



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

Person-Centered Care Remodeling Planned for Brooking Park

At St. Andrew's Brooking Park senior community, "Person-Centered Care" remodeling is on the "drawing board" and will soon become reality. Specially designed features and places will emphasize the individual and encourage relationship building between staff and residents that enhances quality of life.

"We're planning facelifts, remodeling and renovation that will bring a more contemporary, home-like design theme to our campus," said Director Chris Wiltse. But even more important is the focus on person-centered care. That philosophy emphasizes making the resident most important; allows for more resident control and choices regarding care, routines and activities; and encourages residents to spend more time with staff, not just receiving care, but simply enjoying each other's company.

"Our residents have always been the focal point of all we do," Wiltse said. "The changes and remodeling will make all of that even better."

Most renovation and remodeling will take place in the Avalon area, where Brooking Park's Medicare-certified rehabilitation services are provided. Plans call for:

- Redecorating residents' rooms, making them more attractive and comfortable.
- Adding a private dining room for residents and their families, where they can share family dinners and events.
- Remodeling the current dining room and kitchen area to incorporate a family atmosphere and an area where snacks and beverages are always available.
- Constructing a new entry area that truly welcomes all who enter.
- Relocating and reconstructing the nurses' station into a more private area where residents and their families can comfortably discuss their personal health situation and care with medical staff.
- Installing a new call/response system.



Chris Wiltse, Brooking Park Director, Christy McCorkell, Operations Director, and Diane Meatheany, St. Andrew's COO, review plans for Person-Centered Care remodeling at Brooking Park.

Soon to follow will be the new design of other areas of Brooking Park, including residents' rooms, recreational and gathering areas, as well as the often-used Religious Center, where both religious services and special events are held. Plans include adding another 18-passenger, handicapped-accessible bus and a car to provide residents with even more available transportation for outings and appointments

"This is a very exciting time for us," Wiltse said. "Brooking Park is known for its beautiful campus and buildings, exceptional resident care and accommodations. Now, all of that will be made even better through our person-centered care remodeling and philosophy."

A Loving Memorial

When Genevieve (Gene) Rush passed away, her daughter, Ginni Campbell, knew that she wanted to do something special to remember her mother and also her late father, Wilbur. Mrs. Rush was one of the first residents to move into The Willows, a St. Andrew's independent living community, and was also recognized for her volunteer activities in 2006 when she was honored as an *Ageless—Remarkable St. Louisan*.



Ginni knew The Willows and St. Andrew's were very special to her mother so, at her death, she asked friends to make a charitable donation to St. Andrew's in lieu of flowers. To honor this special couple, Ginni commissioned a beautiful sculpture by nationally recognized metalsmith, Don Redman, and gifted it to St. Andrew's. The sculpture, entitled Willow, was recently dedicated in the sculpture garden at The Willows as a tribute to the life that her parents lived.

A memorial or tribute gift is a great way to honor or remember someone special while helping others. Generous gifts such as these assist St. Andrew's in providing the needed services for low-income seniors and financial aid to residents of our communities who have exhausted their resources.

When you make a gift to honor or remember someone special, we will send a note to the person you identify, recognizing your gift, as well as to you. Make your gift today with the enclosed gift envelope. If you have any questions please call Kristen Canter at 314-726-0111.

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Remembering What We Do

By Mary Alice Ryan, St. Andrew's President/CEO

Oprah Winfrey's website, www.oprah.com, has a page where celebrities describe their "aha moments," those times in their lives when they encountered someone, experienced an event or had a sudden inspiration that clarified who they were and what direction their lives should take.

At St. Andrew's, we had one of those aha moments recently. It came during a meeting with a couple of business friends. They had been talking about their parents growing older and how they are beginning to think that they are now part of that 'sandwich' generation, dealing with growing kids and aging parents. Someone asked the question, "What could St. Andrew's do for you?" The answer was to help his family not have to worry so much when it comes to caring for their loved ones. He also wanted his parents to have fewer concerns as well. That simple explanation gave us our aha moment:

We help people Worry Less.

