



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

Building Community!

*“This land is your land,
this land is my land...”*

An ad hoc chorus of residents from **Cornelia House** and **Seabury** brought the large, ethnically diverse crowd to its feet, united in song. Our chorus was organized by Cornelia House resident **Shirley Michienzi** (at piano). She once sang with the Minneapolis Symphony (now the Minnesota Orchestra) under conducting legend Dimitri Mitropoulos. This joyous sing-along was part of the cabaret series held at The University Avenue Project (UAP) projection site (1433 University Avenue, across from Wal Mart). A slide show of Wing Young Huie’s photos of neighborhood people followed the music. The next cabaret is Saturday, September 25 at 7:00 p.m. Learn more about UAP at www.theuniversityavenueproject.org.



The dream of Frogtown community leaders is finally (and rapidly) coming true!

*“The building of **Frogtown Square** at University and Dale represents nothing less than the rebirth of the neighborhood. It will open in spring 2011 with businesses at street level, and Kings Crossing senior apartments above. We have been working on this project for over five years. Episcopal Homes has been instrumental in making our vision a reality,”* says **Dr. Beverley Oliver Hawkins**, President of NEDU

and CEO of Model Cities. **Kings Crossing** will bring 49 affordable senior apartments to the neighborhood. Over 180 people have already applied. *“We’re proud to be part of this project,”* says **Marvin Plakut**, President of Episcopal Homes. *“We believe that limited income needn’t mean limited quality of life.”* If Frogtown is your home and you’ll be 62+ by spring 2011, call **Heidi Elmquist** to learn more about eligibility. **651-288-1142**.





Tom Johnson, beloved manager of Becketwood Cooperative, 1997-2009.

IN MEMORIAM

"I hope you get the sense in these writings of my emphasis on living our days with intentionality. I have today, and I'll make the most of it that I can. You get out there and do the same, and know that there is more than enough love in the world to go around. All we need to do is let it show. Take a few minutes to have an attitude of thankfulness for all the blessings in your life."

Tom Johnson in one of his last Caring Bridge journal entries

Tom Johnson died this past July after battling Leukemia for more than a year. He had been manager of Becketwood Cooperative for more than half of its life since its founding by the Episcopal Church Home Board in 1986 (learn more at www.becketwood.com).

As any of Becketwood's members will tell you, Tom was much more than a great manager. He was also a great friend, mentor and community builder. When his deteriorating health made it necessary for him to retire, Tom kept in touch with "his people" through journaling on his page at CaringBridge.org, and we were able to respond. He read all of our responses and said they were wonderful medicine. Tom would want you to know about Caring Bridge. There is no cost, and there is simply no better way to keep family and friends connected during a serious health event, care and recovery. Thank you, Tom! We miss you.



Becketwood Board President **Phyllis Kromer** and a host of Becketwood Members gathered to honor Tom's memory and dedicate "Tom's rock" along the trail to Fernwood Glen. Tom had the boulder moved to Becketwood to honor his father, who died in 2004 (and from whom Tom inherited his love of nature).



Episcopal Church Home residents share their Camp Out Memories

Late one warm August afternoon, residents from all of the Church Home's six Households gathered in King Courtyard for s'mores (with marshmallows toasted over a charcoal grill), popcorn, root beer and *stories!* Here we see "**Ranger Jean**" Sandberg (Household Coordinator from Isabella House), getting the stories flowing from her perch atop a cooler outside a tent. *"I learned that no generation has a monopoly on camp out craziness,"* says Jean. *"I had thought it was MY generation that invented skinny dipping!"*

At Home



SAT OCT 2 • 10-5
SUN OCT 3 • 12-5

ART AFFAIR is back for its fourth eye-popping year with a diverse, expanded selection of work from more than 60 quality Minnesota artists! Paintings, sculpture, photography, pottery. Prices from under \$100 to over \$2,000 (*cash or personal check only*). A portion of proceeds from each sale will help support programs and services for those we serve. *Come browse! Invite your friends to join you!* Admission is free, and there is absolutely no pressure to buy.

