



WINTER
2011

CONNECTIONS



UNITED METHODIST
RETIREMENT COMMUNITIES

Words to Live By

Each of CRC's residents is a treasure. In 92 year-old Hertha Laupmanis, we have a true gem.

Her life story, captured in her published memoir "Somehow," reads like an epic movie script. Born and raised in Austria, her educational certificate listed 32 subjects from English to chemistry to dress design. Escaping the Nazis in World War II, she fled to America, marrying a Methodist minister, himself a refugee from Latvia. Widowed at 45, she raised five children, taught Christian education and managed a hotel in Grayling.

Here at CRC, Hertha just keeps on making history. She manages the CRC Gift Shop, participates in the visitation ministry, chairs the Religious Life Committee, and, on occasion, even substitutes for the pastor. Doing so much for so many, it's no surprise she was one of just six seniors in the state to receive the 2010 Priority Health Senior Impact Award, recognizing volunteer efforts that go above and beyond.

All of us can learn from Hertha Laupmanis' wit and wisdom. Here are just a few gems from our gem:

"I earned my faith. It wasn't given to me."

"Keep yourself open and available, even when people are not the same as you are."

"Be prepared for whatever life will bring."

"Mom always said I had two feet in life," recalls Hertha. With a full plate of volunteer responsibilities and resident activities, an endless list of books to read, and a friend around every corner, her mom was certainly right. Hertha has made helping others her life's mission, and we are so grateful for all she is and all she does here at CRC. ■

Last year Towsley Village celebrated its 10th anniversary. Now, the focus is on the future.

Through the Towsley Village Initiative, everyone can play a part in helping Towsley residents have a home for life, even if they outlive their savings.

Read all about it on pages 4 and 5.





A Partnership for Progress

UMRC and other non-profit leaders come together to bring affordable senior living.

United Methodist Retirement Communities has been reinventing the senior living experience for over 100 years. Our latest innovation: Affordable Assisted Living is part of a larger initiative in the East Jefferson Neighborhood that will bring cost-effective housing and healthcare services to seniors in the City of Detroit.

If there's one word that best describes this project, it is partnership. Affordable Assisted Living (AAL) is a true collaboration, involving other non-profits and governmental agencies who share our vision of providing comfortable, safe, and affordable housing for seniors, regardless of their financial means. Our partners include Presbyterian Villages of Michigan, National Affordable Housing Trust, and Huntington National Bank Community Development Corporation.

With a start-up grant from the Community Foundation of Southeast Michigan as well as a package of state, county and city incentives, we are purchasing and renovating an existing four-story building located just south of Jefferson Avenue in Detroit. Once renovated, the building will house 80 assisted living apartments. The apartments will be available for rent to Medicaid recipients at below-market rates. A variety of home care services will also be offered to residents. Currently, no such living option exists in the city.

UMRC is playing a leading role in the AAL component of this project in the East Jefferson Neighborhood. In addition to being one of the investors, we will manage the AAL facility. Considering our many years of experience in senior housing – including significant experience in the City of Detroit – it's no wonder we were one of just five organizations in Michigan to be approved to pioneer an affordable assisted living program. And the only one to be approved for such a venture in the City of Detroit.

Affordable Assisted Living is scheduled to open early in 2013.



Announcing Our Latest Innovation

I'm pleased to announce the most recent initiative from United Methodist Retirement Communities: Affordable Assisted Living. This project, described in detail on this page and the next, shows what's possible when like-minded people come together to put the needs of seniors first. As nonprofits, UMRC and our partner institutions aren't constrained by the need to maximize shareholder value. Instead, we can focus entirely on our missions, and are able to make investments like this based solely on the needs of the community.

And indeed, the needs of seniors are particularly weighty on the east side of Detroit. Currently, low-income seniors have no affordable choices in the city. For these Detroiters with limited financial resources, this Affordable Assisted Living will provide an important option.

In the months to come, we will update you on the progress of this project. In the meantime, please join me in celebrating the start of a marvelous new chapter in UMRC history.

Sincerely,

John J. Thorhauer
President and CEO

PS. Every senior, regardless of their financial means, deserves a safe, comfortable place to call home. I'm looking forward to the day – and it won't be long now – when older residents of this very needy corner of the City of Detroit can benefit from the same compassionate, quality care enjoyed by residents of our other UMRC communities.



“She brings a ‘let’s get ‘er done’ attitude to every job.”

Giving back is all in the family and all in a day’s work

On June 26, 2011, Peggy Powell celebrated 26 years as a Certified Nursing Assistant at CRC.

