



Living for *the future.*

CAPITAL CAMPAIGN

Enjoy the journey.



Lutheran Homes & Health Services
living long. living well.



Dear Friends ...

Within these next few pages, I invite you to experience stories of friends and neighbors who bring life, through their heartfelt words and photographs, to a very vibrant and important part of our community.

Some of these individuals live or work within the programs of Lutheran Homes & Health Services (LHHS); others volunteer and some enthusiastically participate in our growing Wellness Center programs. All share stories that are representative of life and living. They are enjoying the journey!

These stories of the past and experiences of the present provide the momentum for the future for LHHS.

Here at LHHS our past traditions influence us. We hold our values and mission strong in all we do. Our present causes us to constantly evaluate and respond to ever changing needs—knowing that our presence is vital within this community and to those whom we serve.

Our future lies ahead –

Through a very thorough strategic planning process, we have taken a critical look at our organization, facilities and program needs.

LHHS has been providing high quality comprehensive Christian-based services and programs to the Fond du Lac community for more than seventy years. People of all faiths and financial means continue to be served as they have from the beginning.

Our commitment continues to never ask someone to leave when they have outlived their financial resources.

The changing and challenging landscape of the traditional sources of State and Federal reimbursements, combined with limited financial resources are not sufficient to make the necessary improvements and growth in future programs that will continue to keep us as a valuable community asset.

Therefore, we are reaching out to you and the Fond du Lac community for assistance by requesting your participation in our Living for the Future Capital Campaign.

We ask you to be a part of this exciting future through your generous support and involvement!

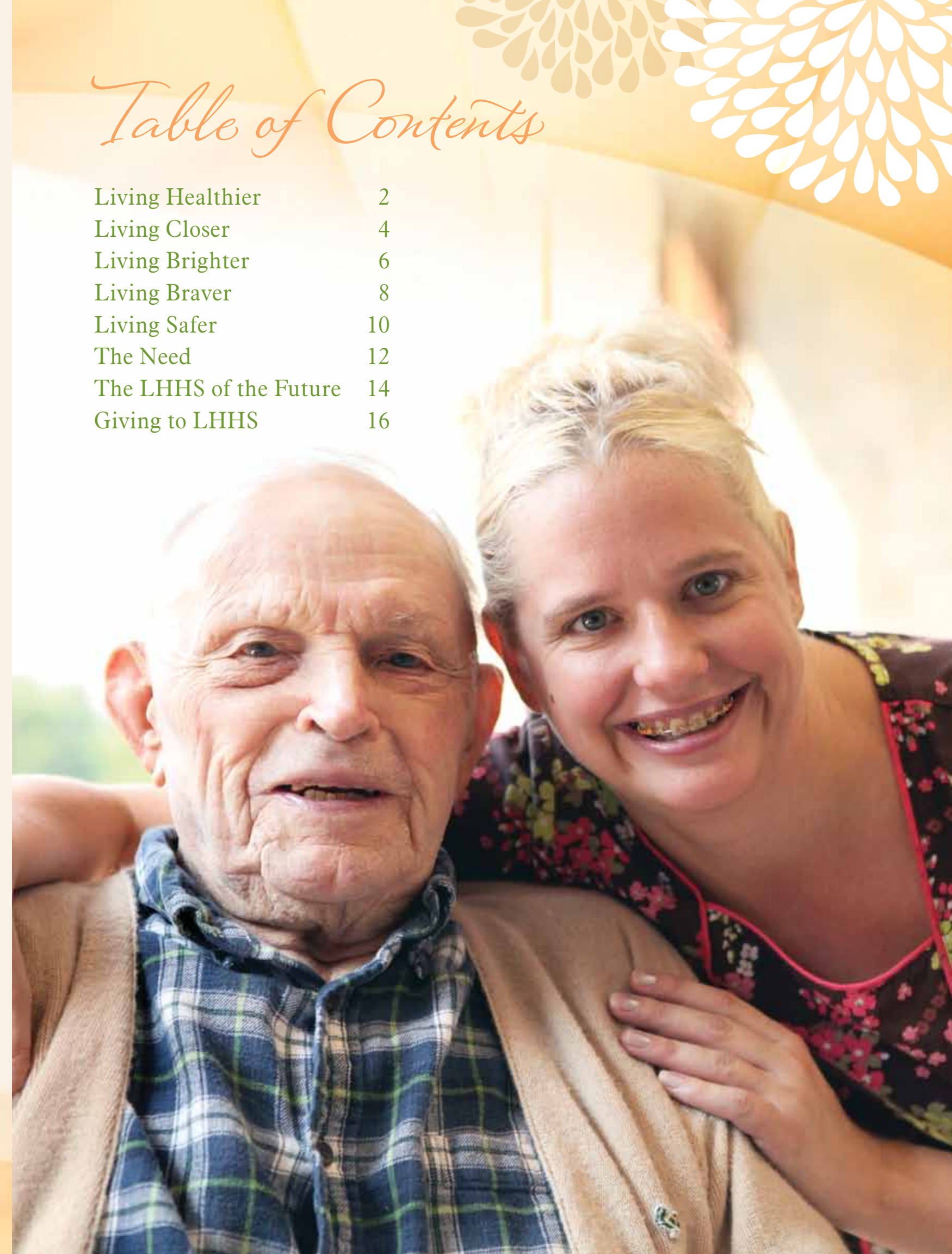
signature?

