

Living the Mission

Wellness Close to Home

Last year's flood was a tragic, unforgettable experience. Lutheran Homes and Health Services (LHHS) was just one of the hundreds of homes and businesses devastated. LHHS used the need for repairs to make some changes to the facility. A new, state of the art Wellness Center open to the community was created from available space.

The Wellness Center was designed to be a service to residents of LHHS, outpatients of the Wellness & Rehab Center, and community members. Mary Fran Merwin is a community member that uses the Wellness Center on a regular basis. Mary Fran is well known in the community for her leadership as the head principal at Fond du Lac High School, retiring in 2008. She always saw herself as a true public servant and responded to needs of the students, families, staff and community she served. Merwin always opened her heart and office to her students and gave them the gift of her time and listening ear. She continues that commitment to our community by telling others about the great resources we have here in Fond du Lac.

After surviving a brain bleed and undergoing brain surgery at Froedert Hospital in April of 2008, Mary Fran suffered a stroke. Initially, she received her rehabilitation services at another facility in Fond du Lac, but when insurance coverage ended, she was still in need of daily rehab in order to continue recovering.

Mary Fran's husband Gary heard about the Wellness Center from a friend. The next day, Mary Fran visited and has been coming back each day since. "I commend LHHS CEO

Mari Beth Borek for her vision in creating this little jewel in the center of the city," said Merwin. "I also applaud her for hiring such exceptional staff." Some of Mary Fran's favorite staff members include Mary Jo Neumann, Rick Peterson, and Carol Pfeilstifter. Mary Jo, Wellness Coordinator, is a certified personal trainer. Her role is to work with new members on creating a personal fitness plan, and provide instruction on the use of the machines. Recently, Mary Jo has begun a variety of fitness classes that are open to the community.

Rick Peterson, Physical Therapist and Director of Wellness & Rehab, recently came to LHHS from the Appleton area.

Rick brings a wealth of experience in the industry, but more importantly, cares about the people served here being successful. "I remember the first time I met him, he got down to my level and looked me in the eyes. Not many people do that," Merwin commented. Carol Pfeilstifter, Physical Therapy Assistant, works with Mary Fran on specific exercises and

continued on page 2



In This Issue

3

St. Peter's Place

4

Building a Foundation

5

Touch a Life

6

New Year's Gala



Mary Fran Merwin regains her strength at our Wellness Center.

Generations of Caring

Living Well, Living Strong

Tell Me a Story



Stories convey a very powerful message about the human experiences of our lives. Often these stories bind us together through common threads that can be timeless. People may change – and the circumstances may change – but together we share our joys, our discoveries, our struggles and challenges – all with our own unique circumstances and details.

As a grandparent, the words, “Tell me a story” are music to my ears as I take the time to snuggle with our grandchildren – oblivious to the rest of the world – and tell them stories of their favorite superhero or princess or recall their very own baby story (which doesn’t seem like that long ago!)

I too, fondly remember asking my grandma to “tell me the story” of how she met my grandfather, early school days, dates at the soda fountain, or her days of working at a millinery shop in downtown Milwaukee.

Often part of our story telling revolves around our family, our health and our place of work. For the most part, people genuinely want to know more about the lives of others – and that builds a sense of connectivity and community.

The community of Lutheran Homes and

Health Services is integrally involved in the lives and health of those we

serve – and those who provide the service. Every resident, client, patient, volunteer and staff person has a story of what brought him or her to one of our programs and services.

Our new St. Peter’s Place residents have wonderful stories of the programs and classes at the old St. Peter’s school. Many took advantage of the September Open House for an impromptu class and school reunion!

The early stories of the Lutheran Home provide great history and tradition of caring for others of all faiths and financial means. Current stories of many of our recent residents tell about their rapid recovery, increased independence and a great sense of security and community.

Most recently, very significant and life changing stories have come through our Wellness & Rehab Center. One of those great stories is shared in this newsletter. It focuses on a remarkable woman who has herself touched the lives of thousands of young people. In their formative years of high school, Mary Fran has helped students focus on making strong choices to promote their own wellbeing and sound academic growth.

Mary Fran’s story is to now focus on her own wellbeing. Personal wellness for each of us is an artful balance of purposefully blending our health, our mind and our faith.

—Mari Beth Borek, Executive Director



**Wellness &
Rehab Center**

Member of Lutheran Homes and Health Services, Inc.

continued from front page

stretches. Mary Fran also takes advantage of the in house massage therapy provided by Brenda Rockow, owner of Carpe Diem Massage Therapy. Massage can significantly reduce pain, anxiety, blood pressure and heart rate, as well as help to relax and provide comfort. Massage can also help to increase circulation to areas in the body that have been affected.

“It’s just a beautiful balance of compassion

and good work,” said Merwin before getting back to her machine.

Memberships are now open to the community for \$300 annually. Exercise classes are \$30 for a 10-class punch card. Personal training is available for a one-hour session by appointment for \$25.

The Wellness Center is open Monday through Friday from 5:00 a.m. to 7:00 p.m.

