Construction Bids Under Review
Tennyson Senior Living Community

Calls and inquiries are mounting about the exciting new senior living campus planned on Madison’s northeast side. Tennyson Senior Living Community, 1936 Tennyson Lane, is located conveniently between Sherman and Packers Avenues.

The new community will have 75 independent apartments, and 60 assisted living and memory care units on a large, 8-acre parcel on an open hillside. A significant step during the summer months was the construction bid process, coordinated by construction manager C.G. Schmidt.

The bids are now undergoing a rigorous review process, says CEO Rita Giovannoni. While the date for groundbreaking has not been set as of press time, Giovannoni is anticipating a fall event.

The senior community will offer a lifestyle package that includes classes, dining options and fitness. In particular, the health and wellness center is piquing interest due to the warm water aquatic therapy center. It features an underwater treadmill. Just one underwater treadmill currently exists in the greater Madison area. The health and wellness center, including the aquatic therapy center, will be open to the community.

Individuals potentially interested in living at Tennyson Senior Living Community are encouraged to add their names to a waiting list. Contact Sue Berg at 268-9628 or sberg@independentlivinginc.org.

Inquiries also are welcome for small group presentations at private homes, churches or other places where friends would like to meet. Contact Arlen Moss at 268-9631 or amoss@independentlivinginc.org.

A capital campaign is underway to raise a portion of funds to build Tennyson Senior Living Community, and help make it affordable for more seniors. Moss, fund development director, is leading the capital campaign. Information is available by contacting Moss or by visiting online at www.independentlivinginc.org/support-our-work.html.
Our Mission
Our mission is to support adults as they manage their independence by providing a variety of care services, skilled home health care and housing options to maintain health and well being.

NOTES FROM RITA

“At Home, Many Seniors are Imprisoned by Their Independence.”

This is the headline of a well written health article published June 19 in The New York Times. How can it be that your home – your castle – traps you? When you’re homebound and frail, it happens all the time.

• Steps or stairs are difficult.
• Driving is a nerve-wracking exercise.
• Pride or reluctance prevents you from accepting services from someone.

The New York Times article describes Edward, who, at 87, has difficulty standing and walking, including navigating 16 steps from his apartment to the street. If he lived in a building with an elevator and used a motorized wheelchair, he might still be joining friends for lunch at a nearby senior center. Instead, he hasn’t left home for months. He can afford help from aides or moving into assisted living; instead, he resists because he “can still get around, more or less.” Mostly less.

A key observation in the article rings true with my personal experience serving seniors for nearly 30 years:

Older adults’ desire for familiar surroundings, and their fear of institutionalization and its financial burdens, have apparently led millions to fight to remain in homes they can rarely leave. Remaining at home, however difficult or isolating that becomes, gives older people a sense of control that may prove illusory. They feel they have freedom even though they don’t.

That’s why our work at Independent Living, Inc. is so important. What we do lessens the impact of becoming more frail and homebound. By bringing a service into the home, it brings back options and opportunities to live and enjoy life.

Let our caregivers do the cleaning and take someone on errands. Have our carpenter change the bathroom to make it safe. Let us bring you supper. Our aides would be happy to escort your aunt, your father or other loved one to a lunch outing with friends. Think about the difference one phone call to Independent Living can make to someone who matters to you. Help them experience independence the way it’s meant to be enjoyed.

Rita Giovannoni, CEO

ILI Welcomes New Board Member

Jonathan B. Jaffery, MD, MS, has joined the Independent Living, Inc. Board of Directors. He is a board-certified nephrologist, associate professor of medicine at UW School of Medicine and Public Health, chief population officer at UW Health, and president/CEO of UW Health ACO.
Yoga Flow with Mary Kay McCanna

Most Wednesdays, nearly a dozen women, an occasional man and one dog gather at The Gardens independent senior apartments in Madison managed by Independent Living, Inc.

Bringing them together is a gentle, eloquent soul, helping seniors learn to “go with the flow” through yoga. That soul is Mary Kay McCanna, a volunteer instructing a weekly yoga class.

Mary Kay has been practicing yoga for 25 years and teaching for more than half that time. She also is a master gardener and bee keeper. When there’s a little time left over, she travels and assists her husband, Peter, in medical mission work in developing countries.

The duo has three grown children and a four-legged canine family member, Sugar, who regularly accompanies Mary Kay to yoga class at The Gardens. An Australian shepherd, Sugar is “sensitive, calm and sweet,” Mary Kay says. “The students just love her! She greets each person, and then chooses one to sit next to.” Mary Kay pauses, then says, “I think she senses who needs a little extra attention.”

Teaching chair-based yoga, Mary Kay says, “I love this senior population! I know these dear people look forward to this all week. I have students who are 90 years old and older.” At the end of class, Mary Kay gives each student a brief shoulder and neck massage while the others sit with eyes closed repeating a short prayer.

