

Reflections on Green Lake

December 2011

Guardian Angels Honor 12 Employees

At the 1:30 p.m. All Staff Meeting on September 29 the *Guardian Angels* of Parmly honored twelve staff to say, “Thank You for the hard work you do. We appreciate you and want you to know it does not go unnoticed.”

As reported in the employee bi-weekly newsletter, *Campus Chatter*, the residents of Parmly created this program and special group the “Guardian Angels”. The purpose of the program is for the residents to be actively involved in a nutritious, wholesome, and healthful home for themselves and the staff. Through this program, the residents hope to create more communication and develop friendships between themselves and staff. In addition, residents want staff to know they appreciate the care, “extra things”, and camaraderie. Residents also want staff to know they empathize for staff when having a “bad day” and still providing quality care.



Members of the Parmly Resident Council express their gratitude at the September 29 All Staff Meeting. Left to Right are: Eileen Hendrickson, Pat Videen, and Evelyn Peterson.

Below staff are greeted and thanked by Resident Council.



The “Guardian Angels” program works through residents sharing their “above and beyond” experiences with staff to the “Guardian Angels”. Each month the “Guardian Angels” select four staff to be announced and honored during All Staff.

Innovate, Empower, Honor

Congratulations to the staff honored by the “Guardian Angels”

*Samantha Anderson
Bonnie Nutter
Carol Runeberg*

*Diane Dahl
June Opela
Hank Smith*

*Polly Eley
Jodi Raboin
Jacky Sumner*

*Tina Lind
JoAnne Robertson
Deb Wilson*

Parmly Community Council

Dorothy Grandstrand, Chair
Gordon Meland, Vice Chair
Donald Bungum
Bonita Carlson
Rob Collins
Rosemary Hoolihan
David Johnson
Jim (Moose) Malmquist
Dr. Peter Overgaard
Donald Peterson
Donna Peterson
Rev. Dean Swenson

Ecumen Parmly LifePointes

28210 Old Towne Road
Chisago City MN 55013
651-257-0575; Fax 651-257-0579

Housing Options

Point Pleasant Heights
651-257-4035

Lakeview Apartments
651-257-0581

Vindauga View Apartments
651-257-7333

Memory Bridges

Margaret's House
Isabelle's House
The Cottages
651-257-7332



The Residence
651-257-0575

Community Connections

At Home Care
651-257-7337

Transit Plus
651-257-7327

Adult Day Club
651-257-7947

Meals on Wheels
651-257-0580

Vitalize!

Wellness Centre
651-257-7957

Studios of Art
651-257-7956

Web Sites:

Parmly.org
Ecumen.org



A Message from Mary Cordts, Executive Director



As I prepared to address our dedicated donors at the annual Donor Dinner held in November, I reflected on our history of service and the events of 2011. With an economy in dire straights, the 2011 legislature cutting our rates; elderly waiver payments cut 5% for the past two years, the Residence experiencing a 12% Medicare rate cut in November; South Chisago County Meals on Wheels losing its funding from Chisago County –

I wondered if I would be reporting a future of gloom and doom, which I am happy to say, I am not.

Instead, I have a message of joy, continued growth, and excitement surrounding our 107th year, meeting our mission of serving seniors and creating home.

Parmly was named one of 17 facilities in four states throughout the nation to be part of a quality project in a national movement to transform nursing home care. The project is sponsored by *Center for Medicare & Medicaid Services*, *Stratis Health*, and the *University of Minnesota*. The other states participating are Florida, California, and Massachusetts. We will take part in this national initiative by providing feedback and involvement before the writing, adoption, and implementation of new federal rules in nursing homes throughout the United States.

Speaking of national recognition, you may have read about us in the *Wall Street Journal* or the *New York Times* regarding our involvement with *Ecumen* and the *Awakenings* program, a drive to significantly reduce psychotropic medications in seniors. We are succeeding.

The transformation of Park Side Terrace at the Residence and the completion of the patio and gazebo at Point Pleasant Heights became a reality this summer making time spent outside an enticing option for our clients. Adult Day Club is coming to completion of a significant facelift. The Studios of Art launched with woodworking, zumba classes, and destination bus trips filling its calendar. These recollections continue with stories of pride and recognition.

As the clients, staff, donors, board members, volunteers, families have demonstrated, we have truly come together as a community creating remarkable services that make a difference in many lives.

