

RIMROCK *Echoes*



ST. JOHN'S
CATHOLIC WISCONSIN

**ECHOES IS GETTING A
FRESH NEW LOOK & FEEL!**

COMING MARCH 2018.



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you call home

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Thrive At Home With St. John's

Just before Thanksgiving 2016, Doris Redinger, age 90, missed a handrail and fell head first down her basement stairs in the home that she and husband, Vic, built 69 years ago. Breaking her shoulder, collar bone and ribs, doctors weren't sure how well she might recover, discharging her to home with referrals to a number of home health care providers. Choosing Senior Independence because of its St. John's connection, Doris was back on her feet after 3 weeks of intense physical and occupational therapies. "I looked forward to the wonderful ladies coming each week," she recalls. Vic was "elated to have help like this" to usher his wife back to good health. 9 months after the fall, Doris is busy scrapbooking their summer excursions to Fairmont Hot Springs and Wyoming for viewing the 2017 solar eclipse. They're also hard at work getting their camper put away for another season and conducting online research for their upcoming Hawaiian adventure. Doris and Vic are one spunky couple who wouldn't let a misstep set them back!



Transformational stories are a daily occurrence at Senior Independence, according to Outreach Coordinator, Andrea Chambers. In partnership with two other organizations, St. John's entered the sphere of home health care and hospice service in 2012 determined to provide living opportunities within nurturing environments of hope, dignity and love on a broader scale throughout Yellowstone County.



Senior Independence provides skilled home care services that have been prescribed by a physician including nursing services, physical, occupational and speech therapies; a home health aide may also provide limited personal care such as bathing and dressing, again with a physician's order. Social workers are an additional asset to the team as further placement discussions are needed. How well someone ultimately thrives while receiving home health care is based on nurses and therapists giving full measure of time and attention to each client.

Fully accredited and Medicare certified to deliver hospice services in 2016, St. John's formalized a service we have delivered since our inception in 1964. "Hospice can be a frightening word," says Andrea. "Our role as hospice providers is to provide patient and family support at this highly emotional time."

Andrea also works to dispel two common myths: that hospice is only for the imminently dying and that 24/7 nursing services are provided or required. The first goal of hospice is to ensure a person's best

day possible when it has become evident that the number of days is coming to an end, typically within 6 months. Secondly, hospice volunteers and staff provide support to primary caregivers, routinely checking in with the family. This may include respite support for a few hours or a few days, but it is not intended to be round-the-clock care. As a result of supportive hospice care, some people even graduate from hospice, living and thriving far longer than expected.

Hospice being called in too late is the great challenge for Senior Independence. The period of easing one's transition from life to death can be the most fulfilling and transformational time in a family's life; it is often a time for families to strengthen bonds, heal wounds and facilitate difficult yet significant conversation around end-of-life issues. "Hospice neither hastens nor delays death," says Andrea. Rather, "it makes one's remaining days more meaningful and less distressed."

Senior Independence is quality of life "empowering people to continue making their own decisions, living their lives the way they want to," says Andrea. "We provide healing and hope, helping you thrive in the place you call home."

SENIOR *i*NDEPENDENCE OF MONTANA

OFFICE PHONE: 406-655-5800
8:30 AM-5:00 PM • MONDAY-FRIDAY



HOME HEALTH & HOSPICE

HOME HEALTH PROVIDES:

- Management of chronic illness
- Care following a hospital or rehabilitation stay

HOME HEALTH SERVICES INCLUDE:

- Skilled nursing
- Physical therapy
- Occupational therapy
- Speech therapy
- Home health aide
- Social work services

HOSPICE COMMONLY REFERRED DIAGNOSIS:

- Cancer
- Dementia/Alzheimer's Disease
- Congestive Heart Failure
- End Stage Renal or Kidney Disease
- Chronic Obstructive Pulmonary Disease
- Parkinson's Disease

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“You touch people every time you’re with them, whether emptying garbage cans or cooking meals, turning routine jobs into joyful interactions. You became family to my parents, surrounding them in the cocoon of love. And you became my surrogate family.” Powerful words about making connections are offered by Alan Schuyler to St. John’s newest employees during orientation. He speaks directly from the heart about what it means to have a family member residing and cared for at one of St. John’s many communities.

