

News & Notes

IT'S A SEASON OF GRAND OPENINGS

PROJECT
REVITALIZATION

PROJECT REVITALIZATION ROLLS ON INTO 2024!

You've likely seen that construction is underway for a new entrance and activity space in **The Courtyards**, **The Lantern** rehabilitation program area, and the **Health Care Center** dining and activities space. However, we've also seen a few grand openings as part of our \$9 million Project Revitalization initiative.

In **The Terrace**, the new, upgraded entrance is officially open. **The Courtyards** Great Room Cafe is now being used and loved by residents. **The Lantern at Luther Manor Therapy Gym** also celebrated its grand opening this spring. Then, of course, there's our new **Magnolia Garden** and newly updated salon in the Health Care Center. Read more about improvements to all our salons on page 5.

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THE TERRACE ENTRANCE



THE COURTYARDS GREAT ROOM CAFE



THE LANTERN AT LUTHER MANOR THERAPY GYM



THE MAGNOLIA GARDEN



GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

Phyllis Arndt

Phyllis Ila Wilke Arndt (0106), was born a country girl on March 9, 1934 in Brandon, WI, as a farmer's daughter, and lived with her brother, mom, and dad. She helped mom in the garden and picked asparagus and raspberries from bushes along the country roads. Her dad gave one lamb each to Phyllis and her brother to raise until it was sold. They used the money for their winter spending as they looked forward to next year's ba-ba kid.



Phyllis sang in the school chorus and graduated from Brandon High with thirty-two students earning the 2nd highest grade point making her salutatorian. Congratulations, Phyllis! She went to vocational school in Fond du Lac for one year to study business and became a checker for WI Power & Light, checking all the customers' bills. She also learned to work on the comptometer, the first commercially successful key-driven mechanical calculator, patented in 1887.

After three years in Fond du Lac, she met Don (who is from Theresa), got married in 1955, and transferred to the main office of the power plant in Madison. After another three years, they moved to Milwaukee to live on Edgeworth Dr. on 60th and Bradley. Don worked at Northwestern Mutual Life Insurance downtown while Phyllis retired that June. Raising their three children, Phyllis volunteered at the Henry David Thoreau school in Brown Deer and attended St. Paul's Lutheran Church. She sewed her children's clothes, quilted at the church for Lutheran World Relief, taught Sunday school for thirty years, and attended church meetings while Don enjoyed playing the organ. Eventually they moved to Trinity Village on 76th and Brown Deer Rd, living in a townhouse for nineteen years.

In 1967, they began camping when the children were younger. Don and his friend built a pop-up for their trail-

er. Phyllis, a homemaker, sewed flat felt seams on the canvas in their basement to Don's specs. They would grill hot dogs and build a fire to enjoy s'mores, everybody's favorite outdoor treat. Enjoying the camping life, they traveled to California, Disney World and state parks all over the U.S. Phyllis did a lot of driving, taking church members and her own family to choir practice. During their girls' high school years, Phyllis saw Ethel Walters but never knew her. She just bumped into her at the local food stores and school events.

Don retired in 1991, and once the children had grown, they stepped up their camping lifestyle and bought a travel trailer. Each February and March, they lived in Crystal River, FL, then after several years of camping, they traded in their trailer and rented a condo to live in the same area for five more years.

In April 2018, they moved into Luther Manor. They liked the continuum care and the close Lutheran connection. When they first parked their car in the N garage, Phyllis turned around and saw in front of her two friendly faces. There stood Ethel Walters and Earl too. Then one night while eating dinner at the round dinner table, Bernie and Judy Huizenga joined them. Bernie was from Wau-pun. He had lived nine miles away from Phyllis in Brandon while growing up. Now all six of them are very close friends and eat together every night in the dining room.

Phyllis volunteers as a bagger in the Manor Mart, mentors new residents and sings with Don in the Terrace Singers.

Thank you Phyllis! I have enjoyed visiting with you about your farm life and loved to hear your story about Ethel and Earl. Such a coincidence, it's remarkable!