Thank-you for being a part of the enduring mission. What will our 108th year hold—challenges I am sure; but, also 2012 is our next round of strategic planning and focus groups, so the sky is the limit—let us dream together!

We hope you enjoy receiving "Reflections on Green Lake" and learning about Ecumen Parmly LifePointes. However, if you want to be taken off our mailing list, please call 651-213-2744.

The Spiritual Side of Christmas at Parmly LifePointes

by Pastor Ron Gerl



I will never forget the story I heard last Christmas when the daughter of a resident brought her mom back from the family Christmas dinner at her home in Scandia. The resident said, "I'm so glad to be home!" The value of that simple statement has great meaning. If we look at the spiritual side of Christmas at Parmly LifePointes, we understand why.

Besides the decorations that will adorn the different neighborhoods and besides the delectable foods associated with yuletide celebration there is an aura of pervasive love and warmth. It is amazing to witness the gratification of nursing assistants as they carefully help residents dress in seasonal attire from their wardrobes, including Christmas jewelry for the ladies. Joyous activity bustles with preparation to send Christmas Shoe boxes to poor children in the world. The choir practices every week so they can celebrate the birth of Christ with special music at the Christmas Eve worship in the Parmly Chapel. Gift opening is more than an afternoon program because staff have silently claimed a resident as their personal family and bought them anonymous present.

Home for those who live at Parmly LifePointes is not simply a place to dwell but it a place where they experience love and care as well as meaning and purpose. Home is where people put the Christ in Christmas and always want to go at the end of the day. Christmas is not simply a religious festival at Parmly LifePointes; it is an atmosphere of continuing spiritual well being.

Devotions Wanted for Lenten Devotions Book

Last year residents, tenants, families, employees, and volunteers overwhelmingly submitted reflections for the *2011 Lenten Devotion Book* that was the best ever. Many stories included first hand encounters representing the heart and soul of Parmly LifePointes from personal perspectives.

We are hopeful that we will experience another splendid response to this year's devotion appeal for the *2012 Lenten Devotion Book*.

To share your personal story or stories of faith and inspiration, please send them to Pastor Ron Gerl by mail to 28210 Old Towne Road, Chisago City, MN 55013 or email at RonGerl@Ecumen.org, before February 8, 2012.

Books will be available for *Ash Wednesday*, February 22.

Featured Artist Margaret (Margie) Jenniges

Margie is a Lindstrom artist who enjoys painting memories of the "good ole days" and scenes and subjects that she holds near and dear.

You can find Margie at Gustaf's Up North Galleries where she works and displays her paintings.

Join us for the art show's opening reception
December 14, 1:30 to 3:00 pm at
Vitalize! Art Gallery.



Honoring Heritage Circle Members

Maryann & Dick Bjorkman
Dick Brennan
Wallace & Irene Carlson
Mary Cordts
Roger & *Julia*† Erickson
Carol Johnson Flynn
John & Chris Frankson
Dale & Becky Fredell
Don & Dottie Frenning
Rev. Don & Eunice Fultz
Charles & Dorothy Grandstrand
Andrea Hinding & David Holst
Edsel† & Mignon Johnson
Harold† & Vera Johnson
Les & Lil Johnson
Paul A. & Betty Johnson
David & Mary Jo Monson
Pearl Nelson
Wayne & Janice Nickelson
Donald Olson
Don & Dolores Peterson
Sally Rajamaki
Rodney & *Eleanor*† Shogren

† indicates deceased

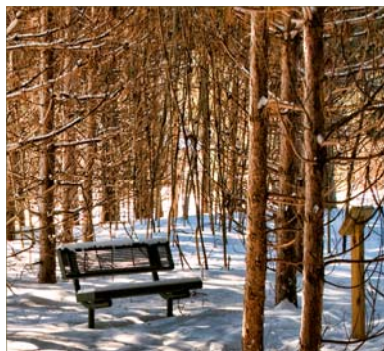
“Parmly Prayer Path ” by Carol Seefeldt



Parmly's 2011 Christmas card features our Prayer Path. The Prayer Path was a dream of Pastor Ron's Spiritual Committee and became a reality because of donations from individuals who value our spiritual foundation. The Prayer Path is only one of many special additions and features incorporated into Parmly's services only because of the benevolence of individuals who partner with us in mission.

