
Cerenity Senior Care of White Bear Lake CARING BEARS' REVIEW

1957 ~~~ Celebrating Fifty Years of White Bear Care ~~~ 2007

Issue LXXI

July / August / September 2010

Summertime, and the livin' is easy. So claim the Gershwin brothers.
(It may be easy, but it's certainly not boring!)

Please refer to our monthly calendars for a complete schedule of upcoming summer activities.



It is with great excitement I share this news:
Cerenity Senior Care of White Bear Lake has been recognized
as a 2010 recipient of the Silver Achievement in Quality
National Quality Award presented by
the American Health Care Association (AHCA)
and the National Center for Assisted Living (NCAL).
The AHCA and NCAL are trade organizations with
approximately 11,000 members nationwide. This year,
271 organizations from across the U.S. applied for the award,
but only 38 organizations nationwide received the award,
three in Minnesota. We will officially accept this award at the
AHCA/NCAL National Convention in October.

- Facilities which apply for the Silver Quality Award must
- demonstrate positive performance outcomes that evolve from sustainable approaches to the core values and concepts of visionary leadership
 - focus on the future
 - display resident-focused excellence
 - manage through innovation
 - focus on results and
 - create value.
- The National Quality award program is based on the core values and criteria of the Malcolm Baldrige National Quality Award Program.

This is an accomplishment we intend to share with all of our stakeholders, including residents, tenants, patients, staff, volunteers, family members and certainly our supportive community.
Without all of these stakeholders our campus would not be what it is today.

Congratulations to each of you for your part in making
Cerenity Senior Care of White Bear Lake a Silver Quality Award recipient.

(This congratulatory message is from our Administrator, Greg Baumberger.)

Another Silver Award Story

On June 5, our residents received a special gift from Girl Scout Troop 52449 of Chippewa Middle School in Shoreview. Ellen Brough, Sophie Gaschott, Muriel Kennedy and Nicole Lindsoe presented *Dignity Quilts* which they had created as part of their *Girl Scout Silver Award* project. These *Dignity Quilts* will be used when a resident passes away. Instead of the body leaving our campus in an impersonal, functional-only carrier from the mortuary, the resident will now be escorted by staff members and covered with one of the special quilts. The quilt will then come back into our home and remain on the empty bed while the family packs their loved one's belongings.

(This story continues on the next page, accompanied by photographs.)



Lorraine Padden and Elvira Fohrman gratefully accepted the quilts on behalf of all our residents. Millie Jepson was the lucky winner of the door prize during a social hour sponsored by the Scouts. Residents were also given an opportunity to create a pillow-to-keep using scraps from the quilt project. Each Scout devoted **50 hours** toward the community service and leadership components of the *Silver Award* requirements.



Smiles tell the story! On June 7, 8 and 11, Ann-Marie Lousine-Thomsen brought her love of rhythm and movement to our residents as they converted meaningful reflections of their lives into creative movements, ending with our Creative Movement Celebration, pictured right.→



Our "Art Camp" was sponsored by MELSA, the seven-county library system consortium in the metro area, and was coordinated by the Minnesota Creative Arts and Aging Network in partnership with COMPAS (Community Programs in the Arts).

MELSA is providing support for 24 "Art of Aging" camps led by professional artists at senior housing sites in the metro area from January 2010 through June 2011. Cerenity, nominated through Ramsey County Library / White Bear Lake, was one of the sites chosen! This program is funded in part with money from the vote of the people of Minnesota on November 4, 2008, which dedicated funding to preserve Minnesota's art and cultural heritage; and also supported in part by funds provided by the Minnesota Regional Arts Council (MRAC) from an appropriation by the Minnesota legislature.

Lessons Learned by Stephanie Ritter, Administrative Intern

Reading books, writing papers and taking exams have all been components of my college education, but the most important lessons I've learned and the best education I've had thus far has been during my internship here at Cerenity. The staff, residents/tenants/patients, family members and volunteers

I've been so blessed to work with this year have been the best teachers I could have asked for.

One of my favorite lessons learned is that even on the cloudiest of days, you can count on the residents to send sunshine your way and put a smile on your face! There truly is a small-town, family-style culture here, and it's wonderful to see that come to life on a daily basis. My year-long internship has flown by, and come August 6th, I will officially be graduated and off into the "real world."

