

THE BEACON

A PUBLICATION OF NEW PERSPECTIVE SENIOR LIVING



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MEMORY CARE

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WINTER ■ 2009

INTEGRITY • CARING • SAFETY • PASSION • FUN

PERSON-CENTERED MEMORY CARE

Carrie Klug, activities coordinator for the Lighthouse at Mequon, WI, has worked with seniors for 22 years. Before this year, she considered it a good day when she could involve the majority of residents at her memory care facility in a programmed activity. After her introduction to person-centered care, Carrie aims at even higher goals.

“Not all of our residents want to participate in a scheduled activity,” says Carrie. So she sets up Life Skills Stations residents can choose from, according to their interests or experiences. “One resident likes babies, so I provide a picture book of babies in various costumes and settings for her and a friend to look at. Another likes to play Uno, so we’ll get a game going with her.” Carrie also sets out seasonal watercolor pictures to paint and newspapers for those who like to read.

Carrie also offers occupational Life Skills Stations from dishwashing to floor sweeping. “One of my ladies loves to fold laundry, so I’ll provide her with a basket of red napkins to fold. The same lady has

office experience, so she enjoys folding, stuffing, and labeling the newsletter we send out to families.” Residents receive compliments for their work and express satisfaction at being useful.

All Life Skills Stations are voluntary. The resident is free to choose or decline to participate. Stations change as residents change or express other interests. “We always aim to meet the residents’ needs on an individual basis,” says Carrie.

Through scheduled activities and Life Skills Stations, Carrie’s goal is to provide daily activities in six categories: spiritual, sensory, social, fine motor, cognitive, and physical. Person-centered activity planning has resulted in closer relationships between residents as they discover others with like-interests, and it has brought staff and residents closer together. “As one gentleman worked on a puzzle of the United States, a staff member sat down to talk with him about all the places he has traveled,” says Carrie.

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Barbara Martinka folds napkins at the Lighthouse of Mequon, WI.



MANY HAPPY MEMORIES

Friends Doris Kieckhefer (left) and Marie Miller (right) enjoy a laugh in the living room of the Lighthouse at Brown Deer, WI.

Doris grew up with many happy memories of a large family. Her father owned a grocery store in Milwaukee and Doris remembers sleeping three-in-a-bed with her six siblings. Married to William, Doris had four children of her own and worked for many years as a baker for the city's school lunch program.

Marie is the daughter of a Pennsylvania coal miner who ran a tavern attached to their house. Her mother cooked for the miners and also for priests in the nearby rectory. She fondly recalls her mother's blueberry pie. A nurse by profession, Marie and her husband, Harold, raised 10 children, including two twin boys. ■



MORE MEMORY CARE FACILITIES

Cloquet, MN

Thirteen new memory care apartments (two of them double occupancy) will be ready for residents in January at the Lighthouse in Cloquet, MN. With this new facility located at 706 Horizon Circle, New Perspective Senior Living has the capacity between Cloquet and Barnum to house

89 assisted living and memory care residents.

An open house is planned for Wednesday, January 21, 2009. For more information, call Char Johnson at the Lighthouse in Cloquet at 218-721-2800.

Columbia Heights, MN

Mid-December, construction began on a 70-bed assisted living and memory care facility at Columbia Heights, MN. The 7,600 square foot facility, located in the Heart Lake Addition of the city, should be completed in November 2009. ■



REGULATOR IMPRESSED BY LEVEL OF CARE

Before joining New Perspective as our Director of Clinical Services, Jana Burnham worked at the Minnesota Department of Health in the division overseeing compliance of senior living centers to the state's rules and regulations.

In that position, she once did a site visit to New Perspective's Lighthouse at Mahtomedi. "It was one of the few places I visited that I could say, 'I could live here,'" said Jana, who was impressed with how relaxed and comfortable the residents seemed, the high level of care provided,

and the staff's concern for the residents' well-being.

"I'm excited to be part of a company that provides such great service," she states.

Jana graduated from the University of Minnesota with a Bachelor of Science in Nursing. She has four children and three grandchildren. She's also a jewelry artist and one of the founding members of the Society of Glass Bead Makers. ■

PERSON-CENTERED MEMORY CARE

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Residents' families express satisfaction at how engaged their loved ones have become. "They're sleeping better at night because they are busier during the days, and they're developing a camaraderie we haven't seen before," says Carrie, noting two residents have volunteered to be callers at bingo games and now lead that activity.

Life Skills Stations have also given some residents a sense of peace. "One lady loves to do dishes," says Carrie. "She stands by the window with a washcloth, humming a tune, and she'll tell me how she's done this all her life for her brother and sister." ■

Jim Sardina (left), Dan Markowitz (top right), and Dorothy Nezworski (bottom right) enjoy Life Skills Stations at the Lighthouse of Mequon.



