

# AT HOME

*Your Health Community Resource*

FALL 2008

## *Feeding THE Spirit*



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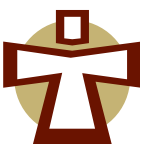


Franciscan Health Community provides senior housing and services to ensure a quality, fulfilling living experience for the community's older adults.

Christian values are the cornerstone of daily living. Seniors enjoy a loving home in the Catholic tradition—with dignity and self-determination—surrounded by faith, family and friends.

Whether the need is for skilled nursing care, short-term transitional care, independent living or supportive services, Franciscan Health Community is the place seniors and their families trust.





# LEADERSHIP

Dear Friends,

Every season of life – every day – is a gift from God, filled with promise, hope, and opportunities to do good. As we all grow older, we begin to see the world through the lenses of wisdom and experience. This influence, this maturing, by our oldest citizens is a blessing for the entire community.

The seniors we serve deserve the best we can offer, because they have made all of us better. They have built our communities, raised families, been there for us in those moments of great joy, and offered an understanding ear and a shoulder to lean on during our trials and struggles.

The work of Franciscan Health Community embraces our biblical mandate to honor thy father and mother, and by extension all the elders in our lives. The FHC staff, volunteers, and families collaborate to ensure our residents enjoy a loving, fulfilling life with faith, quality care and engaging programming as the cornerstones of daily living.

We maintain a perspective that sees the autumn of life as one step in a journey from birth to eternity. Every phase of life offers a meaningful preparation. The elder—in the later years—faces more challenges certainly, but also many opportunities for personal and spiritual growth. It can be a beautiful time and we are all better for having seniors as contributing members of our wider community.

Thank you for your continuing commitment to our Christian mission.

Sincerely,

Steve Nielsen  
Board Chair

Joe Stanislav  
President and CEO



Steve Nielsen—Board Chair

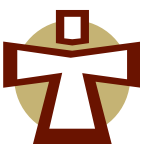


Joe Stanislav—President and CEO

## MISSION

Franciscan Health Community continues Christ’s ministry of healing and compassion in the 21<sup>st</sup> century by providing health care, housing and services to seniors.

Franciscan Health Community offers a range of housing and care options, providing the services seniors need – at the level they need – so they may enjoy a fulfilling life regardless of age or infirmity.



## ALL ABOUT FAITH, FRIENDSHIP AND COMMUNITY



*Helen Ritt (left) and Ann Adam, FHC volunteers for 43 years, still escort nursing home residents to daily Mass in the St. Mary's Chapel and bring the Eucharist to residents and tenants who are unable to come to chapel.*

Highlands on Graham residents Ann Adam and Helen Ritt are seldom far apart. They raised their families as neighbors on Sumner Street in Highland Park in the 1950s and 1960s. And they both spent many hours together as devoted volunteers at Franciscan Health Community, delivering meals to the elderly, helping out in the chapel, and organizing a gift shop at St. Mary's Home.

Today, Helen and Ann are still neighbors, living across the hall from each other at Highlands on Graham. And they're still volunteering, too. In fact, both women have been volunteers at Franciscan Health Community for 43 years.

"We love helping at chapel," Ann says. "We go early to help transport nursing home residents and get them settled. For years I've had the honor of bringing communion to residents on second and third floor and to some apartment tenants. It's something you can do and be happy about it. And people are so grateful to be able to come to Mass," she adds.

Helen agrees, adding that the volunteer work helps to keep them active and engaged. "You have something to do that matters to others. It's been very, very worthwhile," she says.

Ann, whose daughter Susan Adam is Director of Pastoral Care, moved to Highlands on Graham in 2007 after her husband required skilled nursing care at a memory care residence. While Ann had to give up their big family home, she enjoys life at Highlands on Graham. "I like it here. It's nice to be able to stay in the neighborhood, and I know lots of people here who are from the old neighborhood," she says with a smile. "It's a great place for people and I have a lot to be thankful for."