Mari Beth Borek, CEO



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Living Healthier

Caroline Dilling

At age 74, Caroline Dilling was widowed, spending too much time alone at home and not feeling her upbeat self.

She heard a radio advertisement to join the Fond du Lac Senior Center's Slim Chance wellness program and decided to give it a go in January, 2011. It was there that she met Lutheran Homes & Health Services' Wellness Instructor, Mary Jo Neumann, who motivated her to visit LHHS' Wellness Center.

Since then, Caroline has been biking, attending yoga and low-impact aerobic classes three to five times per week at LHHS. "I enjoy the exercise and the people," she explains. "It's good for me and it gets me out!"

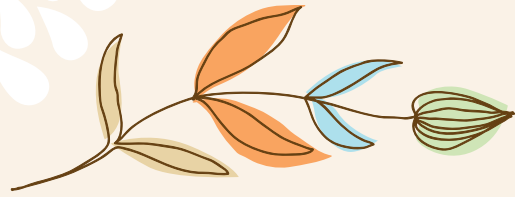
It has also helped her lose 30 pounds! Now she has more energy and is exercising on her own. She has embraced her new life since her husband's passing; one that LHHS has played a significant role in by supporting her goals, providing a caring community and making her feel comfortable.

Wellness Center

- More than 225 people use the Wellness Center, ranging in age from 18-93. Attendance of our weekly 13 classes is full to capacity.
- Our Wellness activities increased balance and mobility for our targeted 55+ membership, allowing people to maintain their independence as long as possible as they age.
- With additional space, we could not only expand membership to the Wellness Center, but also increase capacity at worship services. 80% of our residents and their families attend church weekly at our facility.



"Very friendly, equipment is wonderful. The classes are great. It's to keep you healthy and physically fit and that's what life is all about."



Living Closer

Jim and Dorothy Sharp, Barb Entringer

“The pieces have all fallen into place,” Barb says smiling. “Dad can be with mom every day and I’m within walking distance to visit, attend chapel and join the exercise classes.”

In the past two and a half years of Dorothy’s time at LHHS, Jim only missed visiting his wife of 57 years three days. Now, it will even be easier for him as he is moving from an apartment to LHHS’s assisted living area while Dorothy continues to be supported at the fulltime nursing unit for her Parkinson’s.

“Their first date was 12 hours long. They had lunch and ended up dancing into the night,” shares Barb. “When I discovered that mom and dad weren’t going to be able to live independently in Milwaukee anymore, LHHS was our first choice.”

The location and care her mother and father are receiving has helped the family reconnect. “It has been healing for us. We’ve connected spiritually, too,” Barb explains. The relief from worrying, the guidance of LHHS Pastor and the welcoming community has enabled a family to stay together and become even closer.

Skilled Care

- With facility upgrades, we will be able to offer household models that improve quality of care and quality of life.
- Private rooms will better accommodate families, caregiver teams and bedside technology.
- More than 1,000 people are served annually through LHHS’ programs. The religious diversity of those represented include 41% Catholic, 39% Lutheran and 20% other.

