



Pinecrest Press



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March/April 2015

Reflections from the Desk of Feroi Labash, CEO CMS Strengthens Five Star Quality Rating System for Nursing Homes – Pinecrest Maintains 5 Star Rating

In February, the Centers for Medicare & Medicaid Services (CMS) strengthened the Five Star Quality Rating System for Nursing Homes to give families more precise and meaningful information on quality when they consider facilities for themselves or a loved one.

The recent change to the Nursing Home Compare rating includes adding two measures on the use of anti-psychotic drugs to the calculation process for the Five-Star Rating System and resetting the quality measure scale to raise the standard for nursing homes to receive a high rating. The change also adjusted the staffing levels required to achieve a higher rating.

While about **two-thirds** of nursing homes **saw a decline in their quality measures rating** and about **one third** of nursing homes **experienced a decline in their Overall Five Star Rating**, I am pleased to announce that under the more stringent measurements **Pinecrest maintained its Overall Five Star Rating!**

Pinecrest's Medical Director, Loyd Wollstadt, M.D., wrote the following regarding Pinecrest's Five Star rating: "I congratulate Pinecrest for keeping its 5-star rating under the new rating system! It is a credit to the facility staff, administration and the Board. I want

to particularly celebrate the quality of the efforts of nurses aides and support staff—those who most directly serve our residents/patients."

I join Dr. Wollstadt in congratulating staff on this great accomplishment and thank them for the deep commitment to quality care that is consistently **demonstrated**. The leadership of Pinecrest's Medical Director and all of the physicians and the advanced nurse practitioner who oversee the care provided to **Pinecrest residents play a key role in Pinecrest's** strong quality rating as well.

The Nursing Home Compare Five-Star Quality Rating System provides residents and their families with an easy-to-understand summary of three dimensions of nursing home quality: health inspection results, staffing data, and quality measure data. The goal of the rating system is to help consumers make meaningful distinctions among high- and low-performing nursing homes.

Interested consumers can view ratings and compare nursing homes at www.medicare.gov/nursinghomecompare.

The Five Star rating is one tool to help families compare nursing homes, but we also recommend that you personally visit a community when making a selection. Drop in anytime to see the Pinecrest difference!

Installation Service

An installation service was held for Rev. Rodney Caldwell on Sunday, March 1. About 100 residents, staff, board, fellow pastors, and community members attended to support Rev. Caldwell and wish him well. Pictured at right, Kevin Kessler, District

Executive of the Illinois/Wisconsin District of the Church of the Brethren; Pastor Lisa Fike, Freeport Church; Denise Caldwell; Feroi Labash, CEO; Pastor Leslie Lake, Polo Church of the Brethren; and Manor resident Jack Reigle laid their hands on Rev. Caldwell as a prayer of consecration was offered.



New Dining Experiences

In December 2014, the dietary department introduced a new way to dine in the Village.

In the past, residents had to choose between two times for the noon meal and sign up beforehand. Now, the dining room is open from 11 am—1 pm, and residents may come any time during the open hours and do not have to sign up for a specific seating. Residents only need to sign up if they will be bringing a guest to the meal.

"This change has been well received by residents," according to Jon Kobylewski, Director of Dietary who went on to explain dining changes will be made in the Manor also. Marge Kitson, dietary employee with over **25 years of service at Pinecrest commented, "The residents are more relaxed going through the buffet because there is no pressure to keep the line moving."**

Beginning March 2, Manor residents will dine using a menu option. There will be no assigned seats, and residents may come to meals any time during specific dining room hours. When residents arrive for a meal, they will be seated by a server and given a menu to place their order. Servers will take drink and food orders and everyone at a table will be served their food at the same time.

In the past, residents had assigned seats and would go through a buffet line; those with mobility issues would fill out a menu card and have their food brought

to them. As a result some residents at a table would be eating their food before others had received theirs.

A committee was formed months ago to address over-crowding in the dining room. With walkers and wheelchairs the resident dining experience had become cramped and with assigned seats at every meal residents had no variety in conversations as they sat with the same people day in, day out, three times a day.

CNA's reported that there has been much more conversation among residents since the change.

In addition, the Manor dining room will be undergoing a makeover. The old salad bar will be removed completely, allowing for extra table space and a new open kitchen style serving area will be added. This project is scheduled to be completed by September of this year. Watch facebook and future newsletters for updates and pictures of this project.

Pictured above: Village residents Phyllis Davis, left, and Phyllis Scherer on the right enjoying a noon time meal.



Master Gardeners Share Their Passion Regularly

Since November 2014, the University of Illinois Extension Master Gardener's Ogle County Unit has made monthly visits to Pinecrest Manor.

During each visit the gardeners share fun facts, facilitate a project, and provide a short music program. Past projects have included pinecone birdfeeders, "I am thankful for" pumpkins, and painted floral cards (pictured at left.)