For more information please call (920) 926-0050.

Focus on the Future

St. Peter's Place Opens Its Doors

Located in the heart of downtown Fond du Lac, St. Peter's Place is Fond du Lac's newest and most affordable assisted living apartments. The Commonwealth Companies of Fond du Lac purchased St. Peter's Lutheran Church and school property in the fall of 2008. The schoolhouse was beautifully transformed into 19 unique one-bedroom apartments and combined with the new building to create St. Peter's Place Residential Care Apartment Complex. There are a total of 46 apartments, designed for seniors 55 and better.

In attendance at the ribbon cutting ceremony on August 31 were the Commonwealth Companies, Mari Beth Borek (CEO Lutheran Homes and Health Services), Antonio Riley (Wisconsin Housing and Economic Development Authority), Tim Lakin (Fond du Lac City Council President), John Townsend (State Representative), Randy Hopper (State Senator) and many community members.

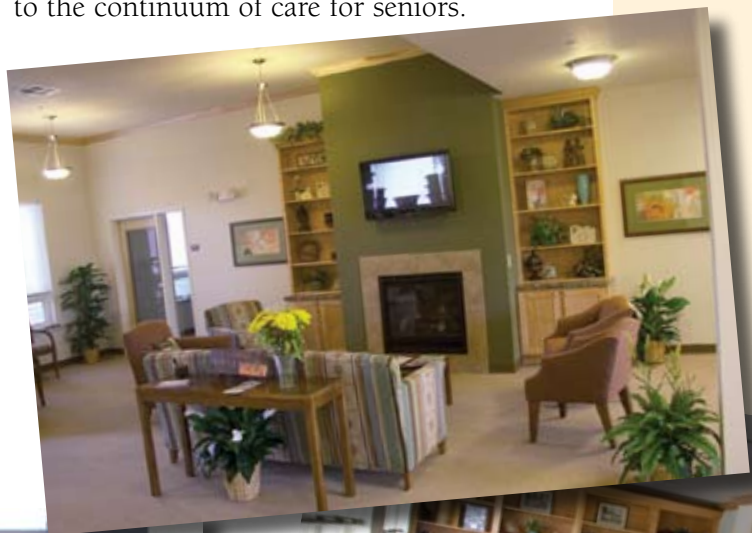
On September 1, St. Peter's Place opened its doors and the first 11 residents moved in. In the first week, occupancy commitments were doubled.

A Grand Opening and Dedication was held on September 27. Congressman Tom Petri along with more than 400 community guests

were in attendance. After the Dedication, led by Pastor Dean Desilet of Lutheran Homes and Health Services, guests enjoyed tours and an old-fashioned ice cream social in the beautiful dining room.

St. Peter's Place is licensed as a Residential Care Apartment Complex. This allows residents to receive up to 28 hours per week of supportive care, including licensed nursing care, therapy, activities, medication management, meal plans, laundry services, housekeeping and more. These services will be available on an as-needed basis and allow residents an ideal setting. Lutheran Homes and Health Services is the property manager and service provider, adding another option to the continuum of care for seniors.

For more information on St. Peter's Place, please call Julie Zuleger, Director of Housing, (920) 322-1111.



Building a Foundation

Meet Our Foundation Board

Jim Hubbard has been a member of the Lutheran Homes and Health Services Foundation Board since 2007. His education includes a B.A. in Mathematics from Lycoming College, Williamsport, PA; an M.A. in Labor and Industrial Relations from University of Illinois-Champaign/Urbana and a J.D.-Law from Santa Clara University, Santa Clara, California. He has been a Fond du Lac resident for the past 19 years while serving as Vice President, Chief of Staff at Mercury Marine. His career with Brunswick spanned 1968 to 2008. He retired June 2008.

Jim's civic involvement has included board of director roles with the Fond du Lac County Economic Development Corp. Board (present), Blandine House (present), Fond du Lac Conflict Resolution Center (present), the Fond du Lac Arts Council (present), Fond du Lac County Long Term Recovery Committee (present), and the Fond du Lac Association of Commerce Board (past). Jim is and has been

very active with First Presbyterian Church of Fond du Lac. Most recently, Jim was honored to receive the Carl W. Tonjes Volunteer Award. This esteemed award is given annually by the Volunteer Center of Fond du Lac to an individual or couple that has strived to make the Fond du Lac area a better place to live by exemplary volunteerism.

"Fond du Lac is blessed because there are so many people in the community that give of their time, their talents, and/or their treasures to help others. Fond du Lac has been good to me and my family and I give what I can because I feel it's important to give something back," Jim said. Lutheran Homes and Health Services, Inc. is grateful to be a beneficiary of his time, talent and treasure for so many years. His service has impacted the lives of many residents who have exhausted their assets and would otherwise have nowhere to go.



Jim Hubbard

New Development/Marketing Roles

Laura Schwartzburg, Director of Philanthropic Development and Communications, and Mary Bartelt, Marketing and Communications Specialist, bring more than thirty years of experience in non-profit fundraising and marketing to Lutheran Homes and Health Services, Inc. (LHHS).

