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December  
2022



# The Beacon

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Shining a light on the Lutheran Home Community

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## What We're All About

by the Beacon News Team

Remember the Lutheran Home newsletter? The original version was first published in 2019 and released on a quarterly basis. With it, residents, their families, and LH staff were able to read about fun LH field trips, residents' memories of earlier life experiences and times, thoughts on current events – even do crossword puzzles and fun “word finds.” The newsletter was a great way to stay connected.

Then – the Covid 19 pandemic happened and, as of March 2020, the world was largely shut down – and so was our newsletter.

Two and a half years later, the pandemic's effects are largely in the past, life has returned to greater normalcy – and we are able to do the newsletter again! Our hope in “rebooting” it is to bring residents together and find common ground. We want The Beacon – (its new name!) – to be an opportunity for residents to express themselves and communicate with each other.

### **What can you expect from issues to come?**

Staff member spotlights. Resident biographies and interviews. Updates about the organization.

Reminiscences of Milwaukee and Wauwatosa history. Word games, fun facts, and recipes, birthdays and upcoming events – and more!

**The Beacon team welcomes new ideas and encourages your contributions to the paper!**

Current writers and contributors are a combination of residents, staff, volunteers and family members. Please call Liz Stewart @374 if you'd like to contribute anything – from anecdotes, staff interviews, suggestions, observations, recipes, fun facts, stories, photos, mini-biographies – or anything at all!

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## What's Inside!

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- Meet the Residents
- Eggnog Recipe
- Word Search



## Staff Spotlight

by Fred Meyer

Nurse Ann: One of the first persons that you will meet when coming on to the second floor here at The Lutheran Home is Nurse Ann. You will quickly learn that Ann is one of those people that you get to first know that you can trust.

Ann is a mother of 4 and a grandma to 5 grandkids, that when she talks about them her face just simply lights up with joy. She lives with her sister in close proximity to the Lutheran Home. Ann's mother is a resident here at the Lutheran Home which gives her a

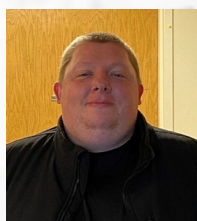
unique perspective of being a nurse and care giver in the very place she has spent so much time at in her career. Ann started out her thirty year career in the medical field, first as a CNA for nine years and now as a nurse for the last 21 years, all here at the Lutheran Home. She went into nursing because; "I thoroughly enjoy helping people and making a difference." "I love the elderly and have a special bond with them."

Being a 30 year veteran here in the Lutheran Home system gives her the ability to look at the situations and find solutions and answers to the many daily problems, questions, and occurrences while navigating that system on a daily basis.

The best part of her day is giving hugs, smiles, words of encouragement, and comfort to the residents and the staff. To simply make a difference in someone's life. The worst part of her day is when she doesn't see empathy and caring. Ann likes to say "You can allow it to bother you or you can allow it not to bother you." A motto she carries out on a daily basis.

When you look at Ann you see a dedicated nurse who is very direct and a multitasker who is comfortable in her own skin, and willing to take a chance to make that difference in someone's life. And we are all the better for that. Nurse Ann, one of the so many dedicated staff members here at the Lutheran Home.

## Meet Nathan Brewer



Nathan started out as volunteer helping in PT/OT resident transport in 2019. Since then, he has become an employee of LH working in the kitchen. Nathan is a very nice and compassionate person.. Nathan's father used to be a resident with us and would visit him often which led to his current role. Nathan still volunteers on his off days to assist our residents in getting to and from their doctors appointments. Nathan lives with his mother and 2 sisters. In his free time, he loves watching WWE wrestling and going out for Mexican food . Nathan has a good heart and has been such a huge help to us here at the Lutheran Home. Thank you, Nathan!

## Recipe Corner

### Egg Nog

- 1 egg yolk
- 1 tablespoon sugar
- 1/4 cup cream
- 1/2 teaspoon imitation vanilla\*
- 1 egg white
- Nutmeg



Beat egg yolk lightly; fold in sugar, cream and vanilla; beat egg white stiff; fold in and pour in punch cup. Dust with nutmeg.

\*Do not use vanilla extract which contains 33% alcohol (66proof)



## Carol Conway's Favorite Time of Year!

"I'm kind of a Christmas nut," says Lutheran Home resident Carol Conway with a twinkle in her eye. Her two-room suite on the third floor shows her love of the season. There's a five-foot-tall Christmas tree just inside her door and a second even larger tree in her bedroom. And on the wide sill of her west-facing windows is a miniature Christmas village, beautifully illuminated with every glowing sunset, evidence of not only her love of Christmas but her enjoyment of ceramics. "You'd get the little buildings, fire them in a kiln, and then paint them," Carol said of her long-time hobby. "I really enjoy arts and crafts, and ceramics was always my favorite thing to do."

A resident of the Lutheran Home since early 2021, Carol continues to enjoy creative hobbies, along with group activities like word games, trivia contests and entertainment. Outside the LH, she's excited that field trips have resumed following the pandemic and has enjoyed trips to South Shore Park, St. Josaphat Basilica, and the Domes.

