It is a very exciting time in the history of Madonna Living Community. We are near completion with our significant expansion efforts as we continue to look at ways to enhance the services for our residents. Work is also being done to position us as a premier employer in the local retirement community business.

We are now admitting residents in the Benedict House, a new assisted living building serving individuals requiring memory care. The Benedict House is located on Madonna Towers’ campus in northwest Rochester. Our Benedict House is an assisted living building for individuals with memory challenges. It offers two neighborhoods for eight people and each neighborhood has a separate kitchen, dining area, and living room. We are very excited to offer this progressive building design to our already strong offerings for memory care services.

The construction at Madonna Summit of Byron is nearing completion. We expect the buildings to be finished in March. Madonna Summit consists of 20 Independent Living units, 16 Assisted Living units, and 14 Memory Care units. The building and furnishings have a modern farmhouse design. Presales have started and are going well for this campus with many positive comments about the design.

Exciting work has recently been completed at Madonna Meadows, our campus in southwest Rochester. During the building enhancement project the kitchen has been enlarged, some redecorating of the dining rooms, as well as completing necessary building improvements to the roof and air handling systems. In the near future we plan to add a spa room and redecorate the front lobby. We have also purchased land next to Madonna Meadows for future expansion.

With a booming economy in Rochester, local businesses have found staffing a challenge throughout our city. To meet this challenge, Madonna Living Community is pleased to offer our own classes for certified nursing assistants.

(continued on next page)
THE CHALLENGE IS ON

The Employee Weight Loss Challenge is going on now through April 4th! Employees are in a friendly competition for the biggest percentage of weight loss. The top 3 “losers” receive prizes. Participants weigh in weekly with Erin Gibbons, Wellness Coordinator. Erin will provide tips and motivation as well to encourage successful weight loss. Our Dietician Laurie Brengman is also lending her expertise to help with the success of this “competition” by providing healthy nutrition information.

From the Administrator (continued from cover)

We hire the individuals and provide the necessary training for them to become certified nursing assistants, meeting the requirements for the Minnesota Nursing Assistant Registry. The training is held in a comfortable learning environment at Madonna Towers’ campus. The response has been very positive indicating they are grateful to be trained at Madonna Towers and to have a job opportunity afterwards. This program has worked exceptionally well in comparison to traditional hiring practices for nursing assistants. More efforts are underway to ensure we continue to attract hard-working and caring associates.

A lot of work has been completed to get us where we are today with these significant changes. I am very thankful to our staff, the board of directors and others who have helped with this important work.

Sincerely,
Mark S. Noble, Administrator/CEO

SPAGHETTI DINNER FOR MLC

We are so grateful that in the past five years, the Pax Christi Knights of Columbus Council #14445 has sponsored the 4th Saturday of January as a Spaghetti Dinner fundraiser for Madonna Living Community. This is their Charitable Principle of the Order. This year’s event served well over 100 hungry spaghetti lovers raising funds for the purchase of new dining room chairs for Madonna Towers’ Assisted Living dining room.

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MAYO CLINIC SPEAKER SERIES

Madonna Living Community invites you to attend the fourth of our Mayo Clinic Speaker Series. Physicians from three Mayo transformational centers: Center for the Science of Health Care Delivery, Center for Regenerative Medicine, and Center for Individualized Medicine will be presenting the results of their research.

CLINOMICS: NEW FRONTIERS IN PATIENT CARE

Thursday, February 18, 2016, 3:00 PM
Sr. Generose Auditorium at Madonna Towers

Clinomics is the translation of the information found within the human genome into something physicians can use when diagnosing and treating their patients. Improving patient care by turning genomic research into real-world personalized medicine applications, particularly new and better genomics-based diagnostic tests, is the goal of the Clinomics Program within the Mayo Clinic Center for Individualized Medicine. The program builds on Mayo Clinic’s culture of collaboration and research to create and refine such tests and bring them to patients as quickly as possible. The Clinomics Program quickly moves discoveries from the research lab to the clinical setting, with practical, cost-efficient genomic tests for diagnosing and treating patients.