Helen moved in six years ago after her husband died. "I like living here just fine," she says. "The people are so friendly and I know many of them from the neighborhood. The chapel is so convenient and a highlight of my day; I really enjoy daily Mass. My faith increases with every year."

"Ann and I are right back where we started more than 50 years ago, we're still neighbors and we love continuing our volunteer work," Helen says.

### GOD'S PRESENCE

Pastoral Care Director Susan Adam says volunteers are the hands of Jesus, a prayerful example of God's presence in the lives of seniors. "I believe that this ministry shares what we are all called to; it's a call and a commissioning to bring the compassion and the communion of Christ to the sick and homebound," Adam says. "Pastoral Care ministers are ordinary people called to share God's promise and hope with ordinary people in extraordinary circumstances."

*"The chapel is so convenient and a highlight of the day; I really enjoy daily Mass. My faith increases with every year."*

*Helen Ritt  
Highlands on Graham resident*

"The individual needs for pastoral care are many and the volunteers are valuable in meeting the needs with faith and a personal touch as Christ did to all who came to him.

Adam says it's a gift to share the pastoral care ministry with her mother. "It feels so right as she was the first person to instill in me the value and joy in serving others," Adam adds.

*For more information on the Pastoral Care Ministry, please contact Susan Adam at 651-696-8423 or via email at [pcare2@fhcare.org](mailto:pcare2@fhcare.org).*

## MAKING MUSIC



Mary Franz, Therapeutic Recreation Assistant, directs the St. Mary's Home musicians during Tone Chimes, a popular musical activity. "They get to relax and have fun while I jump around directing," jokes Mary.

Each week, many St. Mary's Home residents gather in the activity room for Tone Chimes. The various chimes (each plays a particular musical note when shaken) are

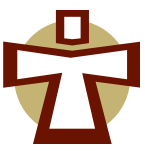
passed out and the seniors play beautiful melodies. "Together, we make beautiful music," one resident says with a smile.



Marie Busek shakes her chime, as the group collectively creates a beautiful harmony. "I enjoy this; it's something anyone can do."



Margaret Kuzma enjoys the weekly Tone Chimes gatherings, too.



## RESIDENT PROFILE

*Jeanne's Story: Faith, Family and Friends Always Near*



*Jeanne Thielen*

Highlands on Graham resident Jeanne Thielen gave up her condo in Racine, Wisconsin, in early 2007 and made the move to the Twin Cities to be closer to her family. Four of her five children and three grandchildren live here.

Jeanne likes the secure lifestyle and the abundance of activities and programs, with ready access to senior care and services that she needs from time to time. She chose an apartment at Highlands on Graham because she could attend Mass in the chapel without going outdoors in inclement weather.

"I like it here. There's a lot going on all the time," Jeanne explains. "I like to be independent but I still feel secure. And the chapel is a short walk away."

"Church and hair appointments are very important," daughter Mary Jo Lawless says. "However, I'm not sure in which order," she adds as everyone enjoys a good laugh.

The move to Highlands on Graham has brought tremendous peace of mind to the close knit family. "Being able to frequently see her in person, rather than talking on the phone and wondering about her condition is wonderful," says Mary Jo. "We have a great

support network. All five of us have a schedule to contact her during the week."

"Mom made the decision to move here, and it took a huge burden off us," says son Dan. "There are four of us here to watch out for her and to help her."

After suffering a broken hip (last May) and later undergoing back surgery, Jeanne recovered in the Transitional Care Unit at St Mary's Home. After returning to her apartment, she received home health care and physical therapy services until she could fully care for herself again.

"The physical therapy was very good." The staff was very helpful and informative. Mom could go to therapy without leaving the building," explains son Dan.

Daughter Paula Wheeler says the way the FHC staff surrounded her mother with care and support was reassuring. "It gave us real peace of mind. Even now, she's checked twice a day, utilizing the I'm OK program, and she has LifeLine so we can be alerted if she has a problem."

