

Pinecrest Press



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Reflections from the Desk of Feroi Labash, CEO

Pinecrest Works to Impact the Lives of Alzheimer's and Memory Care Residents and their Families

Over the next 25 years, more than 28 million baby boomers will develop Alzheimer's disease, and the cost of care will consume nearly 25% of Medicare spending according to an analysis from the Alzheimer's Association released in July. The report indicates by 2020, caring for these patients will cost nearly \$12 billion, about 2.1% of total Medicare spending. By 2040, however, as baby boomers reach ages 76 to 94, the projected Medicare costs will have increased to \$328 billion, consuming nearly 24.2% of total Medicare spending. Clearly, Alzheimer's is a public health crisis that is growing and one that Pinecrest strives to develop innovative programs to address.

Since the early 90's, Pinecrest has been a leader in Alzheimer's care. Our caregivers were early adopters of a person-centered dementia care philosophy. Person-centered care is a holistic approach that addresses mind, body, and spirit to ensure personalized care. Person-centered care focuses on the individual and his strengths and abilities rather than his condition and abilities that have been lost. This philosophy of care recognizes that individuals have unique values, personal history and personality and that each person has an equal right to dignity, respect, and to participate fully in his environment.

With the 1998 construction of Pinecrest Terrace Alzheimer's and memory care community, Pinecrest advanced its reputation as a specialist in Alzheimer's care. The state-of-the-art construction provided a home that facilitates person-centered care. The wider halls, lighting, flooring, memory boxes and many other features were designed to better accommodate the needs of residents with Alzheimer's and dementia diagnoses. In the years that followed, Pinecrest Terrace

became well-known for excellent care provided and the loving friendships between residents, staff members and residents' families that grow out of the person-centered care model.

Pinecrest's reputation in Alzheimer's care led Southern Illinois University (SIU) to establish Pinecrest as a primary provider site for SIU School of Medicine Center for Alzheimer Disease and Related Disorders (CADRD) in the late 90's. Through this program, Michelle Brown, Pinecrest Terrace Unit Coordinator, works closely with SIU School of Medicine faculty and staff and is specifically trained to evaluate individuals with memory or other cognitive complaints according to a standard protocol. In addition, as a Network provider, Pinecrest may provide counseling, referral services, and education to individuals, the community and healthcare professionals. Patients and families may be referred for available SIU research programs if they wish. For more information about CADRD, visit www.siumed.edu/alz.

During the last six months, Pinecrest has continued its innovation in memory care through the development of Color Me a Memory (CMaM) art therapy program. On August 27, we celebrated CMaM with a dinner hosted by the A. Charles and Lillemor Lawrence Foundation – the foundation which also provided the funding to start the CMaM program. This dinner provided representatives from area human services organizations and activity professionals from area nursing homes an opportunity to learn about the benefits Pinecrest Terrace residents are receiving through participation in the CMaM program. Dr. Mayer, Northern Illinois University Professor of Allied Health and

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Communicative Disorders, shared information about the study she is conducting to provide empirical evidence on the effectiveness of the CMaM program to positively impact resident self-esteem and reduce negative behaviors. It is our goal to eventually expand the CMaM program to other nursing homes in northern Illinois.

In the weeks following the CMaM dinner, Pinecrest hosted a workshop presented by Geri-Ed Services titled **"Dementia and the Five Senses."** Approximately 100 employees and 50 community members attended

one of three presentations. Role-playing was used to **demonstrate how dementia impacts a person's five senses** and how family, friends, and staff can best interact with a person who has dementia. The workshop was well-received by those in attendance. This opportunity was made possible by a Continuing Education Grant by the Church of the Brethren Fellowship of Brethren Homes.

As Pinecrest plans strategically for the future, we will continue to focus efforts on developing innovative programs to advance memory care within our organization and throughout Northern Illinois.



Manor Residents Enjoy Weather Reporting

Pinecrest Community is now a member of the Ogle County Team of the Community Collaborative Rain, Hail and Snow Network (CoCoRaHS).

The team reports daily precipitation totals for the National Weather Service to provide high quality data for our natural resources programs including education and research for the National Weather Service, USDA, farmers, etc.

Our all-weather rain gauge, donated by Dr. Lloyd Wollstadt, is placed in the Manor garden.

Our residents have been watching the rain gauge and learning about the weather and our involvement in the network.

