



Worry Less Times

A Publication of St. Andrew's Resources for Seniors System

The Villas: Opening New Chapters In People's Lives

Excitement, anticipation and beautiful new homes are going up on the Brooking Park campus in Chesterfield. The Villas, 14 prestigious retirement residences will open to their new residents this summer.

"Everyone is excited," said Sally Johnston-Feimer, Marketing Coordinator. "People call inquiring about The Villas all the time. Those who've already purchased one love bringing their friends and family by to see the progress and our furnished model. It's a very exciting time."

Tyler Troutman, Executive Director of the St. Andrew's Resources for Seniors Brooking Park campus, has been looking forward to The Villas for several years, "Ever since we first considered the idea and asked seniors what features they would prefer," Troutman said. "The preferences of these focus groups created the best designed retirement residences in the St. Louis area."

The Villas will be beautifully appointed and have state-of-the-art kitchens, laundry rooms and baths; tank-less water heating systems and radiant floor heating. Designed for "aging in place," they will make it easier, more convenient and possible with wider doorways and hallways, lower countertops, lever door handles, focused lighting, and maintenance-free exteriors.

Villas residents will also enjoy good "neighbors." The friendly people of The Willows apartment homes on the campus say they are looking forward to introducing their new Villas neighbors to the Centerstage theatre and art gallery.

"It's important to most people to be able to age in their own homes," Troutman said. "The Villas are designed for just that. The added benefit is our other on-campus neighbor, Brooking Park." Offering superior Assisted Living and Skilled Nursing Care, Brooking Park will be there if needed. "This allows our residents to experience worry free living through our continuum of care, which is so important to St. Andrew's," Troutman added.

Pauline Matthews is expected to be the first Villas resident. Her new home will be ready soon and she is happy to have that distinction. "I am looking forward to a new chapter in my life," she said. "Moving into this beautiful new home and having the security and feeling of community The Villas will provide will be wonderful."

To learn more about The Villas at Brooking Park, call 314-576-5545



Tyler Troutman, Executive Director of the Brooking Park campus



Harlene and Marvin Wool's Generous Donation

St. Andrew's recently received a \$500,000 charitable gift annuity from two long-time supporters, which will help St. Andrew's to continue providing area seniors with housing and supportive services that promote their independence and quality of life!

Marvin S. Wool, a 2003 Ageless-Remarkable Saint Louisans honoree and a longtime St. Andrew's board member, and his wife, Harlene, recently presented the gift, which will be used to establish the Harlene and Marvin Wool Legacy Circle, the first such gift in St. Andrew's Legacy Society.

"My wife and I have strong feelings for St. Andrew's because of the aid and help they give to seniors regardless of age and race," said Mr. Wool. "As such, we feel it's important to lend our support to the organization."

A charitable gift annuity is a planned giving method that provides the donor with immediate tax benefits and guaranteed income payments that continue for life. The rate of return is typically higher than current rates on many other investment opportunities. Upon the death of

the donor or his beneficiaries, the remainder amount of the gift reverts to St. Andrew's.

To learn more about charitable gift annuities or to make a contribution please call the St. Andrew's Charitable Foundation at 314-726-0111.



(Seated): Marvin and Harlene Wool; (standing): CEO Mary Alice Ryan and Board Chair Robert Elspeman.

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Socially Acceptable

Do you tweet?

Not so long ago, if I asked you that question, odds are I would have gotten some strange looks. Not anymore.

These days, people of all ages are tweeting, uploading, sharing and poking in record numbers. Social media and social networking seem to have taken over our lives. You can't turn a page of a magazine or newspaper, scroll down your computer screen, or turn the television channel without hearing about it these days.

Someone recently sent me a link to some amazing statistics about Facebook, that central gathering place for much of the social network. The report claimed that one of every 13 people in the U.S. is on Facebook and that 57% of people surveyed spend more time talking online than they do in person. Every 20 minutes, more than 10 million comments are posted on Facebook alone.

There's little doubt that this is more than a fad. At St. Andrew's, we understand that social media is where many of the people that we care deeply about are on a frequent basis. Whether it is current and prospective residents and their families, individuals who utilize our in-home services, our business partners or those who are supportive of our charitable fund, we realize we need to be there as well.