“We started to use the chapel and Pastor for spiritual wellness. It enabled all of us to worship together and helped us reconnect as a family.”





Living Brighter

Ann and Arnold Leestma

With both of their mothers having received dementia care from Lutheran Homes & Health Services, the Leestma's are no strangers to the facility's halls. Now in their '80s, and their mothers passed, Ann and Arnold visit LHHS for another reason ... to give back.

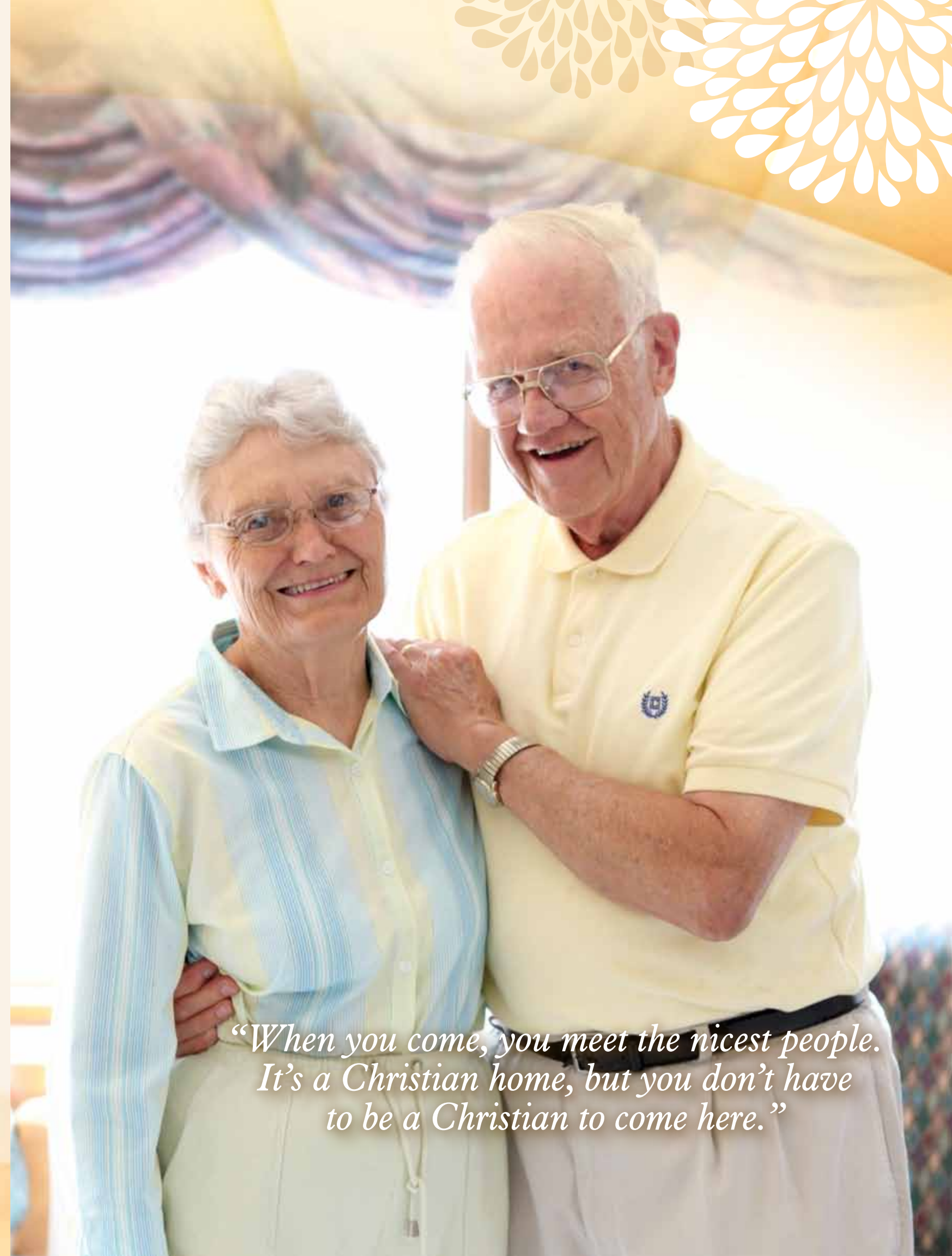
Weekly volunteers at LHHS, Ann and Arnold bring flowers, friendship and fun to the many residents whose smiles are brightened with their love and energy. It's not uncommon to hear Ann and Arnold perform a duet, do a little dance or give a hug to "show people they are cared for."

