

FINDING BALANCE: INNOVATION IN RESTORATIVE CARE AT MCH

In her seventeen years as Director of Recreation Therapy, Bridget McNair has observed the impact of falls on the lives of residents at Milwaukee Catholic Home. "When an elderly person falls, it's life changing," Bridget said. She also noted that the risk of falls is increased for residents with a diagnosis of Alzheimer's or dementia, especially following a hospital stay.

Bridget's observations led her to seek funding from the Helen Bader Foundation to conduct a study on fall prevention. The study would document the impact of strength and balance programming on the frequency and severity of falls among residents of MCH's Health and Rehab Center.

Using grant funding, Bridget hired two research assistants to assist in collecting pre and post data. Among MCH staff, the study was a team effort between the nursing and recreation therapy departments: both CNAs (certified nursing assistants) and recreation therapy assistants were trained to assist in implementing the program.



Bridget McNair (right) and the interdisciplinary Restorative Care team

The study was conducted in two phases: the first involved a group of 8 residents, and the second a larger group of 16. Residents selected for the study groups had to have an existing Alzheimer's or dementia diagnosis and have had at least one documented fall in the past quarter. To design the programming, Bridget drew on her undergraduate and graduate studies in fitness, physiology and recreation therapy. Programs involved basic strength-building and balance exercises, including the targeted use of weights to strengthen specific muscle groups, and participation in balance games.

The time and hard work put in by Bridget and her team paid off. In both phases of the study, the programs were found to significantly decrease falls and improve strength and balance.

What makes the programming unique, Bridget said, is that it is an advanced exercise program designed specifically for elders with a dementia diagnosis. In addition, any direct care staff member can be trained to run the program appropriately and effectively. "This program is not just for Milwaukee Catholic Home. All seniors can benefit from this type of programming," she said. Her next step is to publish her findings in the form of a research article, and to present them at one of several state-wide conferences on aging services.

The strength and balance program is now being implemented throughout the MCH Health and Rehabilitation Center as part of Restorative Care programming.

Board of Directors

President

Mr. Michael A. Faber

Vice President

Dr. Glenn Ragalie

Secretary

Mr. Christian G. Steinmetz

Treasurer

Mr. Michael Peer

Directors

Mr. John M. Cary

Ms. Mary E. Darling

Mr. Michael P. Formella

Mr. Steve Helfer

Mr. William E. Hughes

Ms. Pamela Knackert

Mr. David Laske

Mr. Gary D. Mahkorn

Ms. Sarah Oberhofer

Dr. Mark Repenshek

Chief Executive Officer

Mr. David Fulcher

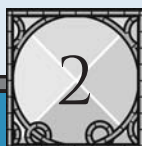
Nursing Home Administrator

Mr. Patrick Shaughnessy

Focus is published quarterly by Milwaukee Catholic Home, a continuing care retirement community, and can also be viewed online at www.milwaukeeecatholichome.org

If you would prefer to have your name removed from our mailing list, please email us at jrolfes@milwaukeeecatholichome.org or call 414-224-9700.

Editor: Therese Goode
tgoode@milwaukeeecatholichome.org



LETTER FROM THE CEO - TELLING THE STORY OF EXCELLENCE



**CEO David
Fulcher**

Last year, the Milwaukee Catholic Home family took some time to reflect on who we are. We explored our identity as a Catholic institution, celebrated the many groups of people who support our mission, and began to look back at our long history of service within the community of Milwaukee.

This year, as we continue to make preparations for our centennial, our theme for reflection is "Telling Our Stories." We want to create opportunities for residents and friends to tell stories of Milwaukee Catholic Home and its place in the lives of their families and communities.

To provide a framework for our reflection, we will be looking at each of the five values which guide our work at Milwaukee Catholic Home: excellence, compassion, integrity, benevolence and stewardship. These values have provided us with a solid foundation through our many phases of growth and transition over the past 98 years, and will continue to do so as we meet the challenges of an exciting future.

In this issue, we focus on the value of excellence. You will read about cutting edge fall prevention strategies being developed by our recreational therapy team, recent enhancements to our dining services, and some of the high quality and enriching programming enjoyed by our residents. These stories demonstrate the passion and commitment to excellence I see every day from MCH staff and volunteers dedicated to enhancing our residents' health, independence, and quality of life. I am proud to be able to share them with you.

