

fall 2010

Caring Times

A Health and Wellness Publication
from The Wartburg Adult Care Community

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**The Wartburg
Adult Care Community**
Nurturing Body, Mind and Spirit
A Lutheran ministry serving all faiths.

A Message to the Community



We are pleased to celebrate two important anniversaries for The Wartburg Adult Care Community. Our

Long Term Home Health Care Program turned 20 years old this year, delivering The Wartburg's tradition of caring right to the homes of the community for two decades. Meadowview Assisted Living celebrates its 10th year, earning its New York State Certification as an Enhanced Assisted Living Residence (EALR.) This certification permits the assisted living residence to offer aging in-place services.

The Wartburg's community outreach encompasses residents who live on its beautiful 36-acre campus, those who receive home visits, rehabilitation, or participate in its Adult Day Programs. In fulfillment of the mission set forth by The Wartburg's Lutheran founders in 1866, The Wartburg's devoted staff continues to serve the community's older citizens of all faiths and their families with dignity and a personal touch.

You can see by this newsletter that The Wartburg is a vibrant and busy place, focused on meeting the physical, social and spiritual needs of those whom we serve.

Sincerely,

Pastor Amandus J. Derr
Chairman of the Board
The Wartburg Adult Care
Community

Creative Aging at The Wartburg

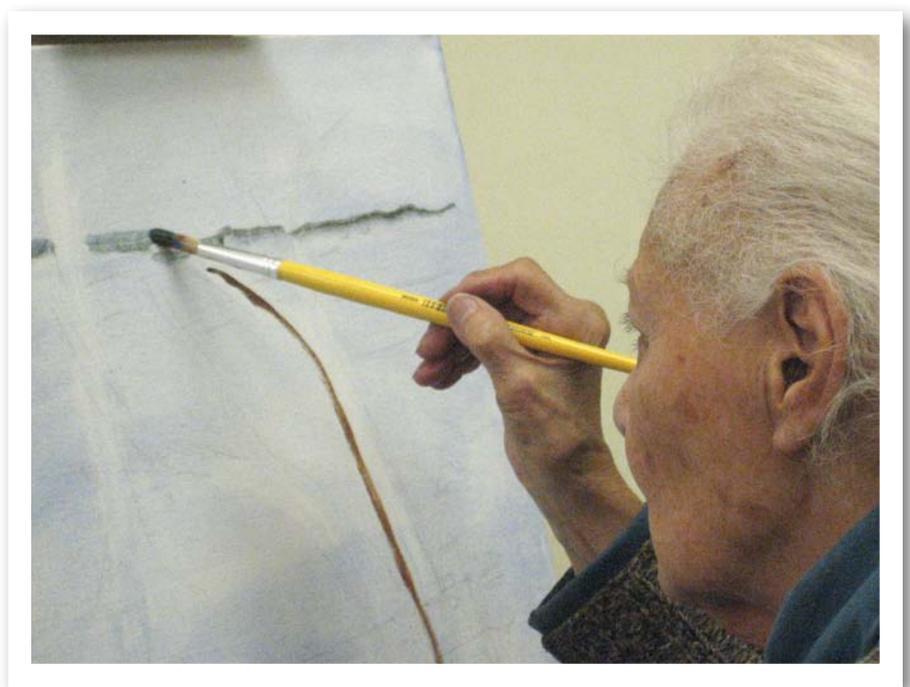
“Creative Aging”—no, we’re not talking about making up stories about how young you are!—“creative aging” is a term coined by the late Dr. Gene Cohen that describes the positive effect of professionally run arts programs on the lives of older adults. Dr. Cohen found that there are significant physical and mental health benefits for older adults who participate in visual, literary, or performing arts programs led by professional teaching artists.

How do we create a climate for this at The Wartburg? That will be the job of Maura O'Malley and Ed Friedman of Lifetime Arts. For the past two years Lifetime Arts has been creating opportunities for older adults to participate in sequential arts instruction in a

variety of arts disciplines, including painting, playwriting, vocal instruction, poetry, dance and many others. In these programs older adults who have never held a paintbrush, written a word, or sung a note have found the creative capacity within them.

