

A MAGAZINE *from* UMRC & PORTER HILLS

Community

Special Edition: A SUMMER UPDATE FROM UMRC & PORTER HILLS CORPORATE AND FOUNDATIONS



UMRC & Porter Hills: Envisioning a world in which all are empowered to age well.

Did You Know?



While you likely are familiar with UMRC's historic Chelsea Retirement Community and Porter Hills' flagship communities of Porter

Hills Village and Cook Valley Estates, you may be less aware of the many other services and locations that UMRC & Porter Hills offers. In fact, you may be surprised that only one-third of the 7,400 older adults served by UMRC & Porter Hills live at our most well-known campuses!

In this issue, we will elevate the mission-focused care we provide to older adults of all income levels, including Affordable Living communities, our home- and community-based services, and, my favorite, Programs of All-Inclusive Care for the Elderly or PACE.

At UMRC & Porter Hills, our five PACE sites serve nearly 1,000 nursing-home eligible older adults and their families each year. As the Executive Director of Huron Valley PACE in Ypsilanti, I am proud of the work our PACE team members accomplish each day to help our participants live independently in their own homes. During the COVID-19 pandemic when our PACE Day Centers were forced to close, this meant pivoting to more home-based care, providing telehealth technology for participants to visit with healthcare providers, delivering groceries and

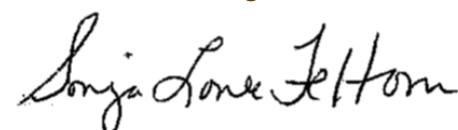


Keeping fit at Huron Valley PACE

medications to participants, and offering respite care, to name a few.

As a member of our UMRC & Porter Hills family, you, too, can be proud of the mission-driven care and services you help us provide to ensure the health and well-being of older adults. Keep reading to learn more! ■

