

AT HOME

Your Health Community Resource

SPRING 2008



A Zest FOR Living

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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,

These are exciting and promising times in the life of Franciscan Health Community. This issue of *At Home*—with a fresh, new look—marks a renewed effort to enhance the way we share our story with a growing community of supporters.

The goal is to inform you about the interesting and exciting things happening within the organization. We will introduce you to some impressive people who live and work here. And we'll foster a greater understanding among our donor community about our ongoing annual fund needs, and the evolution that's underway in senior care.

An age wave is approaching as the massive Baby Boom generation comes of age in a new, challenging way. This is the largest generation in human history. The 78 million aging adults will place unprecedented pressure on care systems. Already, in Highland Park, we are seeing a growing need for senior housing and services.

As always, we are grateful for your friendship and support. The quality, dignified life seniors enjoy at FHC is possible because of your generosity. Your gift makes the meaningful difference. It helps fund our pastoral care program that keeps elders close to their faith. It supports the volunteer program that brings joy into the lives of residents. Your gift also helps reduce the gap between the ever-increasing cost of care and zero-growth government reimbursement rates.

Our mission depends upon community support. We exist to serve seniors and their families, to make sure the autumn of life is as fulfilling, interesting and engaging as the earlier years spent raising families and contributing in so many ways.

Thank you for your continuing friendship and generosity.

Sincerely,

Steve Nielsen
Board Chair

Joe Stanislav
President and CEO

MISSION

Franciscan Health Community continues Christ's ministry of healing and compassion in the 21st Century by providing health care, housing and services to seniors.

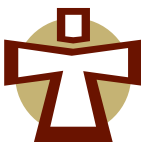
Franciscan Health Community offers a range of housing and care options, providing the services seniors need—at the level they need—so they may enjoy a fulfilling life regardless of age or infirmity.



Steve Nielsen—Board Chair



Joe Stanislav—President and CEO



LIVING FULLY, LIVING WELL

Vital involvement for Franciscan Health Community seniors.

On a spring morning, the community room at Riverview Highlands is alive with seniors occupying a circle of chairs during morning exercise class. "Take a deep breath and relax our minds," instructs Laretta Taggart, leading the group. "We're strong in the Lord and we feel his power and might," she says, eyes closed. "I'm young, strong and healthy. I radiate love. I give thanks to you God, and thank you for this new day."

Laretta may be 93 years old, and not showing any signs of slowing down. She enjoys a vital life, living as fully as possible regardless of the aches and pains that come with advanced age. "I've always kept busy. I've been around the world, traveled on three cruises, visited all 50 states," she says with enthusiasm. "I retired at age 67 but then worked part-time until I was 81," she adds with a laugh.

Laretta, who has embraced regular exercise since she was a young mother, is now reaping the rewards. She looks at least 20 years younger than her chronological age, and has the energy level of someone half her age. "Exercise has always helped me stay healthy so I can keep going."

She's outlived her husband and four sisters, attributing her good health to the wellness lifestyle and good genes. "I never eat any junk, and neither did my family. My 72-year-old son can run up three flights of stairs and not be out of breath," she says proudly.

Like so many members of her generation, Laretta enjoyed a rural lifestyle in the early 20th century. She grew up on a farm near Argyle, Minnesota, 360 miles north of the Twin Cities. Life was hard. Her mother died at age 28 in the 1918 influenza epidemic. "There were no sons, so the girls were raised like boys," she explains. "We shucked corn and milked the cows and did other things around the farm." Her grandparents, who lived nearby in a log cabin, had 17 children, but not all of them survived childhood.

In time, life brought the family to the Twin Cities. Laretta, from a family of all girls, raised three sons. In 1997, when her home was becoming too much to maintain, she discovered Franciscan Health Community. "I love living at Riverview. It's quiet and everyone is so nice. I'm healthy, and I keep busy."

Indeed. Laretta volunteers at funerals held at Lumen Christi Catholic Church, she leads the exercise classes at Riverview three times a week, and assists with bingo at St. Mary's Home across the street. Laretta visited Brazil last year and already is thinking about her next adventure. And, of course, there are the frequent visits with family and friends.

"I just keep going, and keep my body and mind active. My philosophy is moderation, attitude and gratitude. We're stewards of our bodies and should treat them well. Don't judge, and treat others like you want to be treated."