The master gardeners who provide monthly programs at Pinecrest are Mary Ley, Deb Bryant, and Kathy Michel (pictured top left with Manor

resident Jean Gecan.

Each spring the University of Illinois Extension offers a course to all who are interested in earning the "master gardener" title.

This new program has become very popular with the residents— both male and female.

Director of Activities, Janell Miller stated, **"This program is wonderful, and the residents enjoy it immensely. The master gardeners do a wonderful job keeping the residents interested, and the programs cover many aspects of each monthly topic."**



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Meet Board Member, Andrew Welp

Andrew Welp was born in 1982. A lifelong resident of Mount Morris, he attended Oregon High School and graduated in 2001. After high school, he left for Bradley University in Peoria, Illinois, and graduated with a Bachelor of Science degree in Accounting. He then accepted an auditing position with Liberty Mutual Insurance, based in Boston, Massachusetts, and covering northwestern Illinois.

In 2007, he left Liberty to pursue his law degree from Northern Illinois University College of Law. While in law school, he was Vice-President of the Federalist Society and Treasurer of the Student Bar Association. He graduated with honors in the Spring of 2010 and passed the July Bar Examination.

Andrew began working for Bates Financial Group, Inc. in 2011 as a Registered Securities Principal and Compliance Officer. He now acts **as the firm's Chief Financial and Operating Officer.**

In 2013, Andrew sat for and passed all four parts of the Certified Public Accountant examination.



Andrew is a member of the Winnebago County Bar Association, the Ogle County Bar Association, the Chicago Bar Association, the Illinois State Bar, and is a licensed Certified Public Accountant. He is on Northern Illinois University **College of Law's Alumni Council** and the Class Agent of the class of 2010.

Andrew married his wife Niamh in January of 2014 and they just welcomed their first daughter, Aoife, to the world on February 15, 2015. They make their home in Sycamore, where they are members of St. Mary's Catholic Church.

Andrew's parent's have always lived on McKendrie Ave., across from Pinecrest, and his grandmother Mirdza lives in Pinecrest Grove.

Alzheimer's Workshop

The Regional Pioneer Coalition of Northwestern Illinois held a workshop on Friday, March 6, at the Grove Community Center.

This seminar included information **on the stages of Alzheimer's Disease** and how people with dementia feel; behavior and communication; creative exercises; and person-centered care practices.

Deb Greiner, a nationally known dementia care educator and mentor, and Monica Plymale, a licensed nursing home administrator, were the speakers.





Report from Howie Herman, Director of Independent Living

Spring is in the Air!

The spring equinox, or the first day of spring, falls on Friday, March 20, just a few weeks away! This is satisfying news as we say goodbye to our long, cold, snowy winter and say hello to images of spring flowers, grass beginning to turn green, and outdoor activities to come.

With these thoughts of spring come thoughts of good health such as taking a walk, watching our diet, and even spring cleaning which, though a chore, feels satisfying when a project is complete. Good health includes activities with friends, new and old, and finding new ways to stretch ourselves and minds. A little challenge is good!

Residents who live independently at Pinecrest Village and Pinecrest Grove found their way to move ahead.

Each resident made a decision to free themselves of burdens that got in the way of good health —a base-

ment or a garage full of stuff, packed closets, snowy sidewalks, overgrown bushes, and perhaps collections of things that had grown a bit too large over the years.

Perhaps this is finally the time for you to take on your challenges and choose to live more simply, in a warm community setting, surrounded by friends, and with all the freedoms you expect!

If you're still not convinced maintenance-free living is for you, remember, Pinecrest offers short-term trial stays. Enjoy all of the amenities including meals, activities, shopping shuttles and day trips without any long term contracts. Short-term stays are available year-round for up to six months. Just because the snow has almost ended doesn't mean the yard work will! Enjoy the upcoming months relaxing, not mowing, weeding or raking.

Come take a tour of our Village apartments or Grove cottages, enjoy a meal in our dining room at Pinecrest Village, and discover what is next for you! For more information on short-term or permanent stays, contact me at hherman@pinecrestcommunity.org or 815-734-4103 x239 to schedule your tour today.



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

New Fitness Class Offered

An exciting new fitness class is being held at the Grove Community Center! Boot Camp classes taught by Jamie Buck began this March on a trial basis and will continue as long as there is interest.

Jamie lives in Mt. Morris and is the owner/operator at **Curves** in Byron. The Boot Camp class is held Tuesday and Friday nights from 5:30-6:30 pm, in the Grove auditorium. These classes are designed to be achievable by anyone at any fitness level. The month-long program costs \$60 but drop ins are welcome for a \$10 charge per class.

If you're ready to hold yourself to a regiment, or if you just want to try the class and see what it is like, stop in! If you have more questions call me at 815-734-2103.