In addition, we continue to look forward to our centennial by sharing a sneak peek at our "100 Years, 100 Lives" project: the story of our founder, Anna Marie Hackett. I hope you enjoy this first look back at our history, and that it inspires you to tell stories of your own.

Milwaukee Catholic Home Values

Compassion: Awareness and empathy concerning the needs others.

Excellence: A commitment to the highest standards delivered with competence and continuous improvement.

Integrity: Honesty, openness and sincerity.

Benevolence: The desire to do good through acts of kindness and generosity.

Stewardship: Responsible management of the resources entrusted to us.

100 YEARS, 100 LIVES: ANNA MARIE HACKETT

Mrs. James Hugh Hackett (as she is usually called in newspaper clippings from the period) was born Anna Marie Conroy in 1869. Her parents, James and Margaret Conroy, were some of Milwaukee's earliest settlers. Although she later became one of Milwaukee's most prominent citizens and philanthropists, her family's pioneer spirit is evident in all of her work, and most notably in the founding of Milwaukee Catholic Home.

In 1900, Anna Marie married Dr. James Hackett, a private practice physician and member of the St. Mary's Hospital surgical staff. James and Anna Marie were both widely involved in local Catholic organizations such as Catholic Knights of Wisconsin and the Marquette Women's League. It was through her work with the Marquette Women's League that Anna Marie first developed the idea of a residence for older adults which would specifically serve the Catholic community in Milwaukee. At a meeting on May 11, 1911, the League formed a committee, headed by Anna Marie, to work towards the establishment of a "Catholic Home for the Aging."

An initial donation of \$1000 from the Marquette Women's League was gradually augmented over the coming years through fundraising efforts such as garden parties, card parties, and a benefit performance at the now-historic Majestic Theatre. One of Anna Marie's closest collaborators was Anna Cudahy, wife of Milwaukee meat-packing entrepreneur Patrick Cudahy. Anna was one of the earliest and most passionate supporters of the undertaking, hosting dozens of fundraising events and providing significant financial support.

As Anna Marie and her associates worked to raise support in the community, the Catholic Home for the Aging was officially incorporated on June 21, 1913, and a Board of Directors was elected. Unsurprisingly, Anna Marie was elected president, and Anna Cudahy was elected vice president. A 1914 newspaper article about the new institution quotes Anna Marie: "Though it is conceded that we may have to start with an humble beginning," said Mrs. Hackett, "the need of such a home is generally felt and we hope in time to be able to extend our work to larger dimensions."

One thing was missing: the physical location. This need was filled through the anonymous donation of the beautiful Goodrich Estate at 544 Astor Street on Milwaukee's East Side, later revealed to be a gift from Anna and Patrick Cudahy. Various supporters sponsored the furnishing of individual rooms in the new building, creating what one newspaper article called an "atmosphere of home-likeness and quiet elegance."

(continued on page 4)



Milwaukee Sentinel, June 4, 1914

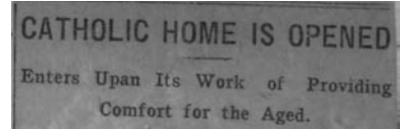
Anna Marie Hackett

100 YEARS, 100 LIVES: ANNA MARIE HACKETT

(continued from page 3)

On October 1, 1915, the Catholic Home for the Aging was formally opened and blessed by Archbishop Messmer at an inaugural Mass and ceremony, and the first 15 residents were admitted. In his address, Archbishop Messmer said, "This is a most joyous occasion, and we have reason to thank God for the good work thus happily accomplished, in carrying out the idea of a Catholic home for the aged...I am very glad to congratulate the ladies who have taken this great work in charge, upon the success of their aims."

Anna Marie continued in her leadership of the growing organization throughout her life. She also found time to serve Milwaukee in numerous other capacities, including as a provincial director for the National Council of Catholic Women. In 1925, she was honored by Pope Pius XI for her work, and was also awarded a certificate for distinctive civic service by Marquette University. Nearly a century later, her leadership continues to inspire the Milwaukee Catholic Home community in service and the pursuit of excellence.



CATHOLIC HOME IS OPENED
Enters Upon Its Work of Providing
Comfort for the Aged.