“I love being a caregiver,” Peggy explains, “it’s a passion for me.” Chris McCollum, CRC’s Director of Nursing, knows just how much that passion means to CRC. “She’s one of our most committed employees. She brings a ‘let’s get ‘er done’ attitude to every job.”

A wife, mother and very proud grandma, Peggy is part of a wonderfully caring family – both her sister and her mother were hospital caregivers, and her sister-in-law is a fellow CRC staff member.

Peggy considers CRC residents her ‘second family,’ and enjoys both doing things for them and learning from them. “Listening to their amazing stories makes it all worthwhile.”

Sometimes appreciative residents and family members turn the tables and ask Peggy what they can do for her. “A smile or a hug would be good,” Peggy replies. Usually, she gets both.

“CRC is an awesome place. They take care of employees as well as the residents.”

Want to join us?

Contact our Human Resources department at 734-433-1000 ext. 7352. We appreciate great people!



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The East Jefferson Neighborhood Project, shown here in an artist's rendering, is bringing innovation to the City of Detroit. Living options, health care services and amenities will be housed in one convenient location, including the only affordable assisted living option anywhere in the city.



The East Jefferson Neighborhood

A Tour of Our Newest Neighborhood




Affordable Assisted Living, a low-income housing initiative spearheaded by UMRC, is only one of the innovative components planned as part of the renovation taking place in the East Jefferson Neighborhood.

In the same building as AAL, the Center for Senior Independence (CSI) will offer additional services. A joint venture of Henry Ford Health System (HFHS) and Presbyterian Villages of Michigan (PVM), the CSI will serve as a central location to deliver needed resources including medical care, meals, social activities, respite care for caregivers, and transportation.

While AAL makes it possible for low-income seniors to afford a home, CSI makes it possible for low-income seniors with health problems to stay in their home. By providing assistance with chronic problems such as high blood pressure or diabetes, CSI helps seniors maintain their health and avoid costly hospital or nursing home stays. This is the second CSI location HFHS will operate in the city, expanding the number of Detroiters served from 222 today to up to 1,000 over the next three years.


CSI is part of the federal Program of All-Inclusive Care for the Elderly (PACE), which currently serves more than 20,000 people in 29 states.

Renovating a Parke-Davis laboratory building to create space for AAL and CSI will make up Phase I of this project. Former Parke-Davis employees are excited to see this workspace become a vital part of the city again. Once the site for developing and manufacturing breakthrough antibiotics, they see the building's new purpose as a continuation of its role in serving the community.

Phase II will bring even more residential, healthcare and social options to area seniors. Plans are in place to build an additional 50 to 60 affordable independent living apartments, as well as an award-winning nursing home alternative concept called a GreenHouse, and a neighborhood café. Together, Phases I and II of the project are expected to serve more than 750 seniors each year. 

Making a Difference from Day One

When Affordable Assisted Living opens in 2013, it will provide a new home and better life for area seniors. In the meantime, the project will have a positive impact on the lives of hundreds of other Detroiters. Initially, renovation is expected to create over 350 construction jobs in the city. Once opened, the project will create nearly 200 ongoing healthcare and related jobs. The project provides much-needed good news for Detroit, which has the highest unemployment rate of any major metropolitan area in the U.S. Hopefully, it's also an indicator of better days ahead. It's been estimated that the "ripple effect" of the East Jefferson Neighborhood project will be roughly \$275 million in revenue and investment over the next ten years.

Beyond providing a financial boost for Detroit, the entire project promises to establish a new and vibrant core for this blighted area, built around honoring, valuing, and caring for the area's senior citizens. 



From the CRC Chaplain, Rev. Cathy Rafferty

Recently, I came across the book, *How to Be a Bad Birdwatcher*, by the English sportswriter Simon Barnes. I've found a kindred spirit. I don't know the names of most birds, don't keep lists, don't use binoculars, can't recognize many bird calls, and yet I still watch—and Barnes says that's a start.

Barnes writes: "... before the understanding comes the wonder. Comes the delight. And that is the first aim of being a bad birdwatcher: the calm delight of the utterly normal, and the rare and sudden delight of the utterly unexpected. ... It's a matter of keeping the eyes and ears and mind open. It is not a matter of obsession, not at all. ... It is just the habit of looking."

That "habit of looking" is a habit so many of the people I work with bring to UMRC—the willingness to look, not just at birds, but at each other, with wonder, respect, and appreciation for who each one of us is in each moment.

