

# Elaine's Hope®

LUTHERAN HOME MEMORY CARE

SPRING 2024  
NEWSLETTER

## Making The Most of Your Visit

From Jolene Brackey's book, *Creating Moments of Joy Along the Alzheimer's Journey*

*Understand that people with Alzheimer's may not recognize you. There's no need to put it to the test by saying this very common phrase: "My name is Helen. Do you remember me?" If you are sensing they are wondering who you are, simply introduce yourself by your first name and visit as a friend or a stranger.*

*"Hi. What a long day! Would you mind if I sit down?"*

*"You look comfortable. May I join you?"*

*"Hello, I brought you some ice cream. Would you help me eat it?"*

*What triggers their memory is not what we say, but what we put in their hands.*

- *Something to share: a flower, pictures, a present*
- *Something to smirk over: a letter, old pictures, jokes*
- *Something to nibble: fruit, snacks, ice cream*
- *Something to play with: bubbles, balloon, bouncy ball*
- *Something to hear: birds singing, favorite song, child's voice*
- *Something to smell: lilacs, cinnamon rolls, lotion*

*Family heirlooms and keepsakes are irreplaceable. If you leave them in a memory care community, they may be misplaced. Create a moment of joy by bringing them with you when you visit and take them home again. And bringing something isn't always required. If you didn't bring something, take the pressure off by talking in ways that doesn't require a response.*

*"This weekend I went to..."*

*"You're such a good mom because..."*

*"When I was a kid we used to..."*

### NEWSLETTER CONTENT

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MAKING THE MOST OF  
YOUR VISIT

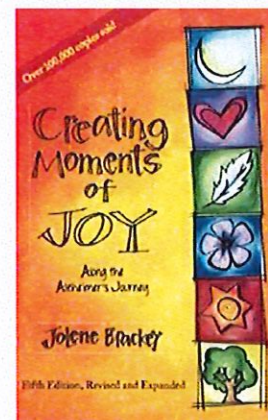
DEMENTIA SPECIFIC  
AWARD

EMPLOYEE SPOTLIGHT

CAREGIVER SUPPORT

SPRING REMINDERS &  
COMMUNITY UPDATES

UPCOMING ACTIVITIES





## Moments of Joy

*Don't feel like you have to "talk" to create a moment. The length of time is also irrelevant; it's the quality of time that counts. The resident feels your presence more than your words. Just your being there brings joy. (page 222-224)*

If you have any questions about how to navigate a visit with your loved one, please don't be hesitant to reach out to the Elaine's Hope team. We are more than happy and willing to provide tips or suggestions.

Additionally, if you are interested in reading Jolene Brackey's book, *Creating Moments of Joy Along the Alzheimer's Journey*, **contact Dyonne Wilhelm to be entered in a raffle to win a free copy!**

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## Elaine's Hope Receives *Dementia Specific*<sup>™</sup> Award

For a second year in a row, Elaine's Hope Memory Care has been recognized as a ***Dementia Specific*<sup>™</sup>** facility dedicated to providing quality dementia care, which is the highest level possible per The Dementia Care Designation System<sup>™</sup>. The Dementia Care Designation System<sup>™</sup> presents an opportunity to raise the standard for what "dementia care community" means when a provider is advertised as such to the public.

Elaine's Hope received the award as our facility measures up to providing services and standards to individuals with dementia. Consumers and families can trust a ***Dementia Specific*<sup>™</sup>** facility will provide the utmost quality care. Aside from incorporating the essential and many functional design elements into Elaine's Hope, we also utilize fundamental approaches during meals, include holistic approaches to activities and programming, and apply individualized behavior techniques as they arise. A key component to this distinction and what separates us apart from the rest is the level of education and training for caregivers and the community. Maintaining connections and having resources available to staff, families, and the community is essential for the success of a dementia program.

Elaine's Hope is honored and fortunate to have a team dedicated to maintaining the dignity and quality of life for those living with dementia by showing compassion, empowerment and providing the best care possible. We are a team that is devoted to offering support and education for many care partners, which allows them to make the most of their precious time spent with their loved ones.





# Employee Spotlights for Elaine's Hope



**Tori Cotton**, a Charge Aide, has worked at Lutheran Home for 7 years. Prior to working here, she was a dietary aide and enjoyed being around the elderly. Tori decided she wanted to be more hands on with the residents, so she started her CNA career at Lutheran Home as a bath aide. Eventually, Tori became a regular aide and received a promotion as a Charge Aide in 2020. Tori appreciates being a CNA because she looks at the residents like family and finds joy being around and helping them!

