONOR OF:
NANCY BIXBY
Marcia Bixby
JEAN GRICH
Yvonne Marie Bradford
LEROY JACOBs
Janice Schneider

GIFTS:
Patti Albrecht
Eunice Albright
Jean & Jon Albrighton
Clyde & Lois Allen
Bruce & Janet Anderson
Dorothy Anderson
J.C. & Lori Anderson
Anonymous
Betty Buer
Marian Birkeland
Lowell & Jeanine Bliss
Richard & Mary Ann Bue
Bulls Insurance Agency LLC
Judy & Douglas Cannady
Jennifer Carlson
Richard & Mari Carlson
Cliffon & Carol Allen, LLP
Kathy & Charlie Cunningham
Marileen Dorn
Bruce & Mary Jane Engelska
Daniel Engelska
Linda Evans
Oni Fan
Fredrick & Barbara Ferris
Doug & Shannon Gillespie
Mary Gosselin
Lorraine Hanson
Gloria Helgren
Cort & Diane Holten
Nick & Carolyn Hulbe
Carol & Harold Haugen
Kevin & Deborah Huggett
Shirley Huskins
Kristina Jommar
Marsha Iwan
Ruth & Ken Jarcho
Martha Johnson
Mary H. Johnson
Gary & Marilyn Kamps
Sherry & John Kapanke
Mary Knarson
Tekla Knarson
George & Marilyn Konorsen
Kraus-Anderson
Construction Company
Maureen Lally & Bob Ball

TRACIE & Greg Maloney
Bernice Matike
Sandra McCalvy
Donna McLean
Jean Melin
Janice & Merwin Beverly & Jack Miles
Minnesota Vision
Outreach, Inc
Mount Olivet Homes’ Auxiliary
Noel & Karen Muller
Cathy Nelson
David & Mary Nelson
Janet Nelson
Bonnie, Joyce, & Vivikka Niehaus
Barbara & Jon North
Murray Riley Owens
Claire Peper
Janet Peter
Dallas Petersen
Dorothy Peterson
Palmer Peterson
Ronald & Jeanette Pieri
Gail Podany
David Price
Shirley & Bruce Robbins
Dean & Marguerite Rosenow
Virginia Ross
Lillian & William Rovik
Jeanette Rupe
Douglas & Darce Sabat
Pam & Ronald Sailer
Cliff & Sandra Sandstrom
H.L. & Jo Flora Saylor
Fred & Donna Seebinger
Audrey Sherman
Ronne & Susanne Spencer
George & JoAnn Swanson
William & Pamela Telleeen
Richard & Sandra Vigen
William Von Hassel
Washburn McReay
Funeral Chapel
Lisa Warren
Beaver Beverly
Timothy & Warrin Wright

PAYROLL PLEDGES:
Tammy & Steven Nelson
Roger White

THROUGHT CHOICE:
Chris & Jim Duchow

GIFTS IN KIND:
Glenn & Carole Bolles
Marilee & Roger Griffin
Linda Lousbary

GIFTS:
Benefit Extras, Inc.
Hi Tech Roofing, LLC
Matt & Ritva Listie
Mount Olivet Homes’ Auxiliary

MOUNT OLVET DAY SERVICES

IN MEMORY OF:
KENNETH GLASS
Robert Glass
MARIE HALG
Beverly Miller
ADELAIDE HYSTROM
Gail & Michael Foster
DAVID LUND
Michael Lund
JUNE ROBERTS
Joanne & Philip Roberts

IN HONOR OF:
HELEN LARSON
Peggy & James Sipsalki
HERB PAGE
Greg & Deb Page

GIFTS:
Anonymous
Best Buy
Ginny & Kelly Cullen
Shirley Huskins
Karen L. Johnson
John Vick & Jan Kispert
Carol Moller
Mount Olivet Homes’ Auxiliary
Scott Niemeyer
Lance & Trudy Olson
Dick & Antoinette Pelinka
Phyllis Porter
Janet & Ben Presley
Dennis & Claudia Seemann
Richard & Mary & Mark Matthew & Melissa Tews

GIFT IN KIND:
Ginger Downing

THROUGHT CHOICE:
Anna Nekola

GIFTS:
Benefit Extras, Inc.
Hi Tech Roofing, LLC
Matt & Ritva Listie
Mount Olivet Homes’ Auxiliary
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.

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 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.
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.