To learn more about this program visit www.cocorahs.org. Pinecrest's station number is IL-OG-14.

Dementia and the Five Senses Workshops Held at Community Center

Recently, Pinecrest Community received a grant for continuing education from the Church of the Brethren, Fellowship of Brethren Homes.

This grant was used to cover the cost of Geri-Ed Services continuing education presentation on Dementia and the Five Senses on Thursday, September 10.

Geri-Ed Services is a business dedicated to serving the family and professional caregiver with education, counseling, support, and assistance in finding community resources. Members Marilyn Woelke and Linda Gilman both have their Masters Degrees in Gerontology and have personal experience in the elder care field **and are Alzheimer's Association Ambassadors.** Marilyn is a Licensed Master of Social Worker while Linda is a Licensed Professional Counselor.

Through lecture and role play, participants were able to learn among other things, the objectives of this presentation which were: to understand why as the

brain declines, so does the functioning of all five senses; to learn basic ways in which vision can be impaired by dementia; to understand what is and what is not craved as the taste buds fail; to understand the necessity for good dental care; to understand the correlation between dementia and sense of smell; to learn how brain damage caused by dementia can alter the way in which a person interprets sensation; and to discuss options and methods of handling the behavior caused by loss of the five senses.

Pinecrest offered this program to staff, but the general public was also invited to attend the noon session. About 50 family members and participants from the community attended.

Pictured at right, Marilyn and Linda role play.



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Congratulations on 25 Great Years!

Activity Director Janell Miller just celebrated her 25 year anniversary at Pinecrest Community.



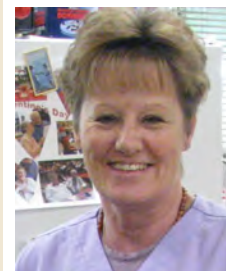
Janell began working at Pinecrest Community as an activity coordinator while in high school in the early

80's. Janell married and moved out of the area and was a stay-at-home mom for a while; however, Janell returned to her position in September of 1990, later becoming Director of Activities.

When asked if she had any favorite moments at Pinecrest, she smiled and laughed and stated she has enjoyed working with and getting to know the residents, but her favorite memory would have to be "when the transmission went out on the old van and we coasted through Oregon, making

the stoplight, with a resident exclaiming 'We're going into the river.'"

Glenda Norman, Director of Housekeeping and Laundry, will celebrate 25 years at Pinecrest in October. Glenda started at Pinecrest making beds and later working as an assistant in materials management.



Glenda Hitchcock, Materials Manager, said "When the housekeeping/laundry position opened up we all encouraged Glenda to apply because we knew she would be the perfect fit and do a great job. **We were right!**"

Congratulations, ladies, and thank you for your dedication, commitment, and hard work!

Talent Show

Talented residents, staff, family members and volunteers showcased their talents in August at Pinecrest Manor's first talent show.

Among the acts were "The Ding-a-Lings" who didn't disappoint on the bells. In addition, the resident choir (which consists of both Village and Manor residents) sang beautifully (pictured at right).

Two of Pastor Caldwell's children, Larry and Katherine, (pictured at right) sang sweetly and Trisha Crumley, activity coordinator, played her flute.





Report from Howie Herman, Director of Independent Living

Socialize and Be Safe this Winter

When winter comes this year, will you struggle again with cold and icy conditions, difficulties getting around, and cabin fever?

Instead, say "yes" to a warm and safe apartment, activities, and good food in a private dining room at Pinecrest Village apartments.

Pinecrest Village offers 1 and 2-bedroom apartments for those who wish to give us a try for up to 6 months. You'll have the option for a long-term commitment at any time. Included in monthly fee:

- Exercise classes, activities
- Shopping shuttle
- Housekeeping services

- 1 meal per day in our dining room (2nd optional)
- Available delivery of groceries and prescriptions to your door
- Connections with new friends
- Monthly wellness visit with a Pinecrest nurse.

All utilities and cable TV are included!

Leave the problems of home maintenance behind for the winter and give Pinecrest Village a try!

Call me at 815-734-4103.

Pictured below left to right: Carol Hachmeister enjoys the summer beach party held in August; resident Phyllis Davis hosts a sing-a-long in the lobby; residents Kathy Kornett and Lenora Bakener sing along with Phyllis.



