



“ALL THE NEWS THAT FITS” FROM OUR HOMES TO YOURS

People bringing hope to people



Bun Than Van and his wife **Sovanny Hak** (seated) will move into **Kings Crossing** when it opens on March 1 at University and Dale. Behind them are Hmong interpreter **Net Kim Seng** and Kings Crossing manager **Lisa Boyd**. The couple has never had a home of their own since coming to America from Cambodia. Their time has come.

New Home = New Hope

Imagine being a victim of torture in one’s own country. Imagine moving to a strange land in your late 60’s in the hope of building a better life, but not being able to speak the language. Now, imagine trying to find a job while living with family, friends, and friends of friends. No permanent address. No place of your own.

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Thanks to the generosity of the entire Episcopal Homes community, this child found the Christmas present she’d been hoping for at the **Hallie Q. Brown Food Shelf**. So did nearly 200 other neighborhood children.

“Somebody out there cares about me!”

By Cornelia House resident **Irma Wyman**

December 20, 10 a.m. – It was the kickoff of the Christmas toy distribution at the **Hallie Q. Brown Food Shelf**, housed in the Lutheran Church of the Reformation at Oxford and Laurel in Saint Paul. Parents who are clients of the food shelf came to select Christmas gifts for their children.

Cornelia House has been supporting the Hallie Q. Brown Food Shelf in various ways for two years, and this year there was an expanded focus on Christmas toy collection.

In October, the Cornelia House team of **Muriel Bachman**, **Julie Niewald**, and **Irma Wyman**, working with the food shelf manager **Bao Xiong**, invited the Episcopal Homes folks to be part of this project.

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These are some of the challenges that have been facing **Bun Than Van** and his wife **Sovanny Hak** for the past several years. Their daughter sponsored her parents' move to her adopted Twin Cities. They lived with her for as long as they could. After that, it was a few months at a time with other family and friends, including **Net Kim Seng**, the Cambodian interpreter they met while seeking health care. *"We had no home and no hope,"* says Sovanny.

Bun and Sovanny learned about **Kings Crossing** while Van was receiving treatment at The Center for Victims of Torture. He still suffers from nightmares. The couple has been doing cleaning and odd jobs at the Hmong American Partnership, a day center near their new home, but they don't earn enough to afford normal rent. The good news is that Kings Crossing *will* be affordable because rent is pegged at 30% of whatever income Bun and Sovanny are able to earn. *"It is like a dream,"* says Sovanny. *"I can't believe it is real. We are so grateful. Thank you! We have hope now."*



Larry James



Cathy Cole

Kings Crossing is bringing new hope to **Larry James** and **Cathy Cole** too. Both are excited about being part of a new community and helping get it off to a good start. Larry will be returning to his old neighborhood from a public housing project where there is little sense of community and where *"It's too noisy for me to think."* Cathy's home of 25 years is in foreclosure. *"It's been painful, but with this fresh start, I'll get my smile back."*



Cornelia House resident **Irma Wyman** with food shelf manager **Bao Xiong** (in front). Behind them are **Julie Niewald** (Cornelia House manager) and fellow team member **Muriel Bachman** (Cornelia House resident).

Residents of the Episcopal Homes communities on the University/Fairview campus and Carty Heights, plus the Episcopal Homes Board of Trustees, residence managers and the Episcopal Church were all incredibly generous. Boxes and boxes of all kinds of new toys for all ages were given, and needleworkers made hats, scarves, mittens and socks. Almost \$2,000 in donations were received too, enabling the food shelf's "personal shoppers" to buy more toys for youngsters and gift cards for the teens.

In the end, the Hallie Q. Brown Food Shelf was able to provide Christmas toys, books, and other gifts for almost 200 children from pre-schoolers to early teens, bringing joy into their holiday when resources for their parents were unmanageably tight.

When Christmas nears next year, our team plans to be active again— and next year, we'll be able to include the residents of our newest community: King's Crossing at University and Dale.

“We never outgrow the hope that we are making a difference. Our residents are making a difference every day.”

Jean Sandberg
Household Coordinator,
Isabella House

Episcopal Church Home is a community of six *Households*. Each Household’s residents make a difference every day by helping their caregivers plan activities

and events that matter to the members of their particular Household. In **Isabella House**, the residents decided to replace their mealtime “clothing protectors” (otherwise known as bibs) with vastly more fashionable home-made *dining scarves*. Above, Isabella House Homemaker **Norman Konder** models the style most popular with the menfolk, and resident **Lorayne Swanson** stitches a new one. “*Our dining scarves aren’t just for dining either;*” says Household Coordinator **Jean Sandberg**. “*They’re so comfy, some residents choose to wear them all day!*”



If you see one of these posters at your library, church, community center, doctor’s office or elsewhere around Ramsey County, it’s all because of Geri Thompson.