Eric Wieben, PhD
Biochemistry and Molecular Biology
Dr. Wieben is the Director of Mayo Clinic’s Medical Genome Facility, the Associate Dean for External Research Collaborations, and a Professor of Biochemistry and Molecular Biology at Mayo Clinic College of Medicine.

Upcoming Mayo Speakers:

April 21, 2016 1:00  Atta Behfar, MD, PhD – Cardiac Regeneration. Dr. Behfar is the Director of Cardiovascular Regeneration at Mayo Clinic and is an Assistant Professor in Medicine. Dr. Behfar’s research focuses on translational cardiovascular regenerative medicine. Using state-of-the-art technologies developed at Mayo, he and his laboratory team are working to understand heart disease at its most elemental level. The team’s focus is specifically the use of stem cells and non-cellular therapies to reverse injury caused by lack of blood flow to the heart. This work has yielded cardiopoietic now being tested first in Phase III clinical trials.

June 16, 2016 3:00  Scott Riester, MD – Stem cells for treatment of osteoarthritis. More information will be posted on our website at a later date.

Employee Fall Festival

In September Madonna Living Community hosted their annual Employee Fall Festival. The weather was perfect to accommodate our plans for outdoor fun. Employees and their families enjoyed live music, great food, a balloon twister, and a bouncy house among other activities.

Madonna Living Community appreciates our employees and host at least one appreciation event a month throughout the year. Even though these events are geared towards our employees, our residents often join in on the fun!

What’s happening at Madonna Meadows

As I reflect back on the past year at Madonna Meadows I am most appreciative of the dedicated staff that saw the need for the addition of memory care services. Our admission coordinator Melissa Rozsa was instrumental in bringing this vision to life. She spent time with each resident and family to ensure all questions were answered as they made the decision to be a part of these new services. Everyone at Madonna Meadows is committed to making our memory care a special place for the residents to spend their day feeling safe, comfortable, and peaceful.

The Wellness Department at Madonna Meadows Memory Care provides a variety of meaningful life enrichment activities for residents. The activities offer opportunities for socialization, exercise, music, lifelong learning, art and reminiscing to name a few. The daily schedule allows for a familiar routine for each resident with time for individual activities as well as small group activities. Healthy snacks are also offered in the morning and afternoon in a group setting and as an opportunity to socialize.

Music comprises a large portion of the Wellness Program in Memory Care. A certified music therapist visits on a regular basis as well as various other musicians each week to play the piano and guitar for our residents. Old familiar songs and hymns motivate the residents to sing along and are very popular! Ambient music, along with beautiful nature scenes are often used to provide a comforting, restful environment in our community living area.

As a member of Benedictine Health System, it is part of our mission to provide the blessing of spiritual care. Our Spiritual Care Director, Dr. Joe O’Toole, visits our Memory Care residents regularly, providing comfort and guidance for groups and individuals. His warm sense of humor and kindness is greatly appreciated, as well as his fun-loving music.

Bella, the joyous and gentle labra-doodle is also a welcome visitor to those residents that enjoy a family pet. Bella has been a Seasons Hospice Therapy Dog volunteer since last May. Her nature is quiet and soothing for an afternoon of soft fur and smiles.

In addition, computer software programs designed specifically for Memory Care and purchased by Madonna Living Community, supplement our wellness program activities. This technology allows us to enhance our life enrichment activities and offer an even greater variety of options for the residents of Madonna Meadows.

If you would like to learn more about memory care, feel free to contact Melissa at (507) 206-2775.

Benedict House Ribbon Cutting

In January Madonna Towers held a ribbon cutting celebrating the completion of Benedict House. This spacious building was built to serve residents with a diagnosis of dementia who require supervision in a safe environment. All private rooms, sunny common areas and a patio to enjoy on warm days will provide our residents a comfortable and peaceful home. The Benedict House and T. Emil Gauthier Memory Care, built in 2008, allows Madonna Towers to provide care for 32 residents.
Dr. William P. Wharton Family Scholarship Award

Dave Garness, Madonna Living Community Assistant Director of Culinary Services, was the 2015 recipient of the Dr. William P. Wharton Scholarship in the amount of $500. Dave used the scholarship to enroll at the University of North Dakota for his certification as a Dietary Manager.

