

# News & Notes



## IT'S NOT JUST FALL IT'S FALL PREVENTION MONTH

September is the beginning of fall, and it's Fall Prevention Month! Along with the many classes, activities, and resources our Life Enrichment team provided to help keep you safe, we've got 10 tips to share!

### TOP TEN TIPS TO PREVENT FALLS

- 1. EXERCISE!** Everyone can exercise. Work with a therapist to evaluate what you can do. Ask your Dr. for a therapy order for evaluation and treatment. Participate fully in therapy. Do your exercises faithfully.
- 2 WEAR GOOD SHOES.** No bare feet or slippers out in the hallways. Wear shoes that are good walking shoes with traction, Velcro closures, or tied shoes. Get new shoes each year.
- 3. HAVE VISION CHECKED OR RE-CHECKED.**
- 4. HAVE YOUR USE OF ASSISTIVE DEVICES EVALUATED OR RE-EVALUATED.** Walkers, canes and other assistive devices need to be prescribed by a therapist so they can be fitted, and you are trained on their proper use. Do not use a walker that was prescribed for a family member just because it is free.
- 5. DRINK MORE WATER.** Dehydration can lead to dizziness and falls. Be aware, regular coffee is a natural diuretic. Drink decaf.

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## THE 2024 CAR SHOW COMES ROARING BACK

While still in the midst of summer, we celebrated a beautiful day surrounded by beautiful people and beautiful cars! All car owners received free lunch, raffle prizes, a T-shirt, a chance to win a gift card in various car show categories, live music, and morning coffee & pastries. This year, volunteers from

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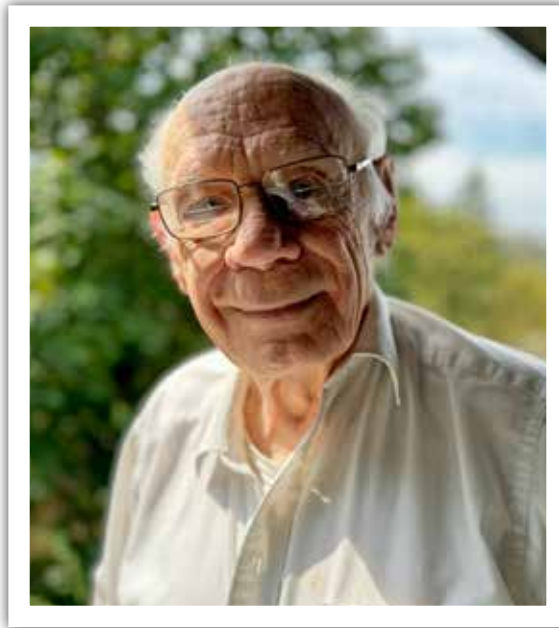


# GET TO KNOW YOUR NEIGHBOR

By Sharon Porfilio, Terrace Resident

## GENE BENSON

Today you are reading about a special resident, **Gene Benson (G205)**, who learned a trade in the Navy and became a Maintenance Engineer. He even had his own side business called *Gene's Heating and A/C*. He would love to share his knowledge with anyone willing to learn.



Gene, an only child, was born in Chicago on February 27, 1934, to a father who led the Kimball Piano Company, and a mom with devastating health issues. Gene lived in various foster homes. His dad died in 1945, leading Gene and his mom to move to Stoughton, WI. From 7th grade to high school, Gene lived at Martin Luther's Orphan Children's Home in Utica, excelling in science and machine shop.

After high school, needing a trade, Gene signed up for the Navy, and was assigned duty in Norfolk, VA in Engineering and Repair. Then he was assigned duty on a destroyer in dry dock in the Philly shipyards, working with radar-controlled guns and experimental anchors. Most of the ship was taken apart for repairs. He made a blank cover for a steam line with a five-hole bolt pattern. How does one find the diameter of the bolt circle when no hole is opposite for measuring? Gene was also asked if he could make something to determine if there was water in the bottom of oil tanks. He did it all! In 1957, he got an honorable discharge. With his Navy experience, Gene went to Manhattan, applied for a Merchant Marine ID, got his Machinist, Oiler and Refrigerating Engineering ID, and joined the Coast Guard.

