

THE VIEW

from The Hills

Volume 2, Issue 4

December 2011

Glacier Hills Walk to End Alzheimer's: 2011 Wrap-Up

Michelle Mitchell
Resident Life Manager
Care and Rehabilitation Center

The end-of-year tallies are in for the Alzheimer's Association **Walk To End Alzheimer's**. Glacier Hills Senior Living Community was a significant partner in contributing to a successful year for this organization.

Glacier Hills was a corporate sponsor for two area walks in 2011. In August, GH was a Silver sponsor for the walk that took place in Brighton and then a Gold Sponsor for the Ann Arbor Walk this past October. Those contributions in and of themselves are significant and represent Glacier Hills' Corporate to the fight against Alzheimer's.

Glacier Hills was well represented at each event. Teams were developed for both walks with goals set for each. Glacier Hills initially set a goal of having a team of 25 people and raising \$500.00 for the Brighton walk. This goal was exceeded when we had 32 representatives on that beautiful day in August and \$675.00 was raised. The Brighton walk was the first for their community and we were a positive role model for their beginning.

As for the more established walk in Ann Arbor, Glacier's goals were a bit more lofty, setting a mark to achieve 50 walkers and raise \$3000.00. I am thrilled to report that these numbers were also surpassed. The total number of team members rose to 88 while the monetary contributions increased to an astounding \$3560.00, making Glacier Hill's Resident and Staff Team the number one money earner, as well as the largest team of walkers for the Ann Arbor event.

Congratulations to all who participated, in whatever capacity you were able. In the end, the **Walk to End Alzheimer's** was triumphant with the Brighton walk earning \$33,297 and Ann Arbor finishing with \$83,961. A large impact was made on public awareness during these events and Glacier Hills was an honored and proud participant.

The Alzheimer's Association is the largest voluntary health organization in Alzheimer's care, support and research, and the funds raised will go directly toward supporting their efforts. For additional information regarding the Alzheimer's Association please visit their website



Glacier Hills Team members at the Ann Arbor Walk



at www.alz.org or call their 24 hour hotline at 1-800-272-3900. An Alzheimer's Support Group is also hosted on our premises the first Thursday of every month in Conference Room A of the Manor, across from the beauty shop, 1:00-2:30 pm...all are welcome.



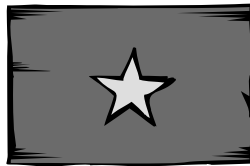


Welcome New Meadows Residents!

Chris Eubank
Meadows Manager

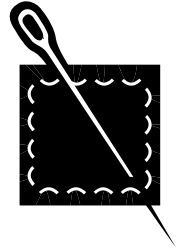
Vic and Barb Strecher

- Originally from Milwaukee, their life as a couple began in East Lansing. Vic was a patrolman in the MSU Police Department, and Barb was a secretary at the Michigan Press Association.
- By 1958, Vic had received his Master's Degree in Political Science and was appointed an Assistant Professor in the School of Police Administration.
- From 1959-1961, the Strecher family lived in Saigon, Vietnam where Vic was a police and security advisor to the government of South Vietnam. Upon returning to the United States, Vic became Director of the St. Louis Police Academy while he completed a Doctorate in Sociology at Washington University in St. Louis.
- In 1968, Vic was appointed Professor and Director of Graduate Studies in the School of Criminal Justice at Michigan State University.



Meanwhile, Barb earned an Associate Degree from Lansing Community College and was employed in the College of Osteopathic Medicine at MSU.

