

Creative Aging

Spring 2014



Live Your Best Life.

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The Rev. Dr. Robert A. Rimbo, Bishop of the Metropolitan New York Synod ELCA, was present at the Festival Eucharist and Dedication of the new Center of Excellence. He is shown here with Angelo Chirico, rehabilitation patient, and Lynn Napikul, PTA.



Wartburg's Vision Takes Shape

By David J. Gentner, President & CEO



David J. Gentner
President & CEO

Wartburg's mission to provide high-quality, comprehensive services nurturing the renewal of body, mind, and spirit of those

entrusted to our care has guided our vision for nearly 150 years. This past year, Wartburg's vision of a rehabilitative Center of Excellence became a reality. This milestone was achieved by the work of members of our Wartburg family—directors, staff, donors, volunteers, the seniors we serve, and their families—as a result of their dedication to our mission. In this edition of *Creative Aging*, we will share some of their stories.

Wartburg's new \$31 million Center of Excellence, which opened in October 2013, houses a progressive, patient-centered rehabilitation center and the region's only adult day services center that is open

To learn more about Wartburg's award-winning programs, please call 1-855-WARTBURG (927-8287) or visit wartburg.org.

seven days a week. Completing the center represented a strategic step toward our goal to set the standard as the region's leader in providing high-quality, comprehensive services for seniors and their families.

Also, I want to welcome the new board members featured on this page. We are delighted to have these outstanding individuals join our board as Wartburg expands.

David J. Gentner
President & CEO

Wartburg Welcomes New Board Members



Thomas P. Benson is an independent director and audit committee chairman of Key Brand

Entertainment. He is also president of the board of the Long Island Lutheran Middle & High School (Brookville, NY).

"I am delighted to be on the board of Wartburg. It sets the standard in providing services to our growing elderly population by combining a continuum of housing, rehabilitation, nursing, and home care."



Jeanette (Jean) Carlson

is an independent registered investment advisor and is

the benefits plan administrator for the Administrator's Association of the New Rochelle School District. Ms. Carlson was a member of Wartburg's board and chair of the Wartburg Foundation's board for 14 years (1990–2004). She is currently a council member of St. Luke's Lutheran Church (New Rochelle, NY).

"I am happy to be back on Wartburg's board and be a part of directing the movements toward home and community based services and aging in place."



Judy Williams

is the commissioner of human resources and the key advisor on employment and

personnel issues to the Mayor, management, and City Council members of the City of Mount Vernon, NY.

"I have personally been the benefactor of Wartburg's compassionate and caring programs. This organization has earned the trust of our senior population and their families."

Creative Aging & Lifelong Learning

Wartburg's CEO Travels to China to Lead Workshop on Creative Aging & Lifelong Learning Program

David J. Gentner, president and CEO of Wartburg, and Dale Hilton, director of teaching and learning of The Cleveland Museum, copresented an international workshop on “Creative Aging Activities: Arts and Technology” at the 10th International Conference of the International Association of Homes and Services for the Aging, held in Shanghai, China, from November 17–20, 2013.

The hands-on workshop used as a model Wartburg's renowned Creative Aging & Lifelong Learning program, which allows 500 seniors in Westchester to use the arts as a means to learn new skills and build self-esteem.

“While intellectual stimulation helps keep us engaged at every age, research demonstrates that the arts help seniors attain healthier and happier later-life experiences,” says Gentner.

Participants from around the globe who attended the workshop learned about how Wartburg's Creative Aging & Lifelong Learning program helps residents express themselves



through art, song, theater, poetry, and oral histories. Gentner presented the processes used to assess residents' interest, tap into community resources, and foster engagement at all levels of staff and management.

Gentner and Hilton shared their experiences in using a museum as a source for new ideas and described how videoconferencing can deliver high-quality content to aging facilities whether across town or across the globe.

Creative Aging & Lifelong Learning Program Featured at LeadingAge Annual Meeting

Wartburg's Ann Frey, director of volunteers, and Janet Palazzolo,

vice president of residential services, delivered a presentation featuring the award-winning Wartburg Creative Aging & Lifelong Learning program to a crowd of 80 participants at the 13th National LeadingAge Annual Meeting and Expo held in Dallas, Texas, from October 27–30, 2013.

The presentation on “Life Enrichment-Activities for Healthy Aging” focused on how Wartburg, beginning in 2009, developed a Creative Aging & Lifelong Learning program that has become a national model for enhancing the quality of life in senior communities.

“Our goal was to educate the participants about how to create their own program and achieve excellence,” says Palazzolo.

The Creative Aging & Lifelong Learning program successfully uses a unique “bartering partnership” that allows community artists to use the facilities after hours for classes and rehearsals, in exchange for teaching in the program. “Bartering helps to support local artists and allows them to share their expertise and knowledge with Wartburg seniors without additional financial burden for either party,” says Frey.

Visit wartburg.org and click on “About Wartburg” to learn more about the Creative Aging & Lifelong Learning program.