BLESS HOME FOR AGED
Many Attend Ceremonies at Opening of
Catholic Institution—Costly
Gifts Announced.



Home for Aged
Gets Blessing
of Archbishop
Catholic Institution Is For-
mally Opened With Im-
pressive Ceremonies.

Articles from the Evening Wisconsin, Milwaukee Journal and Free Press, October 2, 1915

2011 ANNUAL MEETING

The Annual Meeting of the Milwaukee Catholic Home Corporation was held in January, with over 100 members in attendance. Board President Sarah Oberhofer reviewed the many accomplishments of the past year and challenged the MCH community to strive for excellence in the year 2012. She also introduced the new Board President, Michael Faber, who will serve for a two-year term.

Board Secretary Chris Steinmetz announced that a special meeting of the Corporation will be called in a few months' time to allow members to vote on some proposed changes to the MCH Articles of Incorporation.

The meeting concluded with a slideshow of photographic highlights from 2011, presented by the Marketing Department. Members and guests then celebrated with cocktails and hors d'oeuvres.

For information on becoming a member of the MCH Corporation for 2012, please contact Director of Community Outreach Anne Catalane at (414) 220-3250.



Residents Bob and Virginia Payant and Jeanne Normoyle enjoy food and fellowship following the Annual Meeting



DINING SERVICES TAKES A FRESH APPROACH

Exciting changes are coming to the dining room in The Residence at MCH. In March, dinner service at The Residence will move to open seating between 4:30 pm and 6:30 pm. Residents will have greater flexibility in dining time and meals will be cooked to order. The new approach will give residents more choice and fresher options, as well as minimizing waste.

Executive Chef Chris Reinheimer and his staff are excited to take on the challenges of the new dining philosophy. "Our staff has a passion for constant improvement," says Chris, noting that his staff loves hearing feedback from residents and using it to enhance dining services at MCH. Residents have even shared favorite childhood recipes with dining staff, who have added these dishes to the menu.

As a long-term goal, Chris hopes to incorporate production kitchens on each floor of the Health and Rehab Center, allowing residents to enjoy restaurant-style service and fresh, cooked-to-order meals. Chris also hopes to find additional volunteers to work in the MCH gardens so that he can continue to use home-grown vegetables and herbs in creating meals.



Chris Reinheimer, MCH Executive Chef, puts the finishing touches on the perfect burger

SINGERS OF UNITED LANDS

The weather might be grey and chilly, but winter has been anything but gloomy at Milwaukee Catholic Home. One of the most exciting events in the past few months was a February performance by Singers of United Lands (SOUL), an exuberant group of young performers each representing a different continent. The four singers from Bolivia, Namibia, India and Poland presented an enthralling musical experience blending their unique cultural perspectives. In addition to sharing music, the singers also spoke about their respective heritage and traditions. Residents were encouraged to participate through song and conversation. The SOUL singers enjoyed MCH hospitality overnight and then joined residents for Sunday brunch, capping off a weekend of multicultural fun.



The SOUL singers brought an afternoon of international songs and stories to MCH residents



GIFTS FROM THE HEART

Milwaukee Catholic Home gratefully acknowledges our generous benefactors. Gifts of cash, property, securities, bequests and other gifts assist us in providing outstanding retirement and health care services for our residents. We encourage gifts in memory or honor of a loved one. We will be happy to notify the individual or family member of your generosity.

The following gifts were received between October 1, 2011 and December 31, 2011:

**IN HONOR OF
MR. NICK CARTER**

Mr. and Mrs. Anthony & Natividad Carter
Mr. and Mrs. Daniel Carter
Ms. Joan Leal Carter
Mr. and Mrs. Peter Carter
Mr. and Mrs. Thomas & Virginia Carter

**IN HONOR OF
MRS. PEGGY SHEEHAN**

(Gift designated to the
Chaplaincy Endowment)
Mr. and Mrs. Alan Nesburg

**IN MEMORY OF
MR. AND MRS. WILLIAM
AND THERESE BECK**

(Gift designated to the
Benevolent Care Fund)
Mr. and Mrs. John Beck

**IN MEMORY OF
MR. EDWARD BRENK**

(Gift designated to the
Benevolence Endowment)
Ms. Jane Williams

**IN MEMORY OF
MS. JANE BUETTNER**

(Gift designated to the
Benevolence Endowment)
Mr. and Mrs. Irwin Purtell

**IN MEMORY OF
MR. AND MRS. FRED
AND CAROL CHARLES**

(Gift designated to new
seating for the 6th Floor
Theatre)
Mr. and Mrs. Robert Probst

