

Happenings

Summer 2006

Health & Wellness Fair 2006

On Thursday, March 23rd, approximately 300 residents, staff, and visitors took advantage of the opportunity to interact with the twenty-five exhibits spread throughout the Hanson Room, Activities Room, and Wellness Center.

arranged by Glacier Hills food supplier, Sysco, was the most extensive to date. Attendees had the opportunity to sample healthy recipes ranging from fresh fruit to baked salmon. As one nibbler put it, “the treats are excellent!”



The Sysco Representative hands out samples of soup.



Social Workers Amanda Kettinger, Najda Robinson-Mayer and Zoe Burroughs at their information table.

A new addition to this year’s fair was the inclusion of our resident-led Art Group. Meadows residents Marian Kehrl and Dorothy Miller set up a booth displaying several pieces of the art work they had created and took advantage of the opportunity to invite others to join them at their weekly meetings. Many residents were impressed at the level of talent on display.

Our focus for this year was to incorporate all six dimensions of wellness into the fair. Fair-goers came away with bags full of health information, food samples, and even a stray piece of candy! Popular hands-on activity booths included HearUSA’s hearing tests, the free massages by Glacier Hills’ own massage therapists, balance assessments compliments of our physical therapists, cholesterol and blood pressure screenings, and Michigan Heart and Vascular Institute’s healthy heart assessments.

Overall, the feedback received from the attendees was very positive. Upon leaving, one Manor resident commented that “it was one of the most exciting and exquisite fairs I have attended. All the vendors and exhibits were very informative and enlightening.”

The goal of enhancing people’s lives through an integration of the six dimensions of wellness was a resounding success. We look forward to the opportunity to do it again next year.

However, the most popular exhibit – by far – was the food. The display



Massage therapist, Mary Brummer gives a chair massage to a relaxed employee.



Resident Marian Kehrl shares her art in progress.

PRESIDENT'S MESSAGE



Ray Rabidoux

Greetings:

Wellness has been the object of much focus in our organization over the past five years. The term itself conjures up a number of ideas about what wellness is, and what it should be. I think an easy way to describe it is to say that it is an approach to creating opportunities to more fully enjoy life. The Wellness “wheel” embedded in our thinking includes many dimensions of life and living: how we spend our productive time (vocational), how we spend time for our inner self (spiritual & emotional), how we connect with others (social), how we try to improve our physical well-being (physical), and how we exercise our minds (intellectual). Our “Journey to Wellness” began in the Fall of 2001 with my initiative to bring that culture to our Glacier Hills way of life, and the hearty endorsement and seed-money funding by the Board of Directors. It continues today with the wonderful commitment and ideas of residents and staff, and will, I hope, continue forever, here in the “community of those we serve”.

Within the six dimensions of Wellness, there is something for everyone, something that resonates as a “can’t live without it” for each individual, whether they are seriously ill, or in good health. Wellness is about taking time for you.

Last summer, we completed a beautiful Wellness Garden, adjacent to the Care and Rehabilitation Center, which is open to all who live on or visit our campus. It delights the senses and is a wonderful reminder of the importance of “stopping to smell the roses”. I walked out there the other day, in the middle of a particularly busy and frustrating day, just to see how it was looking this summer. I sat on one of the benches, in the shade of one of the beautiful umbrellas, and listened to sounds of the fountain and the birds, and yes, unfortunately, the traffic of U.S. 23 in the background, too. But the experience was a sensory reminder of the beauty of nature that is around us, and of the importance that we should attach, as an organization, and as individuals, to continually place the human experience at the top of our priority list.

Take time out for you..... It’s important.

Sincerely,

A handwritten signature in black ink that reads "Ray". The signature is written in a cursive, flowing style.

Ray Rabidoux
President & CEO

Meadows Pioneer Loves Her Home

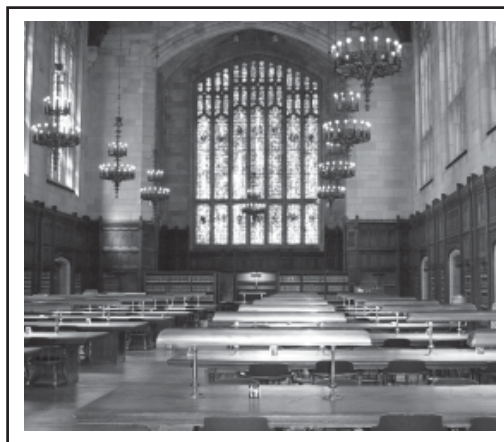
A confirmed and enthusiastic Ann Arborite, Rosemary Bodley was one of the first to sign up for an apartment in the Meadows when Glacier Hills started marketing the Meadows project. “I waited with bated breath,” she remembers. “I thought it would never get done, but it was worth the wait.”