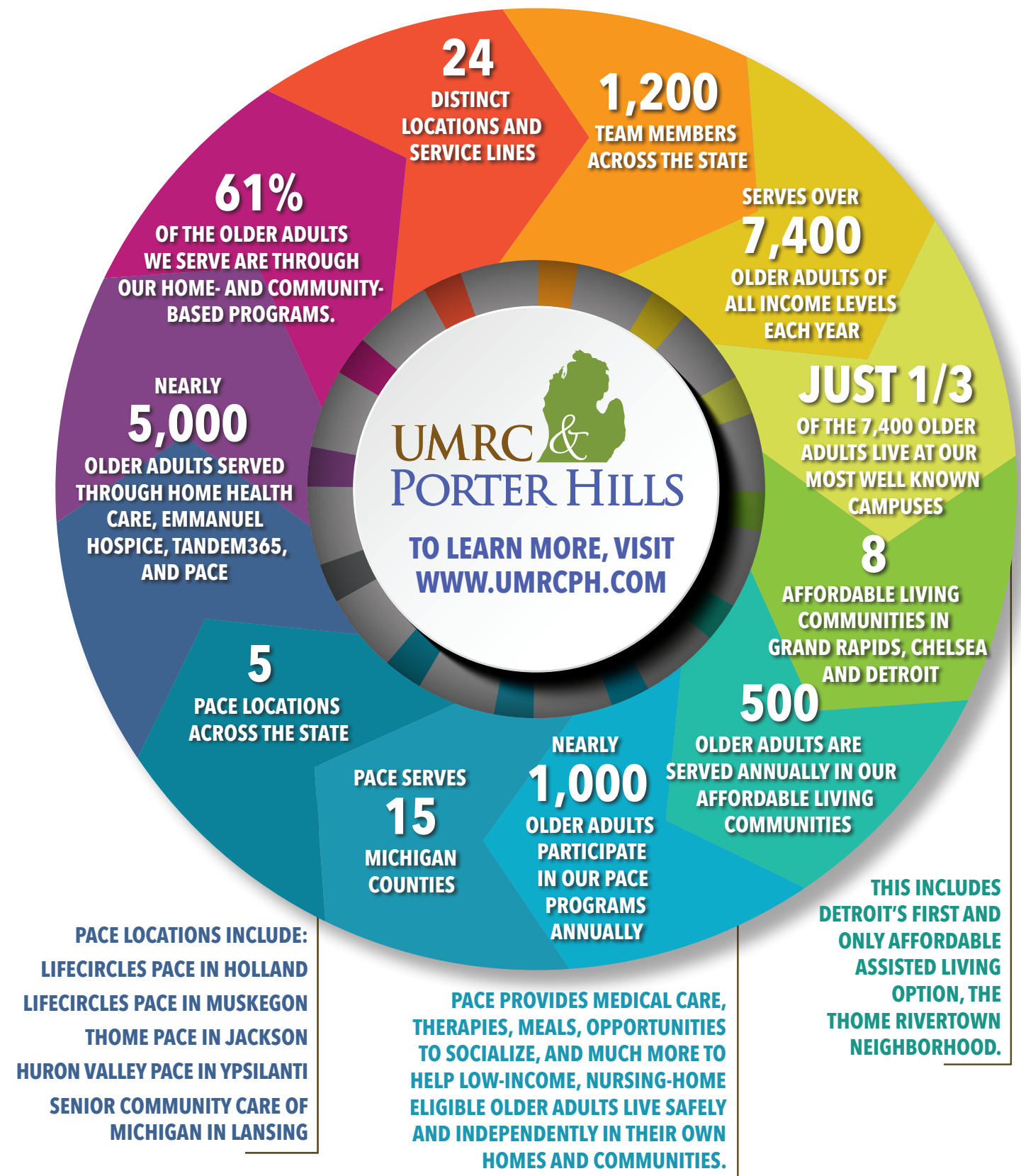
With warmest regards,



Sonja Love Felton, LMSW, MPA
Executive Director
Huron Valley PACE

There's more to UMRC & Porter Hills than you might think!

What shouldn't surprise you is the outstanding quality and care provided for older adults through **EACH** community and service we offer. Through each of these, UMRC & Porter Hills focuses on its vision of "a world in which all are empowered to age well."



Did You Know?

UMRC & Porter Hills offers eight affordable living communities across Michigan, including The Thome Rivertown Neighborhood. Located on Detroit's Riverfront, Rivertown offers the city's first and only affordable assisted living for older adults of limited means.



Grace and Viola Chandler (Viola made the quilt hanging behind them)

Originally from Nashville, Tennessee, **Viola Chandler** moved to Detroit with her mother and three children after Viola's first husband died. She remarried and worked in the radiology department of DMC Harper University Hospital. Viola has been a long-time member of New Calvary Baptist Church in Detroit where she sang in the choir. Viola is proud of her family of seven children, which has grown to include three great-great-grandchildren! "They all love me!" says Viola.

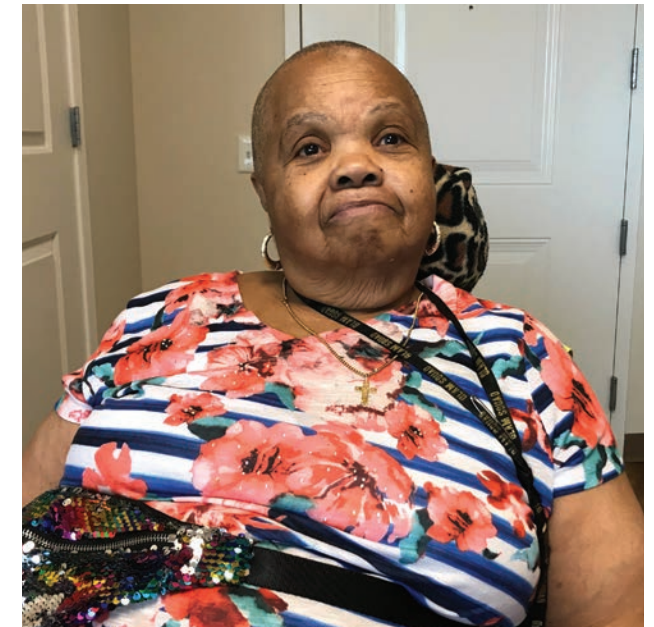
Coping with COPD, Viola began having difficulty living on her own. Her daughter,

Grace, who has multiple sclerosis, brought her mom to live with her for a while. Then Viola's doctor recommended Rivertown. "It was a Godsend to me," says Grace. "We left the doctor's office and came right over to see it."

Viola was one of Rivertown's first residents. She loves the view from her apartment. "I can see Canada and the General Motors building!" She also loves the team members who make Rivertown special. "The Caring Hearts aides are wonderful! We have good relationships. I love Julia (Julia Szuper, Executive Director for Rivertown Assisted Living)! It's the best thing going!" ■

"My mom has always been a leader," says Reneé Williams of her mom, **Gloria Boone**, a Detroit native who worked over the years at the iconic Caucus Club restaurant and as a liaison for HUD. She also served as a Toys for Tots volunteer and president of North Woodward Commons Association.

Eventually, Gloria's health began to deteriorate, and an abusive living arrangement led her to Rivertown. A team member who attended Gloria's church told her about Rivertown. "God put him in my life for a reason," says Gloria, "and help was there immediately."