### A VITAL LIFE

Jeanne is living a full, vital life. She enjoys the music programs, the bingo and the birthday parties, and makes an effort to stay engaged and involved in the life of the community.

"The staff has noted that she is enthusiastic and makes friends quickly, and we've noticed that too," says Mary Jo. "Her efforts to stay engaged have really helped her adjust and enjoy life as much as possible."

"You can't make friends if you're not one yourself," Jeanne interjects with a smile.

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*"I like it here. There's a lot going on all the time,"*

*Jeanne Thielen*

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## VOLUNTEER SPOTLIGHT

*Guitar Ministry Feeds the Spirit*



*Kevin Tramm and his fellow guitarists perform monthly for St. Mary's Home residents.*

Every six weeks, St. Mary's Home residents eagerly gather near the dining room, switch off the television, and listen with delight as guitar music and singing fills the halls.

North Oaks building contractor Kevin Tramm and several student guitarists, from his church and neighborhood, strum and sing melodies bringing a special richness to the evening.

"Oh, I used to have that record," exclaims one resident as she hears a favorite song, "until I dropped it and broke it."

"You must have played it too much," teases Kevin, as the ensemble launches into another familiar song.

"They love the music," says Mary Reiland, third floor LPN. "They can often remember the words to the songs when the music begins. It's so nice to see."

This music ministry began after Kevin Tramm visited an elderly friend who had just moved to St. Mary's Home. "I felt led to ask if they would be interested in having the kids come and play music and sing," Kevin says.

"The staff was very kind and took me through an orientation and explained how to be a part of St. Mary's Home. It has worked out great."

Initially, Kevin brought along daughter Elizabeth and some other young guitarists from his place of worship, North Heights Lutheran Church, in Arden Hills. After that, the ministry took on a life of its own, attracting others.

"We love coming to Franciscan Health Community and bringing a little joy to the residents. We are greatly blessed by seeing them light up. It is our goal when we are there to shine the light of Jesus to the people," Kevin explains.

Kevin says he really senses the Lord's presence during the music. "God is really with us when we are there. I know this because when we do these things unto the least of these, we do it unto Him. He lets us feel His presence every time we go there. When we look into the faces of the residents we see Jesus. It's an honor to be involved with them."



## MAKE A DIFFERENCE – BECOME A VOLUNTEER

Franciscan Health Community’s volunteers are essential partners, helping fulfill the mission to support and serve seniors. Each day, volunteers assist and befriend residents in many ways.

By giving of yourself, you enrich your life and the lives of elders. There are many volunteer opportunities available to suit most schedules and interests.

### VOLUNTEER OPPORTUNITIES:

**Activity Assistants** help with activities at St. Mary’s Home, and /or the Adult Day program. Volunteers enliven the day with bingo, table games, craft groups, reading, special events, baking, and much more.

**Chapel Assistants** work with pastoral care staff to help elders pursue their faith. Volunteers transport residents to and from daily worship at St. Mary’s Home, set up for mass, may be invited to serve as readers or Eucharistic ministers, and distribute communion to residents who cannot attend mass.

**Befrienders** visit with seniors, read to them, play cards, do their nails, lend an ear and offer their friendship. As part of the Block Nurse Program, Befrienders may visit with seniors who live independently in their private homes.

**Volunteer Drivers** deliver hot noon meals to people who live in the Macalester/West 7th Street area, drive people to their doctor appointments for the Highland Block Nurse Program, bus home Adult Day Service participants, and drive apartment tenants on shopping outings.

**Beauty Shop Transporters** bring St. Mary’s Home residents to and from the residence’s beauty shop, typically between 8:30 a.m. and noon.

**Office Assistants** do light administrative filing, mailing and copying in the business office; and may assist in the physical therapy or medical records departments.

**Hospice Volunteers** provide one-on-one visits with patients and families, and assist with administrative duties. Hospice volunteers receive additional training.