GET TO KNOW THE STAFF OF LUTHER MANOR

LISA KNOBLAUCH
REHAB MANAGER/OCCUPATIONAL THERAPIST

Tell us a bit about yourself!

My Name is Lisa Knoblauch and I'm a Rehab Program Manager/Occupational Therapist with Select Rehab. Select Rehab has had a partnership with Luther Manor since December of 2022. We are so happy to be a part of the community.

Where did you grow up and attend school?

I was raised in an Army household moving all over. My first school was in Fort Carson, CO where I was born. I graduated high school from Oshkosh North and went into college at Concordia University in Mequon graduating with a Bachelor of Exercise Physiology and a Master of Occupational Therapy.

Tell us about your family.

My husband, Donny, and I just celebrated our 14th wedding anniversary this May. He is a local truck driver. We have one daughter, Morgan, who is 12-1/2 years old. We also have a 3 year old black lab/German Shepherd.

How long have you worked at Luther Manor, who is your boss, and what do you do?

My job is to keep the Therapy Department running smoothly so we can provide the services to the residents throughout the Luther Manor community. I oversee the therapies of Physical, Occupational, and Speech. Our goal is to make sure we are addressing the residents needs and goals to rehab after an injury/hospital stay, keep you strong physically and cognitively, and try to prevent residents from declining.

Our physical therapists, Melissa, Max, and Zack, focus on strengthening the back and lower extremity, the part of the body from the hip to the toes. They help patients move from restoring the most basic



mobility to progressively more challenging types of movement and physical function. Physical therapy focuses on bed mobility (rolling from side to side), going from laying down to sitting up, sitting on the side of the bed, balance, weight shifting, gait training (putting one foot in front of the other and walking), lower extremity strengthening, including range of motion and muscle strengthening, and wheelchair independence. Physical therapists also evaluate the patient for needs with adaptive equipment. Patients may need canes, walkers, splints, braces, or other types of adaptive equipment to help them move.

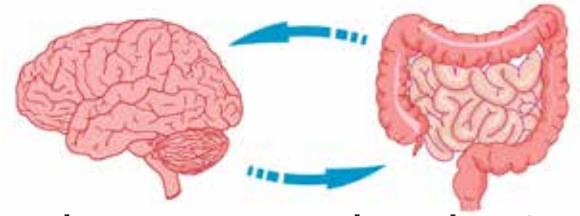
Our occupational therapists, Dawn, Lisa, and Angelica focus on upper body strengthening and coordination, the activities of daily living and the Instrumental Activities of Daily Living. The difference between Physical and Occupational therapy is that Occupational therapy strives to help patients not just with mobility but the functioning of everyday life. This discipline focuses on Activities of Daily Living. Activities that are essential to basic survival and well-being, such as: feeding, grooming, hygiene, dressing, bathing, toilet transfers, and tub transfers. Instrumental Activities of Daily Living - more complex activities that support daily life such as cooking, cleaning, laundry, shopping, driving, care of pets and care of others.



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MINDFUL SCOOP

Your gut & your brain are talking!



Did you know, you have approximately 500 million neurons in your gut that communicate with your brain? These neurons communicate to your brain through the nerves in your nervous system how you are doing physically and emotionally and how to respond. Some gut bacteria help to produce neurotransmitters, or chemical messages, that provide vital communication between your gut and brain. These neurotransmitters travel via the vagus nerve, the large nerve that plays a major role in digestion. Because this connection is so strong, some research points to a connection between health conditions such as irritable bowel syndrome (IBS) and mental health conditions including anxiety and depression. Nutrition plays a big role in maintaining good communication between the brain and gut. Healthy fats play an important role in maintaining nerve health and reducing inflammation. Probiotics and prebiotics help support your gut bacteria that send these signals to your brain.

FUN FACTS:

The **enteric nervous system** in the intestines, with its 500 million neurons, operates like a second brain managing digestion. This process occurs primarily in your gut, providing current GI tract condition updates and responses.