**IN MEMORY OF MS.
GRACE CONNOLLY**

Mr. Gerald Connolly

**IN HONOR OF
MS. EILEEN DIERBERGER**

(Gift designated to the
Benevolent Care Fund)
Dr. and Mrs. Thomas &
Patricia Bunch

**IN MEMORY OF
MRS. DELORES FORMELLA**

(Gift designated to the
Recommitment to the
Community Fund)
Mr. and Mrs. Michael
Formella

**IN MEMORY OF
MR. ALVARO GARCIA**

Ms. Barbara VandeCreek
Mahoney

**IN MEMORY OF
MR. ALBERT GEHL**

Ms. Rachel Finger
Mrs. Julia McKale
Mr. Michael Mulcahy
Mr. Walter Oestreich

**IN MEMORY OF
MS. MIRIAM GLOCKE AND
MS. EDITH GLOCKE**

(Gift designated to the
Library Fund)
Ms. Lora Hildebrandt

**IN MEMORY OF
MRS. MARCELLA KNIGHT**

Ms. Diane Knight

**IN MEMORY OF
MRS. JEAN LUCEY**

(Gifts designated to the
New Piano Fund)

Anonymous
Anonymous
Mr. and Mrs. William Brand
Mr. Donald Buzard
Democratic Party
of Wisconsin
Mr. Edward DePreter

Mr. David Dorgan
Miss Marie Hasenoehrl
Ms. Janet Lavine
Mr. Thomas Lucey
Ms. Jere McGaffey
Mrs. Julia McKale

Mr. and Mrs. Robert &
Emmie Mikulay
Mr. and Mrs. John &
Rosemary Monroe
Onishi Care
Mrs. Anne Panthofer
Mr. Jack Poehlmann
Mr. Kurt Reinke
Mr. and Mrs. Robert &
Toni Reinke
Mr. W. Jeffrey Smoller
Mrs. Jean Sullivan
Mr. Jim Wudi

**IN MEMORY OF
MRS. MARGARET MACIVER**

Mr. Charles I. Broadnax
Ms. Cynthia Donovan
Hogan Financial
Management LLC
Ms. Ann Ross MacIver
Ms. Bobbi M. Mehigan
Mr. John Roche
Mr. and Mrs. Rodd &
Andrea Schneider
Mr. Mark Styles

**IN MEMORY OF MRS.
MARGARET MACIVER AND
MRS. LUELLE SANDRIN**

(Gift designated to the
Fine Arts Fund)
Ms. Helen Jacobs

**IN MEMORY OF MRS. MARY
CHAMBERS MULCAHY**

(Gift designated towards
new seating for the
6th Floor Theatre)
Mr. and Mrs. Charles &
Judy Mulcahy

**IN MEMORY OF
MR. T.L. MULCAHY AND
MRS. MARY MULCAHY AND
MS. HELEN CHAMBERS**

Mr. and Mrs. Patrick
Mulcahy

**IN MEMORY OF
MR. AND MRS. PAUL
AND MARY NOELKE**

(Gift designated to the
Pastoral Care Fund)
Mr. Paul Noelke

**IN MEMORY OF
MS. MARY E. O'NEIL**

(Gift designated to the
Library Fund)
Mr. Edward Kelly

**IN MEMORY OF MRS.
PATRICIA POEHLMANN**

Mr. Jack Poehlmann

**IN MEMORY OF
MS. EVELYN RICE**

(Gift designated to the
Benevolence Endowment)
Ms. Ginny Gribble

**IN MEMORY OF
MRS. RUTHELLEN SANDERS**

(Gift designated to the
Patio Improvement Fund)
Ms. Kathryn Howell

**IN MEMORY OF
MRS. LUELLE SANDRIN**

Miss Marie Hasenoehrl

**IN MEMORY OF MR.
GORDON B. SCHNEIDER**

(Gift designated to the
Patio Improvement Fund)
Mrs. Nancy Schneider

**IN MEMORY OF MS.
HARRIET SKOGSTROM**

(Gift designated to the
Fine Arts Fund)



