



Family Connection

A Note from the Campus Administrator

Greetings,

I hope everyone is enjoying the first week of summer. We are keeping busy at Martin Luther, with many projects on hand.

Martin Luther Care Center continues its reconfiguration project. We are still on track to finish by sometime in October or November. Currently we are working on the next part of the addition, which is off to the right side of the existing building. This new addition will include our new multi purpose space, conference rooms, office space, and lobby area. We have also started the remodel of our kitchen downstairs. This will take about 8 ó 10 weeks to complete. In addition to these projects, we've finally gotten some of our landscaping finished so our residents will be able to use the courtyards we have sometime soon.

Meadow Song, our 14 apartment memory care community, is now open at Meadow Woods. In addition to staff participating in special memory care training through the CA-RES Program, we remodeled the units on the north side of first floor to meet the needs of our residents with memory care and to create a small community setting. If you are interested in a tour, please contact Mary Jass at 952-948-5181.

While we are still in this construction phase, we will have limited parking on campus. We apologize for any inconvenience that this may cause. Once finished with the construction project, we will be opening up the rest of the parking lot, and creating more spaces where the current woodchip lot is.

In an effort to remain more "green" we are not going to mail these newsletters anymore unless you request them to be mailed to you. We will print off copies to have at each of our sites, and you have the option to receive these by email. If you wish to have this emailed to you, please send a request to koquist1@fairview.org or call Kim Oquist at 952-948-5146.

Enjoy the summer!

Andrea Nelson, Asst. Administrator

952-948-5171



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Daily Life

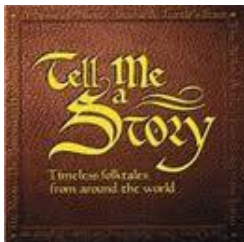


Adopt a Grandparent Program

Since the Martin Luther Campus is nestled on the Minnesota river bluffs within a short walking distance from Indian Mounds Elementary School, we had an opportunity to grow a relationship between the residents and students of the three fifth grade classes. These exuberant young people brought smiles to residents by singing, reading, and visiting with residents who shared their stories readily. On the monthly visits students wore the shirts given to them by the residents. "I volunteered at the Martin Luther Campus and all I got was this shirt ... and lots of appreciation." was on the backs of the shirts. Students visited the residents at the Campus Club, Meadow Woods, and the Care Center.

Activities were alternately planned by campus staff and school staff. We hope to continue our relationship again this fall.

Bev Heise



Life Long Learning

Our Lifelong Learning classes continue. Our classes with Northern Clay will be continued for two more years. As Helen C. says, "Clay isn't just for kids. It's for grandmas too".

Our association with MacPhail School of Music, Kairos, and the Bloomington Art Centers continue.

Hennepin County libraries in conjunction with the Minnesota Creative Arts and Aging Network will be sponsoring a mini creative arts camp this summer and fall. We are in the planning phase to bring a storyteller to our campus through this program. I will keep you posted as we progress.

Bev Heise



Bloomington Theatre and Art Center Provides Watercolor Classes for Martin Luther Campus

In early 2010, as a part of the Martin Luther Campus Life Long Learning initiative, Martin Luther Campus contacted the Bloomington Art Center about offering classes to our participants and residents. After perusing through the catalogue of course offerings and some initial meetings, with Mary Cummings, Education Director, we decided to begin our experience with the Bloomington Theatre and Art Center with watercolor classes.

Classes were first held in late January and we have been painting ever since! What a hit it has been! Our classes began with the Creekside Club participants and Highland House residents at the Creekside Club Program. After our initial class was well underway, we expanded the program to include Campus Club participants, Meadow Woods and Martin Luther Care Center residents.

Each watercolor class has been led by Holly, a Bloomington Art Center instructor who is not only very experienced and knowledgeable about watercolors, but also has a background in occupational therapy. Holly has worked with each of the groups to help us understand that the importance of the classes is not the finished product but the process! Of course, she has given us lots of room to be creative and to have loads of fun during our most creative moments! The classes have broadened our world and helped us discover that we really can be artist if we put our minds, hearts and fingers to work!