ART AFFAIR is easy to find! It's on the **Episcopal Homes campus** at **Cornelia House** and **Coventry Chapel**, 1840 University Avenue West (University & Fairview) in Saint Paul's Midway. The campus entrance is halfway between Porky's & Fairview.



What some of this year's artists are saying about ART AFFAIR 2010:



Painter
Michael Schmidt

"I am participating because I think it is important to be involved in local art events in my community. Art Affair benefits a great cause, and I enjoy having my artwork seen in venues besides traditional galleries. I think last year's show had an impressive variety of artwork. Many artists who I know and admire participate in Art Affair."

www.michaelschmidtstudio.com



Photographer
Doug Ohman

"A great event! As a Minnesota artist, I have had the opportunity to showcase our state in a series of books. I have been truly blessed in my work, and Episcopal Homes' Art Affair is a great way to give something back to those who could use some help and encouragement."

www.pioneerphotography.com



Public Artist
Wing Young Huie

"I am honored to be part of the ART AFFAIR 2010. My relationship with Episcopal Homes has been on many levels. I've gotten to know its wonderful community of residents by photographing various members for my current University Avenue Project. They comprise an important and integral part of the diverse University Avenue community."

www.wingyounghuie.com

IN MEMORIAM

If you read *Catholic Spirit*, you may know **Mary Catherine Laughlin** from the ad on the right. Mary Catherine was proud to share her story there, as she believed that others might benefit from her experience. Mary Catherine passed away peacefully on Sunday, July 18, at age 92. She was living, loving proof that one is never too old to make a difference. **Chaplain Lisa Nilles** recalls, *“When Mary Catherine moved into Iris Park Commons from our Transitional Care Center, she brought her strong Catholic faith with her, and enhanced the worship and prayer life of the Catholic residents on our campus. Upon her invitation, **Archbishop Flynn** came to say Mass here for the first time in 2008, and has returned four times since. Mary Catherine made sure Catholic residents on campus knew of our various Catholic services, and would extend a warm invitation. She prepared the table for the Sunday Communion Services at Iris Park Commons. All of us benefited from her enthusiasm for our community, her feisty spirit, and her deep Catholic faith.”*



“Father Tom” Margevicius, one of Mary Catherine’s close friends, adds that *“She knew suffering and pain, and felt for others even as she avoided complaining about her own ordeals. She chose to see possibility where others saw obstacles. In Mary Catherine’s view, no persons, however infrequent their practice of their faith or tense their family relationships, were without hope. She modeled how anyone, no matter who you were – a frail nonagenarian or a robust staff worker – could make a positive impact on others. She would not lie to me, or to anyone, and because of her I am a better priest today.”*

EPISCOPAL CHURCH HOME
Transitional Care Center
Short-Term Rehabilitation

“This is the fifth rehab facility I’ve been to. It’s the only one I came back to. Now I live at Iris Park Commons, right next door. They take very good care of us Catholics here.”



Mary Catherine Laughlin
Parishioner, Nativity of Our Lord

In the course of her six surgeries, Mary Catherine found that rehab is the key to regaining one’s strength and abilities. *“Where you get your rehab makes a difference,”* she says, *“and you can choose where you go.”*

Over 90% of our rehab patients are referred to us by a friend or a health care professional (as Mary Catherine was), and **over 95%** of our patients would recommend us to a friend (as Mary Catherine has done). Before you face hip, knee or other surgery, call Deb for a tour. **651-632-8842.**

1879 Feronia Avenue • Saint Paul
Part of the Episcopal Homes family
www.ehomesmn.org



Barbara Snowfield,
Spiritual Life Volunteer
and automatic monthly
contributor to Episcopal
Homes Foundation.