- In 1976, Vic accepted an appointment as Director of the Criminal Justice Center at Arizona State University. Barb worked as a Medical Secretary at ASU. Two years later, Sam Houston State University in Huntsville, Texas invited Vic to become the Dean and Director of its College and Center of Criminal Justice. The family moved to Huntsville, spending nineteen years there.
- While in Huntsville, Barb decided to finish her degree. She earned an Accounting degree at the age of fifty, passed the CPA exam, and began a ten-year career in public accounting.
- During retirement, Barb has spent much time constructing quilts for family. She has made twenty-two queen-sized quilts over as many years. Vic, after writing several textbooks during his career, has turned his hand to writing novels, two of which, ***The Pathetic Requiem***, and ***Widows' Circle***, are available for the Kindle at *Amazon.com*. They may also be downloaded and read on iPads and other computers.
- The Strechers' five children, other than their son in Ann Arbor, are scattered across the United States, in Texas, Colorado, California, and Minnesota. The Strechers' eight grandchildren are doing well in either college or high school.



CONSTRUCTION UPDATE





Manor Update

Construction of the new Manor entrance and Assisted Living Dining Room has been completed. Once we receive our Certificate of Occupancy from the state, the transition into these new areas will begin.

CRC Update

Much of the recent work on the new CRC building has not been as noticeable since it has involved utility work and the pouring of the concrete floor in the basement. We can expect to soon see the masonry work extending to the second story.

Tips for Coping with the Holidays and Beyond

1. Acknowledge your feelings. It's normal to feel a little blue during or after the holidays. Take time to feel and experience those feelings. Don't try to force happy feelings just because it's the holidays. 
2. Reach out to others if you are feeling lonely or isolated. Go to a lecture in the Hanson Room, attend Rise and Shine or another exercise class, check out coffee hour, go on a outing or attend a worship service.
3. Know your needs and ask others to help you meet them.
4. Be realistic. This year won't be like last year. Rituals and traditions change throughout life, and that is ok.
5. Plan ahead. Try to anticipate what will be the difficult moments for you. Then try to develop strategies for handling those times.
6. Maintain healthy habits during the holidays and beyond. Get plenty of sleep, some exercise and make healthy eating choices.
7. Take a breather. Meditate, walk the halls if you can't get outside, read a good book or listen to relaxing music.
8. Think positively about yourself.
9. Surprise someone with an unexpected kindness.
10. Remind yourself the holiday season will, thankfully, come to an end. 

Looking to put meaning in your holiday celebrations?

Join us

December 22,
Hanukkah
Celebration,

10 AM, Hanson Room with Rabbi Levy, from Temple Beth Emeth, Latkes will be served



December 24, Christmas Eve Candlelight Services 10:30AM, An Ecumenical Service of Lessons and Carols, with music provided by local Ann Arbor musicians.



WORSHIP SERVICES AT GLACIER HILLS

Monday	Meditation with Peter 1:45 pm, Interfaith Chapel
Tuesday	Episcopal Tea and Worship First Tuesday of month, 3:00 pm Activities Room & Interfaith Chapel Catholic Mass Third Tuesday 3:30 pm, Hanson Room Rosary & Communion Service 1st, 2nd, 4th Tuesday, 3:10 pm, Hanson Room
Wednesday	Hymn Sing and Protestant Community Worship 2:45 pm, Hanson Room
Thursday	Rosary 10:30 am, Eva's House (all are welcome)
Friday	Bible Study No Weekly Bible Study for the Summer – Watch for new studies coming in the fall.

The Amazing Warmth of In-Kind Philanthropy

Shelley MacMillan
Executive Director, Glacier Hills Foundation

Glacier Hills Volunteer Coordinator, Priscilla Johnson, was rendered speechless this December when Jan Lewis delivered 83 hand crocheted afghans to be given to residents in our Care Center. Jan has been crocheting afghans for us in record numbers for almost a decade!

Jan's six-foot long works of art are made from yarn she collects, finds, or purchases at garage sales throughout the year. She devotes close to 40 hours each week



Care Center Staff with Jan (third from left) and the numerous donated afghans.

and every week to preparing unique creations that warm the bodies and souls of each recipient. Jan says crocheting keeps her warm, too, and provides needed therapy for her arthritis.