Over the next few months Maura and Ed will work with residents, staff and administrators to plot a course for making The Wartburg an “arts-friendly” community. They envision arts programs for residents at all levels of care, as well as creating opportunities for those outside The Wartburg community to join us in celebrating creativity.

YOU CAN FIND OUT MORE about the work of Lifetime Arts at www.lifetimearts.org.



The Wartburg's Long Term Home Health Care Program

Two Decades of "Very Special Delivery"

Each day for the past 16 years, Elcener J. of New Rochelle is greeted by her Wartburg daily aide, Meriel Bentley, with the question, "How are you feeling?" The 102-year-old former foster grandmother responds invariably, "So far, so good." Surrounded by souvenirs of her past travels and memories of serving pre-school students as a foster grandparent, the care she receives maintains her quality of life. She is able to attend activities in her apartment building or enjoy chatting with her neighbors outdoors in the nicer weather. Elcener is an example of someone successfully "aging in place."

Since 1990, The Wartburg's Long Term Home Health Care program and Licensed Home Care Agency, "No Place Like Home Care," has delivered compassionate care to people who need support to live comfortably and safely in their current homes. Over 1,400 older adults and their concerned caregivers have benefited from home visits and individualized care plans. Hourly, daily or live-in personal care aides, home health aides and companions in the home make life easier and stave off loneliness and isolation. Home visits offer the comfort of a routine. Caregivers know that a loved one is clean and nourished, that health conditions are well-monitored, and they have peace of mind regarding their loved one's needs.



From left, Janice Irby, Rebecca Derry and Maheta Davis.

The Wartburg's in-home programs have served seniors and their families of all faiths by providing emotional, physical, practical and spiritual support for two decades. What is the value of The Wartburg's in-home care? Ask Janice Irby, a nurse by profession. She specifically chose The Wartburg to care for her mother, Rebecca Derry. For the last six years, Maheta Davis has provided day-to-day assistance and Carolynn Marchini, RN, visited weekly from The Wartburg. Ms. Irby said, "My mother adores Maheta. Mom has her routine, Maheta knows what it is, and we do just fine. She has a caring touch."

We Value and Appreciate Your Support!

Each year, charitable contributions to The Wartburg have a direct benefit for the residents who are served by our numerous programs. If you would like to make a gift in support of our ministry, please call Karen Thomas of The Wartburg Foundation at **914-513-5308**.

Meadowview Is a Family Affair

Lee and Sophie Tullo always knew they would live together. They have all their lives. As two sisters in a family of eight siblings, they learned to appreciate the special comfort that closely knit relationships can provide. After a serious accident, both sisters realized that while they lived together, they could no longer live without some support. Having lived and worked in the area their whole lives, they chose Meadowview at The Wartburg. They have not regretted that decision. Three years later, their sister Christine, and her husband Louis Frusciante sold their home and moved down the hall from Lee and Sophie on Meadowview's third floor.

"This is the next best thing to home," says Sophie. "I moved straight here from The Wartburg's rehab center." "The transition was easy. I knew that Lee and I would have the support we needed from the first night. It's great to be able to stop worrying about the 'what-ifs' of living in our own place."

The Frusciantes, married 62 years, moved to

Meadowview at the urging of their three children. They sold their home and today, in addition to the daily companionship of her two sisters and her husband, Christine enjoys the arts and crafts classes. Her sisters enjoy the evening movies and shopping trips. Louis adds, "The days go quickly here. There is always something to do, if you want to. I like that I can relax and not be bothered with home chores like lawn mowing or snow shoveling." The four can be found in the Meadowview dining room having a family gathering at each meal.

The Tullos and Frusciantes agree that the support and concern of the Frusciantes' children helped them make decisions and assisted with their transition to their new lifestyle. "We are blessed with family," Sophie and her sisters agree, "and we are blessed to be in a place where the caring staff makes us feel at home."