It's Laretta's healthy prescription for vital living, administered in abundant doses daily.



Laretta Taggart has outlived her siblings. "I'm the only one who always exercised."



"I LOVE LIVING AT RIVERVIEW. IT'S QUIET AND EVERYONE IS SO NICE."





Exercise class participants, who range in age from 76 to 93, say they feel better thanks to the regular, low-impact workouts.

.....

VITAL LIVING

With strong faith and a positive attitude, Laretta chooses to focus not on what's wrong, but what's right. It is an attitude of vital living, living as fully as possible despite any infirmities; keeping individual talents, dreams and goals at the forefront of living. "Many older people spend much of their time addressing physical deficits, worrying about their problems. We are more than our problems," says Helen Kivnick, Ph.D., a University of Minnesota professor of social work who is an expert on aging and vital living. "Let's pay attention to a person's strengths, interests and goals, and figure out ways to support those," she adds.

"As a society, we need to teach people to think a bit differently about aging and the care we provide seniors. We can live fully and adapt to the inevitable declines that aging brings," she adds.

Franciscan Health Community CEO Joe Stanislav agrees. "It's about living fully, surrounded by faith, family and friends, rather than succumbing to challenges and merely enduring life," he says. "Elders have a great amount of leisure time and all of this wonderful life experience to share. At Franciscan Health Community, we see our role as caring for and supporting the older adult, providing a quality living experience, so they can enjoy the most engaging and fulfilling life possible."

“LET’S PAY ATTENTION TO A
PERSON’S STRENGTHS, INTERESTS
AND GOALS”



CAROLE KRUGER CELEBRATES 29 YEARS

with Franciscan Health Community.

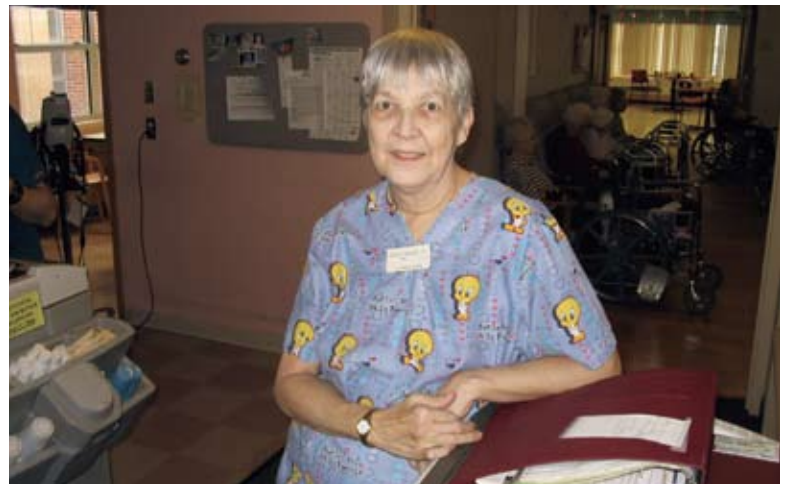
“I LOVE MY RESIDENTS AND MY WORK. EVERYONE DESERVES TO BE TREATED WITH DIGNITY, AND I LIKE BEING A PART OF THAT. THERE’S SO MUCH GRATITUDE FROM THE RESIDENTS FOR WHAT WE DO.”

“Hi Maria, hope you’re having a great day,” Carole Kruger exclaims, bending down to offer a big smile to a wheelchair-bound resident. “See you later dear,” she adds, continuing down the hall on medication rounds.

Carole, a Trained Medication Assistant (TMA), has worked at St. Mary’s Home for 29 years. She makes her regular rounds with the medication cart, dispensing prescriptions and ensuring the residents take their medicine. She also wears other hats, taking blood pressures, filling the oxygen tanks that are a veritable lifeline for some residents, and assisting at meal time.

She laughs at the thought of nearly three decades in the same place, but admits to favoring a regular routine in a familiar place. “I love it here. I love my residents,” she says. “I like making the residents feel relaxed so they have a nice day. Everyone deserves to be treated with dignity, and I like being a part of that. There’s so much gratitude from the residents, too. They’re very appreciative of what you do for them.”