*For more information on volunteering, please contact Jennifer Lawrence at 696-8416.*

‘CALLED TO LIVE JUSTLY, LOVE TENDERLY  
AND TO WALK HUMBLLY, WITH GOD.’

MICAH 6:8

## PATIO TIME



*Ann Adrian (left) and Frances Bernier enjoy a visit during a late summer social gathering on the St. Mary’s Home patio.*

## RIVERVIEW HIGHLANDS AWARDED QUALITY DESIGNATION



A new senior care industry program designed to educate consumers about quality senior housing options has awarded FHC's Riverview Highland residence the sought after *Confident Choices for Senior Living* designation.

The designation, given by the *Aging Services of Minnesota* trade group (formerly Minnesota Health and Housing Alliance), reassures a family that their older adult loved one is moving into a quality community that is going to provide compassionate, dignified and loving care, in a home where they can thrive.

"We are honored that *Confident Choices* recognizes the quality housing and care that is standard across Franciscan Health Community. Seniors and their families can be confident in their housing choice," said Sally Staggert, the Franciscan Health Service's Director of Community Services for Riverview Highlands. "The *Confident Choices* designation will become the senior

housing seal of approval, that people will come to recognize and trust."

"Consumers will look for the *Confident Choices* logo as they are choosing their housing provider, and know that organizations earning the designation are viewed by their peers, consumers and others as being among the best in the field," said Mary Youle, Aging Services of Minnesota's Vice President of Housing and Community Services.

This initiative has been designed specifically for housing-with-services and assisted living settings, where consumers can choose from a variety of housing and services options. The requirements have been developed by experienced housing-with-services providers and are based on high standards of practice that truly influence the quality of a consumer's experience.



## NEW FHC BOARD MEMBERS NAMED

*Frances Long and Ed Martini are new members of the Franciscan Health Community Board of Directors*



*Frances Long*



*Ed Martini*

Frances Long grew up in Johnson City, Tennessee. She received her BA degree from Boston University and her Juris Doctorate from Hamline University School of Law in St. Paul. Frances is an attorney with extensive experience representing long-term-care organizations. She practices elder law, focusing on Medical Assistance planning, disability planning, estate planning for small estates, and probate. Frances was one of the founders of the Elder Law Section of the Minnesota State Bar Association. She has been a frequent lecturer for Minnesota Continuing Legal Education as well as community organizations in the areas of Medical Assistance and disability planning, long-term care alternatives, and surrogate management of financial and personal matters. Frances is active in the community, and enjoys her time spent as an FHC volunteer serving meals for the Southwest Area Meals program.

Frances lives in Eagan with her husband, Kirk Jeffrey. They have six children and eleven grandchildren. They enjoy biking, traveling, and spending time with their family.

### **ED MARTINI**

"I look forward to serving as a Director of FHC and supporting the stewardship to advance the mission of FHC and enhancing the quality of life for all people served," says new board member Ed Martini.

Ed Martini served as President and CEO of Minnesota Masonic Homes for 32 years, retiring in 2003. Under Ed's leadership, Minnesota Masonic Homes evolved to be a major provider of quality programs and ser-

vices to a growing elderly population. He facilitated and coordinated acquisitions, major expansions and renovations of the facilities.

He began his career after graduating from Minnesota State University Mankato with a degree in Political Science and Business Administration; he completed numerous graduate-level courses at the University of Minnesota, University of St. Thomas and Minnesota State University Mankato. He received certificates in several management and health care programs and was a Licensed Long-Term-Care Administrator.

Ed's board and civic involvement has included CareChoice, Fairview Partners, Aging Services of Minnesota, the American Association of Homes and Services for the Aging, CEMO (Chief Executive Officers of Multi-Facility Organizations), the Minnesota Gerontological Society and American College of Health Care Administrators. Ed is past President of Masonic Homes Executives' Association of North America.