Over these many years, they have seen the changes in the facility and the organization first-hand. In fact, Arnold as a past board member notes, "They are now going to complete the whole story—from the nursing home, to assisted living to independent living" with this campaign.

LHHS has the opportunity, like the Leestmas, to have a positive impact and bring joy to those who need it. Both feel compelled to provide a loving, caring environment.

Dementia Care

- By 2050, as many as 16 million Americans will be diagnosed with dementia—2,500 of those are predicted to be Fond du Lac county residents. Current programs at LHHS only support 20 dementia-diagnosed residents. In order to meet anticipated needs of the future, dementia programming will need to be increased.
- Updates and upgrades to the facility, such as an updated call light system and the incorporation of household type models, will allow for the environment and programming that best addresses the increasing and changing resident and family needs in the dementia care process.



"When you come, you meet the nicest people. It's a Christian home, but you don't have to be a Christian to come here."



Living Braver

John Miller

“I called her Speed.” Apparently the name stuck after Audrè walked slowly up the stairs during her pregnancy with their son. For 56 years, “Speed” and John were the love of each other’s lives. So it was incredibly difficult to say goodbye to her when she passed of cancer at age of 75.

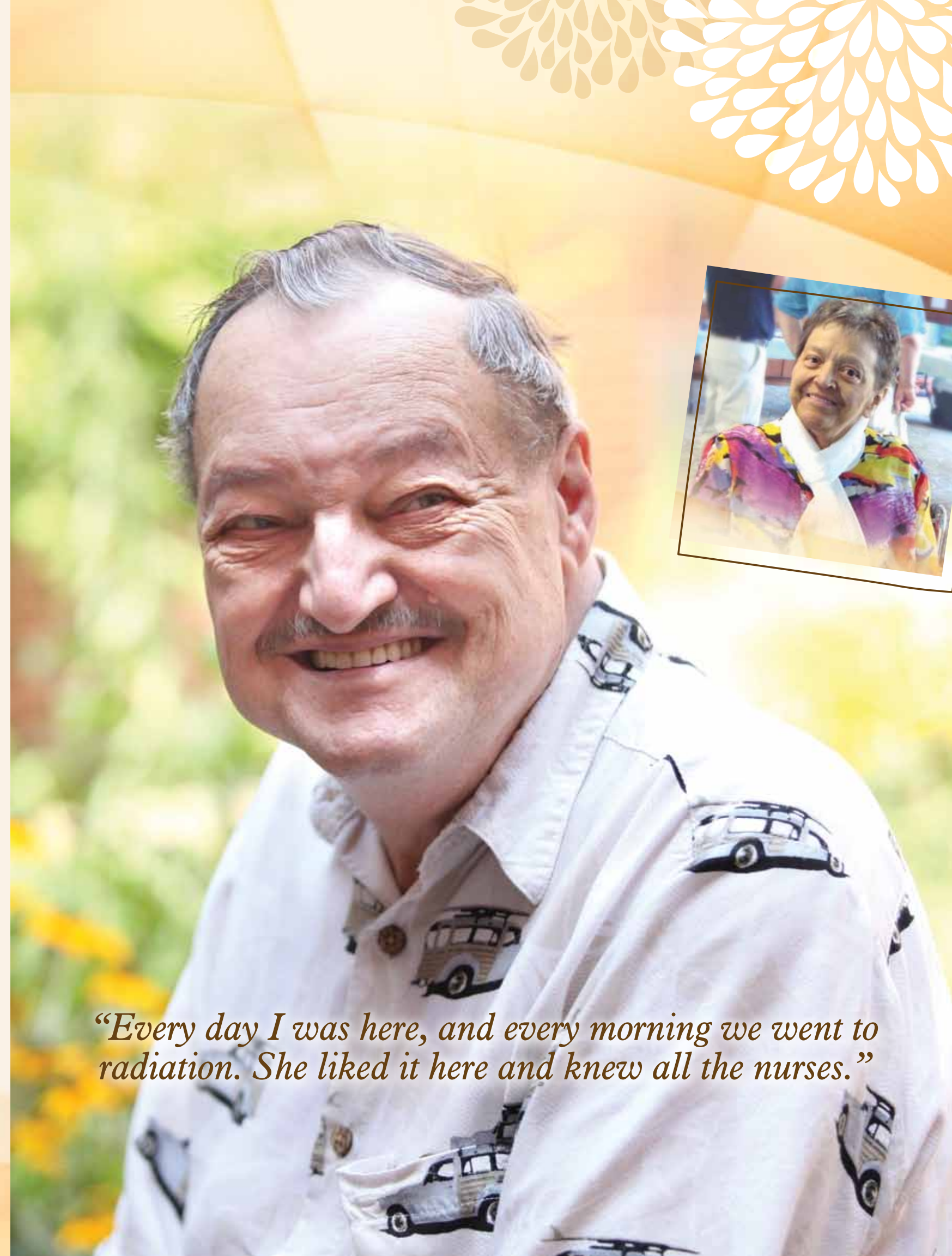
Audrè was diagnosed in 1996, but lived with her condition in remission for many years. It wasn’t until 2009 that she needed LHHS services. She was weak from lack of exercise and an inability to swallow food. After six weeks of physical therapy with LHHS staff, Audrè was able not only to move back home, but could walk without a walker, something she hadn’t been able to do for quite a while.