Carole’s logged a lot of miles walking the halls of St. Mary’s Home, making many friends along the way. “When I wanted to reduce my work hours some



Carole Kruger, Trained Medication Assistant.

of the residents said, ‘Oh no, we can’t have that;’ she explains with a smile. “Other times, when I come in after the weekend they tell me how glad they are to see me. That feels good.” Carol has seen considerable change in her nearly three decades of service. Back in 1979, the only senior housing option available was skilled-care. “People who didn’t really need skilled nursing care were living here. The place was more like a boarding house for some seniors. We’d help with medications, but many of the residents would handle a lot of their own care. Now we have various housing options, home health, and a continuum-of-care that can provide the level of care as they age. And that works well.”

Carole enjoys being part of a team that carries out FHC’s important mission to help care for the elderly. “The staff is so nice, considerate and friendly here. We work together well as a team.”

BIRTHDAYS CELEBRATED



Musician Steve Paris serenaded residents at one of the monthly gatherings for seniors who are celebrating birthdays. “This is the perfect audience,” Paris joked, “everyone’s intelligent, good looking, and a little tipsy. Well, two out of three isn’t bad,” he said to abundant laughter.

VOLUNTEERS

A commitment born of gratitude.

“THE ST. MARY’S HOME STAFF MEMBERS WERE VERY GOOD TO MY WIFE. I’LL NEVER FORGET THAT.”

After half a century, 83-year-old Harold Collette still lives in the same house, still enjoys cooking, gardening and yard work. But when it’s time for his regular volunteer work, Harold drives across Highland Park to St. Mary’s Home where he befriends and assists the senior residents who live there.

“I like volunteering. It gives me something to do that’s interesting,” Harold explains. “It’s very rewarding to know you can make a difference in other people’s lives,” adds the octogenarian.

TRANSITIONS

For 58 years, Harold and Viola Collette enjoyed a loving life together with their large circle of family and friends. But in the autumn of life, Viola’s legs grew weaker with each passing year.

“I had to help her with most everything in the last couple of years. It was hard,” he says quietly.

Life changed in 2001 when Viola fell while getting up from the living room sofa. Thankfully, St. Mary’s Home was nearby. Here, Viola lived her final years, receiv-



Harold Collette began volunteering at St. Mary’s Home after his wife became a resident.

ing the skilled care she needed. “The St. Mary’s Home staff members were very good to my wife and I’ll never forget that,” Harold says.

Harold’s gratitude for the quality care Viola received is one reason why he continues to volunteer. Typically, he volunteers during the afternoon, helping transport residents to various social events in the community room. Harold will assist with bingo or at mealtimes, too. “Whatever is needed, I’ll do it. I know everybody, and I’ve really gotten involved there. By helping them, it helps me, too.”

NEW ADMINISTRATOR AT ST. MARY’S HOME



Bob Rau has been named interim administrator at St. Mary’s Home.

Rau replaces Sharon Falkner who left the position in January to take a similar position with another organization closer to her home. “Franciscan Health Community is grateful for Sharon’s dedication and commitment during her time with us, first as Director of Nursing and later as Administrator,” said CEO Joe Stanislav.



BRIGHTEN LIVES

Become a volunteer.

Franciscan Health Community's volunteers are an essential part of the mission to serve elders, assisting and befriending seniors in many ways each day.

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

Current volunteer opportunities include:

- **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.
- **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.
- **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 volunteer opportunities, please contact **Jennifer Lawrence** at **696-8416**.

VOLUNTEER KARA LAIRD DELIVERS SMILES

For Volunteer Kara Laird, Franciscan Health Community feels like family—literally. Her mother Toni, the Dietary Manager, has worked at St. Mary's Home since she was Kara's age. Kara's grandmother worked here long ago, and sister, Jamie, and a cousin, Ashley, are part-time employees. And Kara's great aunt lives at St. Mary's Home. "It does seem like family," says the Highland High School junior. "I really enjoy the residents; it's like having many grandmas and grandpas."

Kara started volunteering in early 2007, assisting with administrative duties and at the front desk. She did her work so well she was hired part-time. But she still volunteers, helping with weekend social activities and

summer events. "I like to help people, and put a smile on their faces, and I enjoy meeting new people," Kara explains. "I'm close to the residents and they're fun to be around. I hear so many interesting stories, and every day is different."