Over the course of 6 years, Schuyler’s parents both moved through the St. John’s continuum of care as residents of The Crossings in Laurel. Living in closer proximity to their neighbors than on their family farm, the Schuylers were able to make connections with people more easily than ever before. “In The Crossings special confluence of welcoming and inclusivity, my parents flourished,” says Alan. This knowledge that their parents’ world had expanded gave great peace of mind to Alan and his 5 siblings.

Following his parents’ eventual deaths, Alan’s attachment to his Crossings family remains as strong as theirs to him. He has all but been adopted by Hilda, one of his mother’s neighbors at the Richardson Cottage. The two of them share their own private book club, swapping and discussing the classics along with newer releases. Alan also returns to The Crossings to participate in family activities like the 4th of July picnic and often brings his men’s singing group out for a performance. A seasoned, frequent traveler, Alan eagerly brings the outside world to The Crossings. Recounting stories of his African safari adventure, accompanied by his niece who shared her experience living as a Peace Corps volunteer in Uganda, Alan finds ways to keep residents at The Crossings globally connected.

Making connections, staying connected. That’s Alan’s way of expressing his gratitude for the blessings that his entire family has experienced with St. John’s. We are grateful for Alan and his generosity of spirit.



Harvesting Seeds of Kindness

The 2016 Seeds of Kindness campaign has taken root all over St. John's Lutheran Ministries. Below are a few examples of how giving to this campaign, namely the Employee Crisis Fund, makes a difference to our valued employees.

Sadie had fallen behind on her orthodontia payments, and realized that completing the therapy would be out of reach. Her dentist refused to remove the braces until her account was brought up-to-date.

Dina, a young mother of two, needed to secure new housing after being abandoned by the children's father, who also cleaned out their bank account.

And Patsy, whose husband was facing extended medical treatments not covered by their insurance. Their household income had been reduced and the bills were piling up.

When the panic and fear of financial crisis set in, where do you turn? Thanks to donations to the Seeds of Kindness Annual Fund, there was help, without judgement or expectation of repayment.

Annual fund campaigns are nothing new but Seeds of Kindness is a unique blend of both challenging donors and employees alike to respond to people in need. Some of the very same people that may find themselves in need of assistance through the Employee Crisis Fund give generously from their hearts. "There was a time years ago that I found myself in need of some pretty serious help," says one of our long-time CNAs. "Today it's the least I can do to give \$10 from every paycheck to pay it forward."

A Sower's Story

For Bob Davidson, giving back is just part of his nature. A St. John's Chapel Court resident since 2014, Bob has experienced firsthand the care and tenderness provided by the staff. "The effort they put into their work must come from their hearts, because they ain't here for the bucks," stated Bob. "The whole core of St. John's is its people. They are the finest when it comes to finding their way to people's hearts."

That's why Bob is a supporter of St. John's Seeds of Kindness. After realizing that his friends on staff, often found themselves in need, Bob started asking questions, which yielded him information from the chief financial officer. Noticing that there was a specific fund to help employees, he quickly decided to make donations to the Employee Crisis Fund on a regular basis, reasoning that "if I can be of help and take some of the pressure off, I want to be a part of it!"

"We are grateful for donors like Bob," says Rev. Karl Guhn, St. John's Director of Pastoral Care. "When employees come to me in a time of distress, I am thankful that I have resources at my disposal. More often than not, the employee is overwhelmed with gratitude."

The collective impact of donors like Bob and our own employees is immeasurable, but witnessed by the thank you note received recently: "I want to thank St. John's for helping me and my husband in a time of need. He was going into surgery and we needed help paying some bills. This program is God sent. Thank you."