The cancer came back, as it so often does, and in 2010 Audrè had to move permanently into LHHS fulltime care. With her unsteady health, it was not possible for her to leave the facility, even to attend her grandson’s impending wedding. Staff and family did the next best thing. They helped host a wedding reception at LHHS and Skyped the wedding live for Audrè to participate.

Today, John continues to visit LHHS weekly; exercising at the Wellness Center to keep his own cancer at bay. He thinks of Speed often, “She loved to croquet and knit all the time. Everyone had sweaters Grandma made.”

Palliative Care

- Palliative care offers an interdisciplinary care plan tailored to a resident’s needs after the diagnosis of a life-limiting illness.
- Updates to the environment will allow for expansion of palliative care programming in a warm and welcoming space that lends peace at a most critical time.
- Families and residents will benefit from the convenience and comfort of end-of-life care in their nursing home by caregivers they know and trust.



“Every day I was here, and every morning we went to radiation. She liked it here and knew all the nurses.”



Living Safer

Jeanette and Clyde Jones

Married and still together after 68 years, Jeanette and Clyde were high school sweethearts that spoke their vows before Clyde had to leave for WWII as a Communications Officer in the 5th Air Force.

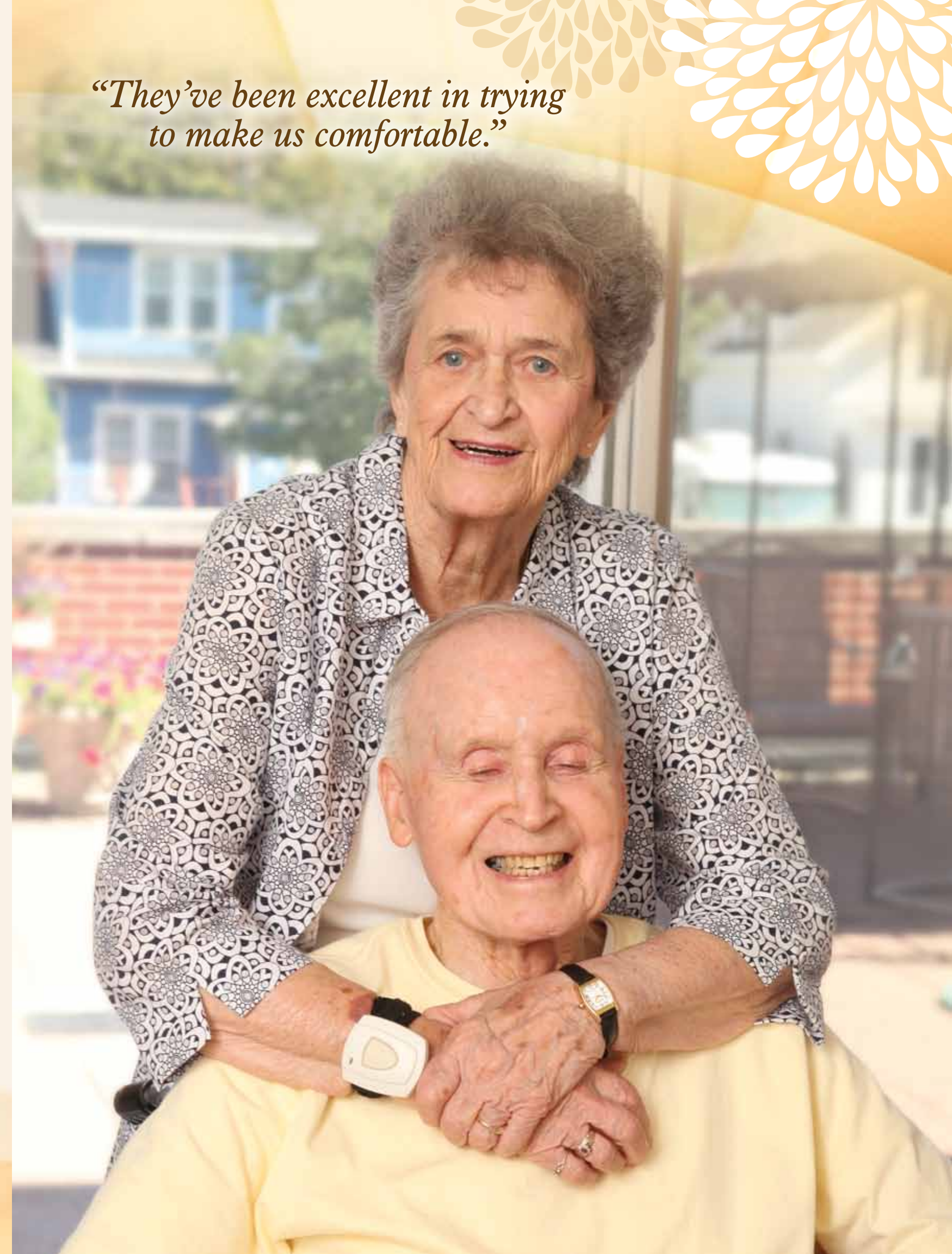
Long-time residents of Fond du Lac, they wanted to stay close to their roots, but knew they needed extra assistance. Clyde's health was deteriorating and it was simply too difficult and unsafe for Jeanette to manage on her own anymore. Jeanette's sisters "Liked the treatment they got at LHHS. They said it was a good place and they would recommend it." So when Jeanette's and Clyde's two daughters said it was time to relocate, Jeanette and Clyde knew they wanted to move to LHHS. There was never another option for them.