Having lived in Chesterton, Indiana her entire adult life (near the famous Indiana Sand Dunes), Carol relocated here to be closer to her daughter, Sherry. Carol has three kids (Sherry, Michael and Cathi), three grandsons, and two great-grandchildren.

Following a 42-year career in human resources, Carol worked 12 more years in an occupational medicine office. Whenever possible, she and her husband traveled, visiting Cathi, who lives in London, several times. She's been to Scotland and, in the U.S. has cherished trips to Mackinac Island in Michigan's Upper Peninsula and San Francisco, her very favorite U.S. city.

These days, Carol recalls her earlier travels by enjoying Christmas ornaments she purchased while away: London Bridge, a double-decker bus, the Grand Hotel from Mackinac. A few feet from tree number one, on the side table next to Carol's loveseat, sits an electronic photo frame. It features dozens of rotating photos of her family – Carol and a grandchild, a new baby, the whole family together – and it has a very special feature Carol loves.

"My kids can send new photos from their computer, and they get automatically uploaded to the frame," Carol smiles. Remember the ring of a bell in "It's A Wonderful Life" – that meant an angel got its wings? Carol's photo frame is a lot like that.

"I know there's a new picture when I hear a little 'ding!'" she says with a wink.. To all the wonderful staff, volunteers and fellow Lutheran Home residents and families, "Christmas Carol" wishes you a happy holiday season.



### That's Entertainment

December

- 12/16 Resident Christmas Party featuring Fashionably Late & SANTA Hardt Hall 2:00
- 12/22 Shirley Garret R&B Christmas Show Hardt Hall 2:00

January

- 1/5 Jerry Gabor on Guitar Hardt Hall 2:00
- 1/26 Steel Drum Band Hardt Hall 2:00

February

- 2/2 Sherwood Alper Band Hardt Hall 2:00
- 2/23 Jay Isaacson on Piano Hardt Hall 2:00

### Token Time!

Remember to use your tokens for treat trolley, beauty salon and the cafe! You can also turn them into your account in the business office.

### Mask Up!

Mask up when you are not alone!

- Church
- Activities
- Elevators
- Entertainment & Events



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## Meet our Friend and Neighbor, Fred!

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If you are feeling down and are in need of a soul “pick me up” stop by and chat with Fred Meyer. Fred has been at the Lutheran Home for just over a year, and while he would rather be sitting in his own living room in Brookfield with his wife Mary, he has nothing but wonderful things to say about living in the Lutheran Home Community. He feels “safe and taken care of” here. He has connected and forged friendships with the many nurses, therapists and Aides who help him on a daily basis.



Fred was born in Milwaukee in 1942 and was the only child in his family. Fred attended West Allis High School where he discovered his passion for performing, although it came under unusual circumstances. When he was 9 years old, Fred was involved in a bicycle accident that had left a significant scar on his face, leaving him feeling self-conscious. Through the encouragement of one of his teachers, Fred found the confidence to get on stage and perform in front of a gymnasium full of his peers and teachers.

Fred soon started performing on a regular basis with his school choir. In fact, it was his love of God and choir that led him to meet the love of his life, Mary to whom he has been happily married for over 45 years. After graduation, Fred attended UWM for a short time until he discovered that they don't offer degrees in Sheepshead. Fred then made the jump to the Milwaukee Institute of Technology where he earned his degree in Television Production. With this degree, Fred built a career moving from various television production/direction management roles with different television stations across Wisconsin. In addition to his television career, Fred also spent 43 years in the exhibit and trade show industry including being an equal partner and owner of Exhibitory Plus for 11 years with clients such as Rockwell Automation, Harley Davidson, M&I Bank, The Green Bay Packers and many others.

Fred is passionate about so many things including choir, being an active member of his ELCA Church, creating videos, graphic design, and writing just to name a few. While he has accomplished so much in his life, his greatest accomplishment has been being loving husband and father to his three children, Amy, Debbie and Paul who he inherited from his second marriage to Mary and a Grampie to seven Grandkids. Fred shared a heartwarming anecdote wherein he and Mary received a phone call from the courthouse where Paul was. His mind immediately thought something awful had happened to his son or that his son had done something awful. When they arrived at the courthouse, it was discovered that Paul had summoned them both there to witness Paul legally change his surname to Fred's. This was a beautiful moment in Fred's life that affected him deeply and is a testament to the kind of person Fred is.

When asked what his general outlook on life was, Fred was quick to respond. He said that he always loved this quote from Dwight D Eisenhower: “Its not how big the dog is in the fight, but how big the fight is in the dog.” This quote helps keep the fight in Fred. When his mood ebbs and flows and he gets in his own head about his situation. Its this quote along with the love of his wife, family, friends, his faith and a little hope that keep him going.

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## Coming Soon! A Technology Upgrade

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Thank you to the staff and residents who took time to talk with Edgar Russell from the Siebert Lutheran Foundation about how hard it is to hear chapel services and Hardt Hall activities on the televisions.