We provide highly desirable senior living communities where older adults can worry less about living safe and healthy lives. Our in-home services mean older adults can worry less about remaining in their own homes and staying independent. Caregivers and other family members worry less knowing that St. Andrew's is on the

job. Our specialists help manage the issues of aging and provide direction through the worrisome maze of eldercare options.

That aha moment helped us remember the real value of the work we do everyday. It is work that impacts people of all ages. It honors and supports older adults, their families, caregivers, our partners throughout the community, and those that support us with their time and treasure. Every day, it moves us closer to achieving our vision of a world where all elders are respected, productive, secure and fulfilled.

For the individuals whose lives we touch—whether they be residents, independently living elders, caregivers, family members or others—the success of our efforts will ultimately be measured by how well we live up to those two words: Worry Less.

It would be impossible to ever eliminate all the worry from people who care about their loved ones. But we do have the ability to ease their concerns and make each day a bit more worry free. That is our aha moment. That is why St. Andrew's is here.



Rush Senior Gardens: A Senior Living 'Garden of Eden'

It is a new and wonderful place to call home, according to residents of Rush Senior Gardens. The senior community, which opened in late January in East St. Louis, is home to about 54 older adults. They say it's a great place to be.



Cora Saddler

"Rush Senior Gardens is beautiful, comfortable and peaceful; it's a showcase," said Elmo Agnew, 77, who moved in during February, coming from an apartment "that was not even remotely as nice as this." Mr. Agnew says he feels as though he is "in the Garden of Eden; I couldn't ask for more."

Rush Senior Gardens is co-sponsored by St. Paul Baptist Church in East St. Louis and St. Andrew's Resources for Seniors. The three-story building features 54 one-bedroom apartments with fully equipped kitchens, living rooms, and easily accessed bathrooms, along with



Elmo Agnew

common areas and on-site management by St. Andrew's. Its construction and operation are funded by a nearly \$6 million grant from the U.S. Department of Housing and Urban Development (HUD). Rent is based on income; Rush offers the often-difficult-to-find combination of attractive, secure, and affordable senior living.

Cora Saddler, another Rush resident, says her apartment and the entire campus, are "like heaven to me." Cora and her husband, Jerry, moved from an East St. Louis apartment that lacked amenities, convenience and security. "Even taking out the trash was a problem," Ms. Saddler said. "I had to walk about a block to the dumpster. Here, that is not a problem. It's a lovely place where I can visit with other tenants, and enjoy myself. And, I can go to bed at night and not worry about someone trying to break in."

Rush Senior Gardens is the 23rd senior community sponsored and managed by St. Andrew's in Missouri and Illinois. It is the 12th St. Andrew's-associated, HUD-subsidized senior community.

"This is part of our Mission to empower elders and their caregivers through choices and options that foster a vital life," said Mary Alice Ryan, St. Andrew's President and CEO. "It is a pleasure to partner with St. Paul Baptist Church and Rev. Obie Rush to serve these wonderful seniors."

I Want To Be Like Margo

By Ann Bannes, Vice President

Margo is a small, white-haired 80-year-old who looks as if a strong wind would blow her right over. Which just goes to show how deceiving first impressions can be.

Margo was part of my recent tour group to Australia and New Zealand. For three weeks, 24 of us flew thousands of miles, walked through countless museums and arboretums, traversed the vast outback, climbed endless stairs and kept up a pace that challenged the youngest of us to keep up.



Through it all, Margo never slowed down. She signed up for every tour, insisted on seeing every site, and was an inspiration to everyone around her. During one particularly choppy speedboat ride, several 50-somethings in our group decided the water was too rough and wanted to stop. When they looked to the front of the boat where Margo was having the time of her life, they decided they couldn't quit if she didn't.