WINTER SAFETY TIPS FOR SENIORS

BY CINDY BAHLS, RN, DIRECTOR OF WELLNESS FOR LIGHTHOUSE OF CLOQUET AND BARNUM

Cold, winter weather can be especially hazardous for seniors. Falls are the biggest threat. Below are some helpful tips.

- Dress warmly. Layer clothing to preserve body heat. Wear a coat, mittens or gloves, a scarf, and hat. Up to 40% of body heat is lost through the head. Wear insulated, waterproof, non-skid boots with low, wide heels.
- Stay indoors when it is very cold outside, especially when windy.
- Stock plenty of food, pet food, and medication supplies in case of storms. Cancel all non-emergency appointments during severe weather.
- If you use a cane, replace the rubber tip before it is worn.
- Keep walkways and steps around your home

clear, or have someone do it for you. Always have a bag of non-clumping cat litter on hand to use on icy patches.

- If shoveling snow, take small scoops to avoid muscle strain. Take plenty of breaks. Seek medical attention if you feel pain or heaviness in your chest, or become dizzy or faint.
- While driving, if you start to skid, turn your front wheels into the direction of the skid.
- Make sure your vehicle is tuned-up for winter, with enough anti-freeze and good tires. Keep the gas tank near full. Always let family or friends know of your travel plans, even for short trips.

Good planning and careful preparation can help you stay warm—and safe—this winter! ■



Cindy Bahls keeps warm this holiday season with resident Verna Brendiar in the Lighthouse at Cloquet.

NEW TALENT IN MILWAUKEE

Two people experienced in senior care have joined our New Perspective staff in the Milwaukee area. Wendy Putzi will be Wellness Director of the Lighthouses at Brookfield, Brown Deer, and Mequon. Chris Ebert has joined us as Community Relations Director for all three locations. Caring for seniors and their families is a common passion for Wendy and Chris.



Chris Ebert

"I started working in a nursing home while still in high school," states Wendy, an RN who graduated from Columbia Hospital School of Nursing. Employed at a nursing

home in Hartford, WI for 15 years, she helped open Alexi Village and served as its Nurse Manager for 9.5 years. Wendy brings additional training to the Lighthouses' residence assistants, while expanding her own understanding of memory care. "The staff and residents have already taught me so much," she states.

Chris Ebert worked in the insurance industry for 18 years, focusing on pre- and post-retirement seniors. Her experience with Medicaid products, financial planning, long-term care insurance, and Medicare supplements will benefit families faced with finding a higher level



Janet Walters and Wendy at the Lighthouse at Brookfield, WI.

of care for their loved ones. "It's often a difficult transition for family members as well as seniors," says Chris. "I want to listen, discover their needs, and see if we are a fit to help their loved one." ■



PROUD TO
SERVE

What an honor to be invited into Clifford Wenthur's room at the Lighthouse at Brookfield, WI where his walls tell the story of his service in the U.S. Navy during World War II, including Signalman and Chief Petty Officer on both the U.S.S. Philadelphia and the U.S.S. Mississippi. ■

YOUR QUESTIONS

Q. Can I deduct premiums paid for qualified long-term care insurance?

A. Premiums paid for a qualified long-term care insurance contracts are deductible as medical expenses (subject to an annual premium deduction limitation based on age) to the extent they, along with other medical expenses, exceed 7.5% of adjusted gross income.

Please consult your tax advisor for more information. ■

LIFE SKILLS MAINTAIN ABILITIES

New Perspective Senior Living is implementing Life Skills Stations at all memory care facilities. At these stations, staff members work with residents one-on-one to provide activities related to their past experiences or occupations. Stations like crafts, games, homemaking, home maintenance, and office work offer activities that have been a daily part of their lives over the years. Specific tasks offered are based on each individual's interests and background. One might delight in folding clothes or vacuuming. Another enjoys wood. Others find satisfaction in drawing or in tending plants.

"Purposeful activity and productivity is particularly important for residents with dementia," says Jana Burnham, Director of Clinical Services for New Perspective. "They have varying degrees of cognitive abilities, so it's important to tailor their activities individually to challenge and maintain those abilities." Range of motion activities like vacuuming or raking leaves can help maintain joints and treat arthritis.

Staff member Teri puts together a puzzle with Laverne Asen.

They also increase the body's natural endorphins, which create a sense of well-being.

"Life Skills can also interrupt thoughts that lead to agitation in some dementia residents," Jana continues. "Personalized activities help calm them, focus their attention, and direct their energy productively."

The value of life skills activities is evolving as leaders in senior care emphasize person-centered care to improve quality of life. "Our residents are more than their disease process," concludes Jana. "They come to us with varying life experiences and interests that we seek to help maintain for as long as possible." ■



Lighthouse Communities

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