In 1963, Gene went to Madison to enroll in college to get an Associate Degree in Engineering, graduating in 1966 with honors. He started drafting at Allis Chalmers on all the tractors. Gene said, "I did various jobs and saved many companies lots of money." He solved a water heater problem at Serafino Square. "The 3/4"

steel return pipes loved hot water. It rusted and collected sediment, so I replaced the return pipes with copper. Doing so saves water heaters because any temperature above 130° causes the sediment fallout to rise. Sediment builds up, fire overheats the bottom because of the sediment, leading to leakage. It cost a lot of money to replace a 50 gallon water heater."

Leaving Allis Chalmers, he became the Head Engineer for 312 Apartments at Serafino Square and three Manchester

Hotels. "The hotels were having a big problem with hot water and losing money," Gene said. They asked Gene to see what he could do. The first thing he noticed was a huge storage tank. He traced pipes and wires from the controls, changed some temperatures, and the off-on controls, and got a pump to run continuously. At quitting time (4 pm), Gene was asked, "Did you get it fixed?" to which he replied, "We'll find out in the morning!" Going back to his regular job at Serafino Square, a phone call came in. "Geno! Geno!" he heard, "You fixed the problem!" That is how he got the name "Geno." Eventually, he got used to it. He was asked to be the full-time Head Maintenance man at Manchester East Hotel where he repaired all the rooftop heating and A/C units, and exhaust fans. He also repaired all the commercial kitchen equipment. He was known as "Mr. Mechanical." Another problem solved.

He came to Luther Manor in October 2022, volunteering on the Resident Council, playing dartball, and writing about life experiences in our Creative Writing class.

*Thank you, Gene! As always you amaze me with your maintenance skills and machinery repair. You are quite the fixer of all "boy" jobs. Did I learn? No, not really! It is, after all, still "boy things." I hope your mind doesn't go to waste. Also, I find it interesting that Gene went to a Martin Luther named Orphanage early in his life and is living out his final days at Luther Manor!*



GET TO KNOW THE STAFF OF LUTHER MANOR

## DEB BAYEE

SENIOR LIVING ADVISOR

### Tell us a bit about yourself!

My Name is: Deb Bayee, and I am the Senior Living Advisor in the Terrace at Luther Manor.

**Where were you raised and what schools did you attend?** I was born and raised on the southside of Milwaukee. I went to Pulaski High School. Post high school, I went to UW-Milwaukee for Marketing, WCTC and MATC for Management, and Alverno College for my Paralegal Degree.

**Do you have a significant other?** I have been married to my husband Dennis for 34 years. Up until he retired a few months ago, he worked in Research and Development at Delphi in Oak Creek, General Motors - Avionics Division, and Columbus McKinnon Magnetek.

**Do you have any hobbies to share with us?** I love to work with fused glass. I design and fire my own work in my kiln. I primarily make small pieces and jewelry. I also enjoy making handmade chocolates, and love to quilt. We have always had at least one dog in our house. My husband and I trained and hunted for Field Trial and Obedience Competition, mostly with Labradors and Golden Retrievers.

**How do you spend your free time away from Luther Manor?** Dennis and I enjoy traveling. In my spare time, I have had the privilege over the years to volunteer for many non-profit organizations - as board member and Board President of ElSistema of Greater Milwaukee (working to ensure every child has access to high quality music education), Pewaukee Area Arts Council, Waukesha County Mental Health Association, Women's Club of Pewaukee, and Positively Pewaukee where I was honored to be inducted in the Wisconsin Department of Commerce Main Street Hall of Fame. I have also received the Business Advocate of the Year Award from the Pewaukee Chamber of Commerce. A few years ago, I was very proud to have been asked to serve on a Focus Group for The Greater Milwaukee Foundation



to help them determine Pewaukee's areas of need. Actually, that is how the Pewaukee Area Arts Council was founded. I also served on the board for an organization that provided support to adoptees, adoptive parents, and birth parents - lobbying for adoptee rights in Madison, and presenting before the WI Legislative Audit Bureau and State Senate. In addition, I spent numerous years speaking to prospective adoptive parents' groups in Milwaukee and Waukesha Counties, as well as some private social service organizations.  
*Editor's Note: Bravo, to you Deb!*

**Tell us about your job, please!** I report directly to Patrick Hansen, Chief Resident Experience Officer. My primary responsibility is to do my very best to work with individuals and families as they look for an incredible community - like Luther Manor - to move into. It is an honor and privilege to help these future residents and couples find the perfect place to live as they enter the next phase in their lives.