“A real reward is the students’ joy. I can see that they leave happier than when they came in. Releasing tightness in our bodies and quieting our mind, yoga is about letting go. It enhances whatever spiritual practice you may have,” Mary Kay concludes. “I see students develop new methods of feeling peace, of feeling God’s presence.”

(please see page 6 for additional photo)
Staying Independent and In Charge

“I look forward to their coming and I always feel better after they have been here.”

The comment is from Kay Sundberg-Smith, talking about home health care services—nursing and physical therapy—from Independent Health Care (IHC). An articulate individual, this Monona woman faces each challenge in life with intellect, wit, and intestinal fortitude, literally, as her digestive system attempted to get the best of her, requiring surgeries. With an imminent hospital discharge on New Year’s Day 2015, she knew exactly where she wanted to continue her recovery: at home with expert care.

That determination is typical of her “take charge” style that has resulted in a lifetime of adventures. Kay grew up in Upper Michigan. She and her sister wanted to attend nursing school at a nearby college, but were denied the opportunity. Undeterred, they went to nursing school instead in Duluth. Around the same time, hometown boy Kenneth Sundberg started wooing Kay, who eventually married him.

Kenneth was in the Air Force, and the pair moved from base to base. In the late 1940s and early 1950s, they lived just north of Tokyo. “Although at times it might have been tense, I always enjoyed the people I met. They all were so kind, so gentle,” Kay reminisces. Other residences included Hawaii and Alabama. Eventually, they landed at Truax Field in Madison. They had a daughter, bought a home in 1961, and settled into Madison life with school activities, bridge games with friends, and family vacations. Then, in 1982, Kenneth was diagnosed with lung cancer. A non-smoker, he passed away after just six weeks, ending 38 years of marriage with Kay.

In time, Kay resumed her life with friends, and in 1984, she married a widower and family friend, Dick Smith. They had 18 years together until he passed away from multiple myeloma. Kay had been the caregiver for both husbands. “I’m grateful that neither one really suffered,” she says. “And I was always grateful for my own health so that I could take care of them.”

Kay still takes good care of her health, including exercises prescribed by her physical therapist from IHC. “It’s a lot of work, and Sandy has made them fun,” Kay says.

Experiencing a small relapse this summer, Kay’s goal was to regain enough strength, balance and coordination to go on vacation with her daughter. It fits Kay’s vibrant style. “When someone says ‘how would you like to go to . . . ’, I’m going to respond with ‘I have my toothbrush and checkbook. Let’s go!’”

A Brief History of Home Health Care

Home health care has existed for centuries, evolving from family members using folk remedies to doctors who made house calls. Actual nurse training first appeared in 1798 when a New York physician presented lectures on the care of maternity patients. British Florence Nightingale is credited for establishing nursing professional education in the mid-1800s.

In 1893, the term public health nurse was invented by Lillian Wald, who observed the connection between disease and social and economic aspects. Up to the mid-1960s, home health care was offered primarily as private-duty nursing or through boards of health or charitable organizations. In 1965, Medicare was established and included a home health care benefit which helped morph the service into its own industry.

Today, home health care has significant impact on the U.S. economy. In 2012, about $77.8 billion was spent on home health care, according to Kaiser Health News. About $18 billion came from Medicare; of that, $132.4 million was spent on home health care in Wisconsin.
Health Care Makes House Calls

When Kay Sundberg-Smith found herself in the hospital during the 2014 holidays, her singular focus was going home and continuing her recovery with help from Independent Health Care, a home health agency.

The Monona resident had surgery resulting in an incision that required daily care after she left the hospital. She also needed to continue physical therapy to restore strength and coordination. Both services are offered at home through home health care.

The demand for home health care is growing, says Terri Messinides, RN. “Patients have shorter hospital stays. They are sent home more quickly and more acute than was the practice just a decade or two ago. Plus families are more stressed and overwhelmed, dealing with a family member who is much sicker.”

Messinides is the director of Independent Health Care, a home health care agency within Independent Living Inc. Among numerous home health care organizations in Dane County, Independent Health Care is just one of seven in the county with Medicare certification, and one of 117 total in Wisconsin.

Families want help caring for loved ones at home. In 2014, referrals for services from IHC increased 60 percent. Chief Operating Officer Linda Lane credits the IHC “tag team” of Messinides and Gwen O’Loughlin, admissions coordinator, for the growth. “They are immediately responsive to inquiries,” Lane says. “Hospitals, nursing homes and rehab centers are realizing that we have more flexibility and capability to start service faster than others.”

It takes a special nurse to succeed in home health care. “Home-based nursing includes teaching how to care for yourself, what to watch for, how to change dressings, etc.,” Messinides says. “It’s more demanding than ever before. Patients receive instructions in the hospital but they are acutely ill, stressed and therefore unable to learn as they might otherwise.”