Not everyone can or should expect to be quite as energetic and adventurous as Margo, of course. But most of us can and should do a lot

more than we do now or that we think might be possible. All it takes is the desire to stay active and the commitment to exercise, eat right and think young.

Colin Milner, CEO of the International Council on Active Aging, recently wrote that "viewing exercise as a tool to prevent health issues that elders face is becoming commonplace." A study released by the Centers for Disease Control found that older adults who participated in a regular exercise and fitness program had significantly lower healthcare costs.

As Margo knows, exercise and staying active does not have to be a grind. For her, international travel keeps her moving. For you, it may be water aerobics, dancing, yoga, golf or simply walking around the block. Whatever you choose to do, the fact that you commit to doing something on a regular basis will help keep you younger and healthier.

Exercise can be just as good as medicine. Ask Margo. She knows.



An Important Aspect of Caregiving

There is nothing more rewarding than spending quality time with a loved one. For both the caregiver and the care recipient, the opportunity to create lasting memories apart from the stress and responsibilities of daily caregiving can be especially rewarding.

With the arrival of Spring, a host of possibilities exist for you and your care recipient to enjoy some free or low-cost outdoor entertainment together. Here are some suggestions:

- *Free outdoor concerts:* Many area parks have free concerts throughout the week as well as on weekends.
- *The Saint Louis Zoo:* Ours is not only one of the best zoos in the country, but it is also free! Wheelchairs are available for those who may have a difficult time getting around.
- *Forest Park:* Visit the History Museum, Art Museum or Science Center, which all offer free admission. Or just enjoy a picnic under a shady tree.
- *Farmer's Markets:* Enjoy the festive atmosphere and the fresh fruits and vegetables grown locally. Many markets have live music and special activities on weekends.



- *Missouri Botanical Garden:* There isn't a more beautiful attraction in the Spring. Seniors enjoy a low \$3 admission everyday, but all area residents may visit for free on Wednesdays and Saturdays before noon. Therapeutic horticultural classes for seniors are also offered for \$7.
- *Outdoor theater:* The Shakespeare Festival St. Louis will be performing *Hamlet* for free in Forest Park. Free seats are also available at every Munny performance. Both venues are wheelchair accessible and provide assistance for people who are blind or deaf.
- *National parks:* Seniors can obtain a \$10 lifetime pass to our national parks that admits the senior and three other adults for free to all national parks that have a fee. You don't have to spend a lot of money to spend quality time with your loved one. Those loving memories you create today will last you a lifetime. **Happy Spring!!**



Old Faithful in Yellowstone National Park

The compassionate staff at St. Andrew's Senior Solutions serves and supports older adults and their families by providing respite care, care management, and nursing services. For more information please contact your Caregiver Manager at 314-726-5766, toll free 1-888-388-1930 or caringinfo@standrews.com.

Does It Bring Me Joy?

By Lila Shepley, Relocation Coordinator, Home Sweet Home

De-cluttering, that onerous task of cleaning out unwanted and unneeded items around the house, is something that every older adult and/or his or her family needs to do. De-cluttering can create a safer environment, one in which there is less chance of a fall or other accident. St. Andrew's asked Lila Shepley, a local de-cluttering expert to provide some tips on getting started.



Does the idea of a de-cluttering project fill you with fear? De-cluttering, although it may seem daunting, can be an energizing fresh start, a time to put the past behind you. Before you begin, walk through your home. Make a quick list of one area of each room that you would like to tackle first. Keep this list short and simple so as to not get overwhelmed.

When looking at an item, use as your benchmark this question "Does it bring me joy?" If you answer this question honestly with each item, you will find that you are tossing items into a "donate box" very quickly. You can use this guideline for every knick knack, every gift that you have received, and every article of clothing. Be sure to try on each article of clothing in front of a mirror. Do you feel good wearing it? If yes, then keep it. If no, then toss it.

