



Good Shepherd

# Neighbor News

FALL 2011



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Cover photo by Wendy Wheeler, Good Shepherd Volunteer

Good Shepherd Neighbor News  
is a publication of



**Mission Statement:**

Good Shepherd provides a ministry of specialized health care and housing services for young and older adults in Central Minnesota. Good Shepherd serves people from a Christian perspective by ministering to the whole person through a continuum of quality services.

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## Welcome to the Good Shepherd Community!

Most people know that Good Shepherd Lutheran Home has been serving residents in the nursing home since 1963. What most people don't realize is that we are a full-service, senior living community with a wide variety of different programs and services AND that we have two campus locations!

Good Shepherd Community – Sauk Rapids Campus offers senior housing with services in four apartment buildings (both market rate and financially-assisted). We also offer additional services, through our Home Care Agency or Assisted Living program, where tenants in our apartments can add services as they age in place and as they are needed.

For those who require special memory care, we have four memory care cottages under one roof. Each cottage houses nine residents in private suites with a half-bath.

Then, we have our flagship – Good Shepherd Lutheran Home. With construction completed, we now have eight, smaller – more personal households within our 162-bed skilled nursing facility. Specialty households include: ACE Headwaters (sub-acute/short-term rehab household) and Memory Lane (secured, skilled memory care household). The other six households are for long-term care and hospice.

Our Home Care Agency covers a 30-mile service area delivering health care services to the outside community.

Shepherd of Grace Senior Community – Becker Campus offers 33 market rate senior housing with services apartments (with 11 different floor plans), 18 assisted living apartments and two memory care cottages, each housing nine residents in private suites with a half-bath. The whole campus is joined together to create a warm, “homey” living environment. Our Home Care Agency also services this campus and the Becker area.

## Holistic Health & Wellness

Good Shepherd is welcoming a new trend when caring for our residents. Holistic Health & Wellness refers to a variety of natural therapies that promote self-healing using all aspects of mind, spirit and body. Residents will have many natural therapies at their disposal.

### Faith Community Nurse Program

Parish Nurse, Nurse in the Church, Health Minister, Crescent Nurse, Congregational Nurse – These terms are used by nurses that function under the American Nurses Association's Scope & Standards for Faith Community Nursing. The difference between these nurses is the denomination or faith tradition through which they function. The commonality across all faith traditions is the belief that spirituality is an essential element of health. All believe that in any health situation, spirituality must be purposely nurtured using the belief structure and rituals of the individual's faith, culture, and country.

### Chiropractic Care

Chiropractic care is an art, science and philosophy that is based on the relationship between the nervous system and the functions of the body. It is an approach to better health through all stages in life.

Chiropractic may help in pain relief, pain management, maintaining function, and in preventing further degeneration. Treatment is gentler according to conditions and patient tolerance.

Good Shepherd is fortunate to have established a new and mutually rewarding partnership with Cedar Creek Chiropractic of St. Cloud to offer chiropractic care and therapeutic massage onsite within Good Shepherd. Drs. Mike and Abby are dedicated to helping families achieve optimal health for life. By combining their skills and expertise of chiropractic and wellness care, this chiropractic duo is committed to bringing better health naturally by teaching and practicing the true principles of alternative health.

### Therapeutic Massage

Massage is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process, and promote relaxation and well-being. According to the Touch Research Institute, elderly massage is very useful in:

- Facilitating relaxation and communication for Alzheimer's patients.
- Greatly assisting in arthritic pain management.
- Helping to increase range of motion.
- Promoting natural joint lubrication, which is extremely important for arthritis sufferers.
- Helping to increase strength and muscle coordination.
- Boosting natural energy levels and mental awareness.
- Improving posture by reducing muscle tension.

Many times, Therapeutic Massage is done in conjunction with Aromatherapy. Aromatherapy being the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

The inhaled aroma from these “essential” oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing.

### Healing Touch

Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health.

Healing Touch uses the gift of touch to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body.

These non-invasive techniques employ the hands to clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. It is based on a caring relationship in which the practitioner and client come together to facilitate the client's health and healing.

The goal of Healing Touch is to restore balance and harmonies in the energy system, placing the client in a position to self heal.

Other potential therapies that have been discussed include Art Therapy, Music Therapy, Yoga, and Tai Chi.

In an effort to reduce cost, we now offer this newsletter via email. Please consider sharing your email address with us by emailing [PerryRollings@goodshepherdcampus.org](mailto:PerryRollings@goodshepherdcampus.org)



# Long Term Care Insurance Do I need it?

I have been asked often by folks if I think they should purchase Long Term Care (LTC) insurance. My answer is “it depends” (sounds like the politicians in Washington, DC). However in my situation it is the correct answer. Let me explain:

There are generally three categories that individuals fall into as it relates to “do I need to purchase LTC insurance.” First, there are those folks who have enough wealth that buying LTC insurance may be a waste of their money. Generally speaking, if someone’s monthly retirement income is \$8000 or higher, purchasing LTC insurance is in most cases, not necessary since their monthly retirement income is greater than the monthly cost of care in a LTC facility. In this case, while they are spending their income from their portfolio, they are not spending out of their principle.