Carty Heights resident **Geri Thompson** is a force of nature when it comes to championing causes she believes in. One of those causes is the plight of family caregivers. First, Geri got one of our staff members to design a poster urging caregivers to call the **Senior LinkAge Line (1-800-333-2433)** to find a nearby Caregiver Support Group. **Impressive Print** (who prints this newsletter) printed 200 posters for Geri at no cost. Now, thanks to Geri’s efforts, the Ramsey County Human Services Department has printed and distributed 500 more posters.

FREE PRESENTATION about Alzheimer’s and Dementia, and how to best communicate with those who have it.

Sunday, February 27 at 2 p.m. • Monday, March 14 at 5:30 p.m.

This one-hour presentation will be given by **Virginia Anderson** at Episcopal Church Home. She developed the presentation as part of her work toward a Masters Degree in Gerontology at Bethel University. Virginia has worked at Episcopal Church Home for 16 years, and is responsible for the Life Enhancement program in **May House**. To attend, check in at the Church Home’s front desk and the receptionist will direct you to the conference room where the presentation will be held. *Time well spent!*



THOUGHTS ON PLANNED GIVING

“My father used to say, ‘Anything you try to keep, you will ultimately lose. Whatever you give away, you can enjoy forever.’ He was right. Every day, I take comfort in knowing that my support for causes that matter to me will continue beyond my lifetime.”

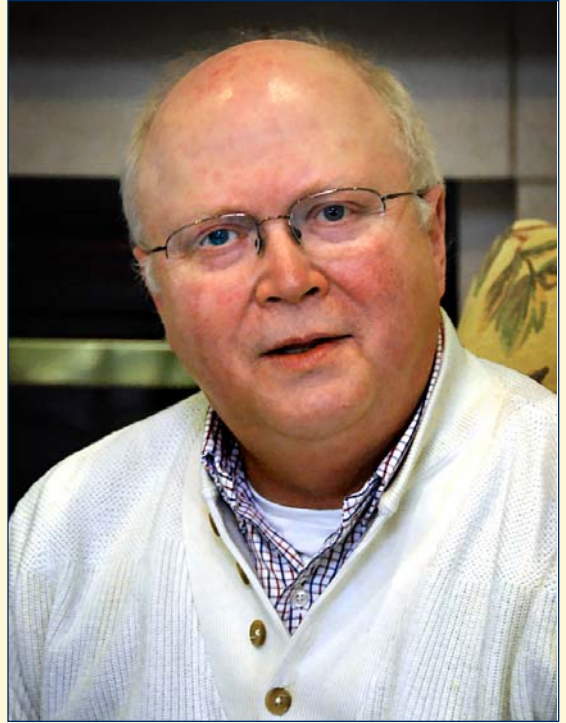
Bill Johnson, Planned Giver

*“I learned the practice of giving from my parents,” says **Bill Johnson**. “As I was growing up, I became aware of the annual gifts they made to their favorite non-profit organizations. Many of their gifts went to educational institutions – a good match with their professional lives as educators – and others went to faith-based organizations.”*

In later years, Bill became acquainted with his parents’ plans for giving after their passing. *“Episcopal Homes was on their list for bequests. Bequests are a form of what is called ‘planned giving.’ One benefit of planned giving is that the assets to be given remain available to the donor if the need for them arises during their lifetime.”* Bill adds that making a planned gift does not necessarily require paying an attorney to revise your will. It can be as simple as directing your insurance company or account manager to add the organization you wish to support to your list of beneficiaries.

“In figuring out how much to give to each beneficiary, I recommend specifying percentages instead of specific dollar amounts,” says Bill. *“I knew a couple with a will that specified gifts to their church and other charities in dollar amounts. However, since a last will and testament must exhaust all assets, the couple specified that any residual funds be given to a children’s home in Phoenix, their winter home. By the time the husband and wife had both passed, the value of the residual funds was around 20 times greater than the total value of the dollar amounts specified for their favorite charities. If they had specified percentages instead of dollar amounts, their planned giving would have much more accurately reflected their priorities.”*

Bill hopes that you will consider joining him in making a planned gift to Episcopal Homes. *“You needn’t make a big gift to make a lasting difference,”* he adds. To learn more about your planned giving options, please contact **Judy Alcott**, Director of Development, at **651-632-8855** or **jalcott@ehomesmn.org**. *Thank you!*



Do you pay bills online? You can give to Episcopal Homes online too – at any time of day or night!