Roof Repairs

The Pinecrest Village Roofing Project is reaching general completion and the roofing contractor has now mobilized and begun the first phases of the needed roof removal and replacement at Pinecrest Terrace.

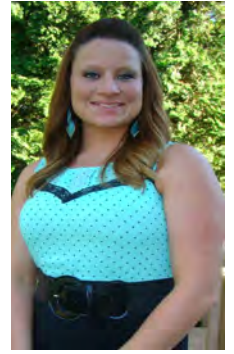
In addition to the installation of new roofing materials, both buildings will have new fascia cover and gutter installed at the final conclusion of the roofing installations.

Furthermore, Pinecrest Village will have the exterior vinyl siding and accessories removed and new will be installed at the overall conclusion of this multi-phased campus project.

Economic proceeds for these building improvements were made available through an insurance claim process addressing past hail damage these facilities had been exposed to which compromised the generational integrity of these building materials.



What's Happening at The Grove Community Center by June Jacobs, Manager/Services & Activity Coordinator



Everything is well on its way and our calendar is filling up quickly to close out 2015. Don't forget to call now and book your holiday get-together. Our rooms can seat as few as 10 to as many as 150+, and are reasonably priced. Call 815-734-4103 for specific room details and to make your reservation.

A couple of exciting events are coming to the Community Center for the public to enjoy!

The Grove Community Center is looking forward to hosting the 5K color run/1 mile walk on October 17 to

benefit the Color Me a Memory program. See page 7 for more details on this!

In November, the local Performing Arts Guild will team up with Oregon High School to perform the high school play. This is a new venture for both groups, and we cannot wait to see how this comes together! Ticket reservations will open mid-October.



Fall Craft & Vendor Fair and Pie Baking Contest Another Success!

The fourth annual Pie Baking Contest was held on Saturday, September 19, in conjunction with the Grove Community Center's annual craft and vendor fair.

Seventeen crafters and vendors attended to showcase their wares. Participants enjoyed sampling goodies from Maple Lane Farms, smelling Gold Canyon Candles and Scentsy melts, trying on handmade jewelry, and much more.

Twenty-four pies were entered in the contest; 5 in the youth category and 19 in the adult category. Recipes ranged from the traditional pecan, apple, and cherry, to cranberry zing-a-ling, cherry/pineapple, and **S'more**. Slices of the pies were sold and whole pies were auctioned off by volunteer Phil Labash.

It took the judges a little over an hour and a half to

taste test and score all of the pies, and in the end after the scores were tallied the winners were revealed.

In the Youth Category: first place, Grace Gabaldon, **S'more Pie**; second place, Randal Gabaldon, Cinnamon Roll Dutch Apple; third place, Claire Labash, Caramel Apple Pie. In the Adult Category winners were: Mike Ballard, pecan pie; Pat Miller, Apple w/crumb topping; and Stephanie Terranova, A Dash of Dutch—Apple.

Thank you to our prize sponsors, Kunes Country Auto Group and Rochelle Community Hospital. And, thank you to our volunteers and bakers who worked to make this event a success for the Good Samaritan Fund.

Pictured above from left to right: Lynette Hough makes some final adjustments to her Maple Lane Farms display; two shoppers peruse the auction table; Phil Labash gets the crowd bidding higher; an eager bidder tries to win the pie she has chosen.



Find out about these and all of our events on Facebook! Like Pinecrest Grove and Pinecrest Community!





Report from Diana Roemer, Director of Advancement

Color Me a Memory Celebration

Many staffers and friends of the Color Me a Memory program here at Pinecrest got together for a celebration in September.

We were joined by affiliates from Southern Illinois University School of Medicine and Northern Illinois University as well as the United Way and a variety of area nursing homes who wanted to learn about our program.

We unveiled our graphic arts logo for the project and shared with everyone the program's progress and our hopes for its future expansion in our region. Color Me a Memory is a grant-funded watercolor painting

program for Pinecrest memory challenged residents that helps them remember better and promotes joy. NIU is conducting a scientific study about its benefits.

We want to again thank those who attended and those who have volunteered their time and effort to helping this wonderfully beneficial program get its lift-off here at Pinecrest.

Keep your eye out for more articles in the future!

Pictured below left to right: Fero! Labash, CEO; Dr. Jamie Mayer, NIU; Shannon Hallstein the artist commissioned by the A. Charles and Lillemor Lawrence Foundation to design artwork to represent the **Color Me a Memory** program.