Wartburg Cuts Ribbon on New Center of Excellence

Opening of \$31 Million Rehabilitation and Adult Day Services Building Marks Milestone

On October 22, 2013, Wartburg proudly opened the new, \$31 million Center of Excellence, which houses a progressive, patient-centered rehabilitation center and the region's only adult day services center that is open seven days a week. The modern, three-story, 70,200-square-foot structure sits on Wartburg's 34-acre campus in Mount Vernon, NY.

The October ribbon cutting ceremony was attended by more than 300 people, including local politicians, medical and health care professionals, and residents from the surrounding Westchester communities, as well as Wartburg residents, clients, and staff. People gathered again on November 9, 2013, when numerous religious communities participated in a Festival Eucharist and Dedication of the Center of Excellence, celebrating Wartburg's Lutheran identity and heritage. Presiding was the Rev. Dr. Robert A. Rimbo, Bishop of the Metropolitan New York Synod ELCA. The Rev. Dr. Dien Ashley Taylor, assistant to the president/ Bishop of the Atlantic District LCMS, brought greetings.

A Patient-Centered Experience

The two-story, subacute inpatient rehabilitation center is patient-centered in design. The facility is split into four small "neighborhoods," each with 12 or 13 well-furnished, private patient rooms. There are a total of 50 patient rooms, each with a private bathroom and shower. Each neighborhood has a common lounge area with a spacious living room, dining space, and country kitchen. The central area on the second floor houses two large rehabilitation suites equipped with state-of-the-art rehab equipment.

"This new rehabilitation center provides patients with privacy and a full range of progressive, therapeutic options which promote getting back home safely and quickly," says Paula Ress, administrator of the new center.

Recuperating stroke, heart, and surgery patients will

benefit from individually tailored treatment plans developed by a highly experienced, multidisciplinary team of caregivers that includes:

- On-site physicians
- Skilled nurses
- Physical, occupational, and speech therapists
- A pain-management specialist
- A respiratory therapist
- Social workers
- Dietitians
- Spiritual care specialists



Pastor Amandus J. Derr preaches at the Festival Eucharist and Dedication of Wartburg's new Center of Excellence.



David J. Gentner, president and CEO of Wartburg, joined residents in cutting the ribbon on Wartburg's new Center of Excellence on October 22, 2013.

Next Step Home Apartment

The most unique therapeutic feature of the new center is the Next Step Home Apartment—a fully-equipped training apartment, complete with kitchen, dining and living area, bedroom, and bathroom, where recuperating patients can re-learn functional living skills before leaving the facility and returning home.

“I frequently hear about the positive experiences local residents have had in our rehabilitation program. The real estate and planning team has worked diligently to provide fantastic new facilities that match the high level of service our staff has been providing to earn this reputation,” says Ryan Herchenroether, Wartburg’s director of planning.

Adult Day Services Center

Wartburg’s new adult day services center is open seven days a week—unique in Westchester—and offers both medical and social models of care. The social component provides socialization opportunities and meaningful activities for seniors,

while the medical program is designed for those who need nursing or therapy interventions and medication administration, including those with Alzheimer’s disease and dementia, physical disabilities, or who are recovering from illness.

The new center offers round-trip transportation options and a full spectrum of services and programs, including:

- On-site psychological, podiatry, and pain-management services
- Dementia-specific care
- An award-winning Creative Aging & Lifelong Learning Program
- Spiritual care
- Live entertainment
- Community trips
- Personal grooming services, including a whirlpool bath and full beauty salon

Activity and dining areas were designed with 16-foot ceilings and large windows that provide an abundance of natural light. There are designated treatment rooms, general activity rooms, a quiet sensory room, physical

therapy space, and an outdoor patio complete with a shaded trellis. The center also has a new drop-off drive that accommodates ambulettes, mini buses, and other vehicles.

“We are overjoyed to open this handsomely designed building that allows us to expand and enhance our established programs in rehabilitation and day services,”

says David J. Gentner, president and CEO of Wartburg, of the new Center of Excellence. “This important opening represents yet another strategic milestone in our goal to set the standard as the region’s leader in providing high-quality, comprehensive services for our aging population.”

INTERESTED IN TOURING OUR NEW CENTER OF EXCELLENCE?

Please call 1-855-WARTBURG (927-8287) or visit wartburg.org.

Faith Matters

Volunteers ensure success of Worship on Wheels program at Wartburg.

The historic Wartburg Chapel remains the spiritual center of the Wartburg community. Each Sunday, an average of 80 people gather there for worship. They come from the Mount Vernon community, many of them members of United Lutheran Church, the congregation that calls the Wartburg Chapel home. They come from Wartburg's Lohman Village, the Friedrichs Residence, and Meadowview assisted living. They also come from Wartburg's skilled nursing facility and the new rehabilitation and adult day services Center of Excellence.

Faithful in Service

Many of these individuals come in wheelchairs pushed by members of United Lutheran Church and a variety of other dedicated volunteers, all of whom faithfully serve to make sure everyone who wants to come to church can get there. It's a sight to behold! We call this ministry Worship on Wheels, or WOW. On any given Sunday, approximately 40 percent of those attending worship are wheelchair users.