According to Barnes, "Looking at birds is a key: it opens doors, and if you choose to go through them you find you enjoy life more and understand life better." Perhaps the same can be said for our habit of looking at one another. Watch the birds. Watch each other. And see what doors open, what blessings unfold. ■



***"Be faithful in
small things because
it is in them that
your strength lies."
Mother Teresa***

Compassionate Care



Anyone who has visited Towsley Village knows just what a special place it is. Home to 100 residents living with Alzheimer's disease and other forms of memory loss, Towsley includes four distinct neighborhoods, each with its own dedicated healthcare team. Residents are encouraged to fill their apartment with their own furniture and belongings. Down to the smallest detail, Towsley Village is designed to make residents feel at home and at ease, surrounded by familiar settings and familiar faces.

Delivering compassionate care in a comfortable, safe, secure environment means peace of mind for residents and their families. Central to the UMRC mission is protecting that peace of mind for our Towsley residents, even if they outlive their finances.

Making that possible for the people we serve is both a privilege and a challenge. To help us live up to that promise, in 2009 we began the Towsley Village Initiative. The Initiative is a fundraising effort to establish a \$1.5 million endowment dedicated to supporting Towsley residents, now and in the future.


The Towsley Village Initiative will help residents now and for generations to come.



The Towsley Village Initiative is headed by UMRC Heritage Foundation Board members Jim Ford and Patti Harris. Jim's wife, Anne, was a Towsley resident. He knows firsthand the difference living at Towsley made in her quality of life, and his. "Anne received wonderful care at Towsley," Jim says. "Everyone on the staff treated her – and me – like members of the family. I consider them part of my family now. It's important to me to give back to this very special place."

Patti's husband, "Bucky" Harris, was a resident at Wesley Hall, the predecessor to Towsley Village. Today, one of Towsley's neighborhoods is named for him. "Although living in the shadow of Bucky's memory loss was very difficult," explains Patti, "being surrounded by such compassionate and dedicated people made the transition easier. It was comforting to know Bucky was safe and happy here. I'm thrilled to be part of the Towsley Village Initiative. It's a wonderful way to honor Bucky's memory today, and help other families for years to come."

Alzheimer's disease and other memory conditions can strike relatively young seniors, leaving them in need of round-the-clock care for many years. Both Patti and Jim have seen the financial burden that care can have on families. "This endowment will make a big difference in helping families maintain a consistent, stable environment for their loved ones," says Jim. "Consistency is the key to helping patients with memory loss feel comfortable and content," adds Patti. "For those residents who outlive their savings, this fund will make sure they can stay in the home they've come to know and love."

To learn more about how you can support the Towsley Village Initiative, contact Marie Seddon at 734.433.1000, extension 7319, or mseddon@umrc.com. 


*Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.
– John Wesley*

Everyone can get involved

Thanks to the generosity of current and former residents' families, UMRC employees, community partners, and supportive friends, the Towsley Village Initiative has achieved 60% of its target to date, raising over \$900,000 toward the \$1.5 million endowment goal.

"We are especially proud of the role our employees have played in this initiative," says John Thorhauer. "Over \$60,000 has been raised through employee contributions and payroll deductions. Moreover, nearly 40% of all UMRC staff – including 100% of the organization's senior leadership team – have participated."

"That's an incredibly high level of employee giving by any standard," notes Marie Seddon, Executive Director of the UMRC Heritage Foundation. "Most organizations hope one in ten employees will contribute to a charitable drive. But UMRC is a special place, with very special people. Not only do they give 110% to provide outstanding care for today's residents, they truly believe in our mission, going above and beyond to help future residents."

Another important source of support for the Initiative is the generosity of donors who remember Towsley Village in their estate plans, "I've included Towsley Village in my estate plans," says Jim Ford. "It's a good feeling to know I'm able to do something for future residents and their families." 





Tomato plants could be seen thriving on several campus locations this summer. Above: Ollie and Elmer in their Dancey House garden.



When it is cold outside, homemade soup rules! This tasty recipe is quick and easy to prepare. Best of all, it is heart-healthy.

Chip and Salsa Soup

Servings: 4 | Prep. Time: 10 min. | Cooking Time: 10 min.

- 3 1/2 cups vegetable broth
- 1 15 oz. can black or pinto beans, drained and rinsed
- 1/4 cup chopped green onions
- 1 1/4 cups fresh salsa, mild or medium
- 1 tablespoon canned diced green chilies
- 1 cup corn kernels
- 2 cups fat-free tortilla chips, broken into bite-size pieces
- 1 cup avocado chunks

Place the broth, beans, salsa, corn, green onions and chilies in a medium saucepan. Cook over low heat for 10 minutes to blend flavors.

Place 1/2 cup of chips and 1/4 cup of avocado in each of four bowls. Ladle the soup over the avocado and chips and serve at once.