Ed frequently shared his experiences in leadership, governance and management through presentations and consulting activities throughout the United States.

Ed was born in Duluth and lived there through high school. He presently works for Crystal Pierz Marine. He has two married children and two grandsons. Ed splits his time between Prior Lake, where he has a lake cottage, and Eagan where he is at home with Barb Blumer amidst lovely gardens.



## STAFF

### Sheila Bethke Celebrates 17 years with FHC

When Controller Sheila Bethke was a student at the University of Wisconsin Eau Claire she interned at Franciscan Health Community as a Licensed Nursing Home Administrator, assisting with staffing and human resources duties. "I started college as a nursing major but changed to health care administration because I wanted to work in long-term-care," Sheila explains.

After Sheila graduated, she traded the college campus for the Franciscan Health Community's campus and never left.

Sheila's responsibilities have grown over the years. She managed the business office for several years, and was promoted to Controller several months ago. In her current role she works side by side with Chief Financial Officer Jerry McNeil on all financial and related board matters.

What hasn't changed over the years is her love for FHC. "I like the ever changing environment. It is a very challenging industry, but being able to enhance the lives of the seniors in our community makes it all worthwhile."

Sheila has seen remarkable growth during her tenure. When she first arrived there was only St. Mary's Home and the SouthWest Area Meals Program. Since then, she has been part of significant growth that's included two independent living residences, adult day services, home health programs, and hospice. "Franciscan Health Community is able to bring real support to seniors so they can live and die with dignity."

Sheila says she's never wanted to leave the quality FHC environment. "The care here is excellent. We have quality compassionate staff and enjoy a good reputation. Many of our staff members have worked here for two decades or longer," Sheila says.

Sheila lives in Apple Valley with her husband Dan and their three children.

## ESSENTIAL GIVING FOR THE ANNUAL FUND

The quality care and programs that are hallmarks of Franciscan Health Community are possible because of financial support from a dedicated community of donors. They recognize our Christian responsibility to care for our older loved ones and friends with dignity and respect.

*"We're happy to support Franciscan Health Community. Together, we honor our oldest loved ones and friends. We have benefited from this greatest generation. Now, it's our turn to make sure they have the care they need."*

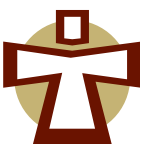
*Pattie DeVito*

Your annual fund philanthropy helps fund innovative programs that enrich daily living. This support enables Franciscan Health Community to maintain quality programming despite challenging economic conditions. "Community support helps close the gap between ever rising costs and government reimbursement rates that fail to keep pace with inflation," said President and CEO Joe Stanislav.

Thanks to your gifts, older adults enjoy a quality of life that keeps them engaged and fulfilled. For example, your gift to the annual fund:

- supports the pastoral care program that helps seniors pursue a spiritual life through worship and the Sacrament;
- supports the volunteer program that brings community members to Franciscan Health Community to befriend and assist seniors;
- supports staff improvement programs to ensure staff members' professional skills are continually up-to-date;
- and, helps support the Adult Day Services program which eases isolation, offers a respite for family caregivers, and keeps elders involved and active so they can continue to live as independently as possible.

*For more information on ways to support Franciscan Health Community's vital senior programs, please visit [www.franciscancare.org](http://www.franciscancare.org).*



## GENEROUS FRIENDS

*We welcome your gift to support the vital mission serving the community's elders.*

Franciscan Health Community is pleased to acknowledge the gifts and memorials from a caring community of individuals, churches, and groups. These gifts were provided between April 1, 2008, and September 30, 2008. Every effort is made to ensure accuracy. If you see an error or omission, please contact **Theresa Nutzmam at 651-696-8400.**

### ANNUAL FUND

*Donations April 1, 2008, to September 30, 2008*

Ameriprise Financial  
Colleen Barnett  
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Delores Borsheim  
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St. Paul Score Chapter 391  
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#### **Adeline Thole**

John and Linda Campbell

## LEAVE A LEGACY WITH A DEFERRED BEQUEST GIFT



Your deferred gift to Franciscan Health Community, in the form of a bequest, is an ideal way to leave a legacy and make a life-changing impact in the lives of seniors. When you remember FHC in your will, it helps ensure the community's elders will enjoy a quality, loving home where they can enjoy meaningful lives; a place where compassionate care, engaging programs, and spiritual enrichment are the cornerstones of daily living.