Simply click the **Contribute** button on our web site. It’s in the upper left of the page. You can make a **one-time gift** or opt for our **Monthly Giving Program**, in which the gift amount you specify will be charged to your credit or debit card automatically every month until you tell us to stop. You can contribute anonymously if you wish, or you can make your gift **In Memory Of** or **In Honor Of** anyone you choose. There’s no such thing as a gift that is too small! Every dollar matters!

TRANSITIONAL CARE & BEYOND

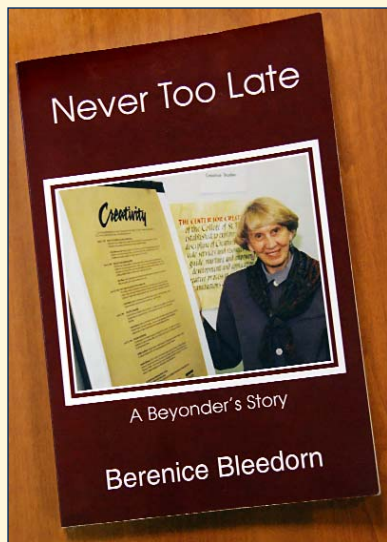
Some people who need transitional care after hospitalization soon face an even bigger transition. They will not be able to go home. Berenice Bleedorn is one of those people, but she got lucky.

“**Bee**”**Bleedorn** was hospitalized three times in the course of 2010. Each hospitalization was followed by a stint in a transitional care unit (TCU) for rehab. After her first two stays, Bee was able to return home to her apartment at **Becketwood Cooperative** on West River Parkway in Minneapolis.

Daughters Bonnie and Joan brought in home health aides to help their mother in mornings and evenings, but Bee’s third hospitalization in December of 2010 changed everything. This time after being discharged from transitional care, Bee’s doctor recommended that she move to Assisted Living. But where?

Bee and her daughters had been impressed with the quality of the facilities and the staff at Episcopal Church Home’s **Transitional Care Center**, so they looked into Assisted Living at **Iris Park Commons**. They liked the fact that its Assisted Living cares and services are provided by Episcopal Homes’ own non-profit home health company. Home health aides are on-site all day and a RN is on call 24/7.

Here is where Bee got lucky. Iris Park Commons has a long waiting list, but Bee’s need to move arrived in the depths of January,



a time when everyone else on the list wanted to wait for warmer weather. She moved in on January 24, but much is yet to be done. “*The books and papers I’ve accumulated in the course of over four decades as an educator are still in my apartment at Becketwood,*” says Bee. “*Two floor-to-ceiling bookshelves, eight big file drawers and two desks. We have to sort through everything and find permanent homes for it all.*”

This is clearly a daunting task, but if anyone is up to the challenge, it would be a woman who earned her PhD at the age of 75. We’re glad you’re here, Bee!

You can find five of Bee’s books online at **Amazon.com**, including her memoir *Never Too Late*, which she published in 2009 at the age of 97. You can also find the books of Bee’s mentor, Dr. E. Paul Torrance.

Bee has her own web site too: **www.creativityforce.com**. Many papers she has written over the years appear there.



CHAPLAIN KAY

I am in awe of our staff!

The Rev. Kay Provine, Director of Spiritual Life

Many of our staff, especially at Episcopal Church Home, have fled to the United States from other countries to escape hardship and peril. They have suffered searing family dislocation over impossible distances. There are many stories. One employee described to me the terror of her village being bombed to rubble as she fled with only the clothes on her back. Many were highly trained and highly skilled professionals in the country from which they came. Here they start at the bottom. They work hard. They care for our residents. They are kind. They are patient. They send money to their families. They are our newest American citizens. They are courageous people.

How can we help them? Donate to the **Scholarship Fund**. It was begun in 2009 to assist staff who wanted to advance their education. To date, our Scholarship Fund has awarded over \$20,000 in grants to help pay for tuition and books. Eleven staff have taken courses. We now have registered nurses in leadership positions who began as nursing assistants. The benefits are incalculable: for our residents, for the organization as a whole, and for our dedicated staff and their families.

The need is greater than our resources. There are staff right now waiting for scholarship money so they can continue their education.