I want to say **THANK YOU** to everyone who contributed to my learning and growth this year.

I am so grateful to have had such a rewarding experience. ☺



WE EXTEND BIRTHDAY WISHES TO THE FOLLOWING RESIDENTS

Lucy Guess, July 1 ... Jake Bozony, July 4 ... Carole Wilke, July 7 ... Pearl Prostka, July 8 ... Virginia Einfeldt, July 9
Annemarie Olson, July 10 ... Kathryn Relitz, July 11 ... Rodger Gardner, July 13 ... Theresa Wilson, July 15
Bergit Trautz, July 18 ... Evelyn Lundell, July 22 ... Ervin Streier, July 26 ... Kathleen Lovell, July 29

Carl Storrey, Aug 4 ... Mathilde Luther, Aug 8 ... Myron Organ, Aug 12 ... Edna Yunkherr, Aug 14
Margaret Greig, Aug 15 ... Roger Krummel, Aug 15 ... Dorothy Siusta, Aug 15 ... Marlene Casper, Aug 16
Dorothy Moore, Aug 16 ... Robert Ligday, Aug 26 ... Geraldine Pomahatch, Aug 28 ... Mildred Jepson, Aug 29
Barbara Krummel, Aug 30 ... Elaine Paar, Aug 30 ... Elvera Plocher, Aug 31

Gilbert Hanson, Sept 1 ... Anne Tomsich, Sept 6 ... Hazel Freudenberg, Sept 14 ... Bob Hardy, Sept 14
Gertrude Hannah, Sept 16 ... Richard Hoekstra, Sept 17 ... Dolores Moeller, Sept 17

WE EXTEND SYMPATHY TO THE FAMILIES AND FRIENDS OF

Olga Anderson, Jinsaeng Chung, Robert Gruber, Kathryn Jenkins,
Shirley Jensen, Geraldine Jorgensen, Viola Kopel, Etrulia Latchaw,
Robert Marvin, Patricia McGovern, Bernadette Metz, Gust Mondo,
Harriette Mueller, Mildred Murawski, Eugene Newberg, Gerald Oestreich,
Carl Pelzer, Dorothy Ricci, Cleo Soderstrom, Barbara Stallings, and Shirley Warner.



Four **Neighborhood Picnics** are scheduled in July and August.
Please join us as we celebrate the smells and tastes of summertime!

July 15 – Cedar Terrace ~~ July 22 – Cypress Court
August 4 – Oak Crossing ~~ August 5 – Oak Crest

The Spirituality of Culture Change — a message from Chaplain Scott Cartwright

[This article originally appeared in *Connections*, a newsletter shared by all five Cerenity Senior Care sites. As you read, you will notice the writing promotes a Cerenity-wide perspective.]

The world of caring for and with seniors has been buzzing for a number of years with the phrase *culture change*. I first heard it in the context of the Eden Alternative philosophy which seeks to change nursing homes from institutions that define care as *medical treatment* to homelike environments that define and nurture true care as *helping one another grow*. In unique ways, each of our Cerenity facilities has been pursuing this type of *culture change* for many years. And a lot has been accomplished!

No matter the specifics, at its heart, *culture change* is a spiritual matter. That is, it's grounded in God's care for us and our mission to care for and with those around us.

The cultures of care within our Cerenity facilities are already very good but can also be improved upon. Perhaps identifying some of the spiritual aspects of *culture change* will assist us in opening up an even better future.



I recently heard a speaker say that the most ancient root of the word for God is *home*. Interesting. In a spiritual sense, perhaps our deepest identity, longings and belongings as human beings have to do with *home*.

So, for our elders, and for all of us, changing the culture for the better means not settling for simply *homelike* but aiming for the ultimate good – *home* itself. What makes for *home*.

A number of years ago, Jean Vanier founded L'Arche in order to serve the needs of cognitively-disabled individuals. This was done by creating small social communities within which disabled individuals (core members) were paired up one-on-one with non-disabled individuals (assistants) to mutually care for one another, to live with each other 24 / 7, to share and celebrate life together.