Kara Laird, right, with Volunteer Coordinator Jennifer Lawrence.

"I'M CLOSE TO THE RESIDENTS AND THEY'RE FUN TO BE AROUND."

YOUR GIFT MAKES A DIFFERENCE EVERY DAY

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.

Your 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 generosity, older adults enjoy a quality of life that keeps them engaged and fulfilled. For example, your annual fund gift supports:

- the pastoral care program that helps seniors pursue a spiritual life through worship and the Sacrament;
- the volunteer program that brings community members to Franciscan Health Community to befriend and assist seniors;

- staff improvement programs that ensure staff members' professional skills are kept up-to-date;
- 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.

"WE'RE HAPPY TO SUPPORT FRANCISCAN HEALTH COMMUNITY. TOGETHER, WE HONOR OUR OLDEST LOVED ONES AND FRIENDS. THEY HAVE MADE US AND OUR COMMUNITY BETTER. NOW, IT'S OUR TURN TO MAKE SURE THEY HAVE THE CARE THEY NEED IN THE LATER YEARS."

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 July 1, 2007, and March 31, 2008. Every effort is made to ensure accuracy. If you see an error or omission, please contact **Theresa Nutzman** at **651-696-8400**.

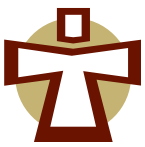
ANNUAL FUND

Donations July 1, 2007, to March 31, 2008

Ameriprise Financial
Mary Asselin
Mary Atmore
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Beverly Billadeau
Delores Borsheim
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Wallace and Meredith Holland
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House of Hope Presbyterian
Catherine Howard
Immanuel Lutheran Church
Virginia Innes
Jean Jefferson
Theo Johnson



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Kendall Kuehn
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Donna McRae
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Susan Adam
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The Children of Ruth Page Haskell
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Walter Kofski

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Walter Kofski

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Jeanne Thielen

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Edward Thompson

Kitty Thompson
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Ruth Tschida
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Bill and Mary Brown
Julieann Brown

Rita Burke
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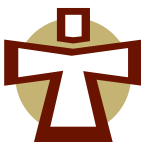
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Gerald Marlette

Ronald and Mary Marlette

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Walter Stabnow

Stanley and Donna Thoe

Hubert and Corrine Thoe

Ronald and Mary Vogt

Marie Weinhandl

Esther Peterson

Douglas Peterson

Aurelia Poppler

Lawrence and Susan Poppler

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FRANCISCAN HEALTH COMMUNITY

CONSOLIDATED FINANCIAL INFORMATION FOR THE YEAR ENDED JUNE 30, 2007

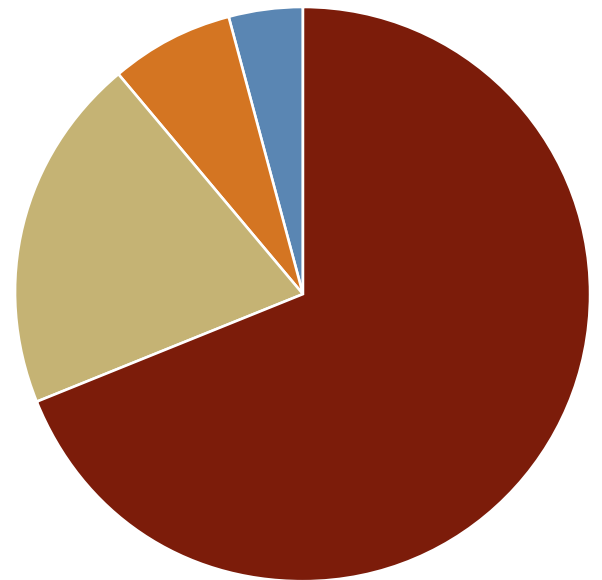
REVENUE

Skilled Nursing	69%
Housing	20%
Adult Day Program, Home Health, Hospice	7%
Contributions and Investment Income	4%

Total: 100%

■ Skilled Nursing	\$7,969,418
■ Housing	\$2,363,417
■ Adult Day Program, Home Health, Hospice	\$813,557
■ Contributions and Investment Income	\$482,395