Please make a donation to the Scholarship Fund. I have, along with many other Episcopal Homes employees. It is what we do as people of faith. Contact **Judy Alcott**, Director of Development. Judy's phone number is **651-632-8855**. Her email is jalcott@ehomesmn.org. *Thank you!*

Now, *THAT* is **DEDICATION!**

Remember "The Big Snow" last December 11th? It pretty much stopped our towns dead in their tracks, but it *didn't* stop Nursing Assistant **Olga Samsonova**. She made her own tracks – with cross-country skis!

Many staff stayed late to care for residents until their counterparts on the next shift were able to get in. Several worked double shifts when other staff were snowbound.

That snow storm brought out the best in everyone, including our residents. *"They prayed for our safety,"* says Olga. *"It warmed my heart. We knew that we were all in this together, and together we all made it through."*



At Home

Episcopal Homes at a glance...

EPISCOPAL CHURCH HOME



Rehab & Long-Term Care 651-646-4061

A Tradition of Caring Since 1894

Now in its 116th year. Renowned for compassionate, high quality care and its inclusive spiritual life program. Medicare/Medicaid. *Come visit!*

1879 Feronia Avenue
Saint Paul, MN 55104
(1 block SW of University & Fairview)

IRIS PARK COMMONS



Assisted Living 651-646-1026

A Community of Heart

59 one or two-bedroom and studio apartments with a menu of supportive services for age 62+. Come see why it's called "a Community of Heart!"

1850 University Ave W
Saint Paul, MN 55104

CORNELIA HOUSE



Independent Living 651-288-3931

Graacious Independent Living

47 one or two bedroom designs. If you don't need a "senior community" yet, you'd fit right in. Nobody here does. Great neighbors! Age 62+.

1840 University Ave W
Saint Paul, MN 55104

SEABURY



Independent Living 651-379-5102

Affordable Independence

49 one-bedroom apartments and a vibrant resident community that have changed the face of affordable housing. Nationally acclaimed. Age 62+.

1830 University Ave W
Saint Paul, MN 55104

CARTY HEIGHTS



Independent Living 651-288-1142

Affordable Independence

49 one-bedroom apartments reflecting our belief that limited income needn't mean limited quality of life. A diverse and welcoming community. Age 62+.

412 Dunlap Street N
Saint Paul, MN 55104

KINGS CROSSING



Independent Living 651-493-4606

Opening March 1, 2011

49 one-bedroom apartments located above the shops of **Frogtown Square**. Like Seabury and Carty Heights, it will open full with a waiting list. Age 62+.

500 Dale Street N
Saint Paul, MN 55103



490 E. Lynnhurst Avenue
Saint Paul MN 55104

Our mission is to enhance the quality of life for seniors by providing homes and services that support each individual's physical, social and spiritual needs. We have been welcoming all for 117 years.



Why am I receiving this? Because we're neighbors within three miles of each other!

We hope you enjoy the stories inside. You may even see some folks you know. Just about all of our residents and short-term rehab patients hail from within three miles of us too. So do many of the volunteers and supporters who contribute so much to the life of our community.

If you would prefer to receive our newsletter by email, simply send an email to **Mary Franson** at mfranson@ehomesmn.org. Please put **SUBSCRIBE AT HOME** in the subject line.

If you prefer to be removed from our list, we will gladly respect your wishes. We believe that's part of being a good neighbor. To remove your name from our mailing list, call Mary at 651-632-8857. If you get Mary's voicemail, leave your name and address exactly as it appears on this newsletter. Please speak slowly and clearly. ***Thank you!***

You're invited to join our residents for free concerts at Coventry Chapel.

Please RSVP to Julie Niewald at 651-288-3931.

Sunday, February 27 at 2 p.m.

Mel Carter & Friends

Music of the swing band era with our own Mel Carter (winner of the 2010 Leigh Kamman Jazz Award) on trumpet.

Saturday, March 12 at 2 p.m.

The (very Irish) Two-Tap Trio

www.twotaptrio.com

Sunday, April 10 at 2 p.m.

Café Accordion Orchestra

www.cafeaccordion.com

Saturday, May 7 at 2 p.m.

Twin Cities Jazz Cats

www.myspace.com/twincitiesjazzcats

Saturday, May 14 at 2 p.m.

Steinway Artist Don Irwin

www.donirwin.com

Saturday, June 25 at 2 p.m.

Jazz/Gospel Vocalist Bruce Henry

www.bruceahenry.com