Families this solid are like gold, most would agree.



From left, standing: Lee Tullo and Christine Frusciante. From left, seated: Louis Frusciante and Sophie Tullo.

CHOOSING A NEW SUPPORTED LIVING ARRANGEMENT often takes prodding from concerned family members or other caregivers. To help aid the decision-making process, Meadowview is offering a **FREE Assisted Living Evaluation Checklist**. Call Residency Coordinator Reddie King at **914-513-5178** for your own copy. We also invite you to visit Meadowview and see first-hand what the Tullo and Frusciante families are experiencing each day.



These Foods Might Help You Fight the Flu

You're probably familiar with the common advice about how to protect yourself from the flu—get a flu shot, wash your hands frequently and stay away from sick people. But is there a role for nutrition? While no food has definitively been shown to win the battle with the flu virus, nutrients in the following four may help.

1. Salmon. A recent study of Japanese schoolchildren suggests that getting a daily dose of vitamin D during winter may reduce the incidence of influenza A, a common strain of

seasonal flu.

The children in the study took vitamin D supplements, but oily fish such as salmon is an edible option. Fortified milk and cereals are good sources, too. This nutrient is also made naturally in the body when the skin is exposed to sunlight, but it's not always enough when the days grow shorter. Ask your doctor how much vitamin D you need.

2. Green tea. Several studies have found that drinking green tea may improve your immune system—but can it battle the flu bug? In one study, participants

took capsules containing two tea components. The results showed the capsules decreased the number of people reporting cold and flu symptoms by about a third. There was also a decrease in how long the symptoms lasted.

3. Yogurt. Probiotics are live microorganisms similar to the “good” microorganisms that live in the gut. They are found in some foods, such as yogurt, and come as dietary supplements.

In a recent study, researchers gave 3- to 5-year-old children probiotic supplements to see if that would affect flu symptoms. Some received one probiotic strain, while others received a combination of two. After six months, both groups showed a reduction in the incidence and duration of flu symptoms when compared to a placebo group. The two-strain group had the best results.

4. Chicken soup. Fluids help your body fight infection, and hot liquids like chicken soup may relieve symptoms, too. In a small study, 30 volunteers with cold- or flu-like symptoms drank either a heated or room-temperature fruit drink. Researchers then tested their nasal airflow and asked about six symptoms: runny nose, cough, sneezing, sore throat, chilliness, and tiredness. While the airflow test showed no significant improvement with either drink, participants who drank the hot beverage reported relief from all six symptoms. Those who drank the cooler drink experienced relief from only three: the runny nose, cough, and sneezing.

Seven Simple Habits That Could Save Your Life

Sometimes if a little bit is good, more is even better—especially when it comes to healthy habits and heart disease. In fact, the American Heart Association (AHA) has pinpointed seven habits that have been found to contribute to a healthy heart. Follow one or two, and you're doing your heart some good. Do all seven, and you're doing your heart even better.

Measures of Heart Health

The AHA has established a goal for the nation's cardiovascular health for the next decade: "By 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular disease and stroke by 20 percent." How does the AHA hope to achieve this? One way is to educate people



about the relationship between lifestyle habits and heart disease.

Enter the seven heart-healthy habits:

- 1 **Manage blood pressure.** High blood pressure is the most significant risk factor for heart disease. Optimal blood pressure is less than 120/80.
- 2 **Get active.** Getting moderate exercise 30 minutes a day helps reduce the risk of heart disease, because it helps lower blood pressure, increase good cholesterol, control blood sugar, and control body weight.
- 3 **Control cholesterol.** Too much "bad" cholesterol in the blood can clog arteries, increasing the risk of heart attack and stroke. Get your cholesterol checked. If your total cholesterol is above 200 mg/dl, follow your doctor's advice for lowering it.
- 4 **Eat better.** Vegetables, fruits, whole-grain products, and fat-free or low-fat dairy products pack a powerful nutrient punch without a lot of calories. Include more of these foods and reduce your intake of highly processed and high-fat foods and salt.
- 5 **Lose weight.** Obesity is a major risk factor for heart disease. Visit www.nhlbisupport.com/bmi to find your body mass index (BMI). If it's 25 or higher, start losing excess pounds.
- 6 **Reduce blood sugar.** Adults with diabetes are more likely to have heart disease than those without it. Get your blood sugar levels checked. If it's above 100 mg/dL, follow your doctor's advice.
- 7 **Stop smoking.** Smoking increases the risk of heart disease, especially if you have other risk factors.

