

spring 2011

Caring Times

A Health and Wellness Publication
from The Wartburg Adult Care Community

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The  Wartburg
Adult Care Community
Nurturing Body, Mind and Spirit
A Lutheran ministry serving all faiths.



The Wartburg Experts Return to Live Radio

The Wartburg's Panel of Experts on Senior Living are coming back to live radio at WVOX, 1460 AM. We will offer tips for living longer, living better and loving life.

Janet Palazzolo, Administrator of Meadowview at The Wartburg, and one of our panel members will discuss the latest ways to live as independently as possible, for as long as possible. We'll share tips for healthy lifestyles for older adults, trends in care giving and much more. We'll even answer questions on the air. Tune to WVOX, 1460 AM at 10 a.m. the first Wednesday of every month.

A Message to the Community

Over the past 145 years, The Wartburg's mission was to care for the vulnerable in our community. In the 19th century and much of the 20th century, we cared for children as well as older adults. In 2011, we now strengthen our mission as we embark upon our first building program of the 21st century.

Today, the challenge of caring for older adults is to provide efficient services while maintaining maximum possible independence. The Wartburg Adult Care Community is repositioning its services so that we may continue to serve low to moderate income seniors. Our new rehabilitation-focused skilled nursing building, modern space for Adult Day Programs and 60 units of supported housing on campus will meet those objectives. The importance of this building and repositioning is reflected in the \$27,590,000 HEAL NY grant, one of the largest awarded from New York State, that will provide part of the necessary funds to meet this ambitious goal of new buildings and revamped programs.

In order to make sure we achieve our purpose, a strong, knowledgeable and experienced leader is required. In December, The Board of Directors unanimously supported the promotion of David Gentner from Interim President and CEO, a position he held since May 2010, to President and CEO. He has been an integral part of the leadership team at The Wartburg since 2004. Under David's guidance, the exemplary staff at The Wartburg will bring forward a transformed campus, building on the roots of our mission...faith, hope and charity.



Sincerely,
Pastor Amandus J. Derr
Chairman of the Board
The Wartburg Adult Care
Community

David Gentner Appointed 10th President of The Wartburg Adult Care Community

David Gentner, MPA, NHA, CASP, has been appointed The Wartburg Adult Care Community's 10th President and Chief Executive Officer by the organization's Board of Directors. The action of the Board was unanimous. He had been serving as interim President and CEO since May 2010. He joined The Wartburg's executive team in 2004 as Vice President of Health Services. He was promoted to Chief Operating Officer in 2006.

"We are pleased to have David at the helm of The Wartburg's resources at this particular time in our 145-year history," said Pastor Amandus J. Derr, the Board's Chair. "As interim CEO and President, David has provided visionary and focused leadership to the Wartburg. His lifelong passion for caring for older adults is just one factor in our choice to have him lead our multiple residential and community-based programs on which so many families rely. David's insights, leadership and experience will be critical as we plan, construct and implement new programs to advance The Wartburg's first major building project of the 21st century."

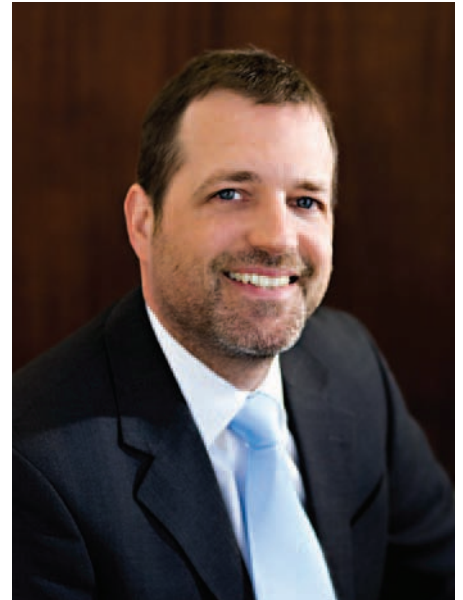
In October of 2010, The Wartburg announced it had been awarded a \$27,590,000 HEAL NY

grant (see article on page 4.)

"I am happy to be a part of the great mission of The Wartburg," said Mr. Gentner. "It is an exciting time for this historic and dynamic organization. There has never been a greater need for our services, and my goal is to make sure that our exemplary staff continues to provide the highest quality, most compassionate care as we rise to meet the community's changing needs."