Gloria Boone



The Thome Rivertown Neighborhood

Reneé, who is a flight attendant, is grateful for Rivertown. "It's like having a family there, and I don't have to worry," says Reneé. "My job takes me every place, from Israel to Brazil, and the Rivertown staff is there to support Mom when I can't be there."

Gloria enjoys the activities and exercise at Rivertown. "I encourage my neighbors to come to exercise and participate – that's how you meet people," says Gloria.

Julia Szuper says Gloria is a great ambassador for Rivertown. "I learn a lot from Gloria – she always makes me smile." ■

Did You Know?

UMRC & Porter Hills' five PACE sites (Program of All-inclusive Care for the Elderly) help nearly 1,000 low-income, nursing home-eligible older adults each year, across 15 counties, to live independently in their own homes and communities. These include Huron Valley PACE in Ypsilanti, Thome PACE in Jackson, Senior CommUnity Care of Michigan in Lansing, and LifeCircles PACE with locations in Muskegon and Holland.

Pat McCarry of Holland, Michigan is a retired heat treat operator and Korean War veteran. At 85, his health isn't what it used to be, his eyesight is failing, and he has had some serious falls. "He was very limited in what he could do," says his wife, Audrey. "He would listen to the radio or sit outside on nice days. His quality of life was not good, and he would get depressed."

Then Audrey learned about **LifeCircles PACE** from her sister. "We contacted PACE right away, and they did an assessment to see if Pat qualified," Audrey says. "He met the State's eligibility requirements and enrolled in the program."

"LifeCircles PACE has made his life so much better, and he looks forward to going," says Audrey. "They pick him up two mornings a week. He sees the doctor, dentist, and therapist there; they furnish breakfast and lunch; and they take care of his meds and deliver them to our door when he's not in the PACE center. There are games and outings, people to talk to, and someone to help whenever needed. They also offer respite care."



Pat and Audrey McCarry

A cancer survivor herself, Audrey had been caring for Pat on her own with the help of their daughter who is a nurse. She is grateful for LifeCircles PACE. "PACE gives me breathing space. I can have some time to go to the store, or just relax and talk to friends. It's nice for me. You need that space, that time."

"LifeCircles PACE is family," says Audrey. "I tell everyone about PACE, even in the check-out lane!" ■

Whether individually (Avenues by Porter Hills) or in partnership with other senior living organizations (TANDEM365 and Emmanuel Hospice), UMRC & Porter Hills offers a variety of services which help older adults remain in the homes they love.

TANDEM365 offers wrap around services and advanced level case management tailored to each individual's needs. This health management program is provided as a covered insurance benefit.

"Our goal is to keep people in their home," says TANDEM365 Chief Executive Director, Teresa Toland. "The last years of life are often the most expensive, especially for those living with chronic diseases. TANDEM365 works to help people manage their illnesses, as well as their social determinants of health, to help keep our clients out of the emergency room or hospital setting and improve their quality of life."

Emmanuel Hospice serves nearly 500 people each day through hospice care, music and other therapies, and grief support services. "Part of what makes us unique is our understanding that each person we care for is still very much alive. How does this individual and their family want to live?" says Executive Director Sara Lowe. "It led us to launch our patient wish list. Whether bringing a favorite artist into a client's home, giving her the chance to pet a horse again, or to use virtual reality goggles to travel the world, we are honored to make those wishes come true."

"A Life Plan Community Without Walls" is how LeadingAge describes the service provided by **Avenues by Porter Hills**,



Avenues members, Milt and Barb Rohwer

according to its manager, Paige Hendrickson. This innovative membership program began in 2012 as an option for those who were planning for their long-term needs.

Avenues members paid an initial membership fee and subsequent monthly fees. In return, Avenues assists members through varying levels of care as they age in place in their home.

Barb Rohwer, Avenues member since 2013, states: "What we like about Avenues is its focus on wellness, and knowing that, if our health changes, we will be able to stay at home rather than move to seek long-term care services." ■

Did You Know?

Over 60% of the older adults served by UMRC & Porter Hills are through our home- and community-based programs, such as PACE and Home Health.

Home Health started at Porter Hills in 1995 and has since grown to 55 team members, according to its Executive Director, Jamie Palma. “Last year, 1,850 individuals received care from Home Health,” says Jamie. “We are fully certified to provide skilled care in the home. Certified care is a covered benefit under your insurance. A doctor’s order is required, certifying that the person is home-bound, and it would be a taxing effort to leave the home for those services.”