For Sundberg-Smith, a petite dynamo with a soft halo of white hair, what mattered was professional and compassionate care. It helped that she and Nan Cederholm, RN, bonded famously. “I couldn’t have done better with Nan,” says Sundberg-Smith. “I felt like she was there for me. I know people who have caregivers and think the caregivers are there for life, but that wasn’t my plan. How wonderful Independent Health Care has been. They have helped me regain a lot of independence.”
Thank You, Volunteers

In each issue of the newsletter, we recognize volunteers who generously share their time to help us with the important work of serving seniors. In this issue, we recognize volunteers who serve on our Board of Directors, Chore Corps, Computer/Event Support, Friendly Visiting, Kibble on Wheels, Office/Administrative Support, Telephone Reassurance and Volunteer-By-Design. Thank you for your support!

Steven Acker
Daniel Andersen
Susan Anderson
Barbara Andrews
Melanie Antos
Andrea Ashmore
Judy Balistreri
Judy Ballweg
Ashley Baltes
Angela Banks
Marissa Baron
Pamela Barsness
Jason Bartel
Nathan Becker
Brett Behling
Joyce Behrend
Patricia Bewick
Lindsey Blazel
Mary Blum
Sarah Bocher
Mary Bolland
Dianne Brakarsh
Jeffery Bowles
Kathi Brown
Laura Bunn
Karen Carlson
Patricia Carney
Gail Cech
Jonathan Chamberlin
Robin Chene
Peter Christman
Kay Christop
Dawn Cloutier
Alan Cody
Jon Conley
Linda Crubaugh
Kali Deans
Nicole Dewitt
Irene Diamond
Theresa Dillard
Leah Dudley
Emily Elbert
Cindi Erickson
Jay Esser
Robert Evans
Nicole Farris
Laura Felix
Craig Feucht
Benjamin Fleming
Cheryl Gandolph
Audrey Gausmann
Kathy Gehl
Patricia Geiger
Elizabeth Geiger
Robert Genson
Joseph Giordano
Rita Giovannini
Scott Girard
Paul Glazer
Amy Goedert
Michael Goetz
Ann Gonzalez
Elizabeth Haase
Victoria Hahn
Mary Halpern
Lori Hanna
Michelle Harrison
Linda Hebard
Carroll Heideman
Laura Heiple
Herb Held
Courtney Henry
Laura Her
Michelle Hicklin
Loretta Himmelsbach
Fern Hirsch
Gary Hughes
He Huimin
Jessica Ives
Debra Jefferson
Kevin Johnson
Catherine
Kansussatulamsy
Emily Kara
John Keating
Marianne Korol
Jacklyn Kranz
Jeffrey Kubly
Polly Kuelbs
Robin Kurtz
Abigail Kutzke
Linda Lane
Jenna Lane
Emily Lawless
Peter Lege
Michael Leonicz
Brent Lindell
Stephanie Loger
Heidi Lucarelli
Michelle Lukas
Elise Malone
Brenda Mancl
Mary Kay McCanna
Erin McNeill
Elizabeth Mensing
Cody Meyer
Tonia Midthun
Jennifer Miller
Alyssa Mitchell
Deepika Mohan
Maria Montello
Doris Mueller
Sarah Mulray
Abigail Musselman
Katta Naresh
Dories Neis
Katherine Odell
Janice Omoen
Sommer Olli
Tiffany Pearson
Ione Peschl
William Pope
Marjorie Pope
Anthony Pullara
Gail Pullara
Amanda Purington
Zach Ramirez
Nancy Rane
Mary Regier
Richard Reinig
Laura Reinke
Robin Reisdorf
Sid Richards
Stephanie Rogers
Rachael Rowlinson
Karen Sallander
Mark Samborski
Niki Samborski
Chris Santaromana
Meghan Scalea
Isaac Schaefer
Carrie Jo Schaub
Ann Scheele
Amanda Schiller
Kate Schilling
Anna Schmidt
Devin Schneider
Debra Schroeder
Garrett Schuemmer
Sharon Schumacher
Kristina Schumann
Louisa Schwartz
Ann Schwartz
Ruth Ann Sellen
Barbara Seth
Kathleen Shafarik
James Shaver
Thomas Shorter
Gianna Showers
James Siebers
Tatiana Skripnik
Patricia Harrsch gently works on a leg stretch during yoga class.
Sugar chooses to rest during the workout.

In our previous newsletter, these Evening Meals on Wheels volunteers were missed. Our apologies for the oversight.

