Tennyson Senior Living Community Plans to Start Construction in Spring

A beautiful new senior living campus is coming closer to reality on Madison’s northeast side. Prospective residents and neighbors may notice signs of construction in the spring of 2015.

“This is tremendously exciting to be anticipating ‘shovel in the ground’ soon,” says Rita Giovannoni, CEO of Independent Living, Inc. The next step is translating the architect’s exact renderings for Tennyson Senior Living Community into a thick stack of details on paper requesting construction bids. “Fortunately, we have an exceptional contractor with CG Schmidt to shepherd us through that step,” Giovannoni says.

The project is attracting attention from prospective residents, and Independent Living has been steadily adding names to a growing interest list. Contact Sue Berg at 608-268-9628 to be included.

The campus on Tennyson Lane will be built in two phases. The first phase includes all the community spaces such as a main living room with fireplace, bakery/café, dining area, and wellness center with aquatic therapy pool. The building is shaped somewhat like the letter “U” with the community spaces as the base. One arm is a five-story wing with 75 independent apartments. The other arm is a four-story wing with 60 units of assisted living and memory care.

“We’re in the process now of finalizing the financing package,” Giovannoni notes. “We were fortunate to have several financial institutions interested in new construction.” To manage costs, Independent Living is actively fundraising for the property. All donations help, and naming opportunities are available. For discreet inquiries, contact Nicole Schultz, fund development director, at 608-268-9631.
NOTES FROM RITA

A long-running series of TV commercials asks “what’s in your wallet?” I’m going to play on that by asking what’s on your countertop? On your nightstand? In your medicine cabinet?

And then I’m going to ask: how young are the people in your home?

By now, you may see where this is going. The Alliance for Aging Research reports that more than 60,000 children ages 5 and younger are treated at emergency departments each year for accidentally ingesting medicine found in the household. More than one-third of medication poisonings in children involve a grandparent’s medicine, according to Safe Kids Worldwide. They also report:

- Grandparents play a greater role than ever in raising grandkids, with 13 percent of grandparents—one in eight—providing care on a regular basis for grandchildren.
- Since 2005, there has been a 23 percent increase in the number of grandparents living with their grandchildren. In 2012, this translated to more than seven million grandparents in the U.S. living with grandchildren.
- While older adults make up 13 percent of the U.S. population, they account for 34 percent of all prescription medicine use.

The average adult age 65 and older has 28 prescriptions per year, according to the Kaiser Family Foundation. This is more than double the number of prescriptions for adults ages 19-64.

With so much medication in a household, it’s critical to be aware and take action. Raising awareness and offering safety education are the goals of a national collaboration including the Centers for Disease Control and Prevention. Tips they share include:

- Avoid taking medication in front of children as they often imitate adults.
- Never call medication “candy.”
- Keep all medications—prescription and nonprescription—in child-resistant containers.
- Place medications up, away and out of sight. This includes vitamins.
- Be alert to guests who may not think about the medications carried in a purse or carry-all.
- Keep the Poison Help Number handy: 1-800-222-1222.


Rita Giovannoni, CEO
Golf Outing Scores Success

Sept. 22 was a perfect autumn day for the First Annual Independent Living Golf Outing. In all, 103 golfers enjoyed a great round of 18 holes shotgun style at Hawks Landing. Lead sponsors for the successful event were Wegner CPAs, CG Schmidt, and Savant Capital Management. The outing grossed more than $30,000 and netted $17,000 for Independent Living, Inc.

Clowning for the camera (clockwise from top) are golfers Amy Schultz, Kim Ruef, Mary Wright, and Brewer Stouffer.

Save The Date

Keep September 24 open on your calendar for a great day of golf at University Ridge!

THANK YOU

Independent Living, Inc. is grateful to receive and recognize these special tribute gifts between July 17 and December 16, 2014.

Remembering
Edith Giovannoni
  Jim & Joyce Behrend
  Carroll Heideman
  Catherine LeTourneau
Maxine Golbach
  Sara Golbach
  Dories Neis
Carol Jean Warner Hickman
  Richard & Janice Paynter
Maxine Jackman
  Nancy Jackman
Robert Johnson
  Carol Ripp
  Lucy Kraft
  Daniel Kraft
Evelyn N. Maas
  Melanie Maas
Rose (O’Leary) Jauch
  Donna O’Leary-Steiner
  Ruth Preboski
  Bill & Linda Preboski
  Mary Siegrist
  Maria Burger
  Claran Stecker
  CUNA Club
  Joseph & Mary Jane Day
  Janet Garkey
  Todd Dosher & Michelle
  Haas-Dosher
  John & Donna Montgomery
  Joanne & Robert Sepich
  Joseph Stecker
  Kenneth W. Wood
  Levi & Janet Wood

Honoring
Ethel Dunn
  John & Cathy Harrington
  Betty Hubble
  William & Barbara Clapp