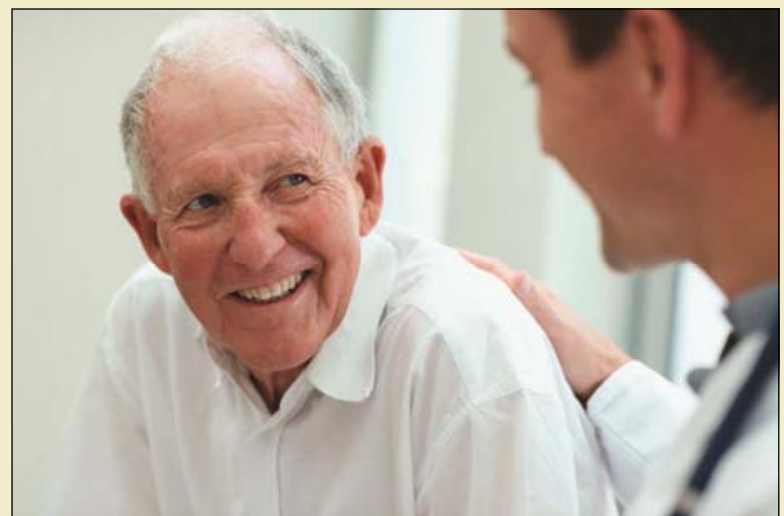
Your immediate feeling on the item is the only answer that you need to make a decision. You can create a memory book of photographs of the treasures that you are discarding. Do not ask anyone's opinion, for this is about you and your new beginning! Be sure to congratulate yourself when you begin, and complete, a de-clutter of any area of your home, however small!

What's Up, Doc?

More than one in three caregivers are responsible for administering medications and providing other daily medical care to an older adult. Yet most of these caregivers report they are often unsure what to do. The obvious solution is to speak with a doctor. But too often caregivers don't know what to ask or the doctor doesn't have time to provide adequate explanations.

The key is to plan ahead. Make a list of your questions before you get to the doctor's office. Schedule an appointment early or late in the day when the doctor will likely have more time. See if a nurse or physician assistant can answer some of your questions. Take someone with you who can help you take notes and remember what the doctor says.

Most important, be assertive. Keep asking questions until you fully understand all the answers. You have both a right and a responsibility to learn as much as you can about the best way to care for the care recipient. Show the doctor that you are an integral part of the medical care team and enlist his or her help.



St. Andrew's Senior Solutions Here's How We Can Help

CAREGIVER SERVICES

Caring for the caregiver...

Situational Assessments Resource Coordination Advocacy
Counseling Education Support

SAFE AT HOME

St. Andrew's services that help keep seniors safe at home...

Nursing: ostomy care, wound care, blood draws, B-12 and flu shots, medication management, diabetes management, in-home massage therapy

Personal care Live-in support Companionship Escort services
Health & safety assessments Housekeeping Minor Home Repair

CARING WORKPLACE

Services designed for employed family caregivers, helping them to successfully balance their personal lives, work, and senior caregiving.

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

We're Coming Down the Home Stretch

By Alan E. Brainerd, Friends Chairman

It has been my pleasure and privilege to lead the STARSS FRIENDS this year. As we approach the end of our fiscal year, I am so proud of the work we have done together to enhance the lives of low-income seniors. The FRIENDS have continued to support Quality of Life programming at our communities for seniors with limited incomes, including the vital transportation link for these seniors—our bus! This bus takes our residents to the doctor, the shopping mall, the grocery store, the movie theater, and soon we hope will also transport them to our planned new programs at the Art Museum!

A great big thank you goes to everyone who worked so hard to make Ageless a success. This year was our most successful ever, and FRIENDS introduced a new mission-based video and a direct request for contributions which generated almost \$10,000 from mostly new donors! This “ask” had a double whammy: it helped FRIENDS reach a goal of \$5,000 contributed by new donors and ensured the payment of a \$5,000 challenge grant from the Roland Quest Memorial Fund of the Greater Saint Louis Community Foundation, advised by long time FRIENDS member, Phyllis Tirmenstein.