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A licensed health care administrator in three states, Mr. Gentner is a member of the American College of Health Care Administrators. He has dedicated the past 20 years to helping older adults live in a dignified environment, surrounded by individuals committed to providing quality care. He began his career in adult care as a student in a part-time position in the maintenance department of a small skilled nursing residence in Rochester, NY. Prior to



David Gentner, MPA, NHA, CASP

joining The Wartburg, he was President and CEO of Grace Manor Health Care Facility Inc. in Buffalo, NY. He has earned a Masters in Public Administration with a healthcare concentration from SUNY College at Brockport and a Bachelor of Science in Business Administration from SUNY Empire State College. In 2009 the Coalition for Leadership in Aging Services (CLAS) honored David Gentner as a member of the 2009 Certified Aging Services Professional (CASP) graduating class. He is part of the AAHSA Leadership Class of 2010, which provides a national perspective on current trends in the field of Long Term Care.

The Wartburg Receives \$27,590,000 NY HEAL Grant

In October of 2010, New York State announced its Health Care Efficiency and Affordability Law of New York State (HEAL NY) grant awards and The Wartburg was only one of nine senior care organizations given this grant. The objective of HEAL NY is to allow adult service providers to offer innovative settings and programs to help seniors live as independently as possible, for as long as possible.

"Many New Yorkers are looking for alternatives to care provided in traditional nursing home settings," said State Health Commissioner Richard F. Daines, M.D. "These grants will help maintain nursing home beds for those who need them while supporting the development of additional community-based options, such as Assisted Living Residences and other housing configurations that provide coordinated medical services."

David Gentner, President and CEO, said, "The HEAL grant process was extremely competitive. We are fortunate to have been selected and to

have received a substantial amount to launch the projects we must complete. The Wartburg will use the \$27,590,000 to reposition its service offering in the most modern and efficient way."

The Wartburg's planned projects include a new rehabilitation-focused skilled nursing building that also constructs modern space for Adult Day Programs. Ryan Herchenroether, Corporate Planner, said, "By increasing our concentration on rehabilitation services, we can help people return to the community and their normal routines. Our additional goal is to incorporate a vibrant Adult Day Center with an inviting gathering space for activities and therapies, allowing people to remain in the home of their choosing." The plan includes construction of a separate 60-unit supported housing building for older adults.

LEARN MORE about The Wartburg by visiting www.thewartburg.org or by calling **914-699-0800**.



Planning has already begun for the expansion and renovation of The Wartburg's campus. Architect Rich Rosen of Perkins Eastman, New York, NY (seated) learns requirements for programs from Robert Dorcy, PT, EdM, Director of Rehabilitation (left), Catherine Burke, Director of Adult Day Programs and Roger St. Clair, Director of Food Services (right).



Tips for a Better Relationship with Your Doctor



Recent research suggests that doctors and patients may not always be on the same page. In one study, only 57 percent of hospitalized patients knew their diagnosis, but the doctors believed 77 percent understood their disease. Less than 20 percent of the patients knew their doctor's name, but the doctors guessed that 67 percent did.

And in another study, primary care physicians underestimated how many patients blamed themselves for their disease or wanted to be involved in making health care decisions.

How can you make sure your doctor understands you? Like with any relationship, communication is key. Give more and get more with the following steps.

What You Can Give

Volunteer the following information at each doctor visit:

- Decide how much you want to know. Are you up for in-depth medical details, or do you desire simple instructions? Tell your doctor your preferences.
- Share all you can about your current symptoms, your health and family history, and any allergies.
- Write down all your medications, including vitamins and supplements.
- Bring X-rays, test results, and any other relevant records to your appointment.

What You Should Get

You deserve to have a clear understanding of your health and your doctor's advice:

- Write down the questions you have for your doctor before your visit.
- Don't be embarrassed or afraid to say you don't understand something your doctor says.
- Take notes during the appointment or bring a family member to do so.
- Ask your doctor if you can record your session.
- Request brochures or other written sources of information about your condition or treatment.
- Call between visits if you have questions, have side effects from your medicines, or if your symptoms change or worsen.
- Ask if you can e-mail your doctor. In one study, secure e-mails with doctors helped patients keep diabetes and high blood pressure under control.

Nine Strategies to Lower Your Stroke Risk



Stroke can strike at anytime, becoming more common as people grow older. Fortunately, you can reduce your risk of stroke—at any age—with the following strategies:

1 If you smoke, talk to your doctor about nicotine replacement and other stop-smoking aids. Smoking almost doubles your risk of stroke. But your risk will start decreasing as soon as you give up cigarettes.