Your gift helps FHC meet growing community needs for quality senior housing and services.

If you plan to make a charitable gift bequest in your will, please carefully consider your intentions and goals. Then, meet with your attorney to discuss and update your will.

The official legal bequest language for Franciscan Health Community is:

*"I, [name], of [city, state, ZIP], give, devise and bequeath to Franciscan Health Community, 1925 Norfolk Ave, Saint Paul, MN 55116, [written amount or percentage of the estate or description of property] for its unrestricted use and purpose."*

If you plan to make a deferred charitable gift to FHC by your will please let us know so we can thank you for your generosity. If you prefer to remain anonymous, your gift will be kept confidential, however, recognition of your gift can encourage others to do the same. Whatever the case, we will honor your wishes. If you have any other specific requests for bequest information, please contact Joe Stanislav at **651-696-8400** or [ceo@fhcare.org](mailto:ceo@fhcare.org).



## ST. MARY'S HOME PARTICIPATING IN PAIN CONTROL STUDY TO ENHANCE QUALITY OF LIFE

Franciscan Health Community's St. Mary's Home (SMH) and several other Minnesota senior care providers are participating in a government-funded study of pain management. The goal is to identify ways to enhance pain control.

The Resident-Centered Pain Control Study, which got underway in October, is meant to improve the awareness of a resident experiencing pain and to better help them with pharmacological and non-pharmacological ways to release pain and enhance overall comfort.

"The goal is to develop and implement a resident-centered pain care program that focuses on creating and sustaining practice change and specifically recognizing the barriers and misconceptions regarding recognition and treatment of pain in the long-term care setting," said Jayme Moy, SMH nursing director.

Challenges faced in the senior care environment include concerns of addiction by residents, the resident's sense that they need to "tough it out," social and cultural barriers, cognitive and sensory impairments that reduce the resident's ability to express themselves, and challenges of treatment when there are co-existing illnesses and multiple medications being taken.

### NEW FINDINGS

New research elsewhere has found that some simple practices can ease pain and enhance comfort. For example, tension and stress can increase pain, so relaxation techniques or immersion in a hobby or with a pet can help the resident relax and be more comfortable.

The use of guided imagery, prayer and meditation can help the resident relax and reduce pain.