Total: \$11,628,787



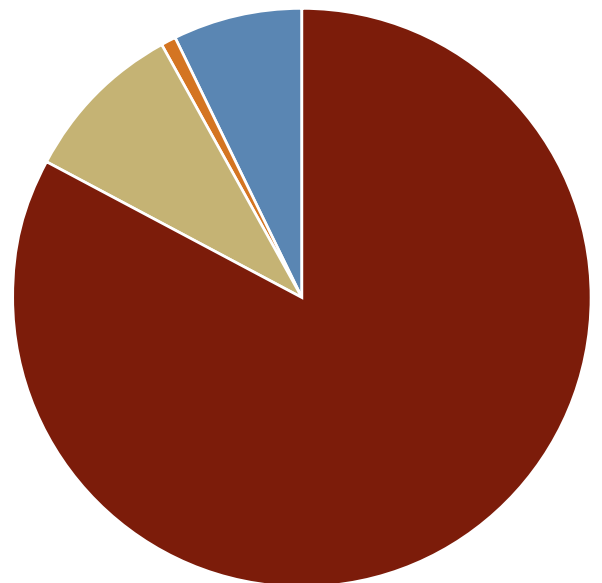
EXPENSES

Program Services	83%
Administration	9%
Fundraising	1%
Future Program Development	7%

Total: 100%

■ Program Services	\$9,577,079
■ Administration	\$1,085,068
■ Fundraising	\$107,500
■ Future Program Development	\$859,140

Total: \$11,628,787



SENIOR SUPPORT

St. Mary's Adult Day Services offer support for seniors living independently.



Seniors visit with Adult Day Services Director, Robin Solac, while enjoying coffee in the large kitchen.

ST. MARY'S ADULT DAY SERVICES IS A VITAL PROGRAM THAT ENABLES FRANCISCAN HEALTH COMMUNITY TO HELP MEET THE NEEDS OF SENIORS WHO NEED SOME SUPPORT DURING THE WEEK.

"Good morning, Mike. Hi Barbara, come on in. How about some coffee?" says an Adult Day Services staff member as the seniors file into the cozy kitchen. They hang up their jackets and join others at the table for morning coffee and conversation. Later, they'll do their morning exercises, talk about current events, and enjoy a nourishing lunch.

This cozy early 20th century Highland Park house, adjacent to St. Mary's Home, is now home to Franciscan Health Community's St. Mary's Adult Day Services program. The place has the comfortable, stylish appearance and feel of another era, much like the home of a grandparent. The ornate woodwork and stained

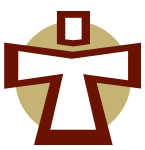
glass windows frame a cozy decor, complete with the antique foot-pedal-driven Singer sewing machine that occupies the front parlor.

Adult Day is an ideal option for seniors who live independently or with family members. The innovative program offers the services and support that help elders stay safe, comfortable and active during weekdays, enabling them to live in their own homes for as long as possible.

A day spent with a circle of friends feeds the spirit and eases loneliness. Participants enjoy games and art activities, nutritious meals and snacks, pastoral care and daily worship opportunities.

St. Paul resident Barbara Glaser participates in Adult Day Services three days a week. "I love it here. It gives me something to do, and we have a lot of fun. If I had to spend every day in that big house all alone I'd go batty," she says with a laugh. "And I always make sure I clean my house before I come, so that when I return the house is tidy," she adds with a smile.

"Adult Day is a great transition for older adults who need some support, but may not yet be ready for



SENIOR SUPPORT, CONT.



Adult Day participants do their morning flexibility exercises in a front parlor.

around-the clock assisted-living housing with services. Here, seniors can enjoy a relaxed and secure environment, be with other seniors, and participate in activities," Program Director Robin Solac explains.

"The program also offers care and assistance for isolated seniors who may require modest assistance during the weekdays when a spouse or other loved ones are unavailable to help with their care," she says.

The program also serves a respite function for a caregiving spouse or adult child, so important because it's very challenging caring for an older adult seven days a week. "Many older participants attend the adult day program so their spouse can run errands to the grocery store, the bank, pharmacy or doctor's office," adds Solac. "It helps ease the burden for a while, so they can have some time for themselves and get things done, without having to worry about their loved ones."