A special thank you to Martin Luther Campus Life Long Learning and the Martin Luther Auxiliary for making this successful learning opportunity possible for our participants and residents.



Sally Peterson

Caring Corner



Memory Walk 2010

Join us in our 2010 Memory Walk for Alzheimer's. September 25th, at Hyland Park in Bloomington. 8:30 am to 10:30 am.

All MLC employees and family members are invited to join our memory walk team. If you'd like to walk, please sign up with Andrea Nelson. If you'd like to donate please write a check to the Alzheimer's Association and give it to the receptionist or Andrea Nelson.

As a fundraiser, we will be selling "Forget Me Not" tags in the lobby of MLCC. These are used for remembrance of a loved one and will be hung up in the lobby for everyone to see. If you would like to purchase one, please do so at the front desk of MLCC.

Thank you for your support!

Andrea Nelson



Lutheran World Relief

Martin Luther Care Center, Meadow Woods, Creekside Adult Day Program and Martin Luther Adult Day Programs are now drop-sites for Luther World Relief Health Kits.

We are accepting donations of the following items:

- Hand towels and wash cloths to dark colors are preferred
- 4-5 oz. bath size soap bars
- Adult tooth brushes in their original package
- Sturdy Combs*
- Metal Nail files or clippers that have a nail file attached*



Band Aids to any brand

We thank you for your generous donations that have already come in! We have started putting health kits together to send to Haiti's earthquake victims. Items can be placed in the baskets located in any of the facilities listed above. Let's continue to fill our baskets and make a difference around the world. Thanks for your help!

*These items are needed immediately to complete kits

Jenny Cooper



Life Long Learning

Seniors Notice More Than Youngsters Do

A new study has shown that seniors take in more information from the environment. Researchers call it "hyper-encoding," seniors notice more of what's going on around them and merge it with other information they're getting at the same time. And they are 30 percent better at it than their younger counterparts.

Here's an example: Let's say a senior is out with their daughter talking to a friend, Mr. Jones, on the street, listening to what he's saying. Not only do you listen to him, but you also notice that he's wearing a red tie and a blue shirt. Later the senior says to their daughter, "I'd like to buy your father a shirt like Mr. Jones was wearing," To which the daughter will likely reply: "What shirt? I didn't notice it." Not only that, but if you happen to spot that same shirt in a store, the senior is more likely to remember where they first saw it. Does this make the senior wiser? Perhaps. Seniors suspect that they are better at making decisions because they have noticed so much more around them over time. They understand cause and effect because they have witnessed events and taken in information, and when new information is presented, they can tie it to the previous events they've seen.

Seniors are good at problem solving, likely because of past experience. They take the parts and pieces and put them together in ways that their younger counterparts don't. They tend to get good grades in classes they take, likely because they remember old information and tie it to the new.

On the other hand, this reduced ability to filter out extraneous information can explain why many seniors find television commercials so annoying. Not only do they remember the content of the show they're watching, but they can also recall the commercial information, repeated over and over.

Sally Peterson

Do You Know



Martin Luther Campus Adult Day Programs

On June 10, Creekside Club and Campus Club braved a cloudy and rainy day to embark on an outing to Lake Minnetonka. Miraculously, the rain let up just as we were boarding the *Lady of the Lake*, on which we enjoyed a 90 minute narrated cruise around Lake Minnetonka. After eating a picnic lunch on board, we sat back and took in the spectacular views of the lake while learning a little bit about its history. Most of us stayed on the covered first level, while others climbed the steps to the two other decks to admire the views from those levels. Despite the clouds, the day was enjoyed by all.