**Who are your co-workers?** Primarily, I work with Donna Imme, our Move in Coordinator. We are a team. I also work closely with Patrick Hansen, Kathi Brueggemann, Linda Ehlers, and Dave Hahn, as well as all of the many departments that provide services in the Terrace.

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# TOMATOES & LYCOPENE

*"Knowledge is knowing that a tomato is a fruit.  
Wisdom is knowing not to put it in a fruit salad."*

Tomatoes are a versatile fruit with a fun and interesting history and wide variety of health benefits. They are low in calories and sodium, and a good source of vitamin C, potassium, and fiber. Tomatoes have been shown to promote heart health and the prevention of age-related macular degeneration. They also contain the phytonutrient lycopene—a pigment that gives fruits and vegetables their red color. Lycopene has strong antioxidant properties and helps protect cells from damage. It cannot be made by the body and thus must be consumed in our diet. Tomato products make up about 80% of the lycopene we consume! Check out more fun facts and consider adding more of this nutritious fruit to your day!



## TOMATO FUN FACTS:

- Tomatoes were first thought to be poisonous because they are a relative of the deadly nightshade plant.
- Brought to Europe from Mexico in the 1500s, they were not widely accepted in Italy until the 1800s.
- There are more than 4,000 varieties ranging in color from yellow, pink, orange, red to deep maroon, purple, and bright green.
- California produces over one billion pounds of tomatoes annually.

# THE GREAT ROOM CAFE IS OPEN!

## WHAT IS IT? WHERE IS IT? WHEN IS IT OPEN? WHO CAN GO?

**WHAT IS THE GREAT ROOM CAFE?** The Great Room Café is a brand new area in Courtyards Assisted Living offering snacks and beverages for purchase to residents, staff and guests.

**WHERE IS IT LOCATED?** It is located in Courtyards Assisted Living where the old ice cream parlor was.

**WHEN DID IT OPEN, AND WHAT ARE ITS OPERATING HOURS?** The grand opening of the Café was Thursday, August 1st. At this time, its operating hours are Thursdays from 9:30-11 am and 1:30-4 pm.

**WHAT DOES IT OFFER TO RESIDENTS & THEIR GUESTS?** The Café currently offers a variety of candies (Snickers, M&Ms, Reese's), fresh baked pastries from a local bakery, packaged cookies, fresh fruit, yogurt, juices, bottled water, coffee, and the fan favorite scoop ice cream. There is nothing in the Café that is more than \$2! Besides goodies, it offers a wonderful, warm environment for residents, guests, and staff to socialize, watch TV, read books from the library, and get to know our wonderful volunteers who fully run the Café.

**IS IT OPEN TO AND FOR STAFF AS WELL?** Yes!! We have had many staff members already stop by to enjoy a delicious ice cream break.



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# What's Happening @ LUTHER MANOR



(ABOVE LEFT) Jerry, one of our HCC residents enjoyed watering the gardens Luther Manor proudly plants and cares for. This was his first time helping out with the long-reach watering wand. Great job, Jerry, and thanks for your help!

(ABOVE) With the 2024 Olympics wrapped up, our HCC residents celebrated by making their own mini-torches and having a parade through the hallways!



(LEFT) Let us brag (just a little bit) on an independent-living Terrace resident who had a presence at this year's WI State Fair and the fairs of many a year before!

JoAnn is very crafty—literally! She is always making something fun and often enters her work into the arts and crafts competitions our state fair holds each year. She won first place this year (again!) for the miniature fruit and vegetable stand she made. To give you an idea of scale, the "milk jugs" in the piece are actually empty vials that our nursing staff let her have!

Congratulations to JoAnn on another entry, another win, and another remarkable contribution to our great state fair!



For more, find Luther Manor on Facebook!  
[facebook.com/luthermanorwi](https://facebook.com/luthermanorwi)



Music is a regular and important part of our Life Enrichment offerings all throughout our community. In late July, our Terrace residents enjoyed the stylings of "The Dolce Duo," featuring Mark & Carrie. Songs included "Blue Suede Shoes" by Elvis Presley, "Country Roads (Take Me Home)" by John Denver, and "Que Sera Sera" by Doris Day. Hands were clapping, toes were tapping, and smiles were extra broad that morning!