After several years of residency, her joy has never ceased. “It’s so much fun! There are always new people to meet and the environment is superb,” Rosemary comments as she breaks into her fabulous smile and then, thoughtfully adds, “It’s just wonderful!”

With a perpetual smile and gracious manner, Rosemary has seemed to breeze through life. The first of six children born to a hard-working couple in Milan, Michigan, Rosemary graduated from Milan High in 1943 and immediately enrolled in the University of Michigan. Her high school sweetheart, Dean Bodley, enlisted in the Navy, spent the waning years of WWII on the high seas but never saw “action”.

When Dean’s Navy commitment ended and he came home, Rosemary left the University for their marriage, set up housekeeping in Milan and started a family. Eventually they had six children. Tom, the oldest lives in Michigan, Mary’s in Colorado, and the rest, Kathy, Carrie, John and Jeffrey all live in Ann Arbor. “I’m lucky,” Rosemary comments, “the kids have given me 12 grandchildren and most of them live nearby.”

Education was a priority in the Bodley household. Dean worked afternoons at Ford Generator and attended Eastern Michigan University during the day. After earning a master’s degree in education he became a “splendid teacher, he was just a natural born teacher,” Rosemary said. But he wasn’t the only one earning



UM Law Library where Rosemary worked.

degrees. Rosemary not only finished her undergraduate degree, but also earned a master’s degree in library science, while working at the University of Michigan Law Library. Her goal was to work in the public school libraries and, of course, she did.

Dean, who was the founding dean of Community High, retired in 1993. Ironically, “his first social security check arrived in our mailbox on February 3, 1993, the day he was stricken with a brain aneurysm which eventually took his life,” Rosemary recalls. She continued to live in their wonderful home on Glendale Circle, but acknowledging the difficulty of keeping it up without Dean, she started thinking about Glacier Hills. “We knew it well. My mother-in-law lived in the Manor and I knew that it was a great place to live. When the Meadows was initiated, the deal was sealed,” she laughs!

Rosemary will always be known as one of the Meadows Pioneers. She was the first president of the Meadows Residents Association, a role she enjoyed immensely. She

helped set the tone and life-style of the Meadows. Good humor, happiness, friendliness and a joy for living are the traditions established in that first administration.

“We wanted it to be collegial, less formal and more fun,” she said. And it is.

Summer in the Wellness Garden at Glacier Hills

Imagine a perfectly peaceful place, a place where you feel completely happy and serene. What comes to mind?

When asked to imagine a peaceful setting, many of us think of natural scenes: rolling green hills, oak woodlands and pine forests, sandy shorelines, wildflower meadows, or even our



Serge van der Voo, Landscape Project Manager, helps Elizabeth Katz.

own gardens. It is no wonder then, that a growing body of research indicates that natural settings have a strongly positive effect on human well-being. A connection with the natural world is a vital means of supporting multiple facets of human health: psychological, physical, social and spiritual.

The Wellness Garden at Glacier Hills provides residents with the opportunity



Annice Knopf, Suzanne Perry and Miriam Crandell at the Garden Party.

to maintain a personal connection with the outdoors through gardening, natural history clubs, walking groups and outdoor picnics. It is a colorful, sunny, peaceful space designed by Serge van der Voo, Landscape Project Manager at Glacier Hills. We are extremely grateful to our donors who helped make the Wellness Garden a reality: the Richard Whitker Trust, the Women's National Farm and Garden Club, and Ann Edwards, in memory of her mother Irene B. Alling. The Garden was completed in the fall of 2005; if you have not visited yet, you can find it by turning right as you exit the main entrance of the Care and Rehabilitation Center.

On May 10, residents and staff from all over Glacier Hills came out to celebrate the "kickoff" of the new Wellness Garden program. We had a lovely time enjoying the fresh air, listening to the robins sing, sipping iced tea and nibbling cookies, and making new friends. Those of us who like getting our hands dirty helped to plant begonias, vinca and lobelia into planter boxes for the wooden planter wall at the far end of the Wellness Garden. The boxes were sent to a

"Everybody needs beauty as well as bread, places to play and pray in, where Nature may heal and cheer and give strength to body and soul alike."

-John Muir



Lola Taubman and a student water the freshly planted raised bed garden.

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greenhouse and returned to us full of fluffy foliage at the end of May. Come out to the Garden to see the vertical wall full of blossoms and trailing vines.

Interested residents chose plots in the raised beds and planted a wide assortment of vegetables and flowers: tomatoes, carrots, zinnias, cosmos, sweet alyssum, to name just a few. The Physical and Occupational Therapy Departments also claimed a plot to use with clients. Our adaptive gardening tools make it possible for everyone to enjoy gardening, regardless of ability.