The FRIENDS had a great time visiting the HUD communities this year. We went to each community with Christmas cheer ranging from singing and refreshments to gifts and games. Barbara Cooper organized

FRIENDS support and attendance at the opening of our newest community in East St. Louis, Rush Senior Gardens, which opened in January. And, last but not least, in January a group of FRIENDS toured Zion Corner/Sammie Jones, Friendly Village Apartments and St. Andrew's of Jennings.

Finally, we must thank Millie Cain and Terry Coleman for beginning our new “Gatherings” program to introduce our friends and neighbors to St. Andrew's and the work of the FRIENDS. We hope each FRIENDS member will host a “gathering” and that we can raise even more to help our seniors!

There is always a never ending demand for services and a need for financial help for low-income seniors. If you can, please join me in making a special year-end gift to help those who are not able to afford the support that they need. And naturally, I will look forward to working with you all next year as we celebrate 50 years of St. Andrew's service to the community!



Interested in Guaranteed Income for Life?

A **charitable gift annuity** is a planned giving method that provides you with guaranteed income and tax benefits while helping to further the mission of St. Andrew's. *This is not a gimmick...* this tax-advantaged vehicle is not only possible and beneficial for you, it will benefit others by supporting the charitable care provided by St. Andrew's Resources for Seniors System.

Here is how it works:

1. You transfer cash or securities to St. Andrew's Charitable Foundation.
2. St. Andrew's pays you, or up to two annuitants you name, fixed payments for life.
3. The principal passes to St. Andrew's Charitable Foundation when the contract ends.

Some of the benefits you will receive are:

- An immediate income tax deduction for a portion of your gift.
- Your annuity payments are guaranteed for life.
- Your rate of return is higher than current rates on many other investment opportunities.
- You can have the satisfaction of making a significant gift that benefits you now and needy seniors later.

To learn more about how you can benefit from a charitable gift annuity contact Schuyler Gott Andrews at 314-802-1940 or

sandrews@standrewsl.com.

Current Suggested Charitable Gift Annuity Rates			
One Life		Two Lives	
Your Age	Rate of Return	Your Ages	Rates of Return
66	5.4%	65/69	5.0%
70	5.7	70/75	5.3
75	6.3	75/79	5.7
80	7.1	80/85	6.5
85	8.1	85/89	7.4
90 and over	9.5	90/95	9.0

Source: www.acga-web.org

Stars 'Shine' Over St. Andrew's Senior Communities

Three senior communities associated with St. Andrew's have recently received prestigious “Five Star” ratings from the Centers for Medicare and Medicaid Services (CMS).

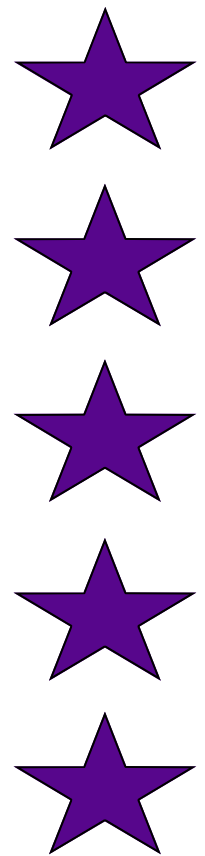
Brooking Park in Chesterfield, The Sarah Community, located in Bridgeton, and New Florence Nursing and Care Center in New Florence are the five-star skilled nursing senior communities. St. Andrew's sponsors Brooking Park and manages The Sarah Community and New Florence Nursing and Care Center.

Where ratings are concerned, the more stars the better; consequently, the three senior communities being deemed deserving of multiple stars is a very good thing. “The CMS rating system is an indication of quality of care and quality of life at nursing homes throughout the nation,” according to Diane Meatheany, Chief Operating Officer for St. Andrew's. “Only five percent of the nursing homes in the country receive all five stars.”