This past summer, we had some excitement within and among our HCC aviary. We found our finch nest to be filled with three eggs! Two of them hatched, but only one has survived to join it's finch family. It was actually quite challenging to get photos with the parent birds so often sitting in the nest with their young ones! Finches, unlike other birds, take turns sitting on the nest, even if they aren't the parent! In time, the two hatched finches made appearances among the adults. The way to identify the new ones is through the pinkish hue of their beaks and the fluffiness of their feathers. To make it easier, we've circled the new one in a red circle (top left photo on the right). Our residents continue to love sitting and watching the birds go about their business and interact with the new arrivals!



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[facebook.com/luthermanorwi](https://facebook.com/luthermanorwi)

# PROJECT REVITALIZATION

EXCITING UPDATES TO CARE AREAS, PROGRAMS & ENTRANCES

IT'S ALMOST COMPLETE!

**What started about one year ago, is near completion!** We've seen wonderful new additions like The Terrace entrance, The Lantern at Luther Manor Therapy Gym, The Great Room Cafe in The Courtyards, and The Magnolia Garden (located just behind the Welcome Center). We're also witnessing continued (or nearly finished) construction on a new Courtyards entrance, The Lantern at Luther Manor Rehab Center, and the Health Care Center dining and activity areas. With all of that accomplished, there is more to come and the finish line is in view. **Here's what you can expect in the coming months!**

- **The Lantern at Luther Manor Rehab Center and conference room** are expected to be completed mid-October.
- **The Courtyards new entrance and parking lot** are also expected to be completed by mid-October.
- **The Courtyards mail room, and beauty salon** will start construction in mid-October.
- **The new 92nd Street entrance** is also expected to begin construction in mid-October.

According to provider's project management, the schedule shows most everything done the week of Christmas! Things can change, of course, but wouldn't that be a nice Christmas gift for Luther Manor?!

COURTYARDS ENTRANCE



REHAB CENTER KITCHEN



HCC DINING & ACTIVITY ROOM



HCC NURSES STATION





# Give yourself the gift of SUPPORTIVE LIVING



WORRY-FREE MEDICATION & PILL MANAGEMENT



ASSISTANCE WITH EYE DROPS & PUTTING ON/TAKING OFF COMPRESSION STOCKINGS



LESS PAIN AFTER CERTAIN ACTIVITIES & MORE ENERGY TO DO THE THINGS YOU LOVE



HELP WITH ANY OR ALL OF THESE DAILY ACTIVITIES:

- Getting your mail
- Doing laundry
- Making your bed
- Getting dressed
- Changing bed linens
- Taking out the trash
- Meal coordination
- Showering



A HAPPY DOCTOR BECAUSE YOU'VE ACCEPTED THE HELP HE/SHE ASKED YOU TO GET



A PEACEFUL, WORRY-FREE FAMILY BECAUSE OF OUR DAILY, FACE-TO-FACE REASSURANCE CHECKS



LUTHER MANOR  
A Life Plan Community

INTERESTED IN TAKING STEPS TOWARD  
SUPPORTIVE LIVING?

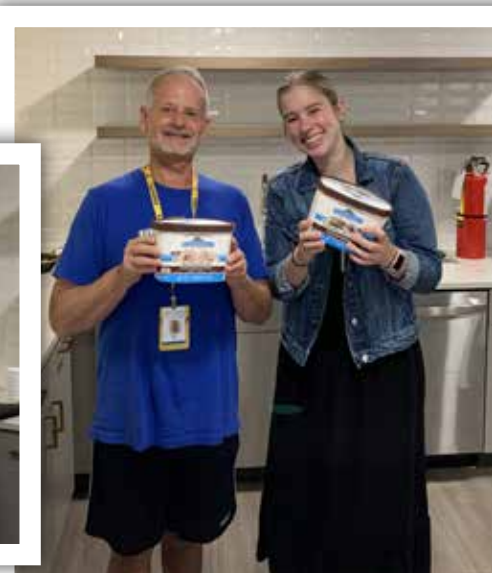
CONTACT KATH BRUEGGEMANN

"Great Room Café" continued  
from page 4

**WHAT DO YOU HOPE TO SEE FOR THE CAFE IN THE NEXT FEW MONTHS OR COMING YEAR?** We hope to be able to have the Cafe open 5-7 days a week in order to provide more menu options such as sandwiches, salads, soup of the day, smoothies, yogurt parfaits, fruit cups, and more. We can't do this without volunteers! The Cafe will be completely run by volunteers.