With their daughters' taking care of the transition, Jeanette and Clyde were able to settle in to their new home and join the LHHS community with ease. "We go to the dining room and meet everyone there. Bud, the next door neighbor, has become a good friend. Staff are so dedicated; they do a good job."

Assisted Living

- As many as 50% of Tarfa Terrace residents rely on government reimbursement for their care.
- Updates such as modernizing individual bathroom facilities and installation of automatic doors will allow residents to enhance and continue their independence for as long as possible.
- Our current environment is not conducive to the growing population of seniors who would like to stay connected with families and the community through technology. Planned upgrades to gathering spaces include a library and technology center that would benefit both residents and families.

"They've been excellent in trying to make us comfortable."





The Need

LHHS needs to prepare today ... to continue to live well for the future.

It's not enough or acceptable to merely sustain life.

A life should be filled to the brim and overflowing with health, community, compassion and inspiration from birth to death.

Sadly, for some, aging represents a diminishing life. Loneliness, depression and disease are often seen by our society as being a part of the "acceptable" aging process.

But, not at Lutheran Homes & Health Services (LHHS).

"Living long. Living well." is our tagline for a reason. Because our staff, our facilities, our philosophy is that people, no matter their faith, background or income, are worthy of living their lives to the fullest and being a part of a loving, compassionate community that encourages healthy habits and active participation.

This approach has served LHHS well and has been our foundation for the more than 2,500 patients and residents. However, the time has come. Our needs and the needs of Fond du Lac County's many senior citizens, along with the vast changing landscape of our state and federal resources, outweigh our ability to continue to effectively provide health, community, compassion and inspiration without assistance from generous donors like you.