Carol Seefeldt is a local photographer and Parmly volunteer took the pictures for this year's card and the artist of the 2009 "Beauty of Aging...With Dignity", the first art exhibit in the *Vitalize! Wellness Centre*.

Blessings to you and your family for a joyous Holiday Season and 2012!



Year-End Gifting

At the end of the year, many people traditionally donate to charities and non-profit organizations. Each November, Parmly mails a Christmas card along with an ornament and return envelope for year-end gifting. Putting Ecumen Parmly LifePointes on your giving list is a great way to show support for seniors and our mission of "creating home for older adults wherever they choose to live".

To send a year-end gift in honor or memory of a loved one, please complete the backside of the ornament for the Parmly Christmas trees and send it back with your gift in the return envelope.

Another way to give a year-end donation, is a gift from your IRA. If you are 70-1/2 years old or older, this can be done without any undesirable tax effects. Funds are transferred directly from your IRA to a qualified public charity 501 (c) (3).

Maximize a gift by applying for matching funds from a current employer or previous company if you are retired. Some companies provide matching funds if you volunteer.

If you have questions or would like to discuss gifting, contact Becky Fredell at 651-257-7956 or e-mail beckyfredell@ecumen.org.

“Noodlin’ It Up for Parmly” Supports South Chisago County Meals on Wheels



Nearly 300 local community members came out to support the South Chisago County Meals on Wheels program by attending the 23rd annual “Noodlin’ it up for Parmly” Spaghetti Supper. The event was held at Elim Lutheran Church on September 29 and

received supplemental funding from the Scandinavian Auction and Washington County Thrivent Financial for Lutherans.



This year’s supper was important to the ongoing efforts to raise operating funds for the South Chisago County Meals on Wheels Program that has experienced the elimination of grant and county funding.

In its 33rd year, South Chisago County Meals on Wheels provided 11,416 meals to seniors. Projections for 2011 are for over 11,500 meals. The program provides high quality nutritional home delivered meals to individuals age 60 and over in a 10-mile radius including the towns of

Shafer, Center City, Lindstrom, Chisago City, Wyoming, and Stacy.



Many local businesses and over 40 volunteers donated gifts and their time, talents, and services to the event. Parmly is fortunate to have a kind-hearted, hard-working, dedicated team of supporters and volunteers. The event raised \$4,300 for the program.

For more information about South Chisago County Meals on Wheels contact Jackie Law at 651-257-0580 or Paula Hanson at 651-257-7954

Meals on Wheels Honors Volunteers



On October 13, over 200 individuals joined together at Zion Lutheran Church for the annual gathering hosted by South Chisago County Meals on Wheels to thank and honor them for their volunteer service, commitment and support.

Since November 1977, the need for home delivered noon meals has grown from five meals to an average of 50 meals daily. Eight route coordinators work with over 250 volunteers to organize five delivery routes five days a week, 52 weeks a year. Thank you for your dedication and devotion to local community seniors!

Correction: It was erroneously reported in September that Donna Johnson’s Team was the Mixed Division first place team. When in fact it was Donna Peterson’s Team.



Mixed Division

- 1st—Donna Peterson’s Team— 30
(Pictured Above)
- 2nd—Plastic Products, #1—32
- 3rd—Don Pauley’s Team—34

Ecumen Parmly LifePointes Community Outreach Programs

Your Mom needs to have more fun! And so do you.

Adult Day Club

We provide daily services and amenities loved ones need and enjoy, without the overnight stay.

Monday—Friday 8:30 am to 3:00 pm

- Transportation from your door to ours
- Social Activities & Outings
- Bathing & Hygiene Services
- Medication Assistance
- Speech, Occupational & Physical Therapies

Call for a free "Guest Pass" 651-257-7947



Transit Plus

Our Special Transportation Certified drivers provide seniors with affordable transportation to keep them independent.

Seven days a week, 7:00 am to 5:00 pm

- Medical appointments
- Shopping and outings
- Handicapped accessible vehicles
- Door-to-door Service
- Extended service by appointment

*To arrange transportation services,
call 651-257-7327*

Vitalize! Centre

Designed for individuals age 50 and over. The center offers classes and activities that involve physical, emotional, intellectual, vocational, social and spiritual opportunities.

Seven days a week, 6:00 am to 10:00 pm

- 3-lane warm water lap pool
- Personal training
- Massage therapies
- Studios of Art & Dance
- Wood Shop
- Coffee Talks

Call 651-257-7957 today for a tour

Meals on Wheels

Volunteers deliver hot noon time meals within a 10-mile radius of Parmly, including Shafer, Center City, Lindstrom, Chisago City, Wyoming, and Stacy.