In addition to our Lake Minnetonka cruise, Creekside Club has been taking advantage of the warm weather to go on many other outings. We have been to Baker's Square twice for pie rush Wednesday. We have been to Como Park for a picnic lunch and to visit the Conservatory. Next month we plan to go on a tour around the Minneapolis Lakes and to the Dairy Queen. Also in July we are going to a concert on Nicollet Island, after which we will picnic on the banks of the Mississippi River. In the coming months we also hope to return to Como Zoo, visit the Arboretum, Minnehaha Falls, and the apple orchard.

Heather Liesenfeld, Program Coordinator

We've Expanded!

Last September the Adult Day Program moved into the third floor of Meadow Woods Assisted Living. While we've enjoyed our new space and have been welcomed into the Meadow Woods community, we've been a bit crowded. After meetings with our campus administrators, housing managers and the owners, we have been given the apartment next to our program for this expansion. An opening was made in the wall and we have expanded! We love our new space and invite you to take a peek when you're in the neighborhood.

Jenny Cooper, Campus Club Program Coordinator

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Check us out on www.martinluthercampus.com



Black-eyed Pea Salad – Recipe courtesy of Sally Peterson

This salad is great with anything from a sandwich to grilled pork tenderloin or seafood. It is even better if made a day in advance so flavors can blend.

Dressing

- | | |
|--|-------------|
| ¼ cup red wine vinegar | 2 teaspoons |
| Dijon mustard | |
| 1 teaspoon dried oregano | ½ teaspoon |
| Kosher salt | |
| ¼ teaspoon freshly ground black pepper | |
| ½ cup extra virgin olive oil | |

Place all ingredients except olive oil in a small bowl. Whisk to blend and dissolve salt. While whisking constantly, slowly drizzle in olive oil until blended. Set aside while preparing salad ingredients.

Salad

- 2-15 ounce cans black-eyed peas rinsed and drained
 - 1 medium red onion, diced (about 1 cup)
 - 2 stalks celery, finely diced
 - ½ medium green pepper finely diced
 - 1 pint cherry or grape tomatoes, split in half lengthwise
 - 2 tablespoons minced fresh basil
- Combine all ingredients in a 3-quart bowl. Stir to mix well.
- Pour dressing over salad and toss to thoroughly combine and coat the salad. Refrigerate several hours or overnight.



Spicy Cocktail Meatballs –Recipe courtesy of Mary Nolan

Ingredients

For the meatballs:

- 1 pound ground beef
- 1 pound ground pork
- 1 cup plain bread crumbs
- 1/2 cup milk
- 1/2 cup finely chopped onion
- 2 eggs
- 1 chipotle pepper in adobo sauce, finely chopped
- 2 tablespoons adobe sauce (from can of chipotle peppers in adobo)
- 1 1/2 teaspoons salt
- 1 tablespoon canola oil

For the sauce:

- 2 tablespoons canola oil
- 1 cup finely chopped onion
- 2 teaspoons crushed red pepper flakes
- 2 cups ketchup
- 1/4 cup brown sugar
- 2 tablespoons red wine vinegar

Directions

To make the meatballs: In a large bowl, mix together all the ingredients, except the canola oil. Shape heaping teaspoons of the mixture into 1-inch balls. In a Dutch oven, heat a tablespoon of oil over medium-high heat. Working in batches, wiping pan in between, sauté the meatballs, turning frequently for even browning, until cooked through, about 4 to 5 minutes. Place on a paper towel-lined plate.

To make the Sauce: Heat oil in the same Dutch oven over medium-high heat. Add the onions and sauté until golden brown, about 8 minutes. Add the crushed red pepper and cook 1 minute. Stir in the remaining ingredients and reduce heat to low.

Add the browned meatballs to the Dutch oven and toss gently to coat with sauce.