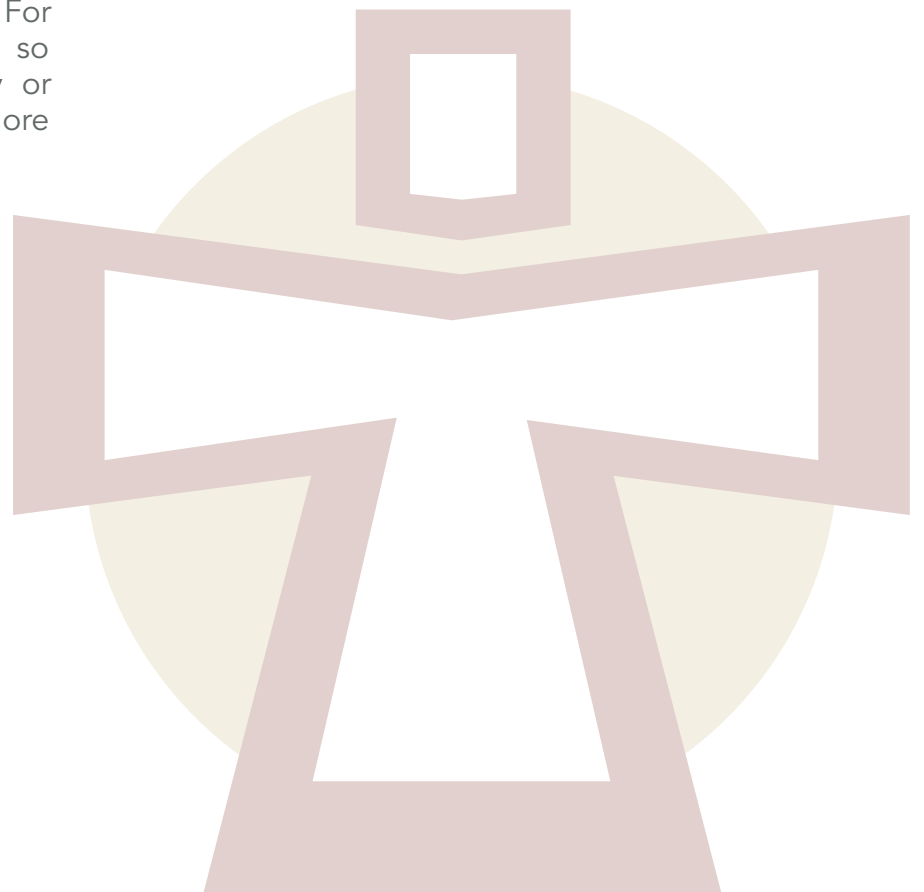
Heat/cold therapy may be beneficial in reducing pain, as does moderate exercise overseen by professionals.

Quality of life can improve by helping the resident better understand their medication, and more fully participate in their personal pain control.

The study will look at nerve stimulation techniques such as acupuncture, massage, and electrical stimulation through a TENS unit, as alternatives to medications.

Also, maintaining a social network and active lifestyle, staying in contact with family and friends, aids overall comfort and satisfaction. When an elder spends time alone, they often focus on what's wrong rather than what is right in their life.

The pain control program began in early October and will run for one year. Staff will increase the pain screening before admission and after a senior has come to live at St. Mary's Home. The goal is for 10 percent improvement on the average, a 75 percent improvement in moderate to severe pain with an overall 25 percent improvement in comfort and satisfaction.





## RESIDENCES

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**St. Mary's Home**—skilled care/  
transitional care  
**651-696-8400**

**Riverview Highlands**—  
independent living with services  
**651-696-8420**

**Highlands on Graham**—  
independent living with services  
**651-696-8500**

## SERVICES & PROGRAMS:

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**St. Mary's Adult Day Services**  
**651-696-8415**  
Safe, supportive weekday  
socialization for seniors.

**Franciscan Home Health Care**  
**651-696-8548**  
Medicare-certified skilled nursing  
care provided in the home setting.

**Pastoral Care**  
**651-696-8400**  
Daily worship opportunities for  
seniors of all faiths.

**Southwest Area Meals**  
**651-696-8439**  
Volunteer drivers from local par-  
ishes deliver hot meals. Special  
diets are available. There are no  
eligibility requirements.

**St. Mary's Hospice**  
**651-696-8548**  
Comforting care provided in  
the home for terminal patients.  
Bereavement support for family  
members.

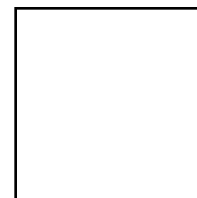
**Volunteer Opportunities**  
**651-696-8417**  
Volunteer opportunities available  
for youth and adults.

**Highland Block Nurse Program**  
**651-696-8425**  
In-home public health nursing  
care enables seniors 65 and older  
to live independently.



Franciscan Health Community  
1925 Norfolk Avenue  
St. Paul, MN 55116-2699

[www.franciscancare.org](http://www.franciscancare.org)



..... ——— FRANCISCAN HEALTH COMMUNITY ——— .....

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