We look at social media as:

- A new platform to amplify our communications;
- A source of customer insight and feedback;
- A way to showcase all the great people who work at St. Andrew's; and
- A way to have two-way engagement.



facebook.com/StAndrewsResources



twitter.com/StAndrewsSenior

Consequently, you will now find St. Andrew's on well-known social media sites, such as Facebook, Twitter, Linked In and YouTube. Through these sites, St. Andrew's plans to establish our organization as a leading resource for caregivers and aging adults. We hope to use social media to build relationships with our friends, raise awareness of our services and deliver compelling content that keeps people engaged.



Mary Alice Ryan

Check out any of our social media sites and you will find topics ranging from community events and activities; photos and videos; links to relevant articles about caregiving, aging, disease prevention and general health issues facing aging adults; aftercare tips and how to's; and health care and insurance news; as well as general company news and community involvement.

We are excited to have these new tools available to help us enhance our relationships with all of you. We look forward to chatting with you online and maybe even tweeting when the mood strikes.

Join us online.

We can't wait to connect with you there!



www.standrewsl.com



standrewsl.com/blog



youtube.com/user/standrewresources

Dear FRIENDS,

By Alan E. Brainerd, FRIENDS Chairman

It continues to be my pleasure and privilege to chair the St. Andrew's FRIENDS Board. I am so proud of the work we have done to enhance the lives of low-income seniors!

The FRIENDS continue to be committed to improving the quality of life for seniors. During the Holidays many of the FRIENDS Board members visited seniors at our low-income HUD communities and brought gifts, food and most importantly holiday cheer and friendship! This act of kindness is only one of the many ways FRIENDS are there for seniors throughout the year.

FRIENDS are also helping to raise funds for the seniors served by St. Andrew's. The needs that seniors in our community are faced with are continuing to grow, which is especially true of those that receive in-home supportive services. These services include assistance with laundry, cleaning, bathing, and many other tasks that have just become too difficult for seniors to do on their own. Without these services, many of the seniors would face the risk of injuries, poor nutrition, substandard healthcare or moving prematurely to a higher-level, more costly care facility.

I want to thank all of the generous donors who have responded to this need with a contribution. If you haven't made a gift this year, or can make an additional gift, I encourage you do so by either returning the enclosed envelope or making a contribution on-line at www.standrewsl.com.



Alan E. Brainerd

These are only a few ways that FRIENDS touches the lives of seniors and I am extremely grateful for every effort! Together we will continue to help St. Andrew's and its low income seniors!

Thank You!

Let's Celebrate Our Older Adults!

By Kristen Spencer, Geriatric Care Manager

May is Older Adult Month, a wonderful opportunity to celebrate the seniors in our families and communities who have enriched our lives in so many ways. The wisdom and contributions these citizens have added — and continue to add — to our society deserve our recognition and appreciation this month and throughout the year.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. According to the Administration on Aging, about a third of older Americans lived in poverty and few programs addressed their specific needs.

Today, interest in older Americans and their concerns is growing. Older adults are the fastest growing segment of our population, and they remain an active and vital part of the community. Older adults are out and about, giving back and making a difference in their community. They mentor the leaders of tomorrow, engaging intergenerational learning to guide and inspire young minds. They teach us about times gone by, offering unique perspectives not found in any history book that shed new light on contemporary issues.

Older Americans step up to help one another as well. Volunteering is on the rise. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Older Adult Month gives us a unique opportunity to reflect on how our loved ones have changed our lives and helped shape us into the people we are today. As family members and caregivers, we can return that favor by supporting the older adults in our lives and assisting them in making their golden years enjoyable. It is truly a gift, and caregiving can, and should be, a richly rewarding experience"



We encourage you to take time this month to talk to the older adults in your life about how they have inspired you. Reminisce with them about how their world and society have changed and what life lessons they carry with them today. Share your love openly and make sure they know how much they mean to you and how they have enriched your life. Gifts and cards are always appreciated but your words and gestures are likely to mean so much more.

As a nation, we are blessed by our seniors and those who have come before them. We owe them much gratitude and respect, and too often that is lacking in our society. Remember this May, and throughout the year, to thank them for all they have done.

(Excerpts of this article were taken from the Administration on Aging.)