- 2 Limit your salt intake to help control your blood pressure. Processed foods, such as snack foods and frozen entrees, are the source of most salt in the American diet.
- 3 Drink alcohol in moderation, if at all. Heavy drinking, as well as binge drinking, increases stroke risk.
- 4 Look for ways to eat more fruits and vegetables. For instance, serve fruit for dessert.
- 5 Choose whole-grain cereals and breads. In one study, women who ate more whole-grain foods had a lower risk for stroke.
- 6 Get moving...for at least 30 minutes every day. Go for a brisk walk or a bike ride.
- 7 Ask your doctor whether you should take aspirin. A daily aspirin may help prevent stroke in certain people.
- 8 Practice good dental habits to prevent gum disease. People with gum disease have a higher stroke risk.
- 9 Seek treatment for depression. Depressed adults are more likely to suffer strokes.

We Value and Appreciate Your Support!

Each year, charitable contributions to The Wartburg have a direct benefit for the residents who are served by our numerous programs. If you would like to make a gift in support of our ministry, please call Karen Thomas of The Wartburg Foundation at **914-513-5308**.

Recent Happenings at The Wartburg



Wartburg Orphan School Alumni William Ho, Jr. (left) and Larry Fair, Founder and President of Mt. Vernon's Future Society (right), present a certificate of appreciation to Linda Brill (center). Linda's mother, the late Mrs. Elfriede Gross, gave love and guidance to the children she raised at The Wartburg. Mrs. Gross finished her 45-year career caring for seniors in The Wartburg's former Marie Louise Heins Residence and passed away in 1990. The Inaugural Intergenerational Festival at The Wartburg, held in September, was dedicated to Mrs. Gross and an oak tree was planted in her memory. The 2nd Intergenerational Festival is planned for September 24, 2011.



Lois Slattery, Volunteer Coordinator, and Ann Frey, Director of Volunteers, celebrated with Wartburg volunteer Anneliese Zassoda, (center) of Yonkers, as she was inducted into the Westchester County Senior Citizen Hall of Fame. Ms. Zassoda, who worked as a pediatric nurse for 48

years, began her volunteer career as soon as she retired. She has been at The Wartburg Adult Care Community for 19 years. She also volunteers at Our Savior Lutheran, is recording secretary for her local Yonkers AARP chapter, and is a voting inspector and works on Election Day at polling places.



Nursing assistant students with the Baggium Vocational Schools of Sweden visited The Wartburg Adult Care Community. Students shadow professional caregivers at The Wartburg Adult Care Community for six weeks. As part of their cultural exchange experience, these students presented information about their lives and cultures at the Adult Day Programs and Meadowview Assisted Living. The program is funded by the Swedish government.



(Photo by Andria Grassia)

The Wartburg's Chaplain and Director of Pastoral Care, The Rev. Carol E.A. Fryer, celebrated her 25th anniversary of ordination to the Ministry of Word and Sacrament by presiding at the Festival Eucharist held at The Wartburg Chapel/ United Lutheran Church on October 31, 2010. Participating in the service was her husband, Rev. Gregory P. Fryer, Immanuel Lutheran Church, NY, who was ordained on the same day as his wife 25 years ago. Bishop Robert Alan Rimbo of the Evangelical Lutheran Church in America's Metropolitan New York Synod and other Lutheran church leaders also took part in the celebration.

Contact Us

Visit us or call the numbers listed below to learn about The Wartburg's care.

Residential Services

914-513-5444

Assisted Living

Memory Care

Supported Independent Living

Home Care

Long Term Home

Health Care Program

914-699-1222

Licensed Home Care

Services Agency

914-513-5656

Adult Day Services

914-513-5472

Social & Medical Model

Programs

Skilled Nursing Care

914-513-5141

Skilled Nursing, Rehab,

Respite, Hospice, Alzheimer's

and Dementia Care

Speaker's Bureau, Church & Community Services

914-513-5317

Pastoral Care

914-513-5162

Caregiver Support Group

914-513-5472

www.thewartburg.org

914-699-0800

Our Mission: The Wartburg Adult Care Community provides ministries of healing and hope through services which nurture body, mind and spirit.

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Mark Your Calendar: Senior Health & Fitness Day 2011

In conjunction with National Senior Health & Fitness Day, join us at The Wartburg for a day of essential information and activities focused on good health and staying fit. On Saturday, May 21, 2011, from 10 a.m. to 2 p.m. The Wartburg Adult Care Community will provide free senior health screenings, safety and fitness education, nutrition tips and food tastings,

plus wellness activities and information.

Pre-register on line at <http://wartburgseniorhealthday2011.eventbrite.com> or call 914-513-5317 to register and receive a special gift at the Health Fair. This event is open to all 55+ seniors and their family members; registration at the door is permitted, but space may be limited.