Mr. Russell became an advocate for us after this visit. We are pleased to report that the Lutheran Home received a \$50,000 challenge grant from the Seibert Lutheran Foundation to replace the nearly obsolete technology services from our chapel and Hardt Hall. Seibert is a private foundation that advances the Lutheran church and its ministries throughout Wisconsin. A “challenge grant” means that they will award us the requested \$50,000 if we raise this same amount by December 31st. This can also be called “matching dollar for dollar”.

A new board member stepped up with the first \$5,000. A long-time Lutheran Home family is donating stock (did you know you could do that?!) for another \$11,000. The volunteer group, Ladies Auxiliary, is using their \$8,000, too. This means (50-5-8-11=26) we are \$26,000 left before new technology. Despite needing to raise the remaining \$26,000, we have scheduled the upgrade to begin in mid-December of this year, in the hopes that it will be ready to go by January 2023.

Thank you to Bridgette Frommel, our Foundation Director, for making this possible.



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## Some Say the Dragon Wins

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In the world filled with Covid, December of 2021 became a pivotal time in my life! Who am I? Fred Meyer a resident here at The Lutheran Home on 2NW.

In December despite taking all of the Covid and booster shots I contracted Covid and went from a month long hospital stay, to moving to the 3rd floor rehabilitation and eventually to the 2nd floor residency here at The Lutheran Home.



When I started out I thought that it would be a short term period in rehab and I would be able to go back home and continue my life's journey. The DRAGON had other plans and by the end of January of 2022 with much soul searching and conversations with Mary, my bride of 44 years, family, and staff members here at The Lutheran Home, it became apparent that going back home, full time, was not a viable option!

If there is one descriptive word for this process and journey to here, "the dragon" if you will, it is SCARY!!! You and I have been thrust in to a world of not being able to be independent, of not making some decisions, to being dependent on others to help you with the basics of everyday life, wondering how long this journey is going to last, and indeed just living!!

You DO NOT want to be here so when you start out you have feelings of being anxious, loss, betrayal, fear, loss of control, and every other negative thoughts that can be thought of. You are mad at the world and those around you, so you try to fight it. There is an old saying "Pick your battles carefully" trust me I tried fighting it. It didn't work, because fighting it is not the answer. The simple truth is you and I have to find ways to cope with all of these feelings and the stress of this journey that we all are on together, which I admit is easier said than done. I have found several things that have truly helped me, that maybe can help you as well.

- ☐ Prayer and giving it to a higher power to handle the stress. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest" — Matthew 11:28
- ☐ Talk to somebody, and I mean really talk to someone. Talk to a Nurse. Talk to a CNA. Talk to another Resident. Talk to a Pastor. Talk to your Social Worker. Talk to your family members. Really, really Talk to SOMEONE!
- ☐ Focus in on the fact that you are safe and in a safe place!
- ☐ Accept the fact that this day, this journey was bound to come! So try to make the best of it!
- ☐ Pray a lot!!!

Down the road of this journey you start to realize that you need to accept the situation, adapt, function, and cope as best you can because it is survival training for us older folks. And yes it is something that I am not totally use to, but in a way it is somewhat comforting because it gives me some sense of control of my life. Make no mistake about it. This is a journey of trust, hope, faith, endurance, and a whole lot of prayer!

Each one of us has a reason and story for being here good or bad, they are the reality of our situations. Don't Let the Dragon Win!



## WINTER WORD SEARCH

### FIND THE WORDS!



A Y G X D V Q O S O O L H R R S C A R F  
 Q L J A N U A R Y X J O Y R M R T G D T  
 X D X J Q X G M S S N O W F L A K E U Q  
 E I W T G Q I N B T G J C Y C G T T I M  
 G N I D D E L S I T O R L H Y K A W S W  
 V F E B R U A R Y I Z O F R E E Z I N G  
 N P A Q Q H S T L P K I B L U D Q Z C B  
 T C J K S K N Y V T A S H O V E L T V E  
 J L S K G D O J P Q A N R F D G O A Q N  
 D M N B D M W V R X A O R W R Y T Y F W  
 J C O L D S M U N P Y W C E Q O Z C V M  
 W G W O E R A B V S M B X M B B S Q W A  
 B I A G V L N M S E W A K F F M O T F A  
 I M N D V U C V T M A L G L O V E S W I  
 E I G T C V P Q J S I L X B M B G C Y B  
 U G E N E N S F K U I S H L G V P P E X  
 I O L B B R U C U G R R T N W L Z T O D  
 K Q N C V P E I U N C O H G X F D A U I  
 M Q K T Y I W O K U U N Z C S V V H Q Z  
 A F R H X X X J A U R K W F Q L P S V C

BOOTS  
 COLD  
 FREEZING  
 HAT  
 SCARF  
 SLEDDING  
 SNOWFLAKE

CHRISTMAS  
 DECEMBER  
 FROST  
 ICE  
 SHOVEL  
 SNOWANGEL  
 SNOWMAN

COAT  
 FEBRUARY  
 GLOVES  
 JANUARY  
 SKIING  
 SNOWBALLS  
 WINTER