If Boot Camp sounds too intense for you, but you still

want to work on your new year's resolution to get fit, don't forget the Grove Wellness Center is open to the public for just \$10 per month after a one-time orientation fee. A personal trainer is available on site for an additional fee.

Steel Magnolia's Coming to the Auditorium

The Performing Arts Guild has been busy preparing for the upcoming production of "Steel Magnolias." The cast is gathered and the rehearsals have begun for this classic performance about the bond among a group of women. The title suggests the main female characters can be both as delicate as the magnolia flower and as tough as steel.

Performances will be held April 17, 18, and 19; and 24, 25, 26. Friday and Saturday performances are at 7 p.m. and Sunday performances are at 2 p.m.

Call 815-734-2103 to make your ticket reservations or visit the Mt. Morris Performing Arts Guild webpage at www.performingartsguild.com.



Mt. Morris American Legion Post #143 Supports Pinecrest

The "GIFT FOR YANKS" program began in 1944 during WWII to remember our hospitalized veterans at Military and VA Hospitals and Nursing Care Homes throughout the country, over the Christmas Holidays.

For over 50 years, American Legion Post #143 of Mt. Morris has participated and financially supported this program. The program is only made possible by contributions from businesses, caring individuals and participating local American Legion Posts.

Every December, Post #143 of Mt. Morris participates

with Pinecrest Manor to present these gifts and remember the military service of our local veterans.

On December 22, 2014, members of Post #143 presented Holiday gifts to 18 Veterans residing in the Manor and Terrace at Pinecrest.

In addition to this program, the Mt. Morris American Legion Post presents an annual Veteran's Day program.



Residents Support Local Project

Manor residents began working with a local service group in January, folding and cutting plastic grocery bags to be used to create and supply sleeping mats and small tote bags, which are later filled with toiletries, to the area homeless.

After the strips are cut, the group's

volunteers secure them together to create a "plastic yarn" out of them. Next, volunteers crochet the items to be given to those in need.

Pictured at right, Doreen Vickers demonstrates how to cut the bags. The tote created by the group can also be seen in the photo.

Baking for Valentine's Day

Manor residents were busy baking cookies for Valentine's Day.

Dr. Plescia and his children came later in the afternoon to help decorate and eat the delicious treats!

Pictured at right, Linda Borneman helps her mother, Manor resident Helen Borneman cut heart shaped cookies. Pictured far right Manor resident Betty Roberts rolls out the dough before it is cut into hearts.



Mardi Gras Fun!

Pinecrest residents in the Manor and Village celebrated Mardi Gras Tuesday, February 17, with afternoon parties.

The Village residents enjoyed music, cake, coffee, and conversation in the lounge and the Manor residents enjoyed cake, coffee, and punch in lounge 5.

Beads and masks were provided for that authentic Mardi Gras "feel".

Pictured far left is Lili Hammer, Manager, Services & Activity Coordinator, with Village residents Dorothy Husser and Lila Baker. Pictured left, Manor resident Lavonne Frey tries on a purple mask.





Report from Diana Roemer, Director of Advancement

Bits and Pieces

The Advancement Department is once again looking at several grant opportunities. I, along with other administrative staff members who help, will be putting our wishes in front of area Foundations in the hopes we can succeed with additional program funding, as we have during the past two years.

Most recently, as you will recall, the Community Foundation of Northern Illinois granted us \$5,400 to purchase a state-of-the-art big screen curved TV for the Manor residents so that they can enjoy a greater viewing (and listening!) experience for their Sunday morning service replays and for general entertainment and education.

We will be learning how to use the television to "Skype" with loved ones who live far away, as well, and enjoying a variety of movies and programming. If you would like to participate in the video phone calls with a loved one at Pinecrest, please contact me directly.

That grant also provided sufficient funds to purchase two laptops (and carts to make them mobile), and private video chats can be held by residents with their long-distance family members using a Google product called "Hangouts" that is free. If you are a Chrome or Chromebook user, read about Hangouts and download the app, and soon you can be having a video call with your loved one at Pinecrest! Again, contact me directly to assist with making a connection with your loved

one at Pinecrest utilizing this new grant-funded equipment.

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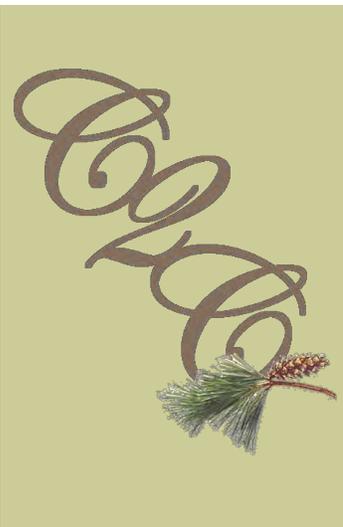
Holiday giving this year was up 35 percent from last year, though the total number of donors who gave decreased by 38 percent. The decrease in donors is a troublesome trend and one I hope is reversed in years to come. It was critical that those who did give increased their donation. Donating to a charity such as Pinecrest fulfills that deep desire to make a lasting legacy for the next generation. With baby boomers set to retire en-masse, the compassionate efforts at Pinecrest will become ever more critical.