We are so fortunate to have Jan as a wonderful volunteer and friend. Many, many thanks!



George Fabbri and Todd Hershberger dressed for Halloween

Holiday Happenings In Dining Services

Mary Wright, Admin. Assistant
Dining Services

We pulled out all the stops for Halloween in the Manor and Meadows dining rooms.

With all the wait staff and managers in costume, residents were treated to a spooky theme meal.

Vying for a chance to be voted the best dining room, the wait staffs tried to outdo each other in a decorating contest created by Dining Services Manager George Fabbri. What a "howl" it was.



Joe Datsko, Dick Rosenfeld, James and Virginia Falahee (clockwise) at the Reunion Dinner

November 3rd, the Annual Board Reunion Dinner gave Dining Services a chance to "shine". Right down to a themed drink offered up by chief mixologist, Dining Service's Director Todd Hershberger, the servers decked out in hard hats, safety vest and jeans, guests were treated to a delectable construction themed dinner - not likely seen in any "lunch box".

Bringing in the December festivities, the Annual Resident Board Holiday Social on the 1st, residents and board members were treated to "jolly" cocktails and scrumptious appetizers.

From "decking the halls" in the dining rooms and the Café, to baking up holiday treats, elves in dining services are in high "hustle and bustle" gear for all the planned parties throughout the campus.

From all of us in Dining Services "...have yourself a merry little Christmas now."

Assisted Living Happenings

Gail Pacurai, Life Enrichment Coordinator

Once again the Holiday season is upon us. We have been busy decorating, especially in our new Lounge area. It's great to have a fireplace mantel to display our collection of Toy Soldier Nutcrackers. Our Assisted Living Residents created the centerpieces for our Dining Room from handmade Holiday ornaments. The Delta Gamma sorority girls helped with decorating this year. We served refreshments and had a great time. Some of the special holiday events we are fond of are the Resident/Staff Holiday party, St. Patrick's School Boy's Choir, Hannukah, visiting school groups and Brownie troops.

We have been enjoying our art classes twice a month. One of our recent projects was painting scarves.

We used stencils and fabric paint to design colorful and unique pieces. They will add a bright touch to our apartments. Our Origami instructor, Fumiko, has returned from



Japan and our classes have started again.

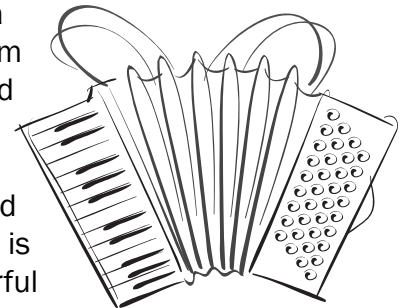
We have been watching the progress of the construction on the front of the Manor. The temporary wall is down and the new Lounge area is open. It adds much more room and makes such a difference. We love the fireplace!



Dorothy and Florence appreciate the new fireplace.

good game of basketball after our weekly stretching and exercise classes.

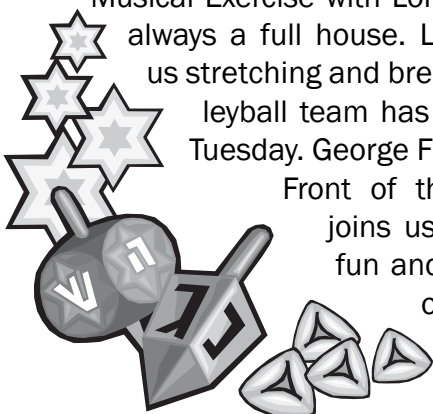
The Dance DJ's, Carl and Delores Walker, will perform for our New Year's Eve party on December 31st. Everyone will have their turn dancing, including the staff, to everything from the Hustle to polkas. Even those in wheelchairs will take their turn on the dance floor. Carl and Delores are Seniors themselves, and they definitely know how to show the audience a good time! Our other Friday performers have been Cheryl Beauchamp on piano, Joe Summers on guitar, Ed Sugar on Tenor Saxophone, Daniel Bryson playing piano and accordion, Lisa Tessmer on piano, Tim Labrie with guitar and sing-a-long, and William Hayes for a