The Wellness Garden offers residents the opportunity to connect not only with nature, but with children from the local schools as well! On May 30th from noon-2:30pm, we had a picnic and planting party in the Wellness Garden with the first through third grade children from Go Like the Wind Montessori School. The children were excited to come help plant flowers and vegetables, play games and make new friends.

The Wellness Garden Program is an exciting opportunity for Glacier Hills' residents and staff to maintain personal wellness by connecting with each other, with the wider community and with the natural world. I hope you have the opportunity to join us in the Garden!

Suzanne Perry, initiated the role of Wellness Garden Coordinator at Glacier Hills. She is working on a dual master's degree in Natural Resources and Environment and in Public Health at the University of Michigan.

Her successor for the rest of this summer and fall, Andrea Clyne, is a graduate of the School of Natural Resources at the University of Michigan. She can be reached at 734-332-4562.



Patricia McFadden and two third-grade students from Go Like the Wind Montessori work together.

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Jean Hough gives the planter boxes for the wall a much needed drink.

The Diva Has Landed

A tiny but determined whirlwind just blew into Glacier Hills this summer. She hit the deck running and shows no sign of tiring. Not only did she bring her extraordinary experience and success as fundraiser at the University of Michigan, but also a keen insight and interest in this community.

Who, you may ask, is this wonder woman? Linda Bennett is her name and advancement is her game. “Advancement”, she said, “is word full of positive energy and forward movement. Glacier Hills has achieved so much with wonderful programs and vibrant residents. My role is to grow and advance, to move forward the philanthropic culture that already exists!”

Linda will establish a charitable foundation that will exist solely for the purpose of providing private funds for Glacier Hills Retirement Community. “We’ll build upon the strong financial commitments made by many residents and families to enhance the health and well-being of residents, patients, families, and employees,” she explained.

“In recent years Liz Elling has done a marvelous job of helping residents turn their vision into reality through annual and planned gifts,” Linda stressed. “Now, working with both the Board and Liz, I am thrilled to continue these efforts through the foundation and actively work to bring the Glacier Hills Vision beyond our campus, engaging the greater Ann Arbor area and strengthening our partnerships with our major community institutions,” Linda continued. “We will be strengthening and enlarging our partnerships with the University of Michigan, Washtenaw Community College, Eastern Michigan University, St. Joseph Mercy Hospital, Concordia College and Pre-schools and K-12 schools as well as strategic corporations and businesses.”

Linda’s career in fund-raising began with successfully completing the WCC’s capital campaign to building the Morris Lawrence Building where she learned to listen and act upon donor ideas. Why else would she be found one morning collecting dirt outside of the MLB to fill special paperweights as mementos for everyone who was attending the groundbreaking ceremony?

As she left the University of Michigan as the Executive Director for Major Gifts, SE Michigan, Office of the VP for Development, Linda conceived, planned and presented the elegant Angell Society Dinner at the Ritz Carlton Hotel that recognized individuals who had given



Linda Bennett meets often with Liz Elling to review the history of GH philanthropy and develop strategic plans for the future.

\$1 million or more to the University’s Michigan Difference Campaign.

As her good friend and Glacier Hills resident, Phyllis Wright actually said, “Why would Linda give all that up to work at Glacier Hills?” She is surprised that anyone would question her decision, and replies, “This is the capstone of my career and the opportunity for me to bring all my experience and education together!”

Furthermore, Linda’s roots are in health care with a BS degree from Ohio State University in Speech and Hearing Therapy and graduate degrees from the University of Michigan in Speech Pathology and Master of Public Health in Health Gerontology. Prior to fundraising, Linda was a speech pathologist in senior care facilities as well as clinical director of the UM residential aphasia program. “I especially enjoyed working with older adults, finding them interesting, curious, and extremely motivated!”

When Linda isn’t fundraising and advancing, she is devoted to her family, Robert Bagramian, DDS, PhD, professor at UM School of Dentistry and her daughter, Sara, who is social worker in Raleigh, NC. They have traveled and lived all over the world—from Taiwan to Switzerland and places in between. They enjoy music and theater, regularly attending concerts and performances of UMS, Performance Network, School of Music and the Michigan Theatre.

Eager to meet all residents, Linda invites you to stop by her office, visit with her and see her baskets—the craft of choice when she is not working here at Glacier Hills, traveling, or working out at Jazzercise or our own Wellness Connection. You will find her office in the Manor, Room 240, the first door past the Receptionist Desk.