Myelin is the coating of fat that covers nerves and ensures the signals go from the gut to the brain. Unsaturated fats like those found in olive and avocado oil are the best building blocks to support this important protective coating.

Omega 3 fats fight inflammation by reducing the production of molecules known to encourage inflammation. You can get Omega-3 fats from salmon, chia seeds, flax seed oil, and walnuts.

WELCOME PS SALON

In addition to the many renovations already happening across campus, we are excited to announce a new collaboration with **PS Salon** to provide beauty salon services to residents throughout our community. An industry leader serving 20 senior care organizations in the Milwaukee area alone, PS Salon will bring their expertise, Paul Mitchell hair products, and new services to us while also meeting with our current salon service providers to discuss joining their team so they can continue working with Luther Manor and servicing our residents.

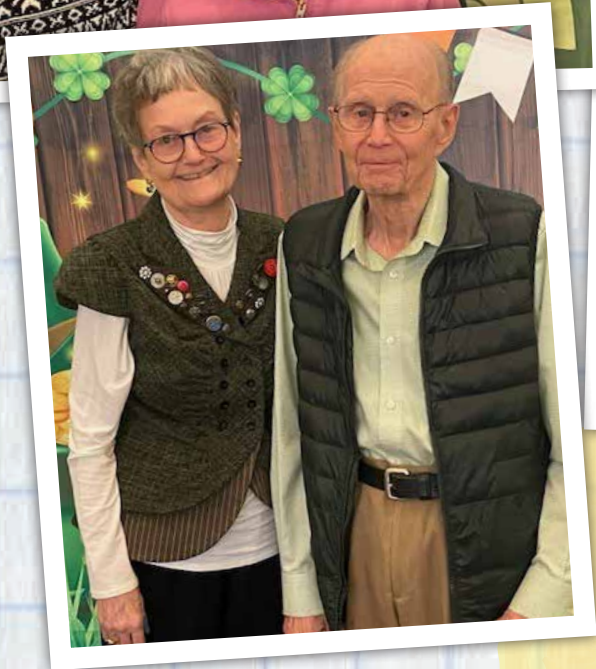
We have been working closely with PS Salon's corporate team to design our new Courtyards salon - relocating from the basement to the current Courtyards main reception desk area. The Health Care Center salon has already been renovated, and new equipment for the Courtyards and Terrace salons is on the way.

We are planning meet-and-greets, and informational meetings for residents, along with grand opening celebrations as we transition. We'll also have a special grand opening celebration in the Courtyards later this year once the new salon opens.

Stay tuned for more details in the coming weeks about the transition and thank you in advance to everyone who will help make this a seamless shift for our residents and their families.



What's Happening @ LUTHER MANOR



(ABOVE) Our independent living residents in The Terrace celebrated St. Patrick's Day with delicious foods, beverages, and desserts inspired by the tastes and colors of the day! The smiles on their faces in our photo booth tell how much they enjoyed the festivities and being together!



(ABOVE & LEFT) Luther Manor is lucky to have a large group of dedicated volunteers! On April 25, we had a chance to thank 71 men, women, and teens during an appreciation breakfast. It was a great way for us to mark National Volunteer Week. All volunteers who attended received a gift bag that included a bright yellow volunteer badge and lanyard. This lanyard will allow staff and visitors to easily identify our volunteers. So if you see a volunteer in the building, instead of asking them for directions, you can thank them for their service!



For more, find
Luther Manor on Facebook!
facebook.com/luthermanorwi

The Top 5 Myths of SUPPORTIVE LIVING

& THE TRUTHS YOU NEED TO KNOW



The CAR SHOW Returns!

Luther Manor's beloved car show returns for its 17th year on Saturday, September 7th from 9 am-2 pm. Sponsored by the Luther Manor Foundation and many other local businesses and friends of Luther Manor, the car show will feature an array of beautiful vehicles from every decade, food & beverages to enjoy, music to tap your feet to, and prizes for the car owners.