In Elaine's Hope you can often find Tori singing with the residents, making them laugh, reminiscing about memories, painting their nails, and styling their hair. You can also catch Tori going above and beyond by helping transport residents to and from activities and escorting them to the café for an extra treat. Tori is very knowledgeable in dementia techniques and happy to assist families/loved ones with ideas if challenges arise.

In her free time, she enjoys cooking and being a mom to her vivacious 2-year-old son. She is currently in school pursuing a degree in nursing!



**Rashelle Carrington**, one of our night shift LPN's, has been with the Lutheran Home since 2013. She started her journey first working here as a CNA for 8 years. Rashelle was awarded one of the Plautz Scholarships for nursing from Lutheran Home and has been working as a nurse in Elaine's Hope for almost 3 years. When asked what brings her the most joy about Elaine's Hope, she said "it's the welcoming environment and consistent staff". Rashelle has always had a passion for helping others and feels like she can always learn something from her residents. She chose a nursing career

because of her natural compassion and feels like the residents are her extended family. In her free time, Rashelle spends her time with her grandkids, volunteering at her daughter's daycare center, and is currently writing a book.

## Keep in Touch

### Elaine's Hope Neighborhood Phone Extensions

**414-258-6171**

Highlands: x514  
Pasadena: x524  
Ravenswood: x534

### Administrative Phone Numbers

Administrator  
Dyonne Wilhelm  
414-316-2378

Care Manager  
Sydney Buck  
414-316-2326

Nurse Manager  
Dannie Rombca  
414-316-2727

Program Coordinator  
Clara Clifford  
414-316-2230

Director of Caregiver Support  
Stephanie Leanes  
414-316-2726  
(Office located on SE side of LH)

### Urgent Matters ONLY:

Nurse Cell Phone  
414-217-0873



# Caregiver Support



Stephanie Leanes, Director of Caregiver Support, has been with the organization for over 14 years. Stephanie graduated from Northern Michigan University with a degree in social work with a focus in gerontology. She has worked with seniors with various forms of dementia as well as behavioral challenges for over 25 years. Stephanie's primary role within the organization is to

provide support, resources, education, and opportunities for respite for caregivers. Stephanie is also a certified PAC Independent Consultant with training by Teepa Snow. Prior to her current role, Stephanie was the administrator of memory care at the Lutheran Home and was very involved in the strategic planning for Elaine's Hope.

What does this mean for you? Stephanie is part of the ancillary staff of Elaine's Hope and is available to support you, whether it be coping with loss and grief associated with this disease, or just finding resources for you. Her door is always open.

Stephanie also facilitates two support groups every month through the Alzheimer's Association. The group meets at the Lutheran Home every third Monday of the month with a morning and afternoon group. Flyers are available at the check-in kiosk at Elaine's Hope.

In addition to her caregiver support role, she oversees the adult day center and early memory loss program which serves as respite opportunities for caregivers.

Please call her at 414-258-6171 x726 if you would like to speak to her. Or, email at [Stephanie.Leanes@thelutheranhome.org](mailto:Stephanie.Leanes@thelutheranhome.org).

***“Dementia does not rob someone of their dignity. It's our reaction to them that does.” – Teepa Snow***

## Did you know?

- Lutheran Home & Harwood Place served over 1,100 clients and residents in 2023.
- Elaine's Hope served 88 residents in 2023.
- Elaine's Hope sustained an average census of 66 rooms in 2023.
- Lutheran Home & Harwood Place are proud sponsors for the Alzheimer's Association and local Tosa organizations.
- In 2023, The Longest Day event raised over \$4,700 for the Alzheimer's Association.
- Lutheran Home received awards for Best Long-Term Care and Short-Term Rehab from U.S News for 2024.
- Lutheran Home & Harwood Place proudly employs almost 500 employees.
- Lutheran Home & Harwood Place are grateful to have over 100 volunteers back since COVID.
- Lutheran Home is in the process of renovating the sub-acute rehab unit and it is set to re-open in August.