holiday sing-a-long and piano. Tom Gaffield is back with his wonderful piano performances after taking the summer off to maintain the Gaffield Children's Garden at the Matthaei Botanical Gardens. Jack Dalton played for our Oktoberfest party, complete with soft hot pretzels and icy cold root beer. Sandor Slomovitz and his daughter, Emily, played violin and guitar and sang wonderful songs just before Thanksgiving.

We wish everyone a very happy and healthy Holiday Season.

Musical Exercise with Lori is very popular. It's always a full house. Laughter Yoga keeps us stretching and breathing deep. Our volleyball team has a great game every Tuesday. George Fabbri, Dining Service Front of the House Manager, joins us every week for the fun and the excellent workout. We also play a





How to Stay Active in the Winter

Jennifer McDowell
Fitness Specialist

Winter is here and with the snow, cold, and shorter days it is hard to stay motivated when it comes to exercise. Here

are some tips to help you stay active in the winter:

1. Find an activity that interests you. There are a variety of exercise classes offered at Glacier Hills – Yoga, Tai Chi, Rise and Shine, Steady Steps, Circuit Training, and Personal Training. Taking a class is a great way to meet other residents.
2. Take advantage of the Wellness Connection.
3. Swim at one of the many pools in the Ann Arbor area or take an aquatics class. This is especially beneficial for those with arthritis.
4. Find an exercise “buddy”. Working out with someone is fun and it can be a great motivator for both of you.
5. Take the stairs instead of the elevator.
6. Don’t take the nearest parking spot, park farther away and walk.
7. Perform exercises in your own home. By using a chair, you can sit or stand and do leg exercises, such as swings or extensions, which will help with balance and leg strength. Sitting or standing while holding onto a chair and marching in place is a great cardiovascular exercise, as well as balance. Resistance bands, dumbbells, or cans of soup can be used for various arm and shoulder exercises, which will help with upper body strength.
8. Eat a well balanced, healthy diet to give your body the nutrients and energy it needs.
9. Drink plenty of water – proper hydration is just as important in cold weather as it is during the heat of summer.

The Loop & The Coil

Shelley MacMillan
Executive Director, Glacier Hills Foundation

The “Hearing Loop” is here...in the Hanson Room. The “Coil” might be...in your hearing aid!

On October 24th the New York Times ran an article by John Tierney titled “A Hearing Aid That Cuts Out All The Clatter.” The technology it highlighted is referred to as the loop and coil, and users have reported excellent results. The article prompted inquiries from more than one resident regarding Glacier Hills’ acquisition of the technology. Truth is...it’s already installed in our Hanson Room. Some residents do make use of it during meetings, lectures, concerts and other special events.

A hearing loop is a thin strand of copper wire that radiates electromagnetic signals. It is installed around the Hanson Room. Signals are picked up by a tiny receiver installed into most (not all)



hearing aids and cochlear implants. When the receiver is turned on, the hearing aid receives only the sounds coming directly from a microphone, not background or ambient sounds.

The hearing loop technology has been around for quite some time and is heavily used in Europe. Now that the coil is built into two-thirds of hearing aids on the market, its use is catching on and growing in the US. It is being installed in many places including libraries, stores, banks, museums, airports and subway stations.