Living for *the future.*

CAPITAL CAMPAIGN

Did you know ...

- Wisconsin's age 85+ population is the group most likely to need long-term care services. This demographic will grow 59% from 2007 to 2030.
- Annually, LHHS experiences a difference on average of \$800,000 between the cost of care and reimbursement for residents on state and federal programs such as Medicaid and Family Care.
- Most aspects of our facilities were designed to last; many of them have been operating for more than 50 years. However, the functionality of our building needs to change to reflect the changing needs of our seniors. We also need to adapt to the new and changing regulations, and enhance efficiencies along with cost-saving measures.

These truths, in addition to the challenging economic climate and governmental budget cuts, place a high burden and responsibility on our local community to support our aging adults. Completion of this "Living for the future" campaign will secure LHHS' position as a leader among aging service providers in the greater Fond du Lac area, and more importantly, ensure our ability to meet the increasing needs of seniors with a better approach to long-term care and services.

But, we need \$8 Million to ensure this occurs and that our community's seniors continue to have rich lives of happiness, community and health.



The LHHS of *the Future*

The Macy Street Campus

Enhancements to the Macy Street Campus from this capital campaign may include:

- Upgraded technology for post-acute patients and staff
- Specialized transportation
- Enhanced living environments
- Expanded palliative care program
- Required life-safety code facility updates
- Renovated nurses' stations to allow easy interaction with residents
- Updated call light system for safer care
- Upgraded independence-enhancing facility improvements
- Upgraded bathrooms and spa areas for resident care
- Improved kitchenettes and dining areas
- Added space in atrium area for community-wide functions and multi-use as well as increased capacity for Wellness classes and worship services
- Remodeled lobby and creation of café area to encourage greater interaction
- Enhanced therapy gym to allow for easier rehabilitation
- Improved and more energy efficient facilities

Future Programs and Services: The Hills at Cortland Ridge

The Hills at Cortland Ridge is a project designed to meet the continually changing needs of our community. Seniors have voiced their desire to live independently within a community that offers future amenities as their age progresses. The community plans include cottage homes and independent living apartments centered on wellness-based programs and services. Seniors in our community will benefit from this project, as it will offer a retirement living option that provides opportunities for life-long learning, activities, exercise and wellness as a healthy way of life.

This project not only serves a new population of seniors in our community, but also allows LHHS to diversify its revenue in order to continue to fulfill its mission-driven objectives. This, along with pursuing additional home and community-based programs and services, will assist to meet the needs of our seniors as we support them in "Living long. Living well."





Giving to LHHS

This community-wide effort has a dollar goal of \$8 million. It is the first time in many years that LHHS has come to the community to seek financial support at this level. However, the three areas of priority upon which the campaign is focused are clear and compelling. These include the following:

- \$3 million to make necessary repairs and improvements in order to maintain and upgrade current LHHS facilities: add new equipment, make program enhancements and provide resources to ensure top-quality service offerings.
- \$1 million to earnestly begin our endowment.
- \$4 million to expand our mission to include an additional sector of seniors not currently served with our existing programs. The Hills at Cortland Ridge will be a not-for-profit, wellness-based, senior living community sponsored by LHHS.

We ask for your pledge or gift to support this endeavor. To raise \$8 million successfully, we will need everyone's help. So please join with us by continuing the caring, progressive vision that our predecessors began.

Working together for a resource as valuable to us as LHHS, will be a shining example of our community's caring spirit.

Our sincerest thanks ...

Campaign Committee Members

Jim Hubbard, *Co-chair*
 Dick Kleinfeldt, *Co-chair*
 Karl Pennau, *Co-chair*

James Thomas, *Co-chair*
 Bonnie Baerwald
 Allen Knuth



LHHS Board of Directors

Mission

LHHS provides a Christian-based,innovate approach to aging through comprehensive services,programs and communities.

Vision

LHHS will be the dynamic leader supporting healthy aging through innovative, compassionate and personalized services.

Values

Compassionate • Ethical • Holistic • Progressive • Christian-based • Excellence



Lutheran Homes & Health Services
 244 North Macy Street
 Fond du Lac, WI 54935-3362
 (920) 920-9520
www.LutheranHomesFondduLac.org



Thank You



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