



Helping Older Adults Stay Healthy: Thrive On @ Home

According to a study in the New England Journal of Medicine, one in five people aged 65 and older were rehospitalized within 30 days after discharge. One in three were rehospitalized within 90 days. To change these statistics, Augustana Care and Lifesprk partnered to create Thrive On @ Home. Life Care Navigator and Registered Nurse Lyn Lais explains the program.



What's your role at Thrive On @ Home?

I work with rehabilitation patients at Augustana Chapel View, determine their readmission risk and devise a plan with my team to help patients succeed after discharge. Thrive On works to ensure the plan is effective, modifying if needed.

Nearly half of American adults have trouble understanding how to take their medications, according to the Institute of Medicine. How does Thrive On address this problem?

During a hospitalization and rehabilitation stay, medication regimens may change. Once a client returns home, coordinating the new and old regimens can be confusing. I follow up person-to-person, providing ongoing guidance and reviewing medications to ensure they're being taken correctly.

What does Lifesprk bring to this partnership?

Lifesprk's focus is on the whole person. We know people face life challenges beyond health issues that affect readmissions, so we look at whether a patient needs help with paperwork, transportation

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or loneliness and connect them to reliable resources. We want to prevent health crises so people can live their best lives.

What does Augustana Care bring to the collaboration?

Transitional care at Augustana Care provides a bridge between hospital and home that gives patients the tools they need to recover from illnesses or injuries. Thrive On offers the opportunity to create better outcomes.

What is your objective for the future?

We ultimately want to see zero rehospitalizations for as many people as possible. We strive to improve the patient experience and decrease costs.

What more should readers know?

People can call a 24 hour support line with concerns. The program is free to patients about to be discharged from rehabilitation at Augustana Chapel View.

The mission of Augustana Care is to serve God by fostering fullness of life for older adults and other people in need through the provision of health care, housing and other services in a Christian tradition.

If you have questions or feedback, please contact our communications office at jjzark@augustanacare.org or 612-238-8552.

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Hope Lutheran Volunteers Find Deep Connections with Older Adults

Why is it important for younger and older generations to connect? According to Pastor Josh Bernau at Hope Lutheran Church in Hastings, the best intergenerational connections show us how much we all have in common.

Bernau has been pastor at Hope Lutheran for eight years and created a strong volunteer program at the church, which included his own family. He and his wife have especially loved introducing their young children to older residents and watching the joy both generations find in each other.

Pastor Bernau's commitment to Augustana Care stems from a long-standing admiration for older adults. "Their wisdom is huge," he says. "Older adults bring a deep sense of commitment and faith to the world—and that is to be admired. In fact, there is a lot younger generations need to learn from older adults."



"Volunteering gives us the opportunity to build community," says Hope Lutheran Pastor Josh Bernau, who has frequently visited residents with his family at the Hastings campus.



Lifesprk CEO Joel Theisen accepts the Spirit of Collaboration Award.

Augustana Awesome Awards Honor Passion and Partnerships

The 2016 Augustana Awesome Awards honor the passion of staff, volunteers and residents. Activities Specialist Connie Mitchell received the Excellence in Customer Service Award; Jody Bruss received the Excellence in Volunteerism Award; Augustana Open Circle Manager Patty Crawford received the Excellence in Leadership Award; and the late Dick Hanson received the Fostering Fullness of Life Award.

The Tim Tucker Spirit of Collaboration Award celebrates excellence in collaborations. This year's award went to East Side Neighborhood Services' Climb On! Project, which created a new curriculum for certified nursing assistants, and Lifesprk, for a visionary approach to preventing rehospitalizations through the Thrive On @ Home program.

Donor Spotlight: Tamarack Habilitation Technologies Becomes Sustaining Partner

Tamarack Habilitation Technologies is known for creating GlideWear. This new technology was created to help alleviate pressure ulcers (also called pressure sores) for patients in hospitals or health care centers.

Tamarack's partnership with Augustana Care resulted in a pilot study showing successful interventions to improve pressure ulcers. A randomized, controlled clinical trial will now compare GlideWear to other treatments.

Tamarack recently became a new sustaining partner, supporting our Housing and Services Bridge Program. The program offers temporary financial help to residents who need it.