Kelly Ferrett
Sebastian Leopold
Ed Nowicki
Rachel Smedley
Jessica Sokolowski
Bethany Spartz
Tommie Starich
Jennifer Steindl
Jessica Stern
Doug Stoffels
Greg Stravinski
Terri Strong
Kristin Sumber
Amanda Thiel
Dennis Thompson
Lois Thompo
Brienna Tipler
Angela Troia
Ronald Van Wey
Hannah Vanderlaan
Britt Verstegen
Russell Vogel
Jane Voichick
Luke Waggoner
Cheryle Wampole
Susan Webber
Taylor Weichman
Corinna Wells
Kathie Welsch
Janet Welte
Heidi Wenner
Ann Whitaker
Stephanie Wild
Chloe Wilkerson
Kelly Wisch
Rachel Witthoft
Joanne Woellner
Lisa Woon
Molly Yunke
American Family
Insurance
Cascade Asset
Management
Blackhawk Church
GE Healthcare
Group Health
Cooperative
TASC
UW Delta Gamma
Fraternity
Zimbrick East
Edie Nowicki
Kathy Ryan
In Memoriam

Independent Living lost a light-hearted spirit with a flair for panache. Annette Stebbins, who worked at The Gardens senior living property, passed away in June. An ILL employee for seven years, Annette kept The Gardens building looking its best.

“She made her mark on the decorating at The Gardens,” said resident Patricia Harrsch. “Plus she created opportunities for people to get together and share interests. She hosted an occasion for people to share their hats and the stories about their hats. She was very kind and always very helpful. When someone moved in, she would offer tips for arranging furnishings, and where to hang pictures to avoid the sun.”

Early on, Annette had a notable career in the media. In an article in Madison Magazine, former columnist Doug Moe described Annette as “a force: a pioneering female advertising executive with NBC15, a tireless volunteer throughout the community and a strong advocate for insuring high-risk medical patients.”

Excerpted from her obituary:

Annette LeTendre Stebbins, born in 1942, was a UW graduate. For many years, she was one of the top advertising reps in Madison while working for WMTV NBC 15. She also owned and operated her own business, Beaucoup Ideas, LLC.

Everything Annette touched she transformed into magic. She was a big part of Madison. She performed at UW Theatre and Madison Theatre Guild, was a member of Phi Beta, and served on many community boards. She was involved in The Frostiball, Wisconsin Women’s Health Gala, Henry Vilas Zoo, Madison Parks Foundation, and Circus World Museums, among others. She also was a board member of the State of Wisconsin Health Insurance Risk Sharing Plan.

On Easter Sunday 1992, Annette received a new liver, a gift of life from hundreds whose generous donations made the operation possible. The "Annette needs a Hug" committee raised over $100,000 for her operations. Because of those donations, she was afforded 23 post-transplant years and the opportunity to meet her grandchildren. Annette is survived by two sons, a sister, brother, and four special granddaughters.

THANK YOU!
Independent Living, Inc. is grateful to receive and recognize these special tribute gifts between March 12, 2015, and September 14, 2015.

Honoring
Pam Lombardino & Betty Hubble
Pamela Crapp

Remembering
Harold Berghammer
Lidia Berghammer
Dianne Fisher’s father
Dianne Fisher & Mark Chullino
Patricia Fessenden’s father
Jack and Kay Cipperly
Shirley Gunderson
Ted & Cindy Waldbillig
Grandpa John & Omi Kleff
Heidi & Mark Lucarelli
Bob Langer
Gayle Langer
Jackie Macaulay
Stewart Macaulay
Margaret Meharg
Ginny Meharg
Sandra J. Peterson
Walter Peterson
Ruth Preboski
Bill & Linda Preboski
Beverly Hope Ray
Raymond & Colleen Ray
Evelyn Russell
HNI Risk Services, LLC
Dories Neis
David Neperud
Charles Russell
Mary Alice Schmitz
Danny & Carol Peterson
James C. Shapleigh
Mark & Colleen Shapleigh
Jerome Smith
Jack and Kay Cipperly
Carol Walker
Dr. David D. Marsh & Dr.
Maryalice Jordan-Marsh

If you would like to know more about making a gift in honor or in memory of someone, please contact Arlen Moss, fund development director, at 608-268-9631 or amoss@independentlivinginc.org.
**Six Staff Members Honored for Exemplary Work**

Independent Living, Inc. has amazing employees, and six outstanding individuals were honored at the July 15 Employee Recognition event. Pictured, from left, are Lucy Vaughn, Annie Hesling, James Bolgrihn, Pat Leathers (in front), Betty Hubble (in back), CEO Rita Giovannoni, Jane Radske and benefactor Carroll Heideman. More than 140 nominations were submitted, naming 40 front-line, non-management employees. Dacia Riggs, a member of the selection committee, believes it may have been a record number of nominations. She added, “It was a challenge selecting just six honorees!” The honorees received certificates and cash gifts. The awards were possible through a key gift from board member Carroll Heideman, and donations received during the year from a dozen grateful clients or their families.