Besides transporting residents, volunteers in the WOW program also make sure they are comfortable, safe, and able to participate as fully as possible in the liturgy.

Thanks to Our Volunteers

This year we have been particularly blessed with additional volunteers from Emanuel Lutheran Church in Pleasantville, NY. One Sunday a month, a group of Emanuel volunteers—youth and adults—comes to help us with our WOW ministry. We wish to offer a big thank you to the entire Emanuel congregation for their service.

Not everyone, however, is able to come to the chapel. Therefore, worship services are also held throughout the week at numerous locations on campus for the benefit of our residents who are not able to come to the chapel and/or belong to a different tradition.

Wartburg is grateful for all the generous help we receive from so many who participate in the spiritual life of those we serve here.

To volunteer with Worship on Wheels, contact Ann Frey at afrey@wartburg.org or Pastor Carol E. A. Fryer at cfryer@wartburg.org.



**I was glad when they said to me, "Let us go to the house of the LORD!"
—Psalm 122:1**

The Benevolence of Planned Giving

Passavant Society honors the legacy of John Henry Wagner.

Established in 1992, the Wartburg Passavant Society is named after our founder, the Reverend William Alfred Passavant, D.D. The society honors and pays tribute to community members who have named Wartburg in their estate plans. For nearly 150 years, the generosity of members has enabled Wartburg to continue its mission to provide ministries of healing and hope. One of the latest individuals to become a member of Wartburg's Passavant Society is John Henry Wagner.

The Legacy of John Henry Wagner

For nearly 14 years, John was a faithful donor to Wartburg. Each year, he responded to our invitation to support Wartburg's mission. When asked once why he contributed to Wartburg, he replied, "I am giving in gratitude for the excellent personalized care that my brother, Charles Wagner, received while a resident in Wartburg's skilled nursing facility. I will continue to do so as long as I can." And, so he did.

The Wagners were a close family consisting of three siblings—John, Gertrude, and Charles. John and Gertrude

shared a home together in the Bronx, NY. Neither married or had children. John worked the majority of his life as a bus driver for the local municipality. Their brother Charles, although married, never had children either. Gertrude and Charles passed away in 2010 and 2011, respectively.

A humble gentleman with a strong Lutheran faith, John passed away on October 19, 2012. His legacy will live on and touch the lives of many due to the benevolence of his planned giving. John's estate was bequeathed to three organizations: Wartburg (Mount Vernon, NY), St. Mark's Lutheran Church (Bronx, NY), and Rosary Hill Home (Hawthorne, NY). Each organization received \$1.2 million.

"John Henry Wagner's legacy to Wartburg grew out of a deep understanding of our mission," says Edgar J. Myers of the Wartburg board of directors.



Randall L. Fairhurst (left), chair of the Wartburg Foundation, and David J. Gentner (right), Wartburg president and CEO, present new Passavant Society member Mark Hammond (center), Wartburg CFO, with the Passavant Society Medal (pictured below).

"He knew firsthand that healing and hope were not mere words, but they were a living commitment to all those entrusted to our care. Wartburg will be forever grateful for the legacy created by John."



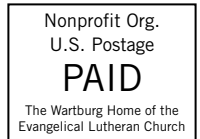
We invite you to join the Passavant Society and leave a legacy at Wartburg. Please contact JoAnn G. McGraw at jmcgraw@wartburg.org or 914-513-5128 for details.

Contact Us

Visit us at wartburg.org, or call **1-855-WARTBURG (927-8287)** to learn more about services at Wartburg.

Our Mission

Wartburg provides ministries of healing and hope through comprehensive services which nurture body, mind, and spirit.



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Donate Your iPods to Wartburg Seniors: Give Them the Gift of Music



Marie Barletta, resident of Wartburg's skilled nursing facility, enjoys listening to her favorite songs on a donated iPod.

Wartburg has joined with the non-profit organization Music and Memory to bring personalized music into the lives of our residents. With the assistance and guidance of Music and Memory, Wartburg is training staff and family members to create and provide personalized playlists using iPods for the residents of our skilled nursing facility. This

enables those struggling with Alzheimer's, dementia, and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

We've all experienced how a song triggers a memory. Memory and nostalgia create a sense of self. Music's power to soothe or energize is well known, and there is good science behind the use of music to arouse dormant memories even in those whose minds are failing. The results of a recent Boston University study suggest that music may also help people with dementia retain new information, a finding with promising implications for the 5.3 million Americans living with Alzheimer's.

At present we have 15 iPods, but we need many more to make this a successful program. We are reaching out to local high schools, inviting them to partner with Wartburg and run iPod donation drives. With people

listening more to music on their iPhones, the iPods they once plugged into each day are not being used. If you would like to donate your iPod to Wartburg and add joy to the life of one of our residents, please contact Ann Frey, Wartburg director of volunteers, at afrey@wartburg.org or **914-513-5114** for details.

SAVE THE DATE
**Jazz in June - A Wartburg
Celebration of Arts & Music**
June 10, 2014
Glen Island Harbour Club
New Rochelle, NY

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