If you or someone you know is interested in registering for free or you need more info, please contact Shari Garza (414.847.5079) or Kathy Jastromski (414.847.5080).

- 1 MYTH: I DON'T NEED HELP**
TRUTH: We all struggle asking for help. However, if you've missed taking medications, fallen more than once, or have been encouraged to get assistance, you would likely benefit from these services.
- 2 MYTH: IT'S TOO EXPENSIVE**
TRUTH: Supportive living costs vary (as low as \$30/day) and typically cost less than services provided by an outside agency or that of assisted living.
- 3 MYTH: I WON'T BE ABLE TO STOP ONCE I START**
TRUTH: Supportive living services are flexible and individualized. Residents routinely "graduate" from the program and conclude its services.
- 4 MYTH: I DON'T KNOW OR TRUST THE STAFF**
TRUTH: Each day, Luther Manor caregivers live out our mission to "share God's love" with residents. They are each state certified, in good standing and routinely complete background checks.
- 5 MYTH: I CAN STAY IN MY APARTMENT WITHOUT IT**
TRUTH: Living independently assumes certain criteria is being met. Each resident is expected to utilize services which assures their safety. Supportive living can help manage one's health and extend time lived independently.



Interested in taking steps towards Supportive Living?

EMAIL
INFO@LUTHERMANOR.ORG
 OR CALL
 414-847-5070

THANK YOU CAR SHOW SPONSORS!



A NEW LEADER LOOKING FOR NEW VOLUNTEERS SAY "HELLO!" TO DANA ROESNER



Luther Manor is excited to welcome our new **Volunteer Services Manager, Dana Roesner**, a graduate of the University of Iowa with a degree in Recreation Therapy. "I have always had a love for serving older adults and started volunteering in 3rd grade at an assisted living facility in Illinois when my grandmother

moved in after having a stroke. That helped me truly find my passion in life. When I was growing up I always said, 'I want to be a geriatric therapist!'"

Dana interned at a care center in Wheaton, IL before moving to Milwaukee to take a role as a Recreation Therapy Manager. Regarding her new role, Dana said, "When I learned of the Volunteer Services Manager opportunity here, I knew I couldn't pass it up. I look forward to growing the volunteer program and working with the staff and residents." She continued, "I truly hope to make volunteer services feel like a family, especially after COVID-19, and that people will feel a sense of love and warmth when they walk into the volunteer office."

Outside of work, Dana loves spending time with family and friends, including her 3-year old nephew, Danny (with another nephew on the way this fall). She also enjoys trying new restaurants in downtown Milwaukee as she is originally from Illinois.

Dana said her most urgent needs for volunteers are in the new Great Room Cafe in the Courtyards, salon transportation, staffing the Manor Mart, life enrichment transportation, and people to visit with residents one-on-one.

You can contact Dana directly at volunteer@luthermanor.org or 414.831-8964 if you are interested in filling one of these roles and/or becoming a new volunteer! Welcome, Dana!

VETS CLUB REPORT

Recently, someone asked me which of the two 2024 presidential candidates was a veteran? "Neither," I said, "but 23 past presidents have honorably served."



There have been 16 Army veterans including George Washington, James Monroe, Andrew Jackson, William H. Harrison, John Tyler, Zachary Taylor, Franklin Pierce, Ulysses S. Grant, Rutherford B. Hayes, James Garfield, Benjamin Harrison, William McKinley, Theodore Roosevelt, Harry S. Truman, Dwight D. Eisenhower, and Ronald Reagan.

The Navy claims six veteran presidents in its ranks: John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald Ford, Jimmy Carter, and George H. Bush. Bush's son, President George W. Bush, was an Air Force veteran. To date, no presidents have been members of the Marine Corps, Coast Guard, or Space Command.