**WHAT KIND OF VOLUNTEER OPPORTUNITIES ARE THERE AND HOW CAN FOLKS SIGN UP OR GET MORE INFO?** We have openings any day (except for Thursday) for interested volunteers to help run the cafe! The hours will remain the same (9:30-11 am and 1:30-4 pm). Volunteers must feel comfortable with cash exchange.

If interested or more information, please contact Dana Roesner, Volunteer Services Manager, [volunteer@luthermanor.org](mailto:volunteer@luthermanor.org); 414.831.8964





# AN OLYMPIC STYLE EMPLOYEE PICNIC



*"Car Show" continued from page 1*

Direct Supply came to help transport residents to the event. Thanks for your help! Pay special attention to the bullet holes in the black Model T (pictured bottom right)!



This July, our wonderful staff enjoyed a spectacular time together as part of Olympic-themed Employee Picnic Week, which, of course, centers around the employee picnic itself! Gifts were given, games were played, delicious foods were served and eaten, raffle tickets were distributed, and music was enjoyed! Thanks to the team of employees who put this event together, our volunteers who helped make it happen, and our entire staff for all you do each and every day to help bring abundant life to our residents, their families, and each other.

## THANK YOU CAR SHOW SPONSORS!



"Inside Peek" continued from page 3

**Do you have meetings?** Yes, I attend many meetings that involve marketing strategies as well any other planning meetings that involve the Terrace.

**Can you share a few of your marketing tips in reaching all our residents the way you do?** I have had some incredible opportunities in my career but none that are closer to my heart than working in most every area of senior housing over the years and especially over eight years in dementia care.

I have often been asked how we bring our residents to live here. I believe my success in marketing starts with being present, especially in the community, as a volunteer, advocate, or resource. I never know where our next lead or move-in may come from. I believe in

relationship building and networking. I promote Luther Manor everywhere I go. I've actually had a move-in from a person I met in line at a grocery store. Our "Birds of a Feather" resident referral program has been successful. Our residents are our best referral source, and I can't thank them enough for all they do to welcome guests to our community, whether it is having lunch with them or smiling and welcoming them to Luther Manor. In the future, I hope to promote and encourage more referrals from our current residents.

*Thank you, thank you, Deb! You are a valued employee here at Luther Manor. We are all so lucky to have you!*

## VETS CLUB REPORT

For this edition, just a reminder **Terrace Vets Club** meetings are usually held on the second Wednesday of the month starting at 7 pm in the Lower Atrium.

**Courtyard and Health Care Vets Club** meets the 4th Tuesday of the month in the Welcome Center Conference Room.

Each of these gatherings are open to everyone interested in supporting our veterans.

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



"Fall Prevention" continued from page 1

**6. ASK FOR REFERRALS. SEE A SPECIALIST.** Complicated multiple chronic health conditions can be treated. If you have balance or vestibular problems physical therapists, neurologists and orthopods can help.

**7. REQUEST A MEDICATION REVIEW.** If possible, eliminate medications that have side effects which include dizziness, drowsiness, or confusion as side effects as they can increase your fall risk.

**8. HAVE YOUR HEARING CHECKED.** Make an appointment with the Hear Wisconsin Auditory Health Bus.

**9. EAT WELL.** Inadequate calorie intake, muscle loss, low blood sugar and vitamin B12 deficiencies are reversible causes of balance problems and falls. Vitamin D and calcium deficiencies are linked to balance and falling as well. Again, eat well!

**10. HAVE A CLUTTER FREE, WELL-LIT HOME SPACE.** Do not have items on the floor. Use motion night lights. No throw rugs.

*If you're interested in learning more about fall prevention and what you can do to help stay on your feet, contact Amanda Fullhart, Terrace Life Enrichment Coordinator.*