Did You Know?

Did you know that Pinecrest currently has 19 employees who have worked with us for 25 years or more?

Pinecrest currently employs 185 full and part time employees. Nearly 18% of Pinecrest's full-time

employees have a tenure of over 25 years!

The American Health Care Association (AHCA) performed a study in 2008 which showed annual retention rates within the long term care industry are a mere 49%. (AHCA Department of Research, reported Oct. 2010) In other words, up to half of all nursing home or long term care workers leave their jobs in the course of a year.



Annual Open House

Pinecrest Community's annual Christmas Open House will be held Saturday, December 5 from 2:30 - 4pm in the Manor.

In addition to the open house, there will be a craft and vendor fair and bake sale to benefit the Good Samaritan Fund in Pinecrest Village from 9 am - 3 pm.

We hope you can join in the holiday cheer and enjoy the decorations, music, and refreshments we have to offer while visiting your loved ones and other residents.

Again this year, The Christmas on The Village Square town celebration will be happening that day throughout Mt. Morris. More information will be shared once it becomes available.

Color Me a Memory 5K Color Run

The community support for the 5K Color Run has been overwhelming. Sponsors are excited to be part of this event, and runners and walkers have expressed excitement that an event like this is being held in Mt. Morris.

Color Run registration will begin at 8 am on Saturday, October 17. The race will start at 9 am. Those not wishing to run may walk the course or choose to walk the 1-mile alternative course.

Participants will each receive a T-shirt and a packet of color. There will be 3 stations of color set up along the 5K and 1 station along the 1-mile walk. While participants pass the stations, volunteers will throw color on them. This color is a non-toxic cornstarch-based powder.

There will be DJ music at the end of the race for those wishing to wait for other participants, have a

snack, or just celebrate the event.

Thank you to all of our sponsors, volunteers, and participants. We are excited for race day! KSB Hospital, Dixon, will be the start/finish line sponsor; Exelon Corporation is a gold sponsor; Maggie's Idle Hour, White Pines Roller Rink, and Main Street Bistro are the color station sponsors; Mt. Morris Chiropractic the water station sponsor; and snack sponsors are 102.3 the Coyote radio station, Sullivan's Foods, and Christy Eastman, Sterling Federal Bank.

If you would like to participate in this event, registration forms are available online at www.pinecrestcommunity.org. Or contact Amy 815-734-4103 x277 or asikyta@pinecrestcommunity.org.

The cost to participate is \$25 per adult and \$15 per child (under 18) if registered before October 5. Those registered before October 5 are guaranteed a T-shirt. Those registered after the 5th must pay a \$5 late registration fee per person.



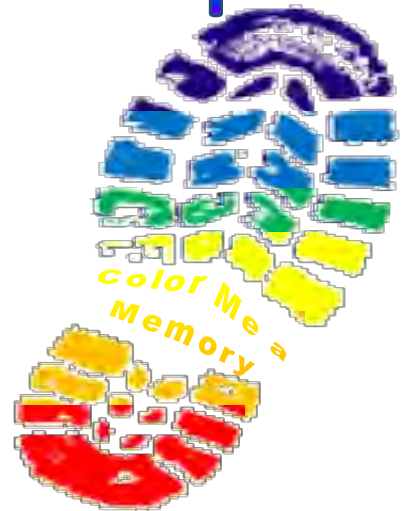
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Our Mission —

Pinecrest Community is a not-for-profit continuing care retirement community organized exclusively for charitable and benevolent purposes that:

- ◆ Provides high quality residential and health services as expressions of Christian ideals and values.
- ◆ Invites and welcomes all people, without discrimination.
- ◆ Promotes an active retirement and healthy lifestyle with respect, dignity and security for the whole person.
- ◆ Recognizes a responsibility to work in concert with other providers and the community to improve the quality of life and health services for older adults.

Pinecrest Press is published bi-monthly by Pinecrest Community Marketing Department, 414 S. Wesley Ave., Mt. Morris, IL 61054. 815-734-4103. If you have suggestions for articles, you may contact the department directly. See contact information below.

Pinecrest Press would like to "Go Green" in the future. If you would like to join our efforts by receiving this newsletter by email, contact Amy Sikyta: asikyta@pinecrestcommunity.org.

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