Lillian Wald, Caregiving Pioneer

by Ann Bannes, Vice President, St. Andrew's Senior Solutions

Every day, St. Andrew's home health aides, nurses and caregivers visit older adults, providing vitally needed services that enable these individuals to remain living where they are most comfortable—in their own homes. When they do, they are carrying on a tradition that began 118 years ago.

One of America's great women in history, Lillian Wald, is credited as the founder of visiting nursing in the United States and Canada. A nurse by training, Ms. Wald chose to dedicate her life to serving the young, the old, the disabled and the poor. In 1883, she began to care for sick residents of the Lower East Side of Manhattan, eventually moving into a run-down tenement in the neighborhood so she could be closer to those she served. Her ideas and advocacy led to the New York Board of Health's organizing and running the first public nursing system in the world. By 1916 she had a staff of 250 nurses making regular visits to residents throughout the area.

In 1922 *The New York Times* named Ms. Wald one of the 12 greatest living American women. The City of New York proclaimed her as its Most Outstanding Citizen in 1936. On the occasion of her 70th birthday, President Franklin Roosevelt, praised her for her "unselfish labor to promote the happiness and well being of others."

Ms. Wald once said, "Nursing is love in action, and there is no finer manifestation of it than the care of the aged and disabled in their own

homes." Today, St. Andrew's Senior Solutions continues to carry on her legacy, caring for more than 500 older adults in their own homes. Like Ms. Wald, we are inspired to go into the community to serve the poor, vulnerable and disabled older adults. Our satisfaction, like hers, comes in knowing that we are aiding these individuals in maintaining their independence, their self-esteem and their zest for life.

Our work, of course, is made possible through the generosity of our many supporters. Even so, there are always more needs than we can meet. According to the Federal Interagency Forum on Aging Related Statistics, Missouri currently ranks 17th in the U.S. among seniors aged 65+ and 12th in the population of 85 years of age and older.

Many of these older adults are living on fixed incomes and are challenged to afford basic necessities such as food, clothing, transportation and medical care. They have also been negatively impacted by the economy and now need the care and services we can provide to remain safely in their own homes. Further, reductions in federal funding that help support our work has forced us to turn down too many requests for help.

St. Andrew's mission is to empower elders and their caregivers through choices and options that foster a vital life. We work to enrich the lives of older adults, to ease the stress of their adult children, and to enable them to remain safely and independently in their place of choice. But we cannot succeed without your help.

Lillian Wald showed us more than a century ago the need to reach out and help the poor, the elderly and the disabled. What better tribute to the memory of this outstanding American than to support the work she began and that we carry on today. To make a gift in support of our work, please contact us at 314-726-5766 or make an online donation at: <https://app.etapestry.com/hosted/StAndrews/OnlineGivingCreditCard.html>.

Caregivers Take Care

by Heather O'Brien, Caregiver Specialist

What's the number one rule when it comes to caring for a loved one or another older adult? Take care of yourself first.



It should be obvious that you cannot provide help to another person, especially someone who requires significant levels of care and support, if you are not healthy and able to be there. Yet, often caregivers become overly stressed, exhausted and even depressed, limiting their ability to meet the needs of those in their care.

Caregiving can and should be a richly rewarding experience. Make sure that you take care of yourself first, so that you may reap all its rewards.

The Caregiver's Guide to Self Care

Taking care of an older person may be one of the most important jobs you ever have. Be sure you are able to give it your all by following these basic steps:

- Eat well, exercise and get enough sleep.
- Get regular check-ups at the doctor's office.
- Recognize that you can't do it alone. Welcome help from others, including the person for whom you are caring. Investigate how agencies like St. Andrew's can help, too.
- Watch for signs you may be overwhelmed or depressed. Seek help and counseling before it becomes debilitating.
- Make the experience fun for yourself and your loved one. Schedule time for chats, games, outings and other opportunities to share your experiences and your love with one another.

Making Homes Safe for Spring

By: Elizabeth Wesolich, Clinical Director

One of the biggest health risks faced by older adults living at home is falling. Tripping over unseen obstacles, slipping on loose rugs, poorly lit stairs or hallways, or even cluttered rooms and closets can lead to accidents, broken limbs or worse.