Seniors often experience improvement in their physical and mental well-being due to the increased socialization, medical and nutritional support this program offers.

Families appreciate the vital support that St. Mary's Adult Day Services provides. "I don't know what I would do without this program," says a family caregiver.

Typically, the intimate program serves no more than a dozen participants daily. The oldest participant is a 99-year-old woman who enjoys the fun activities and the opportunity to socialize with friends. When asked to

explain her secret to longevity, she replies with a wink and a laugh, "I breathe in, I breathe out."

*For more information on St. Mary's Adult Day Services, please contact **Robin Solac** at **651-696-8415**.*



Seniors enjoy the homey environment of Adult Day. "This just feels comfortable," says a client.

SOUTHWEST AREA MEALS PROGRAM

Southwest Area Meals provides hot, nutritious meals to homebound persons in southwestern St. Paul. The low-cost meals are delivered free by generous volunteers from nearly two dozen area churches.

There are no eligibility, age or income requirements. The meals program is especially beneficial for individuals at home recovering after a hospital stay.

Delivery typically begins the next day after an individual has called to register with the program. Clients must provide name, address, phone number, an emergency contact person's name and phone number and any dietary restrictions. Meals are delivered Monday-Friday. Clients can order from one to five meals weekdays. Extra meals can be delivered on Friday for reheating over the weekend. The nutritionally balanced meals are prepared daily at St. Mary's Home. Special diets available include: low sodium (2 grams/day), diabetic, low fat, no spice, ground and pureed.

The delivery area for the meals program encompasses the southwest portion of St. Paul, an area bordered by the Mississippi River on three sides and Summit Avenue on the north.

For more information or to arrange delivery, please call **651-696-8439**, Monday-Friday between 7:30 a.m. and 1:00 p.m., or contact the Southwest Area Meals program via e-mail at swam@fhcare.org.



Chrissy Smithberg and son Ryan started delivering meals this spring. Chrissy fondly recalls helping her grandmother deliver meals in the late 1970s. "It's so much fun, and it makes a difference," she says.



Jim and Silvey Barge, members of House of Hope Presbyterian Church, have been delivering meals for six years. "Many of the clients are isolated and appreciate our brief visits," Jim says.



HOME HEALTH PROGRAMS HELP SENIORS LIVE INDEPENDENTLY IN THEIR OWN HOME

“WE’RE WALKING TOGETHER ON THIS AGING JOURNEY, AND WE’RE HERE TO PROVIDE TRUSTED SUPPORT.”

At age 90, Bessie* still lives in her apartment in St. Paul’s Highland Park neighborhood. She’s able to live independently at her advanced age because of support she receives from the affordable Highland Block Nurse Program, a division of Franciscan Health Community.

Without help with meals, medications and transportation, Bessie might require assisted-living housing or even the nursing home. Supportive housing with services is often the best option for seniors in need of supervision or around-the-clock medical care. But for others, like Bessie, home health assistance lifts some of the burdens of daily living so they can remain in the home they love for as long as possible.

The Block Nurse program utilizes professional staff and volunteers to provide nursing, personal care such as bathing assistance, companionship and assistance with errands and transportation.

“For many seniors, we’re like a substitute family member,” explains Paula Fischer, Director of the Highland Block Nurse Program. “Family members are either working or dispersed around the country and there’s no one else to help. We also provide respite for caregivers who can quickly become overwhelmed without assistance. We’re working to prevent nursing home placement.”

The program has many clients in their 90s and even an occasional centenarian. “These older adults have given so much during their lives, now it’s their time to receive assistance and be supported. They’re so appreciative of what we do. It’s an honor to be able to help them,” Fischer says.

The team of nurses, health aides, volunteers and a scheduler assist approximately 100 seniors each month, many on a long-term basis. And the improved home health outcomes are dramatic: physical and cognitive well-being often improve when elders eat better and are well-hydrated, they take their medications on time, face fewer fall risks and have fewer emergency room visits.

“The biggest challenge is with seniors trying to do everything for themselves. Their generation embraces frugality and self-reliance, so they may be reluctant to seek out resources to help,” Fischer says. “By getting help

with a few things, they will live a higher quality, more enjoyable life. We’re walking together on this aging journey, and we’re here to provide trusted support.”