Home Health clients often are recovering from orthopedic surgeries, have congestive heart failure or other cardiac health needs, or have serious wounds that require skilled care. “Patients that might have previously been sent from the hospital to a skilled nursing center are often now sent directly home,” Jamie explains. “Guided by their doctor’s orders, we’re able to provide this care directly in the person’s home, including physical therapy, occupational therapy, and speech language pathology. Home Health has one of the highest satisfaction ratings in West Michigan.”

UMRC & Porter Hills is in the process of extending Home Health service to the east side of the state after receiving final approval for expansion. ■



Providing the loving care you need

“They were very professional, kind, and patient. They worked very diligently with me. God bless you, and thank you.”

—Jeffrey W., Home Health client

“I had home physical therapy after my total knee replacement. The therapists were awesome and got me ready for outside PT. Wonderful care!”

—Patricia W., Home Health client

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Connie Steele's Healthy Spirit

Connie Steele of Detroit is a woman of faith and strength. As a young woman raising a child, she completed her high school diploma while employed at a doctor's office, taking classes on her lunch break and after work. She has dyslexia, so studying was difficult. She later completed training in clinical pastoral education, including a chaplain internship at Detroit Medical Center where she was working as a unit clerk. "I visited people in hospitals, nursing facilities, Cass Corridor, the homeless, and more," says Connie.

When she retired, Connie lived in housing that was noisy and had stairs that were difficult for her to manage due to several chronic illnesses including COPD, high blood pressure, and arthritis. One day while reading her Bible, she kept noticing the word 'Help'. "It just jumped off the page," says Connie. "I asked God how I could help others when I couldn't help myself."

Soon after, a friend asked Connie to help her look for an apartment. When they reached McDougall Avenue, it rang a bell! A year prior, Connie had applied to live at the new development being built there – The Thome Rivertown Neighborhood. "An employee invited me to come in," says Connie. "I did, and all my paperwork was in order! I was one of the first people to move to Rivertown in 2013!"



Connie Steele and her son, Shawn:
"Everyone is treated like family."

"I believe God placed me at Rivertown to be a servant to others," says Connie who now leads a resident Bible study once a week. "We pray for the residents and their families and pray for the staff. It's what keeps me going."

Connie's breathing has improved and she no longer needs oxygen. "I still have a healthy spirit," says Connie. "I thank God for all that I can do." ■

Angie Van Hoven A Lifetime of Caring

Angie Van Hoven spent her 101-year lifetime caring for others – as a nurse serving in WWII, a visiting nurse traveling west Michigan, and as operator of a nursing home with her husband, Richard. Her legacy shines on through her estate gift to the Benevolent Care Fund. Angie's heartfelt empathy for others will continue to care for UMRC & Porter Hills residents for years to come. ■



Angie Van Hoven served her country in WWII

YOU, TOO, CAN LEAVE A LASTING LEGACY!

A GIFT IN YOUR WILL TO THE UMRC FOUNDATION OR PORTER HILLS FOUNDATION:

- ◆ Costs you nothing today ◆
- ◆ Makes a difference in the lives of older adults ◆
- ◆ Still allows you to take care of your family ◆

READ MORE OF ANGIE VAN HOVEN'S INSPIRATIONAL STORY!

Visit our Blog at <https://umrcph.com/angie-van-hoven-a-legacy-of-caring/>

"Angie was raised to help other people and to be supportive of the community where she lived. She always cared deeply about people and wanted to leave her money to help others."

— long-time friend, Diane Hyland

For more information, visit

UMRCFoundation.UMRCPH.com

734.433.1000 ext. 7502

PorterHillsFoundation.UMRCPH.com

616.577.2297



Did You Know?



Four years ago, UMRC earned the United Methodist Association's EAGLE accreditation. EAGLE, or Educational Assessment Guidelines Leading toward Excellence, is the only faith-based accrediting body in the world and focuses on ministries of older adults and children. EAGLE recognizes organizations that voluntarily go beyond the minimum requirements of licensure to improve operational strategies and outcomes.

This rigorous self-assessment and peer-reviewed accreditation process takes a holistic view of the entire organization and contains built-in methods to help organizations constantly strive for excellence. UMRC is one of just 10 EAGLE-accredited senior living organizations nationwide, and the only one in Michigan. ■

"UMRC & Porter Hills was built on a cornerstone of faith, and we live out that faith each day in the care and services we provide for older adults and their families, as well as our team members. EAGLE accreditation offers a faith-based distinction that sets us apart among other U.S. senior living agencies."

— **Steve Fetyko**, President and CEO,
UMRC & Porter Hills