Spanikopita Chicken Meatballs with Spicy Cucumber and Yogurt Sauce— Recipe Courtesy of Rachael Ray

Ingredients

- | | |
|---|---|
| ● 1 tablespoon extra-virgin olive oil, plus some for liberal drizzling | ● 1 1/2 cups Greek style plain yogurt |
| ● 1 small onion, finely chopped | ● 1/3 seedless cucumber, peeled and chopped |
| ● 4 cloves garlic, chopped, divided | ● 3 tablespoons fresh dill |
| ● 2 boxes frozen chopped spinach, defrosted. | ● 1/2 lemon, juiced |
| ● 3/4 cup crumbled feta cheese | ● 1 1/2 teaspoons, 1/2 a palm full, cumin |
| ● 1 pound ground chicken | ● 1 1/2 teaspoons, 1/2 a palm full, coriander |
| ● 1 tablespoons grill seasoning (recommended: McCormick Montreal Seasoning) | ● Salt |

Directions

Preheat the oven to 400 degrees F.

In a bowl combine onion and 3 cloves of garlic. Squeeze the water out of the spinach until completely dry. Separate the spinach as you add it to garlic and onion. Add feta, chicken and grill seasoning to the bowl and a liberal drizzle of extra-virgin olive oil. Mix the meat with veggies and feta and form 18 (1 1/2-inch) meatballs. Place the meatballs on a nonstick cookie sheet and bake 10 to 12 minutes until they are golden and juices run clear.

Place yogurt, garlic, cucumber, dill, lemon juice, cumin, coriander and a little salt in food processor and process until smooth. Adjust seasonings and transfer to a bowl. Serve meatballs alongside sauce with toothpicks.

Jeffrey Cooper

Helpful Hints



Go Green!

from "The Green Year"

Park your car in the shade whenever possible.

Gas evaporates from your fuel tank more quickly when you park in the sun. Parking in the shade lowers the temperature in your gas tank by up to seven degrees, significantly reducing fuel evaporation. When there is no shade available, park with your gas tank (the actual tank under the car, not the valve to fill it) facing away from the sun.

There is another benefit to parking in the shade: it keeps the temperature inside the car a little lower so you'll need less air conditioning when you get ready to drive off.

Repair your leaky faucet.

Leaky faucets can waste up to 20 gallons of water per day. Stop the dripping-and conserve water-by replacing the washer. It's a simple fix that will cost a few dollars. If you are not comfortable doing it yourself, call a professional.

Bev Heise

Household Hints

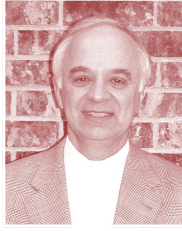
Here's an easy way to wipe out microwave grime: Place inside a 4-cup large microwave-safe bowl that contains 1 cup of water and a chopped-up lemon, lime or orange or several table-spoons of vinegar. Turn on High for several minutes or until the solution boils and the window is steamy. You must let it sit to cool for 15 minutes before opening the door. Remove and wipe out inside. Clean the rubber gasket around the door with a sponge dampened with water only. If the window is greasy, clean with a mixture of half vinegar and half water, then dry.

Yes, your dishwasher does need to be cleaned from time to time. Remove the utensil holders and racks. Check them for stuck-on food bits and then wipe down. Grab a handful of paper towels and carefully press them onto the base of the washer to pick up any shards, bones, and metal or food gunk. Add 2 cups of vinegar to the bottom and turn the machine on to Energy or Low Wash. Stop the machine in mid-wash, so the vinegar can set on the bottom and work. Let it stand for about 20 minutes, then turn on to finish cycle. When done, wipe out the inside.