St. Andrew's Care Managers regularly conduct home safety assessments to help older adults and their caregivers identify possible health and safety risks around the home. While the following list is not inclusive, here are a few of the items that you may want to check for yourself.

- Are outdoor walkways and the yard clear of garden hoses, rocks, holes, and other obstacles?
- Are walkways, flooring and surfaces slip-resistant?
- Does the house have sufficient outdoor lighting?
- Is indoor lighting bright enough to compensate for limited vision?
- Are the home's stairways adequately lit?
- Is a lamp or light switch accessible from bed?
- Are the doors wide enough to provide a passable entryway with a device such as a wheelchair or walker?
- Are all electrical cords in good repair (no fraying, cracking, or loose plugs)?
- Are faucets color-coded for hot and cold?
- Is the pathway to the bathroom clear?
- Is the bed the appropriate height to allow for safe on and off transfers?
- Are closet shelves easily accessed?
- Are furnace and dryer filters clean?



For a more complete home safety assessment, contact St. Andrew's at 314-726-5766 and we will be happy to discuss our home safety and inspection packages.



How We Can Help

SENIOR CARE SOLUTIONS

Support and personal services for seniors who wish to remain independent in their own homes

FAMILY CAREGIVING SOLUTIONS

Helping you cope with the challenges of caring for a family member, friend or loved one

RETIREMENT COMMUNITY SOLUTIONS

An a la carte program designed to offer residents easy access to a little extra help

EMPLOYER/EMPLOYEE SOLUTIONS

Cost-effective resources for companies and working caregivers to help reduce stress and maintain productivity on the job.



For more information, please call 314-726-5766 / 888-388-1930
or visit us on the web at www.standrewsseniorsolutions.com
or www.caringworkplace.com

The Avalon At Brooking Park – For Inez And Other Elders

Inez Mixon's face lights up when she talks about two things – her family and her stay at The Avalon at Brooking Park. The Avalon has helped make it possible for Inez to continue to enjoy her family and her life. "I love it here," Inez said. "Everyone is so friendly and it's made a very positive difference in how I live my life."

Inez is one of many elders who have experienced the recuperative wonders of The Avalon, which provides Medicare Part A rehabilitation services for those recovering from injuries, medical conditions, surgery and hospitalization.

"At The Avalon, it is all about Inez; it's about the individual, not just a broken hip or a diagnosis," according to Amy Hitt, Health and Wellness Administrator. "Here we focus on the person and the particular therapies and care it will take for each one to get better and to reclaim the lifestyle they're accustomed to."

"Everything, including the care I provide each resident, is geared to achieving the best outcome possible, our residents leaving us and successfully returning to their homes and their lives."

-- Dr. Bijoy Hegde

For most seniors in need of physical rehabilitation, an introduction to The Avalon begins while they are in the hospital. Mike Enlo, Medicare Admissions Coordinator, visits referred elders and their families and tells them all about it.



(L-R) Amy Hitt, Avalon Health and Wellness Administrator; Inez Mixon; Shante Davis, Avalon Nurse Manager

"There is usually a sigh of relief from seniors and their families," Enlo said. "Because we're already putting a plan together for them, letting them know how it works, and ensuring the transition from the hospital to The Avalon is smooth. Overcoming the unknown and providing reassurance relieves a tremendous amount of anxiety for people."



Amy Hitt, Avalon Health and Wellness Administrator; Mike Enlo, Medicare Admissions Coordinator

When each new resident arrives at The Avalon an entire team of highly qualified people – from Rehabilitation Physician Dr. Bijoy Hegde to licensed nurses, therapists, dietitians, recreation specialists and spiritual advisors – are waiting and take a personal interest in each one. New and innovative therapies help speed and maximize rehabilitation. Luxury private and companion suites are warm and inviting. There are chef-prepared meals with menu options, pampering spa services, fun and meaningful recreation. And, a Wellness for Life program adds a holistic approach concentrating on the body, mind and spirit.

The average stay at The Avalon is about 21 days. During that time, while staff members are providing therapy, care and services, they are also planning for residents leaving and going home — whether that is a house in the suburbs, an apartment, retirement or long-term care senior community. The idea is to ensure the transition is smooth and successful.