VOLUNTEERS SUPPORT PROGRAM

The Highland Block Nurse Program relies upon a dedicated team of volunteers to befriend and assist seniors. Volunteers drive clients to doctor appointments or the grocery store, or just spend time visiting or baking cookies together.

Greta*, who is in her 80s, is a Holocaust survivor who lives in St. Paul. She and her volunteer friend Kathy spend a lot of time together, going out to eat, shopping, and baking, a favorite avocation for the duo. “My grandparents are no longer living,” Kathy explains, “but Greta reminds me of my grandmother. It’s a joy to spend time with her and help with chores and errands. She’s so kind and I’ve learned so much from her. She’s a dear friend.”

“We have such a dedicated and committed team” Fischer says. “Our staff and volunteers often do things on their own time for their clients: run extra errands, mend clothing, and fill the bird feeders. Our people are just fabulous. They come here to work and they stay.”

*The Highland Block Nurse Program, which is supported by donor gifts and grants, also accepts Medicare, Medicaid, private insurance, and has a sliding fee scale based on monthly income. For more information on the care and services available through the Highland Block Nurse Program, please visit www.franciscancare.org or contact **Paula Fischer** at **651-696-8425** or via e-mail at hbnp@fhcare.org.*



Paula Fischer, left, and Susan Klang manage FHC’s home health programs.

*Names changed to preserve anonymity

FRANCISCAN HOME HEALTH

Franciscan Home Health serves adults who are acutely ill and require short-term care. The program is state-licensed and Medicare/Medicaid-certified serving clients in Ramsey County, and portions of Hennepin and Dakota Counties.

“This program is community-based and Christian-oriented,” says Susan Klang, who has been Director of home care and hospice for nearly two years. “We assist individuals who are homebound and need skilled care.”

The Franciscan Home Health staff includes registered nurses, home health aides, social workers, dietary staff and Physical/Occupational/Speech Therapists. Skilled care services include health assessments, skilled nurs-

ing care, medication management, wound care, physical therapy and speech therapy. The program’s home health aides assist with bathing and dressing, meal preparation, medication reminders, assistance with walking and light housekeeping.

“Our team members provide quality care with integrity, compassion, trust, stewardship and respect,” says Klang. “Since we’re a small organization, we all know our clients and understand their needs. The clients are always seeing a familiar face.”

*For more information on Franciscan Home Health please contact **Susan Klang** at **651-696-8548** or visit www.franciscancare.org.*

ST. MARY’S HOSPICE

In the final months of life, living is challenging—for the patient and loved ones.

The Medicare-certified St. Mary’s Hospice program assists individuals and family members through the dying process when life expectancy is six months or less.

“We have an intimate care relationship with our clients. We provide loving care in those final weeks and months, and hospice enables them to die comfortably and peacefully,” explains Susan Klang, director of St. Mary’s Hospice.

Hospice staff provides services in the nursing home setting or in an individual’s private residence. “Our goal is to help individuals die at their own pace. Dying is a natural process, but it’s still laborious. We labor into this world and we labor out,” Klang says. “We want to make those final days or weeks as comfortable

and natural as possible by comforting the mind, body and spirit. We serve the patient and their family.”

Hospice provides bereavement services for family members following the death of a loved one. “We comfort them, we cry with them, counsel and pray with them to help them through the grief and healing process,” Klang explains.

“Our staff members are so compassionate and empathetic. Medical professionals must bring a philosophical change to work in hospice, from an attitude of curing and healing to one about caring and comforting until the end. We want our patients to live and die comfortably,” says Klang.

*For more information on St. Mary’s Hospice services, please contact **Susan Klang** at **651-696-8548** or visit www.franciscancare.org.*