An Ebenezer-Managed Community

Check us out on www.martinluthercampus.com

From OUR Home to YOURS



Chaplain Carlson

Have you been on our Martin Luther campus lately? If you have not, stop by and see the changes that are happening on almost a daily basis. The office for Pastor Diane and me had been temporarily relocated to the second floor of the Care Center, but as of this writing we are back in our normal space just off the Care Center chapel. A little has changed, but both Pastor Diane and I feel good to be home! A few weeks ago, we had a little blessing of our new Care Center Beauty Shop with an Open House on June 7 that was enjoyed by all! Doesn't Carol and her staff do a great job! She is so excited to have a new and enlarged space to make her Care Center clients even more beautiful! The chapel space in the Care Center is still yet to be remade, but in the future you will see a permanent wall and doors that will make the chapel feel more like sacred space. The stained glass windows were also taken out and will be reconfigured in the new space as well! Both Pastor Diane and I can hardly wait to see the finished product!

Change, whether it be on our Martin Luther campus or in life, is inevitable!

For some of you, retirement from the workforce took place when you reached the age of 65! Today that is changing as more men and women are in the workforce later in life. Health care is changing with the recent passing of the Health Care legislation that will impact how we deliver medical care in this country. Change is all around us! Earlier this month, we held our Memorial Service in the Care Center chapel. The names of five saints were read as we celebrated their lives and their time on our campus. Now four of these saints raised children, children whose lives have changed forever as they no longer have a living parent.

Change. Is it good? Some say yes, others say no! But whether it is good or not, change is happening all around us at sometimes an alarming pace. What are we to do? Embrace change! Let it be a friend instead of an enemy lurking around the corner. Seek to understand what is changing and why. Sometimes understanding is the first step to acceptance. And then remember! Even though life is changing around us, we worship a Lord who is changeless. As the book of Hebrews reminds us: "Jesus Christ is the same yesterday and today and forever." Thanks be to God!



SPIRITUAL CARE FUND

In the last Family Connection, I wrote about the change in our Spiritual Care Fund on The Martin Luther Campus. We are still receiving some checks written to Martin Luther Manor, so as a reminder, please remember that from now on, all checks should be written to The Ebenezer Foundation with the words... 'MLCC Spiritual Care fund' on the Memo line..

What that means for you is that ALL GIFTS TO SPIRITUAL CARE WILL NOW BE TAX DEDUCTIBLE! The Foundation will receive all offerings collected in chapel as well as Memorial money and then they will dispense the money as requested back to our campus. Rest assured, all spiritual care gifts received will stay on the Martin Luther Campus and all gifts of memorials will be acknowledged

If you have any questions, please don't hesitate to call me at 952-948-5170.

Thank you again for your support of spiritual care.

Chaplain Carlson



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*Do you have something to Share with Martin Luther Care Center, MW, Highland House, or ADC?
Contribute to the Family Connection! Have you moved? Keep us posted. Email koquist1@fairview.org*

Monthly Upcoming Events, please join us!

July

Alzheimer's & Memory Loss Support Group: 1st and 3rd Wed of the month @ 11:15

Memorial Service

@ MLCC: 2nd Wed of the month at 10:30

Happy Hour

@ MLCC: 2nd Wed of the month at 2:00

Birthday Party

@ MLCC: Last Wed of the month
@ MW: Last Fri of the month at 2:30

Caregivers Group

@ MW Chapel at 10:30 on the 4th Thursday of the month

August

Alzheimer's & Memory Loss Support Group: 1st and 3rd Wed of the month @ 11:15

Memorial Service

@ MLCC: 2nd Wed of the month at 10:30

Happy Hour

@ MLCC: 2nd Wed of the month at 2:00

Birthday Party

@ MLCC: Last Wed of the month
@ MW: Last Fri of the month at 2:30

Caregivers Group

@ MW Chapel at 10:30 on the 4th Thursday of the month

September

Alzheimer's & Memory Loss Support Group: 1st and 3rd Wed of the month @ 11:15

Memorial Service

@ MLCC: 2nd Wed of the month at 10:30

Happy Hour

@ MLCC: 2nd Wed of the month at 2:00

Birthday Party

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Caregivers Group

@ MW Chapel at 10:30 on the 4th Thursday of the month

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Residents and families from all sites are welcome to participate in these events.