AUTOMATIC MONTHLY GIVING

“It’s easy and it gets the job done. I chose a small monthly amount that I don’t miss, and if I ever want to change the amount or wish to stop making my monthly gifts, all it takes is a phone call. Thank you, Episcopal Homes, for being as easy to support as Public Radio and Television!”

Episcopal Homes does not receive any funding from the Episcopal diocese and never has. Like our founder, Sister Annette Relf (a nurse and Minnesota’s first Episcopal deaconess), we depend on the generosity of friends to help us provide programs and services with the extra measure of excellence that is our hallmark.

To become an automatic monthly contributor, contact **Judy Alcott**, our Director of Development, at **651-632-8855** or jalcott@ehomesmn.org. You decide on the amount of your monthly gift, and you specify what day of the month you wish to have that amount withdrawn from your account. *Thanks! Every dollar matters!*



The Selby Avenue Jazz Fest happens on the second Saturday of every September. It attracts over 10,000 music lovers every year. Two of our residents were an important part of it this year: (1) **Cornelia House** resident **Melvin Carter** (center right, pictured with Jazz Fest founder Mychael Wright). Mel received the **Leigh Kamman Jazz Award** for his lifetime of trumpet virtuosity (starting with the St. Peter Claver Marching Band). (2) **Seabury** resident **Gary "Frenchie" Vadnais**. This was his seventh year of playing simultaneous exhibition chess. *Kudos, gentlemen!*

Krista Tippett Speaks of Faith at Coventry Chapel

By Cornelia House resident **Irma Wyman**

Krista has been successful in several careers – journalist, diplomat, student of theology – but she is best known for her unique program on National Public Radio, *Speaking of Faith*, exploring religion, meaning, ethics and ideas. Krista pioneered this program in the late 1990s against a great deal of skepticism, but her fusion of intellect and spirituality, and her skills as diplomat and interviewer, have brought her a country-wide audience, not only for her broadcasts but also her web site.

Krista touched on the intersection of divinity and humanity, the topic of her second best-selling book *Einstein's God*. Responding to questions, she said that one of the ideas Darwin's "theory of evolution" was reacting to was people's belief that not only had God created all living things exactly as they were, but also that the British class system was God-given and therefore could never be changed. That was a new insight for me. I have been delighted (and astonished) by Krista's persevering focus on bringing to her listeners information about religion and spirituality that is not divisive, but instead is rich with resources for reflection and understanding the world we live in.



We salute Volunteer Sean O'Brien

When health issues forced Sean into an early retirement from teaching at Longfellow School, he needed a new way to put meaning into his days. One way was to be the Breakfast Volunteer at **Iris Park Commons**. "I pour some coffee and make some toast," says Sean, "but mostly I just hang out and chat. I never knew how easy it could be to do something so rewarding!" Sean is seen here chatting with **Anita Moen** and **Esther Huggett**.



CHAPLAIN KAY

Hospitalization?

The Rev. Kay Provine,
Director of Spiritual Life

On a Saturday evening, a nurse found Mary in her bed. Her eyes were open but she was unable to respond. The nurse immediately called Mary's daughter, Peggy. Peggy could hear the concern in her voice. The nurse asked, "Do you want us to call 911 and get your mom to the hospital?" Peggy's first thought was, "Yes, get her there right away. We need to know what happened."

But then, Peggy remembered that her mom had been to the emergency room *eight times* in the last two years, and how she hated it – the endless waiting, the glaring lights, all the busy brusque strangers, the tubes, the tests, the strange buzzers, beeps, blips and alarms, the utter strangeness of it all. Peggy paused a moment and said, "No, keep Mom comfortable. Let her stay in her home. I will be there shortly."

Mary is still here. Right now, she is sleeping peacefully, her head resting on a flowered pillow. She is covered with her favorite quilt and looking lovely in her favorite pink lace nightgown. Peggy sits nearby in one of her mother's comfortable easy chairs. Staff who have come to know Mary and Peggy like family stop in to visit and talk or to bring Mary's favorite chocolate pudding. Family members stop by. Surrounding Mary are photos, the pink geraniums Peggy got her for her birthday, and many other treasures from her eventful life.