**Contact Dave Myers (414.445.7855)
for more information on
Luther Manor veteran events.**



HOBNOBBING BRINGS SUCCESS

"HOBNOB FOR HOSPICE" RAISES OVER \$45,000

Luther Manor Foundation's 1st annual dinner/auction took place on May 16, and it was a hit. The biggest winners are Luther Manor hospice and Luther Manor Foundation's resident support fund, which benefited from the event. In total, the dinner/auction brought in over \$45,000! Thank you to everyone who helped make this happen, including our sponsors (see below), volunteers, silent and live auction donors, and everyone who attended the event.

Hobnob for Hospice

The evening provided an opportunity to make new friends, learn about Luther Manor programs, and enjoy a catered dinner and live music. Consider joining in the fun in 2025 for our 2nd annual dinner/auction on Thursday, February 20. Save the date!



THANK YOU TO OUR SPONSORS



HOORAY FOR OUR NURSES

A RECAP OF TWO WONDERFUL WEEKS FOR OUR STAFF

The CARES Committee had a blast and a half celebrating Nurse's Week and Skilled Nursing Week with staff for the month of May. Our Skilled Nursing week was celebrated with a closing lunch and ceremony of the CARES award winners. The two CARES awards up for nomination were the "Everyday Hero" award, which is for any non-nurse employee who shows Luther Manor's CARES values in their everyday work through their amazing presence & work ethic, and the "Nurse of the Year" award, which is meant for a nurse whose actions, work ethic and teamwork display the CARES values and beyond.



The Everyday Hero Award was given this year to Tawana Riley. This is what was said about Tawana:

"Tawana is a CNA in LTC. Every time I see her with her residents, they are always smiling and talking about the great care and love that she provides to them. When I am rounding, and she is not here, they ask me where she is and tell me about the great conversations and time that they spend with her and how much she cares for them. She embodies all of our CARES Values every day and is always telling me how much she loves her residents. The true definition of a caregiver."

The Nurse of the Year Award was given this year to Shamara Day. This was what was said about Shamara:

"From the very beginning of her employment, she has been a team player, energetic, compassionate, and values what each & every staff member bring to the team She has helped out w/ transporting residents to & from swinging. While giving care and working with residents, it shows through her work that she really cares about each and every resident. She is an excellent nurse, giving care and compassion to every resident. She's the face you want to see when you enter Luther Manor, with her friendly face and bubbly personality!"

"Shemara goes above and beyond by saying yes to every challenge she's presented with and doing so with a smile. Her positive, team-first attitude is exactly what we need here at Luther Manor!"

"She is a wonderful nurse, always willing to lend a hand."

Congratulations to our winners and a sincere "thank you" to each and every person who gives compassionate care to our amazing residents!



"Inside Peek" continued from page 3

Our speech therapist, Lindy, focuses on two areas of function: swallowing and cognition. Speech therapists will help patients gain better capacity to swallow food or drink water. This might include making sure the water is going into the stomach and not the lungs or determining whether the patient can't drink liquids but needs to drink fluids that have a nectar consistency. Speech therapy also helps patients that are suffering from problems with cognition, which are the mental processes of gaining information, comprehending it, and making decisions. There are many cognitive skills that could be affected by injury or a medical condition, especially conditions of aging such as dementia or Alzheimer's.

Finally, I present a monthly topic and balance assessments in the Terrace for all to attend. The topics typi-

cally come from the suggestions of the residents that attend. For example: 7/31 - posture or back protection w/balance assessments after presentation and 8/28 - Shoulder joint w/balance assessments after presentation

What do you like to do in your time away from Luther Manor?

My free time is usually spent with Morgan and watching her compete in competitive volleyball and gymnastics. We do enjoy going up to my family's land in Butternut, WI where we hike, four wheel, canoe, and just enjoy time in the woods away from city life.

Thank you so much, Lisa! It sounds like we are all n good hands!

"Grand Openings" continued from page 1

THE LANTERN THERAPY GYM WELCOME WALL



THE NEW COURTYARDS ENTRANCE UNDER CONSTRUCTION



THE COURTYARDS ACTIVITY ROOM



NEW COURTYARDS SALON - OPENING LATE 2024