Dr. and Mrs. John & Kristine Coffey

IN MEMORY OF MISS LORRAINE STRAWZEWSKI

Ms. Laura Goeden
Mrs. Julia McKale

IN MEMORY OF MRS. EUNICE TATE

(Gift designated towards a Nu-Step for the Therapy Gym)

Mr. John Cahill

IN MEMORY OF MS. ALEAH WENZLER

Mr. and Mrs. Johnny & Amy Davidsz

Ms. Arline Flesch

Mr. and Mrs. David & Judith Scharfenberger

Mr. and Mrs. Brian & Tricia Trexell

Mr. and Mrs. Emil & Clare Ujchich

Mr. and Mrs. William & Dolores Wenzler

NU-STEP FOR THERAPY GYM

Mr. and Mrs. Morris Fodiman

Mrs. Ann Lederman

Ms. Frances Lo

Mr. and Mrs. Thomas & Diane McGinn

PATIO POPS

Mrs. Dorothy Dernehl

Mr. Jim Wudi

NEW PIANO FOR THE RESIDENCE

Mrs. Doris Carbone

Mr. Bernard Flatley

PUTTING GREEN FUND

Mrs. Ellen Benton

Cleary Gull Holdings Inc.

Mr. Dave Harris

Mrs. Elinor Honigsberg

Mr. Jack Poehlmann

Dr. and Mrs. Glenn Ragalie
Therapy Plus of Wisconsin

NEW SEATING FOR 6TH FLOOR THEATRE

Ms. Anne Catalane

Mr. and Mrs. Harry & Corinne Ebmeier

Miss Marie Hasenoehrl

Ms. Frances Lo

Mr. and Mrs. Jerry & Bonnie Nabak

Mrs. Therese Ninneman

Mr. and Mrs. William and Amy O'Connor

Mr. and Mrs. Julie Weary

AVIARY OR AQUARIUM

Mrs. Gail Kursel

Ms. Jill Matt

BENEVOLENCE ENDOWMENT

Mr. and Mrs. George & Pat Adlam

Mr. and Mrs. Joseph & Linda Cardinale

Mr. and Mrs. Gustav & Elizabeth Dreyer

Mrs. Mary Dupuis
Greater Milwaukee

Foundation

Mr. and Mrs. Robert Hanley

Mr. Dave Harris

Mr. and Mrs. William & Jean Jermain

Mrs. Deloris Kloth

Ms. Frances Lo

The Laverne Rossi Trust

Mr. and Mrs. Peter Salamun

Ms. Margaret Sheehan

Dr. and Mrs. Robert Steiner

Mrs. Jean Sullivan

BIDINGER ENDOWMENT FOR THE FINE ARTS

Mrs. Jean Burg

Mrs. Josephine Conole

Mrs. Ruth Flaherty

Mr. and Mrs. Jack Fulcher

The Albert Gehl Trust

Miss Marie Hasenoehrl

Ms. Elaine Houlihan

Mr. and Mrs. William & Jean Jermain

Mrs. Angie Kopf

Mr. Stewart Lamb

Mr. Carl Muenzner

Mr. and Mrs. William and Amy O'Connor

CHAPEL REFURBISHMENT FUND

Anonymous

Mrs. Janet Carter

Mrs. Kathleen Cassafer

Mrs. Mary Kay Bertha

Mrs. Mary Dupuis

Ms. Audrey Komarek

Mr. Jim Wudi

CHAPLAINCY ENDOWMENT

Ms. Pamela Knackert

Ms. Audrey Komarek

Mr. Robert Larkin

Ms. Margaret Sheehan

Mr. and Mrs. Robert Streicher

Mrs. Jean Sullivan

CORPORATE MEMBERSHIP

Mrs. Phyllis Babb

Mr. Michael Benton

Mr. and Mrs. Robert & Mary Darling

Mr. Edward DePreter

Mrs. Ann Helfer

Ms. Elaine Houlihan

Mr. and Mrs. William Hughes

Mr. Stewart Lamb

Mrs. Rita Roth

Dr. and Mrs. Robert Steiner

Mr. and Mrs. Donald Steinmetz

Mrs. Diane Wright

FINE ARTS FUND

Mr. Paul Dernehl

Mr. and Mrs. William & Jean Jermain

Mrs. Mary Alice Klim