"It all comes together at The Avalon," Hitt said, "the best therapy, a person-centered care philosophy, and always the goal of the very best outcome for everyone. As with Inez, we want to make a positive difference in people's lives."

For more information about The Avalon experience, call 314-576-5545.

Elders interviewed in a recent national survey were asked what contributes most to quality of life in a senior care setting. Their answers were decisive:

- ✓ Competent staff who meet individual needs
- ✓ The freedom to make personal choices
- ✓ Relationships in which each person is able to give and receive
- ✓ Opportunities for meaningful activity

Help Seniors by Sharing Your Musical Talents!

The residents of St. Andrew's of Jennings, an independent living community, have especially enjoyed Tuesdays for the last six years because of The Rev. Clarence "Dub" Koon. Dub has been volunteering his time with a group of eleven seniors, teaching them how to play the hand chimes, while also sharing many laughs together. The group of seniors, called The Silver Belles & Beaus, has performed at many locations, including Ladue Chapel Presbyterian Church and St. Andrew's Friends events.

After a lot of thought Dub has decided that it is time for him to hand over his music sheets to someone else. Dub, thank you for all of your years of volunteerism and for sharing so much with our seniors!

If you are interested in volunteering your time with an amazing group of seniors, please call the St. Andrew's Charitable Foundation at 314-726-0111.



Save the Date 2011 Ageless-Remarkable Saint Louisans

Ageless-Remarkable Saint Louisans is St. Andrew's signature fundraising event, honoring dynamic older adults in the Saint Louis metropolitan area who embody St. Andrew's Vision: a society where all elders are respected, productive, secure and fulfilled.

Join us on **November 6th** at 6 o'clock in the evening at the Hyatt Regency St. Louis at the Arch as we mark the ninth year of recognizing contributions made by Saint Louisans 75 years and better.

Alan E. Brainerd & Linda Lee, Chairmen Anne von der Heydt, Co-Chairman

*For information, including tickets and sponsorship opportunities,
please call 314-726-0111.*



November 6, 2011

Tower Grove Manor – Home to Dynamic Seniors in the City

In the Meyer family there are four generations happily living in South St. Louis very close to Tower Grove Manor — home to dynamic seniors in the city. Gert Meyer has called Tower Grove Manor home for eight years. A south city resident all her life, Gert chose this retirement community because of its location — her daughter, granddaughter and two great-grandchildren live only minutes away. “And that makes them and me very happy,” she says. “I also love the idea that I can take advantage of all the city has to offer; it’s exciting!”

There is a very special atmosphere within Tower Grove Manor, according to Heather Finkelston, Executive Director. “There is a city excitement, but still a feeling of family,” she said. “Many of the people who make Tower Grove Manor their home came here because of our location on South Grand. They have ties here and want to maintain them.”

Residents either grew up in St. Louis, had homes and raised their families here, or have city-dwelling family members, Finkelston indicated. “So, at Tower Grove Manor, residents not only ask ‘Where did you go to high school?’ they ask ‘What street did you live on?’” she said.

That does not mean Tower Grove residents are unwilling to welcome new members to the senior community family. “The city’s population is diverse and so are our residents,” Finkelston added. “There is a wonderful mix of different racial, ethnic, religious, and financial backgrounds. Because of that, they are accepting of and open to everyone.” There is resident longevity as well. Few people move away and many have lived at Tower Grove Manor for a decade or more; the longest for 32 years.

Tower Grove’s south city neighbors are a plus as well. A wonderful variety of eclectic and traditional shops and restaurants are within walking distance. Beautiful Tower Grove Park is just across the street and the Missouri Botanical Garden is nearby. The Fox and other theaters are “up Grand” and Busch Stadium and the Cardinals are not far away. Tower Grove Manor has its own bus to visit the “neighbors,” take special outings, and make regularly scheduled runs to grocery stores, banks, department stores and malls. “Most important, Tower Grove Manor is our very vibrant neighborhood,” Finkelston said. “Our own small part of the city that is home to city seniors and the not-so-‘citified’ as well.” And, according to Gert, home to “some of the most friendly people” in South St. Louis.

To learn more about Tower Grove Manor and its “city seniors,” call 314-773-2800.



Elinor Wertich and Ken Burroughs