"The Bridge program helps people who could be in danger of losing housing or other services," says Tamarack CEO Joe Hofmeister. "We want them to have the funds they need."

"A sustaining partnership adds to the work we're doing because it is meant to improve the lives of older adults," Hofmeister adds. "That goal is one we have in common with Augustana Care."



Tamarack CEO Joe Hofmeister shows Corporate Director of SNF Clinical Practice Julie Thurn-Favilla how GlideWear can help alleviate pressure ulcers for bed-bound patients.

A Holistic View of Care: New Home Health Division at Grace Hospice

Have you ever had a medical condition and worried about how to manage at home? Grace Home Health was launched by Grace Hospice to provide Medicare-certified, specialized home health care. Director of Home Health KC Ferk will oversee this new program.

The program was launched because Grace Administrator Sarah Van Winkle saw an urgent need for personalized, holistic care in a fragmented health care environment. “Providing hospice teaches us the importance of paying attention to an individual’s life in its entirety,” says Van Winkle. “That’s our objective with home health.”

“Understanding the complexities people face, we will work to provide solutions,” says Ferk. “Besides providing care, staff will also help patients locate community support, including Meals on Wheels, transportation, maintaining connections with worship communities and more.

When we leave someone’s home, there should be a support system in place.”

The program begins this summer. For more information, contact kcferk@augustanacare.org or call 612-843-6807.



Director of Grace Home Health KC Ferk shares thoughts with Administrator Sarah Van Winkle on how to involve the community in clients’ lives.

Minnesota State Arts Board Grant Enriches Residents’ Lives



The Anicia Saxophone Quartet will perform at Augustana Care this year through funding from the Minnesota State Arts Board.

Art is a vital part of life at Augustana Care, and this year we’ll present programs that capture the imagination as much as they entertain. The Minnesota State Arts Board is funding a series of events at our sites and a partnership with CLIMB Theatre to create participatory improvisations at Augustana Open Circle. Performers include the Anicia Saxophone Quartet, Black Storytellers Alliance, the Ethnic Dance Theatre and guitarist Jeff Lambert.

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

Older and Younger Generations to Live Side by Side in Historic Landmark



Augustana Care purchased a historic landmark to offer new opportunities for generations to learn about each other by living together.

Younger and older generations have much to offer each other, but few opportunities to connect. Yet, older generations love the enthusiasm of youth, while the young are drawn to older adults' humor and experience.

A unique new living option for older adults in transition will allow both generations to live together in a historic landmark now owned by Augustana Care in Hopkins. The home, known as Stepping Stones, will include an older adult. Other residents will be students or young professionals establishing careers in fields such as nursing, social work or spiritual care.

While students live in apartments at other Augustana Care locations, this program enables younger and older generations to live side by side in one house. Older adults will find assistance with meals and chores and the opportunity to forge new friendships.

“We are repurposing this beautiful home to offer an intergenerational program that adds meaning to the lives of future residents,” says Regional Housing Director Mary Jo Thorne. “If successful, this model can be easily replicated at our other communities—and elsewhere.”

To learn more, call Kelly at 952-697-3877.

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Multi-sensory Room Receives Eureka! Award from *Minneapolis/St. Paul Business Journal*



**MINNEAPOLIS/ST. PAUL
BUSINESS JOURNAL**

*The Minneapolis/
St. Paul Business
Journal* Eureka!
Innovation Awards

honor new products and business transformations. Augustana Care is one of the organizations receiving an award in 2016. The award honors our multisensory room at Emerald Crest (see spring newsletter for details). The room exemplifies Emerald Crest's commitment to an environment that maximizes residents' successes.

Life-changing gifts

What's the best way to leave a legacy conveying your ideals and values while helping others for generations to come? Gifts by bequest enable Augustana Care to better address the ever-changing needs of our aging community, advocate for elders and improve the quality of life for those who give so much of themselves.

Donations may be made using cash, securities, IRA and other retirement accounts, real estate or tangible personal property. Gifts are deductible to the full extent of the law; consult an attorney to be sure. You'll also want your attorney to verify that the provision states our legal name: Augustana Care. Please inform us of your bequest so you may be acknowledged and Augustana Care may better plan for its future.