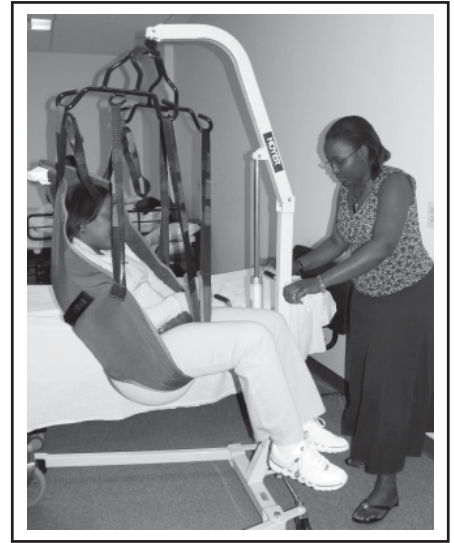
NEWS

Recently Glacier Hills Home Care (GHHC) received donations to ensure its field staff is providing high quality home health care services. These gifts allowed the staff to address one of its most critical needs: improving and increasing the training and educational opportunities for our staff.

With a portion of the donation, GHHC purchased a Hoyer Lift. This piece of equipment is used to assist people who cannot walk or stand to be able to move from a bed to a wheelchair

or favorite chair in their home. As we continue to see more clients choosing to age in place, the use of this type of lift is, and will be, seen more frequently in the home care setting.

The Hoyer Lift's use requires knowledge of the actual mechanics of the lift and the proper way to use it for the safety of both the client and the caregiver. The staff conducted training sessions throughout the month of May for all home health aides. They not only were told how to use the Lift, but also received hands-on training. A caregiver acted as a client who is dependent upon a Hoyer Lift for transferring from bed to chair in the demonstration. These classes have been a tremendous success as we all worked together to ensure safe, quality health care services for the benefit of each and every one of our clients.



The staff thanks Mrs. Marianne Rauer, Professor Norman Barnett and Dr. & Mrs. Rolf Deininger for their generous donations and appreciate their on-going support as GHHC continues to prepare its caregivers to be the absolute best in the community!

New CFO Runs the Business

Twenty years ago she was running for the University of Michigan Women's Track Team. Today Catherine Schmidt runs the Business Office of Glacier Hills as the Chief Financial Officer.

After graduating with a business administration degree with a concentration in accounting, Catherine became a certified CPA and worked for Arthur Anderson for the first ten years of her career. Since then she has spent four years with a high tech company and five years with a local manufacturing company.

Catherine's responsibilities in her new position include:

- Oversee operations of the Business Office
- Provide financial information to Glacier Hills and Glacier Hills Home Care Boards of Directors



- Provide assistance and guidance to Ray Rabidioux, President and CEO, with respect to strategic planning and opportunities
- Manage all financial investments
- Review contracts and oversee ramifications
- Report to the Finance Committees of both Boards
- Preside over annual audits and banking relations

When asked why she accepted a position at Glacier Hills, she said, "I like challenges and this was an in-

dustry I had never worked in before." Furthermore, Catherine added, "I gained an appreciation for elder care and the responsibility it requires when I helped my parents through the last years of my Dad's life."

Catherine grew up in Grosse Pointe Woods, the second youngest of four siblings. After graduating from the UM, she has continued to live in Ann Arbor and the surrounding area. Among her siblings she is the only one not married, so she has taken on much of the responsibility for caregiving, financial oversight, and emotional support of her parents.

Catherine's life may be full enough with work and family, but she also is dedicated to maintaining a healthy exercise regime. She loves to run (still!) and swim as well as ride her exercise bike. With her mom, she enjoys decorating, upholstery projects and sewing cute clothes for her nieces.

"People here are wonderful and very helpful. Even with lots to do, I'm finding it enjoyable," Catherine concluded.

GLACIER HILLS

RETIREMENT COMMUNITY

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Glacier Hills, Inc., is a 501(c)(3) non-profit, non-sectarian organization, comprised of a skilled nursing center, subacute unit, assisted living, and independent living retirement apartments and villas.

Ray Rabadoux, *President & CEO*
Sally Schaden, *Chief Operating Officer & Administrator of Health Care Services*

Linda Bennett, *Chief Advancement Officer*

Catherine Schmidt, *Chief Financial Officer*

Julia Van De Car, *Executive Director, Glacier Hills Home Care*

Doreen Gifford, *Director of Health Care Services*

Liz Elling, *Director of Advancement and Community Relations*



Where There's a Will, There's a Way

The vibrant and resourceful group who call The Meadows at Glacier Hills their home, decided it was time that a piano be available for sing-a-longs, caroling parties, and the personal enjoyment of playing, when and if, one so desired. Looking across the campus they could see there were many several pianos in the Manor and Care and Rehabilitation Center, all of which had been purchased with donations from residents and friends of Glacier Hills.

So, with the benefit of Gene Bossart's expertise (a retired UM professor of piano who lives in the Manor), a beautiful, ebony upright piano was purchased. Some 20 residents donated a total of \$4,330. Now the piano resides in the Arbor Room of the second floor of the Meadows apartments.

Let the singing and dancing begin!



The day the piano arrived! Carolyn Houston (far right) oversees the moving team.