How Do You Stack Up?

The AHA has established an online tool called "My Life Check." Visit <http://mylifecheck.heart.org> to see how you stack up against "Life's Simple 7" and get advice for improving your own heart health.

Recent Happenings at The Wartburg



Wartburg Volunteers Hope O'Keefe and Anahid Keosaian enjoyed a social afternoon celebrating the contributions of all volunteers who make their days count at The Wartburg's Volunteer Recognition Luncheon.



"Team Wartburg" joined forces with the Mount Vernon community for the American Cancer Society's "Relay for Life." The Team raised \$1,515.56 in addition to the event sponsorship funds donated by The Wartburg Adult Care Community and The Wartburg Foundation to support the Society's efforts for cancer education, screenings, support and research.



Felix and the Cats' swing band brought audience members to their feet at Summer Breeze 2010. Residents and members of the local community came to this annual concert hosted at The Wartburg and made possible this year with support from the City of Mt. Vernon and the A'vitar Foundation, the Hudson Valley Bank Foundation and Empress Ambulance.



Photo: Joan Larsen Wozniak, Photo Graphic Links Corp.

World-class jazz was delivered to residents of The Wartburg on May 11 in its historic chapel. Art Baron & Friends jazz quintet performed as part of Jazz at Lincoln Center's Programs and Services for People with Disabilities. Art Baron, trombonist and composer, was joined by Fred Staton, tenor saxophone, Bill Crow, bass, Vinnie Johnson, drums, and jazz guitarist Bucky Pizzarelli.

Contact Us

Visit us or call the numbers listed below to learn about The Wartburg's care.

Residential Services

914-513-5444
Assisted Living
Memory Care
Supported Independent Living

Home Care

Long Term Home
Health Care Program
914-699-1222
Licensed Home Care
Services Agency
914-513-5656

Adult Day Services

914-513-5472
Social & Medical Model
Programs

Skilled Nursing Care

914-513-5141
Skilled Nursing, Rehab,
Respite, Hospice, Alzheimer's
and Dementia Care

Speaker's Bureau, Church & Community Services

914-513-5317

Pastoral Care

914-513-5162

Caregiver Support Group

914-513-5472

www.thewartburg.org

914-699-0800

Our Mission: The Wartburg Adult Care Community provides ministries of healing and hope through services which nurture body, mind and spirit.

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Moves That Can Improve Balance



Maintaining strength and balance can help prevent falls and possible injury. Here are two strength and balance exercises you can do at home with a sturdy chair or table.

- Stand straight behind a chair with feet slightly apart. While holding on to the chair, slowly raise yourself up on your toes. Try to rise up as far as you can. Stay in this position for a moment and then slowly lower your heels back to the floor.

- Stand straight behind a chair with feet slightly apart. While holding on to the chair, slowly lift one leg to the side, several inches in the air. Hold for a few seconds, then slowly lower the leg. Repeat with the other leg.

If you are looking for a greater challenge, instead of holding on with one hand, just use one fingertip. Then try it with no hands.

Mark Your Calendars

Saturday, November 20, 2010
10 a.m. to 2 p.m.

MEMORY CARE FAIR

Meadowview at The Wartburg
Lafkin Media Center
2 Wartburg Place, Mt Vernon, NY

Demonstrations of Posit Science Brain Fitness Training Program and Wii, information about brain-healthy foods and refreshments, and free confidential memory screenings. Call **914-513-5317** or pre-register online at wartburgmemoryfair2010.eventbrite.com.