Employees considered for this scholarship are enrolled or accepted in an appropriate, accredited course of study leading to advancement/enhancement in one’s career path in long-term care services.

“I was so honored to receive this scholarship,” said Dave. “The scholarship means a great deal to me, not just for the financial help for tuition. This program will help further my career in the culinary field. It is so awesome that the families support this scholarship. For me, this was the best career move – coming to work at Madonna Living Community. I am so proud to be part of this organization.”

TERRALOCO 5K TO BENEFIT MLC

TerraLoco is a locally owned fitness apparel store hosting weekly 5K run/walk events for the past 3 years. Proceeds from the 5K’s are donated to designated local non-profit organizations. Madonna Living Community (MLC) is fortunate to benefit from 2 “fun runs” this spring. Dates for the events are Tuesday, April 19th and 26th. Runs start at 6 pm at TerraLoco, but plan to arrive 10-15 minutes early to sign-up. Cost is $5 dollars which includes participation fee and 1 raffle ticket. Of course you can purchase more raffle tickets to increase your chances of winning one of the fabulous door prizes, and increase donations to MLC. Stay after the race and socialize with other runners and walkers and of course - shop! This event is open to all ages, abilities and speed. This is a family friendly event and strollers are welcome. The event is open to the public. This is a great opportunity to support MLC, and get your heart rate up!

ROCHESTER CORONARY CLUB

The Rochester Coronary Club (RCC) has found a new home at Madonna Towers for their monthly meetings. We are pleased to host RCC for their meetings held every second Wednesday of the month (September through May) at 6:30PM in the Sr. Generose Auditorium. The purpose of the club is to provide tips for healthy living, educational topics and socialization for those who would like to learn about heart health and ways to prevent heart disease through a holistic approach. Everyone is welcome, you need not be a member to attend. Heart Healthy refreshments are served at each meeting from the Rochester Coronary Club’s Cookbook Cooking for Heart Health. Cookbooks are available for purchase at the RCC meetings for $10.

Please join us for heart health education, camaraderie, and fun! rochestercoronaryclub@gmail.com

MADONNA TOWERS SKILLED NURSING CARE CENTER RECEIVES STATE RECOGNITION

Madonna Towers was one of two care centers in Minnesota who received a special recognition award in 2015 from the MN Board on Aging due to their partnership with the Area Agencies on Aging. By partnering with the Senior LinkAge Line® Return to Community Initiative, Madonna Towers built comprehensive care plans to ensure successful discharge back to a community setting for 62 consumers from their facility since the initial launch in 2010. Inter-Faith Care Center, in Carlton, MN served 54 consumers. These two skilled nursing care centers were recognized for having the most referrals in the state to this initiative. Peggy Bruns, the social worker at Madonna Towers believes in the follow up provided as part of the initiative and appreciates the partnership Senior LinkAge Line offers while setting up discharge plans and suggesting additional resources once the consumer returns home.

The Minnesota Board on Aging thanked Madonna Towers for their ongoing support for the Initiative. Madonna Towers’ commitment to restoring independence, strength and activity to individuals has made them an exemplary partner for the Return to Community Initiative.

TerraLoco 5K to Benefit MLC

Madonna Living Community held winter parties in January. At Madonna Towers the parties were provided for Assisted Living, Memory Care and Nursing Care residents and their families. Entertainment was provided by Colleen Cleggie in the Memory Care area, Marilyn Carriere in the Assisted Living and Lea Dacy and Jill Baker in Nursing Care. A buffet style lunch was provided for the family and residents.

Madonna Meadows held their winter party in January as well. Entertainment was provided by LA Sasse and also two of our Madonna Living Community staff members Dr. Joe O’Toole and Melissa Rozsa. Culinary set up a buffet style lunch for the residents and their families in both Memory Care and Assisted Living.

The parties are planned for January as a special time for celebration and enjoyment during our long Minnesota winters. It was a wonderful time for everyone and we were happy to see so many families able to join us – no blizzards to endure!