Skilled nursing senior communities are regularly evaluated by the CMS and “awarded” from one to five stars (five being the best) in the following areas:

- *Health Inspections* – the results of the most recent inspections conducted by the Department of Health.
- *Quality Measures* – indicators of the quality of care provided to residents.
- *Staffing* – the number of nursing staff hours there are per patient day.

“Receiving the five-star rating is another indication of our senior communities' ongoing efforts to provide the very best care in warm and welcoming environments,” Ms. Meatheany said. “And, it is certainly a reflection of St. Andrew's vision: *A society where all elders are respected, productive, secure and fulfilled.*”





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Resources for Seniors System*
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Save the Date
Ageless—Remarkable St. Louisans 2010
November 14, 2010

Ageless—Remarkable St. Louisans is St. Andrew's signature fundraising event, honoring dynamic older adults in the St. Louis metropolitan area who embody St. Andrew's Vision: a society where all elders are respected, productive secure and fulfilled. Join us on November 14th at 6 o'clock in the evening at the Chase Park Plaza as we mark the eighth year of recognizing the contributions of St. Louisans 75 years and better.

Linda Lee, Chairman Alan E. Brainerd, Co-Chairman Virginia Trent, Honorary Chairman

For information, including tickets and sponsorship opportunities, please call Kristen Canter at 314-726-0111.

St. Andrews & Bethesda Home Health Receives Top Award

St. Andrews & Bethesda Home Health is a member of an elite group. Founded in 2007, our Medicare-certified, in-home senior care organization was given an "Award of



Excellence" and included in the 2009 list of Elite Home Health Agencies – the top 25% in the nation.

"We were very pleased to receive this recognition," said Mick Crawford, Executive Director of St. Andrews & Bethesda Home Health. "Although, I can't say we were totally surprised. From the beginning, our goal has always been excellence and the very best for our clients."

St. Andrews & Bethesda Home Health is the culmination of a partnership between Bethesda Health Group, St. Andrew's Resources for Seniors, and the Cape Albeon and Sarah Community senior communities. The result is superior resources for home health services. Care and services provided by St. Andrews & Bethesda include personal and nursing care, post-surgery care, stroke recovery and cardiovascular issues. Registered nurses, physical and occupational therapists, medical social workers, and home health aides make up the home health team.

"Seniors and their families can be assured of quality, Medicare-certified holistic and clinical care provided by dedicated professionals committed to their craft and to their clients," Crawford said.

The St. Andrew's Family Communities

Brooking Park, Chesterfield
Assisted, Skilled and Rehab Care
(314) 576-5545
www.brookingpark.org

The Willows at Brooking Park,
Chesterfield
Retirement Apartment Homes
(314) 576-0800
www.newwillows.com

Tower Grove Manor, St. Louis
(314) 773-2800
*Retirement Apartments
with Independence Plus*
www.towergrovemanoir.org

Mizpah Manor, Bridgeton
Assisted Living
(314) 209-1177
www.mizpahmanor.com

Almira Manor, Greenville, IL
(618) 664-1322

Friendly Village I & II, St. Louis
(314) 367-9201

Gillespie Village, St. Louis
(314) 389-9977

Latter Glory Manor, St. Louis
(314) 531-1345

Mercy Seat Apartments, St. Louis
(314) 652-6555

Rush Senior Gardens, East St. Louis, IL
(618) 875-9747

St. Andrew's of Jennings I & II, Jennings
(314) 867-8993

Zion Corner Apartments / Sammie
E. Jones Residence, St. Louis
(314) 771-6100

William Barnwell Apartments, Perryville
(573) 547-4330

In-Home & Caregiver Services

St. Andrew's Senior Solutions
Caring Workplace
(314) 726-5766
www.standrewsseniorsolutions.com

St. Andrews & Bethesda
Home Health
(314) 218-2600
www.standrewsbethesda.com

**St. Andrew's
Charitable Foundation**
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www.standrews1.com