LHHS welcomed Laura and Mary to the organization officially on August 31. As Director, Laura will oversee the fundraising, marketing and public information programs for LHHS. Mary will actively develop referral sources for LHHS programs, increase branding and communications efforts to promote strong community utilization of LHHS programs, and assist in coordination of special events.

LHHS CEO Mari Beth Borek said, "This

new team holds a wealth of marketing and donor-focused fundraising experience, and we are elated to have them join the team at Lutheran Homes and Health Services, Inc. We will not only continue our focus on building the best continuum of care for seniors in our community, but these new positions will help increase awareness and utilization of these programs."



Mary Bartelt and
Laura Schwartzburg

Touch a Life

Generations Gather for Luau

The annual family picnic had a luau theme this year, but hula-ing was optional. The families of our residents came by the hundreds to spend time with their loved ones, enjoy a delicious picnic style meal, and have fun. With the street closed off, "kids" of all ages were free to try the games run by LHHS staff: bowling, ring toss, and duck-plucking.

Music was on the agenda as well. Kenny Birschbach entertained everyone this year with a variety of tunes from years gone by. Families shopped the raffle basket items that were displayed in the lobby. Many of the baskets were put together

by staff as a way for staff to further the charitable work of the organization. Proceeds from the raffle baskets support the Lutheran Homes and Health Services Foundation.



Seventy Years of Giving

Seventy years of service to the community has allowed Lutheran Homes and Health Services to touch thousands of lives. In order to open our doors to people of all financial means each day, LHHS relies on the generosity of donors to the LHHS Foundation.

This year we're asking our donors to give a gift in honor of the seventy years LHHS has been giving to those in need that can no longer financially afford to stay. Beginning on October 16 and continuing through December 31, we are challenging the community to help us reach our goal of \$25,000.

Francis and Meredith Roden, residents of Tarfa Terrace, assisted in asking the community for support. The happy couple has been blessed in so many ways throughout their lives, including meeting each other, fall-

ing in love, and being married a few years ago. Because they are so grateful to have the activities, staff, and comforts of Tarfa Terrace, Meredith and Francis wanted to share their story in our appeal. Their wish is to help those who are less fortunate. Many residents are able to stay after their financial resources have been exhausted because of the community's support of the Lutheran Homes and Health Services Foundation.

Please use the envelope enclosed in the newsletter to take part in the 70 Days of Giving Campaign. Your gift will allow an elderly friend in the community to stay in their home here, and will continue the years of giving.



Share Your Christmas Spirit—Volunteer!

Possible activities that might fit your talents:

- singing Christmas carols
- visiting with a resident
- assisting residents on appointments
- helping with Christmas shopping
- bringing pets for a visit
- playing an instrument or singing
- demonstrating a hobby
- driving residents to outings

Call Kay Caramanidis at (920) 921-9520, ext. 135 or email kcaraman@fdlllutheranhome.org to schedule some treasured time this Christmas.

Wish Lists

We ask that you consider monetary donations toward the items included on the lists. This gives us the flexibility to select the items that are appropriate for use by our residents and staff. If you would like to donate actual items, please contact Laura Schwartzburg, Director of Philanthropic Development and Communications, at (920) 921-9520, ext. 157.

Fond du Lac Lutheran Home

- Electric beds (\$1,500 each)
- Reclining wheelchairs (\$900)
- Special entertainment (\$150)

Wellness & Rehab

- Educational materials and models of the hip, knee, and back
- Locker room benches
- Sponsor a senior in the Senior Wellness program

Tarfa Terrace

- Sponsor a bus trip for residents
- Artwork
- Lounge furnishings

DeNeveu Creek Retirement Community

- Artwork
- Lounge furnishings
- Computer for residents' use (\$1,000)

St. Peter's Place

- Wii system and games (\$300)
- Tables/chairs and materials for craft area
- Patio furniture (\$800)

If you are receiving multiple copies, have an address change, or wish to be removed from future mailings, please let us know. Thank you for your assistance.



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Celebrate Life

Save the Date!

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The third annual New Year's Gala is scheduled for Saturday, January 2, 2010. The location is the UW-Fond du Lac Commons, which will be transformed into a Winter Wonderland for an evening of socializing, dancing and great food as well as live and silent auctions.

Welcome in the New Year – 2010 – and celebrate with friends at this elegant event. This year's festivities include a cocktail hour with delicious hors d'oeuvres, followed by a strolling buffet by Linstrom's Catering. Musical entertainment will be provided by The Swingin-Jumpcats, a nine-piece band entertaining the crowd with music guaranteed to get your feet tapping!!!

This year's live and silent auction items will be sure to get the bidding going with unique experience packages.

January 2, 2010 and the New Year's Gala promise an evening that won't soon be forgotten.

For more information and to reserve tickets, please call Mary Bartelt, Marketing and Communications Specialist for Lutheran Homes and Health Services, at (920)921-9520, ext. 158.