Secondly, there are those folks who would be considered “middle class” who have assets and cash but would have to use a portion of their principle each month in order to pay for their LTC needs. This is the category of folks who definitely need to consider purchasing LTC insurance because these folks need to protect their assets and principle. Again, generally speaking, if LTC insurance is not purchased, in 1-2 years all the person’s assets will be consumed by paying privately for their LTC needs. Contrary to many beliefs,

Medicare will not pay for LTC services for a long-term stay. For specific information regarding Medicare coverage, you can go to [www.medicare.gov](http://www.medicare.gov) or, visit with someone from our Business Office or Welcome Center.

Lastly, there are folks whose monthly income and total assets are very minimal. Generally speaking, these folks do not need to buy LTC insurance for either of two reasons. First, the premiums are too costly for these folks to purchase and second, there is the government Medical Assistance program as a safety net to pay services for those that cannot pay for their own care.

In conclusion, I hope you can see why I would answer the original question with “it depends.” I have an electronic calculator designed to assist with making the decision of whether you should or should not purchase LTC insurance. If interested, I’d be happy to share it with you.

Blessings,

Bruce Glanzer  
CEO/President



## Resident Connected

The Foundation received a grant from the Otto Bremer Foundation to purchase an adaptive computer system for each of the four apartments. The purpose of this program was a response to studies showing that aging residents who were “connected” via the Internet and technology had an almost immediate decrease in symptoms of depression brought on by geographic or personal separation from family and friends. Our residents are now reading their home town newspaper, ordering groceries online, and using Skype!

## Dementia Professional Certification

The Alzheimer’s Association and Aging Services of Minnesota launched the Dementia Professional Certification (DPC) Program which is the first of its kind



and recognizes health care professionals that have furthered their study in quality dementia care. The courses

provide realistic best practices to provide quality dementia care and were developed by the Association and experts in response to training deficits in long-term care related to dementia.

To date, eight staff members have completed the course programming and are certified under DPC standards. Just another way in which Good Shepherd continues to lead the way in comprehensive care to those entrusted to us, our staff and services.

## Annual Golf Tournament

On August 15th, 35 registered teams gathered at the St. Cloud Country Club to support Good Shepherd’s 26th annual Golf Tournament. With superb weather guiding the day, we enjoyed grilled brats for lunch, fun on the course and an amazing dinner. Congratulations to the Quinliven & Hughes team for their winning day at the tourney and also to Karol Weyer, winner of our top raffle prize of an Arctic Cat ATV. We are all winners with the help of our sponsors and donors that helped us raise \$42,000 to help us meet the needs of our senior community. Please set aside August 20th, 2012 and enjoy another day with us at the St. Cloud Country Club!

## Shepherd of Grace Transportation Van

The new van at Shepherd of Grace offers tenants the opportunity to continue to be engaged in their community thereby enriching the individual and the community at large. It will be used for regular outings and as needed for the benefit of the people we serve.



## Community Gardens



Thanks to a grant through Benton County and the assistance of the Girl Scouts, our sixteen community gardens are planted, watered and weeded regularly, and in full bloom.

All produce from the gardens are for resident use and nutrition and we are happy to report that this project is successful and beneficial through the fresh vegetables, opportunity for physical activity, and both intergenerational and peer social capital.



OUR FOUNDATION  
AT WORK

Personal care with the comforts of home. Personal care with the comforts of home. Personal care with the comforts of home. Personal care with the comforts of home.



HOLLYWOOD THEMED VOLUNTEER BANQUET



COMBINED TEAM FUNDRAISING EFFORTS NETTED OVER \$4,200 FOR THE WALK TO END ALZHEIMER'S



OPEN HOUSE CELEBRATION OF THE NEW HOUSEHOLDS



SENIOR EXPO - OVER 1,200 PEOPLE ATTENDED



26TH ANNUAL GOLF TOURNAMENT RAISED \$42,000 FOR THE GOOD SHEPHERD FOUNDATION



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*Personal Care* with the *Comforts of Home*  
...just leave the *caring* to us.

Seniors choose to move to the Good Shepherd Community for a variety of reasons. Most enjoy the amenities our campus offers, but there is one aspect of the Good Shepherd Community that tops our senior's lists and that is our care.

Whether you live independently, need assistance, or are in need of round-the-clock care, we provide personalized care with the comforts of home!

*Apartments • Assisted Living  
Nursing Home\* • Memory Care • Home Care*

**2 Locations to Serve You**

Good Shepherd Campus\*  
1115 4th Ave N • Sauk Rapids  
**(320) 259-3476**

Shepherd of Grace Campus  
11175 27th Ave SE • Becker  
**(763) 262-8000**



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