Available Monday—Friday, excluding holidays

- In-person assessments
- Menus developed by Licensed Dietitian
- Friday option for weekend meals
- Individuals age 60 and over or severely physically handicapped may qualify

Call 651-257-0580 for eligibility or to volunteer

Out-Patient Therapy

We excel in working with hospitals, doctors, and patients to provide quality outcomes that support the whole-person.

Seven days a week, 8:00 am to 4:00 pm

- Aquatic Therapy
- Speech, Physical, & Occupational Therapy
- Freedom through Functionality Program
- Transportation available by appointment
- Certified and trained professional staff
- Doctor referral required

For more information call 651-213-2748

Ecumen Parmly LifePointes Community

Parmly Volunteers Join *Feed My Starving Children* Mobile Pack Event

On Saturday, October 29, 20 Parmly Volunteers joined over 800 Chisago Lakes community volunteers pack 163,512 meals for the *Feed My Starving Children* mobile pack event at the Lakes Free Church in Lindstrom. *Feed My Starving Children* is an organization that sends food to struggling communities in over 70 countries and implements food programs in schools and other local groups. Scientists from two Minnesota companies, General Mills and Cargill, developed a dehydrated mixture of chicken, rice, soy, vegetables, 20 vitamins and minerals that when combined

with boiling water makes a great tasting "Rice Hot Dish", greatly impacting the health and well being of children around the world.

Because of all the caring, committed Chisago Lakes volunteers over \$38,000 was raised to pay for the packaged meals. Of this, \$771 was raised by the Parmly Resident Council and through Chapel offerings. The meals will feed 448 children for one year.



Fly Into the Studios of Art & Wood Shop

Snowbirds or Non-Snowbirds use your creativity and skills to build birdhouses for the **Birdhouse Parade of Homes Competition**
March 30, 2012

An esteemed panel of Bird-Brained Authorities will judge all entries.
All participants will be "Guests of Honor" at the ***Birdhouse Ball, Saturday, April 7th, 2012***

Entry Categories:

- ✦ **Functional** (actual birdhouse for our feathered friends)
- ✦ **Recycled Materials** (including remodeled birdhouses)
- ✦ **Decorative/Non-functional** (paper-mâché, cookie dough, etc)
- ✦ **Theme** (famous birds you know and love, Wizard of Oz, etc.)
- ✦ **Decorated** (pre-built—you buy & decorate)
- ✦ **Team built & decorated** (Studios of Art person & Woodshop person)

A Grand Prize will be awarded as well as Prizes for each category!

Contest Guidelines:

- All entries and entry forms due by March 30, 2012.
- Birdhouses must be made & decorated or at least decorated in the Studios of Art or the Studios Woodshop.
- Find or purchase your own supplies.
- Take a Studios birdhouse building class or come to the Studios/Woodshop during Birdhouse Building Group
- Meetings Fridays 9-11 beginning January 6th. (members free, non-members \$3 per meeting)

Entry forms available at *Vitalize! Centre*, **Studios of Art & Woodshop**
10720 282nd Street, Chisago City, 651-257-7956





28210 Old Towne Road
Chisago City, MN 55013

Non-Profit Organization
U.S. Postage Paid
Chisago City, MN 55013
Permit No. 38

Return Service Requested



Our Mission

*We create home for older adults
wherever they choose to live.*

Our Vision for “Changing Aging”

*We envision a world in which
aging is viewed and understood
in radically different ways.*

Upcoming Events & Activities

December

- 14 Margaret Jenniges Art Exhibit Grand Opening Reception—1:30 to 3:00 pm
- 20 Residents Christmas Party
- 24 Christmas Service—9:15 a.m. in the Parmly Chapel

January

- 6 Birdhouse Parade of Homes Competition, First Weekly Meeting—9:00 am to 11:00 am

February

- 8 Devotions Submission Deadline
- 16 Point Pleasant Heights Candlelight Dinner
- 22 Ash Wednesday
- 23 Residence, Vindauga View, Margaret’s House, Isabelle’s House & Cottages Candlelight Dinners
- 25 Lakeview Apartments Candlelight Dinner
- 29 Margaret Jenniges Art Exhibit Closes