Mr. and Mrs. John & Rosemary Monroe

Ms. Therese Quirk

Mrs. Kathleen Rickert

Dr. and Mrs. Robert Steiner

Mrs. Jean Sullivan

LIBRARY FUND

Mr. and Mrs. William & Jean Jermain

Ms. Frances Lo

MUSIC THERAPY FUND

Mr. and Mrs. Miroslaw

Rogalski

PASTORAL CARE FUND

Mrs. Barbara Barrow

Mrs. Janet Carter

Mrs. Dorothy Dernehl
Eastcastle Place, Inc.

Ms. Audrey Komarek

Ms. Frances Lo

Mr. and Mrs. Robert Regner

Mr. and Mrs. Peter Salamun

Mr. and Mrs. Donald Steinmetz

PATIO IMPROVEMENTS FUND

Mr. and Mrs. William & Jean Jermain

Mr. Richard L. Schmitz

Mrs. Barbara VandeCreek
Mahoney

RECOMMITMENT TO THE COMMUNITY FUND

American Cancer Society

Ms. Anne Catalane

Mr. and Mrs. David & Christine Fulcher

Investors Advisory Group,
LLC

Fr. Timothy Kitzke

Ms. Sarah Oberhofer

Mr. and Mrs. Charles Wieber

SPECIAL CARE STAFF EDUCATION

Ms. Cheryl Sandrin

UNRESTRICTED DONATIONS

Mr. James Barry

Mrs. Mary Carter

Mr. Thomas Check
Coin Appliances, Inc.

Mrs. Mary Dupuis
Greater Milwaukee

Foundation William H
Wasweyler Fund

Mrs. Ann Helfer

Mrs. Gerturde Klapperich

Mr. Andrew Paretti

Mr. and Mrs. Skip and Ildy
Poliner

Dr. and Mrs. Glenn Ragalie

Mrs. Rita Roth

Mr. & Mrs. Larry Servin

Mr. and Mrs. Donald Steinmetz

Stu's Flooring

United Way of Greater
Milwaukee

Mrs. Mary Whalen

Mr. Jim Wudi

Mr. and Mrs. Carl
Zimmermann



SAVE THE DATE!

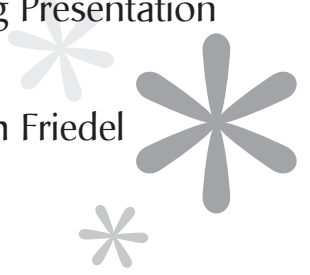
Tuesday, March 13th, 12:00 pm: Tea Luncheon and Flower Arranging Presentation

Thursday, April 19th, 12:30 pm: Volunteer Luncheon

Sunday, May 6th - Tuesday, May 8th: Community Retreat with Fr. Jim Friedel

Wednesday, May 30th 5:30 pm: Open House

7:30 pm: Patio Pops Kick-off Concert



MCH Community Retreat

Friends of MCH are welcome to join residents and staff at a Community Retreat led by Fr. Jim Friedel. The retreat events will take place from Sunday, May 6th to Tuesday, May 8th and will include talks, liturgy and communal prayer. The theme for the retreat is "Celebrating God's Gifts." Please contact Pastoral Care Associate Anne Spoerl at 220-8468 x.3389 for more information.

For more information about these events, please contact the Marketing Office at (414) 220-3217.

Follow Milwaukee Catholic Home on Facebook and Twitter!

Search for "Milwaukee Catholic Home" on Facebook and "mkechome" on Twitter.



www.milwaukeehome.org

RETURN SERVICE REQUESTED

Milwaukee, WI 53211-4462

2462 N. Prospect Avenue

A continuing care retirement community

MILWAUKEE CATHOLIC HOME



THE RESIDENCE... ASSISTED LIVING... GENERATIONS DAY CENTER... HEALTH & REHABILITATION CENTER... AT

NON-PROFIT ORGANIZATION U.S. POSTAGE PAID MILWAUKEE, WI PERMIT NO.