**FREE  
CLASS!**

# Dementia Education Workshops

## DATES

Saturday, April 13th  
9am-11am (Elaine's Hope)

Thursday, May 16th  
5:30-7:30 (Elaine's Hope)

Thursday, June 20th  
5:30-7:30 (Elaine's Hope)

Sat July 13th  
9am-11am (Elaine's Hope)

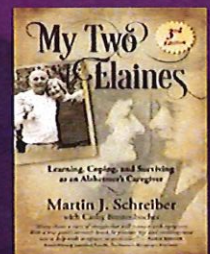
## RSVP

Stephanie Leanes  
414-258-6171 Ext.726  
Stephanie.Leanes@thelutheranhome.org

## DESIGNED FOR THE FAMILY CAREGIVER

You will learn about:

- Dementia and the differences in types and stages
- Techniques to interact with someone with dementia
- Communication and making the most of your visits
- Caregiver struggles and taking care of yourself



Attendees receive  
FREE signed book!

Classes Supported by:





**2024**

**Milwaukee**

**Lutheran Home and Harwood Place**

**Alzheimer's and Related Dementia Caregiver Support Group**

Two groups held every **third Monday**  
of every month

**a.m. group 10:00 – 11:30**

**p.m. group 1:30 - 3:00**

**January 15, 2024**

**February 19, 2024**

**March 18, 2024**

**April 15, 2024**

**May 20, 2024**

**June 17, 2024**

**July 15, 2024**

**August 19, 2024**

**September 16, 2024**

**October 21, 2024**

**November 18, 2024**

**December 16, 2024**

▶ **Location: The Lutheran Home and Harwood Place**  
**7500 W. North Avenue**  
**Wauwatosa, WI 53213**

▶ **Facilitator(s): Stephanie Leanes**  
**(414) 258-6171 Ext. 726**  
**[Stephanie.Leanes@thelutheranhome.org](mailto:Stephanie.Leanes@thelutheranhome.org)**



# Spring Reminders & Community Updates

## Moments of Joy

### Use of Patios and Main Courtyard

Your key fobs work to provide access to the patios/porches within Elaine's Hope. For everyone's safety, please escort only your loved one when going outside.

The Lutheran Home also has a large center courtyard, located just off the Café and around the corner from the Childcare. All families and visitors are welcome to utilize the space for walking, sunshine, or visits in the gazebo with loved ones. We encourage you to enjoy any of these outdoor options when the weather permits!

### Safety Outside

Be mindful that the grass may be soft. Please keep wheelchairs to the paved areas to prevent them from getting stuck.

### Donations Needed...and appreciated!

- Seasonal flowers for our raised flower beds
- Sunscreen Lotion (new/store bought)
- Body Spray or Perfume (new/store bought)
- Nail Polish (new/store bought)
- Activity Books (word searches, coloring pages)
- Bag of Candy for Bingo prizes
- Crystal Light Lemonade

### Help Wanted....

You and your loved one can help us water the flower beds on the patios and courtyard. Please return hose and equipment back to a safe location.

### Save the Date!

On June 21<sup>st</sup>, we will celebrate The Longest Day. Stay tuned for more updates and activities.





# Upcoming Events

APRIL

2

10:30 - 11:30 AM

MCAL Interger:  
Balloon Fun (CR)



APRIL

4

2:00 - 3:00PM

Musical  
Performance by  
Julie Anne Lovely  
(HH)

APRIL

10

10:30 - 11:30 AM

All House Interger:  
Celebrate Kids Week  
(HH)



APRIL

11

1:30-2:30 PM

Baking Jello Cake  
(Pasadena)

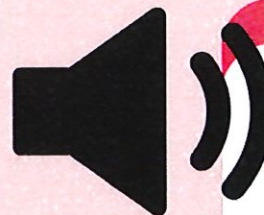


APRIL

15

1:30 - 2:30 PM

Gardening Group  
(on units)



APRIL

16

10:30 - 11:30 AM

MCAL Interger:  
Name that Sound  
(CR)



# Upcoming Events

**APRIL  
17**

1:30-3:30PM

**Milwaukee Domes  
Outing**



**APRIL  
18**

2:00 - 3:00PM

**Musical  
Performance by  
The Remember  
When Duo (HH)**



**APRIL  
19**

10:30 -11:30 AM

**All House  
Intergen: Pots &  
Plants (HH)**



**APRIL  
24**

1:30 -2:30 PM

**Peaceful Painting (CR)**



**APRIL  
25**

2:00-3:00PM

**Musical  
Performance by  
the Sherwood  
Apler Band (HH)**



**APRIL  
26**

1:30-2:30

**Arbor Day Happy  
Hour (CR)**