New Manor Residents Fast Facts



Leah Brock, Social Worker
The Manor

Marie and Eugene Glysson:

- ◆ Marie grew up on Great Neck, Long Island, in New York. She earned her B.S. in Home Economics Education from the University of Vermont.
- ◆ Eugene (Gene) grew up in Vermont. He earned his undergraduate degree at the University of Vermont, his Masters degree in Sanitary Engineering from the University of Michigan, and his Ph.D. in Environmental Engineering from Drexel University.
- ◆ Marie taught home economics for 2 years in Vermont and New York and later was a Librarian's Assistant at the old Ann Arbor High School.
- ◆ Gene worked for the State Highway Department of Vermont but spent the majority of his career as Professor of Civil Engineering for the University of Michigan.
- ◆ Gene served in the Navy as a Seaman First Class.
- ◆ Marie is a striving artist in pastel and watercolor painting and photography.
- ◆ Marie and Gene were married in 1951 and have 4 children, 8 grandchildren and 2 great-grandchildren. They enjoy spending time with family, reading and watching Jeopardy.



Martha and Robert Keller:

- ◆ Martha grew up in Northeast Ohio. She attended Ohio Wesleyan University where she majored in chemistry. She went on to earn her Masters degree from Syracuse University and her Masters in Fine Art from the University of Michigan.
- ◆ Robert attended Wichita State University as an undergraduate, and later earned his Masters and Ph.D. from the University of Michigan.
- ◆ Martha has spent time working at Syracuse University, UCLA Medical School, University of Michigan School of Art and Design, Schoolcraft College and Eastern Michigan. Today, she continues to pursue her love for painting and spends time at her private studio in downtown Ann Arbor creating new pieces.
- ◆ Robert worked as a designer for Boeing in Wichita. Later, he joined the faculty in mechanical engineering at the University of Michigan earning Associate Professor Emeritus.
- ◆ Robert served in infantry under the 10th Mountain Division in Italy during World War II.
- ◆ Martha has amassed hundreds of paintings in her studio, most of which display her affection for nature.
- ◆ Martha and Bob married in 1952 and have 2 children and 2 grandchildren.



Staff Appreciation Event

Joanne Craft, Human Resources

Each year Glacier Hills and the StarZ Committee host a Staff Appreciation Event in honor of our great employees. This year's event took place in September with a theme of Black & White. The Hanson Room was decorated in black and white, and those working the event also dressed the part – vests, ties, and hats were visible with a few fedoras also spotted in the crowd.



In addition to wonderful food catered by Joe's Produce in Livonia, attendees also enjoyed having their pictures taken in two different photo boards - one a Hollywood couple and the other a NASCAR driver.

Employees could enjoy the great food, live music – Buddy Holly and Elvis, play some games (all in

a black/white theme) or look over the list of prizes donated by the StarZ Committee. StarZ donated a Kitchen Aid Mixer, Grill, Carpet Cleaning machine, Power Washer, TV, Nook, Blu Ray Player, HP Netbook, Digital Camera, iPod Touch and a GPS system. In addition we received 71 vendor prize donations (including 13 prizes donated by the Glacier Hills Foundation) which were also given away to employees.

This annual event takes place for day shift, afternoon shift & midnight shift. We had great attendance with 218 people attending the day shift event, 57 attending the afternoon shift and 18 attending the midnight shift event.



We look forward to another great event in 2012!

Let's Face the Music... and Dance!

Monica Dewey, Life Enrichment Coordinator

Thanks to a generous gift from the Glacier Hills Foundation and in response to many requests from Manor and Meadows residents, four special evenings of "big band" or "hot jazz" have been booked for 2012. These evenings (a.k.a. parties) will take place at 7 p.m. in the Hanson Room. Some will feature interactive singing, movement and dancing... all will feature light refreshments and great music.

Hope to see you there!

Parties in the New Year - Mark your Calendars!

Midwinter Ball Friday, January 27th

Lori Adams: Vocals, Doug Cassens: Sax, Tony D'Iorio: Bass & Vocals

Valentine's Day Party Tuesday, February 14th

David Swain's II-V-I Ensemble

The Andrews Sisters Friday, March 16th

Spring Prom Wednesday, April 4th

The Steven Mullan Band



Sponsored by the Glacier Hills Foundation