With thanks to Dr. McDougall
www.drmcDougall.com



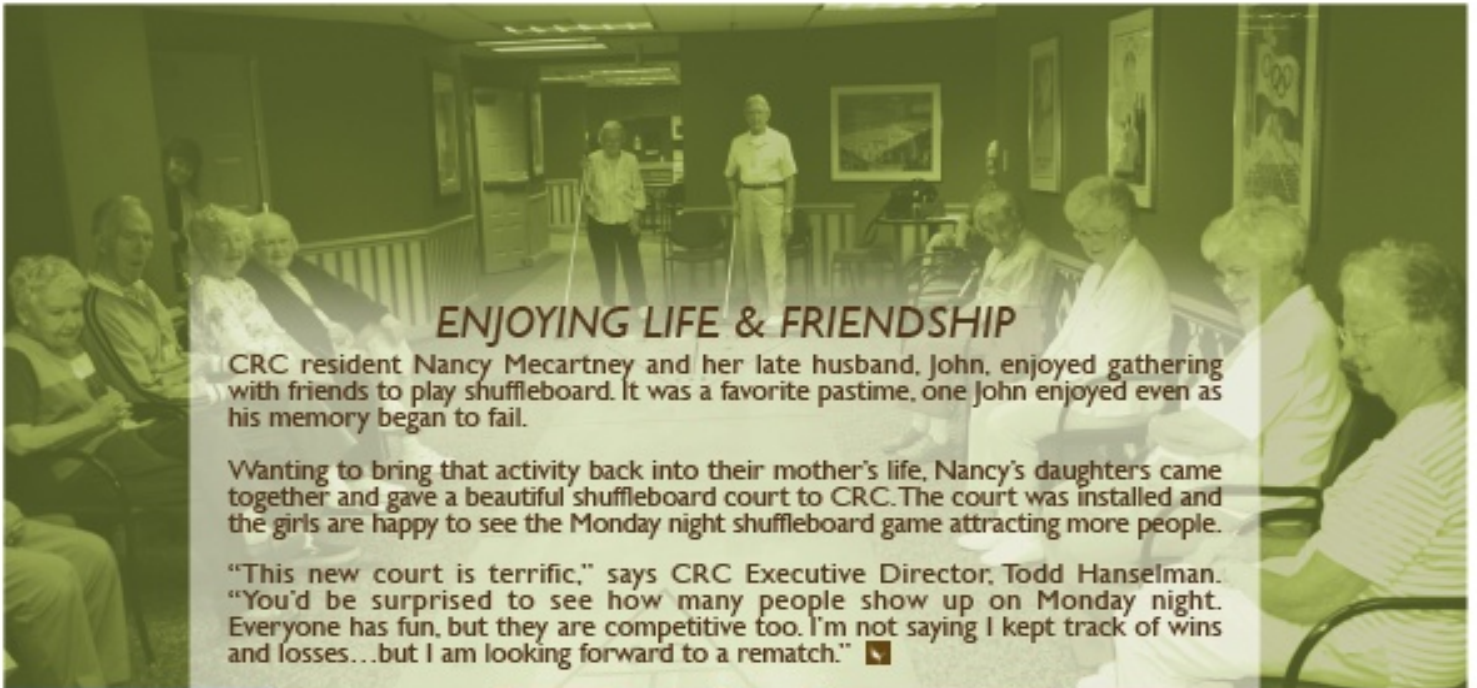
Valet parking duties for the July 2011 Garden Party fundraiser were handled by the Rotary Club of Chelsea. Funds raised support the Towlsey Village Initiative.



Ever heard of Zumba? The latest Latin-inspired dance and fitness sensation recently debuted in a class at Towlsey Village.

**Remember:
mail your Tree of Life
ornament request!**

An ornament inscribed with your loved one's name can be displayed on our Tree of Life for a gift of just \$32.



ENJOYING LIFE & FRIENDSHIP

CRC resident Nancy Mecartney and her late husband, John, enjoyed gathering with friends to play shuffleboard. It was a favorite pastime, one John enjoyed even as his memory began to fail.

Wanting to bring that activity back into their mother's life, Nancy's daughters came together and gave a beautiful shuffleboard court to CRC. The court was installed and the girls are happy to see the Monday night shuffleboard game attracting more people.

"This new court is terrific," says CRC Executive Director, Todd Hanselman. "You'd be surprised to see how many people show up on Monday night. Everyone has fun, but they are competitive too. I'm not saying I kept track of wins and losses...but I am looking forward to a rematch." 📌



CRC residents enjoy the shuffleboard court donated by Nancy Mecartney's daughters.



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