Many of us have – or will have – a loved one living in a nursing home or long term care facility. We very likely may receive a phone call at any time of the night or day from a nurse telling us something has happened.

Sometimes a trip to the hospital is the right thing to do. A fractured hip must be attended to for the sake of the resident's comfort. But sometimes the more loving and compassionate decision is to allow your loved one to just "stay home."

Atul Gawande in his powerful and compassionate article "Letting Go" (*New Yorker*, August 2, 2010) reports that "...surveys of patients with terminal illness find that their top priorities include, in addition to avoiding suffering, being with family, having the touch of others, being mentally aware, and not becoming a burden to others. Our system of technological medical care has utterly failed to meet these needs."

Episcopal Homes is truly outstanding in caring for people in the latter part of their lives in myriad tender and moving ways, so that the deepest heartfelt needs of both residents and their families are fulfilled. It is truly abundant life.

The hospital can always do something – one more test, one more procedure, one more surgery, one more round of chemotherapy or radiation, another type of medication. But to the frail and elderly undergoing all this, it can be not just disorienting and frightening, but truly terrifying. You will have only a few seconds to make a decision that may determine not so much *when* a person dies, but *how* they die. Actually, *your decision will determine how they get to live whatever time is left.*

If you get the call in the middle of the night and have to decide whether or not to send your loved one to the hospital, it is my prayer that you remember Peggy's courage and Mary, nestled and comfortable in her bed, surrounded by a lifetime of memories and people who know and love her.

Postscript: August 24, 2010. Mary died so peacefully this last weekend. Her family gathered from around the country with tears and warm memories, prayers, and the chance to reacquaint after so much time apart.

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

Affordability for the Rich in Spirit

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

The Newest Member of Our Family

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



Opening Spring 2011 at University & Dale

Like Seabury and Carty Heights before it, **Kings Crossing** will bring 49 beautiful, affordable (and much-needed) one-bedroom apartments to its neighborhood. If Frogtown is your home and you'll be 62+ by spring, call **Heidi Elmquist** to learn more about eligibility. **651-288-1142**.

EPISCOPAL HOMES

490 E. Lynnhurst Avenue
Saint Paul MN 55104



Our mission is to enhance the quality of life for senior adults by providing homes and services that support each individual's physical, social and spiritual needs. We have been welcoming all for 116 years.

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

We send this newsletter to our friends and supporters three times a year. If you're receiving it for the first time, it's because we're neighbors and we thought it was time to introduce ourselves.

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 make *such* a difference.

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 not to receive our newsletter, please call Mary at 651-632-8857. If you get her voicemail, leave your name and address exactly as it appears on this newsletter. Please speak slowly and clearly. We will gladly respect your wishes. *Thank you!*



You're invited to join our residents (your neighbors) for free matinee concerts at Coventry Chapel.

Please RSVP to Julie Niewald
at Cornelia House: 651-288-3931
or jniewald@ehomesmn.org

Saturday, September 18 at 2 p.m. Twin Cities Jazz Cats

A 9-piece ensemble (with male & female singers) performing jazz from the 20's & 30's + Sinatra favorites.

Sunday, October 17 at 2 p.m. Dan Newton's Cheap Suit Party

Dan is best known for his Café Accordion Orchestra, but this 6-piece ensemble includes a Hawaiian guitar, ukulele, tuba and musical saw(!) + great vintage song stylings!

Sunday, November 14 at 2 p.m. Sisters in Song

McPhail voice instructor Vicky Mountain + two "sisters in song" will salute Ella, Sarah, The Andrews Sisters and more in stunning 3-part harmonies. A McPhail piano instructor will accompany them on our Steinway.

*As new concerts are confirmed, we list them on the **What's New?** page of our web site.*