As we move forward to our 125th anniversary in 2018, I am reviewing some of our historical files with a plan of producing a new anniversary booklet that continues our story. Some of the historical finds are **breathtaking: An "application for a child" for the "Old People's and Orphans' Home" and the warranty deed of the property from Joseph and Hannah Ammick dated Feb. 12, 1892,** are just two of the many precious items in our files.

I also was privileged to read correspondence between the Old Folks Home and a local grain company about the price of corn grown and sold by the Home via the grain company ... **\$1.75 a bushel back then!**

The donations, gifts, and caring of everyone involved with Pinecrest has brought us to this point.

Thank you so much for everything you do, every day.



Century 2 Club Luncheon

The Century 2 Club annual luncheon will be held Thursday, April 9 at the Grove Community Center and invitations have been mailed to members.

Members will enjoy mingling, a delicious lunch, and entertainment by Mary Ley.

The Century 2 Club honors Pinecrest supporters who have contributed \$10,000 or more in their lifetime, included Pinecrest in their estate planning, or have purchased a charitable gift annuity.

Pinecrest Community wants to ensure all members are recognized for their generosity. Please contact Diana Roemer at 815-734-4103 x273 or droemer@pinecrestcommunity.org if you have indicated Pinecrest in your estate planning and have not received membership information or an invitation in the past. We hope to be able to honor everyone who qualifies to be in this club.

If you would like more information on becoming a member or did not receive your invitation, please contact Diana Roemer.





Annual Golf Play Day

Fore! It's that time of year again; time to dust off those golf clubs and get your appetite ready for a fun day of golf, food, and comradery.

The annual Good Samaritan Golf Play Day will be held at Sunset Golf Club in Mt. Morris on Friday, May 15. Lunch will be served at 11 am and tee off will be at 11:45 am.

All are invited to participate in this fund-raising event. Registration is \$60 per golfer and includes 18 holes of golf, lunch, and door prizes. Grab a few friends or come alone and meet new ones.

The deadline to register is May 7. For more information or to register call Amy at 815-734-4103 x277 or visit our website at www.pinecrestcommunity.org. If registering online, please indicate so in the comments section after clicking on the "donate now" button.

Fundraiser Brightens Residents' Day... and the Dining Rooms

Pinecrest Community was decorated with bright Valentine balloons and bags of candy on Friday, February 13.

The treats were provided by family, friends, and staff to help our residents celebrate Valentine's Day.

This annual fundraiser was held to benefit the United Way, a Pinecrest Community partner. Over \$900 was

raised for the United Way.

Volunteers, along with the activity and marketing departments, blew up balloons, filled bags with candy, and made deliveries all morning.

Thank you to all who volunteered and those who purchased bouquets for their loved ones. You not only **brightened our residents' day, you** helped a great cause!



Pictured above: Janell Miller, Director of Activities, fills balloons in the East dining room with Barb Ruther, volunteer.

2015 Wish List

Each year Pinecrest publishes a wish list for items **which we would like to purchase for our residents'** care but are out of our reach due to the constraints of our budget.

The 2015 Wish List has been printed and mailed. If you did not receive your copy, call Amy at 815-734-4103 x277. A copy of the list is available for viewing online at www.pinecrestcommunity.org. Please note

the wish list item you are purchasing in the comments section if you are donating online.

Last year Pinecrest was able to purchase over \$8,000 of items on our wish list because of the generosity of our donors. Some of the items purchased last year from wish list donations include wheel chairs, oxygen concentrators, wheel chair scale, new popcorn machine, and a bible land map.

We are thankful for the caring and generosity for the support of this wish list and for all of our donors.

Upcoming Events

In addition to the golf outing in May, Pinecrest has several other fundraisers throughout the year. This July, our fourth annual pie baking contest will be held (the date has not yet been determined.) On August 15, the annual Good Samaritan Banquet will be held

at the Grove Community Center; and October 17 will be the second annual 5K run/walk.

This year's 5K will have a special twist! It will be a "color run" to support the Terrace's art therapy program, Color Me a Memory. We hope to see you at one or all of these fun events!





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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.

If you no longer wish to receive this mailing, please send a request for removal to: Pinecrest Community, Attn: Amy Sikyta, 414 S. Wesley Ave., Mt. Morris, IL 61054 or email asikyta@pinecrestcommunity.org. You may also call Pinecrest at 815-734-4103.