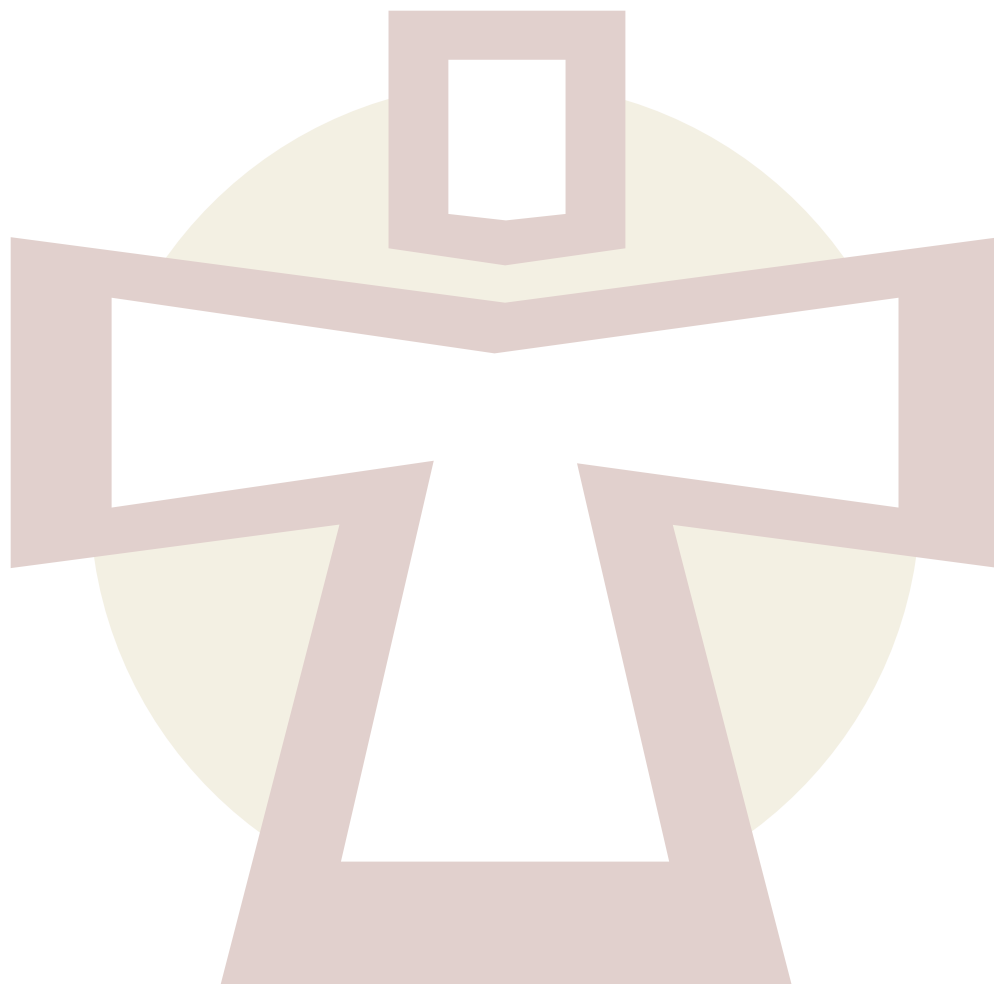
HISTORY

In 1936, the Franciscan Sisters of St. Paul opened St. Mary's Home for the Aged. Thanks to support from the Franciscans and the area Catholic community, local seniors had a safe, loving place to live in their later years.

In time, St. Mary's Home became a skilled nursing home and additional senior services were offered to help seniors remain independent in their own homes.

In the 1990s, the name was changed to Franciscan Health Community to reflect the growing organization, now governed by a board of directors with accountability to the Archbishop of the Archdiocese of St. Paul and Minneapolis. While remaining an independent nonprofit organization, FHC is an affiliate of Catholic Senior Services, the archdiocesan network created to meet the growing need for quality senior housing and services in the Twin Cities.

Throughout FHC's history, Christian values have served as the organization's solid foundation, as staff extend the ministry of Jesus into the community. Seniors deserve the very best we can provide, in the spirit of the golden rule and the biblical mandate to honor our parents and older adults. Quality, loving care, provided with dignity and self-determination. These values determine the care and programming elders need and desire. Thank you for supporting Franciscan Health Community.





RESIDENCES

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:

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.

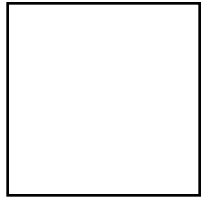
Highland Block Nurse Program
651-696-8425
In-home public health nursing
care enables seniors 65 and older
to live independently.



FRANCISCAN
HEALTH COMMUNITY

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

www.franciscancare.org



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

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