NICOLE KRAFT & BOB DAVIDSON

Enriching Lives through Volunteerism

What is the essence of life? To serve others and to do good – Aristotle.

Perhaps the more contemporary words of Winston Churchill capture the spirit of volunteerism even better –

“We make a living by what we get, but we make a life by what we give.”

As our campus and constituencies have expanded, so has the need to coordinate all that our volunteers do. Americans are volunteers by nature and they are put to good use here at St. John’s creating the nurturing environment of hope, dignity and love that our mission challenges us to provide. But like so many other facets of our culture, the nature of volunteerism and the reasons volunteers give of their time has shifted as has volunteer demographics. To ensure our ability to meet the needs of our campus, our residents and our volunteers we have invited Carissa Welsh, MSW, to fill a brand new role at St. John’s – that of Community Volunteer Coordinator.



Carissa comes to us with a wealth of volunteer and leadership experience with the European Division of the American Red Cross while stationed as a military spouse in Italy. She holds a Master of Social Work degree from the University of South Carolina and has more than ten years of experience serving long-term care organizations in various capacities across the southeastern United States. Carissa will be actively engaging the Billings community to deepen the volunteer capacity, and thus the resident experience, at St. John’s.

Exciting times are ahead as we begin to hone in on recruiting and matching volunteers with suitable channels for their energies. We look forward to calling out stories of volunteer impact and recognizing these important people in our organization. Most importantly, we are striving to enhance campus activities that cross generational lines, engage a broader segment of the community and make deeper connections between our residents from one end of the campus to the other.

Quality of life...hope, dignity and love...connections. Come share the St. John’s experience!



Volunteer! You Can Make A Difference!

To volunteer there is an interview process that is conducted to better understand a person's interests and find the perfect place for them. To inquire about the many rewarding volunteer positions please contact one of the following communities:

St. John's Lutheran Ministries

Billings Westend

Shelly Hoovestal

655-5638

mhoovestal@sjlm.org

WyndStone

Billings Heights

Whitney Buechler

325-8605

wbuechler@sjlm.org

Senior Independence Hospice

Billings, MT

Trudi Paulson

655-5803

tpaulson@sjlm.org

The Crossings

Laurel, MT

Beth Hoferer

628-5017

bhoferer@sjlm.org

Mission Ridge/Vista

Billings Westend

Tina Price

655-5736

kprice@sjlm.org

Willows

Red Lodge, MT

Marsha Sullivan

406-446-1020

msullivan@sjlm.org



COMMEMORATIVE BRICKS

*Want to leave a family legacy? Want to honor a loved one?
Want to remember a special occasion or achievement?*



For a tax deductible donation, an inscription of your choosing will be engraved on a granite brick to be placed in the Fred & Marie Miller Pavilion on the Townsquare. The Townsquare is the location for the Summer Concert Series, weddings and other special events throughout the year. Proceeds from the sale of the bricks will benefit St. John's Lutheran Ministries.

For more information please contact

Mara Flynn at 655-5716

or go to our website

www.sjlm.org

for an order form.



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GIVE & RECEIVE

Make a charitable gift and receive ongoing income payments for life or a term of years. The remainder provides charitable support.

Contact Rachel Simonson, CFP®
 655-7783



MISSION RIDGE PRESENTS
ART *for the* AGES

*A charitable event benefiting the
 Seeds of Kindness Annual Fund*

ART SALE & EXHIBITION

FRIDAY & SATURDAY
 NOV. 17 & NOV. 18
 2018

All events held at Mission Ridge • 3840 Rimrock Road, Billings, MT

Friday, November 17th
**Art Sale &
 Artist Reception**
 Tapas/No Host Bar
 6:00 PM - 8:00 PM

Saturday, November 18th
**Art Sale &
 Exhibition**
 Gallery Open
 10:00 AM - 2:00 PM

No charge to attend Art for the Ages.
 For more information please contact Event Coordinator, Margie Prokop
 at 655-5218 or email margiep@sjlm.org