Sensing a deep rootlessness and restlessness in his life, Father Henri Nouwen, a renowned professor, writer and pastor, left Harvard in the late 1980's and moved to a L'Arche community in Toronto called Daybreak.

There he was paired with a profoundly multiply-handicapped young man named Adam – to take care of him. At first it was very difficult. Adam was completely dependent.

Father Nouwen was awkward and fumbly and nervous about making mistakes.

But the other, more seasoned assistants continually encouraged him, saying, "Keep at it, Henri. You're just getting to know Adam. Pretty soon you'll be an old hand. Pretty soon you'll *love* him."

In his book, *Adam: God's Beloved*, Father Nouwen writes that after a while, he no longer felt awkward, fumbly and nervous. And, after a while, he realized he no longer felt restless and rootless. Because after a while, in caring for and with Adam, in *living with* Adam and getting to know him, Henri discovered that he had grown to *love* Adam and the others in this community of mutual care. Henri finally was *home*.

If positive culture change equates with *home*, what makes for home?

One way to answer that question is this:

Home consists of (1) living with (2) loving (3) loving with.

Consider these questions regarding future *culture change* for Cerenity.

- Am I at home here? If not, am I willing to somehow make a *home* for myself here?
- How can I help to make this the best *home* possible for those who live and work here?
 - In what sense do I *live with* those who live and work here?
 - Am I willing to *live with* them even more fully?
 - Have I grown to *love* those who live and work here?
If not, am I willing to risk growing to *love* those who live and work here?
 - How can I help to nurture an atmosphere of *loving with*?
That is, how can I nurture an atmosphere of *mutual care*,
of helping each person to reach out to others in love?

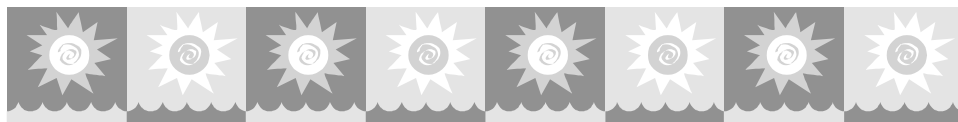
In answering such questions, we are on holy ground,
pursuing spiritually-grounded *culture change*.

May God continue to bless you and your Cerenity community of care,
through the wonderful opportunities for *culture change* ahead!

Let us find a shady wady
Pretty little brook,
Let us have some candy handy,
And a picture book.

There all day we'll stay and play
And never mind the heat,
While the water gleaming, streaming,
Ripples round our feet.

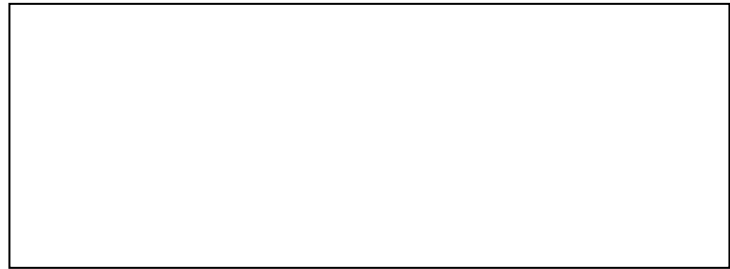
And we'll gather curly pearly
Mussel shells while bright
Frightened minnows darting, parting,
Scurry out of sight.



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CHANGE SERVICE REQUESTED

Newsletter Staff for
July/August/September Issue
Greg Baumberger
Silver Award Appreciation
Chaplain Scott Cartwright
The Spirituality of Culture Change
Helen Gehrenbeck
Volunteer Column
Jeanne Lintner
Layout, Typing, Editing, Photo Stories
Stephanie Ritter
Lessons Learned



Do You Have A Little Extra Time?

We want to express our thanks to all our volunteers here at Cerenity Senior Care. Special thanks are due to the 916 N.E. Metro students, and all the students from other area campuses. Our appreciation, too, to the student Ambassadors for their assistance with Bingo during the school year. We hope you'll come back to see us often.

There are many new and exciting opportunities for volunteers as we begin our summer activities. A special request: We need volunteers to assist with Bingo from 7:00 to 8:30 p.m. on Mondays.

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