Meals Route 09
Volunteers
  Jean-Michele, Katell &
  Armelle Ané, Sigurd &
  Victoria Angenent, Kathy Benson, Nate Howe,
  Marta Stanek, Noel &
  Kathy Stanton
  Dr. Manucher Javid

Staff Appreciation
  Maria Burger
  Reid & Patricia Harrsch
  Jeanette Head
  Lucille Knerr
  June Krings
  Susan Meinholz
  Dan & Judy Peterson

Our Programs

We help you or someone you know remain independent at home. Thank you, Dane County community, for trusting your care to us for 40 years. We look forward to caring for you for years to come. Call for information today 608-274-7900

Supportive Services
Caregiver Respite
Evening Meals on Wheels
Financial Management and Counseling
Home Care
Home Chore
Home Safety Modification
Home Share
Medication Management
Transportation

Home Health Care
Independent Health Care, Inc. (Medicare-certified home health care agency)

Services from Volunteers
Telephone Reassurance
Friendly Visiting
Kibble on Wheels
Chore Corps
Health Advocate, plus more

Senior Living
The Gardens, Madison
Segoe Gardens, Madison
McKee Park Apartments, Fitchburg
Olympic Village, Sun Prairie

Your local connection to an independent life since 1973
Thank You to Our New Volunteers in 2014

With this issue of our newsletter, we recognize (155) volunteers new to Independent Living, Inc. in 2014. Thank you for making a difference in the lives of seniors and adults with disabilities. We appreciate all that you do!

Shani Aharon
Robert M. Allard
Antoine Appel
Nicolas Appel
Andrea W. Ashmore
Ashley M. Baltes
Angela M. Banks
Trevor W. Banks
Elis Barho
Marisa Ben-Yishay
Dawn M. Benway
Janell G. Bertera
Sarah Bloom
Eloise Bouges
Adam W. Brabender
Leonardo Brito
Jazmine M. Brown
Julia Anthony Brown
Patrick D. Buchanan
Ryan Chapman
Ashley N. Chatman
Vivek Chennan
Robin L. Chene
Kathryn M. Chew
Alan Cody
Jake Coleman
Dawn Collins
Jennifer Collins
Jon D. Conley
Emily Dawes
Kali K. Deans
Alfonso H. Del Rio
Alonso R. Del Rio
Nicole C. Dewitt
JD Dorrance
Dani Dunoff
Kathleen Elsenberg
Nicole K. Farris
Sandy Fischer
Lisa J. Fordyce
Brendan Friedman
Dak Hon Fung
Koon C. Fung
Sophia Gatica
Tyler Gilcrest
Scott L. Girard
Max Goldstein
Sam Goldstein
Stacy M. Graff
Gina Greda
Josh Grossman
Elizabeth Haase
Chelsey A. Harris
Michelle A. Harrison
Scott Haumersen
Kevin R. Hayden
Jessica L. Heiden
Steve C. Herrington
Kyle Herzog
Fern L. Hirsch
Sarah J. Hope
Nathan E. Howe
He Huimin
Abby Inger
Dave Johnson
Joshua B. Johnson
Lori Johnson
Marcella Johnson
Jacquelyn R. Joyce
Elizabeth Kaminsky
Mihir P. Kansara
Catherine
Kanissatulsamy
Brittany Kendall
Quinn Ketterman
Nicole Klein
Lynne C. Kramer
Katelyn Kruse
Clair Kurziynski
Skylar Kutasi
Abigal K. Kutzke
Jon Landen
Brent Lindell
Tanya Lester
Andrea Leverton
Andrew D. Loftus
Heidi Lucarelli
Jennifer A. Maron
Travis Marshall
Jennie R. May
Claire E. Mayer
Sylvia D. Medenwaldt
Elizabeth A. Mensing
Cody A. Meyer
Tonia L. Midthun
Glenn Miller
Jennifer Miller
Terry Moyer
Fred Muci
Kelly C. Mueller
Rose Mueller
Sarah Mular
Katta Naresh
Kristin Nelson
Comelia Nicholas
Meghan K. Nilan
Carrie O'Dell
Tim O'Donnell
Janice L. Omoen
Allyson K. Ostrander
Jennie Paske
Emma Paulshock
Andrea Hopkinson
Heidi A. Pearson
Kenneth R. Peterson
Corinne Pioessi
Asuk Rambf
Emily Ramirez
Christopher S. Ramos
Nalini Rao
Mary Regier
Lenke N. Robos
Stephanie M. Rogers
Melissa D. Rupnow
Loretta Sanchez
Amanda L. Schiller
Anna M. Schmidt
David M. Schmidt
Debby A. Unger
Ronald J. Van Wey
Hannah D. Vanderlaan
Sandra Vega-Semorile
Jane Voichick
Stephanie A. Wild
Josh Woonik
Victor Y. Zhang
Emily J. Smith
Jessica L. Sokolowski
Bethany Spatz
Adam J. Spatche
Tommie M. Starich
Jennifer Steindl
Jessica A. Stern
Douglas Stoffels
Robin Swadley
Terry Tennyson
Nicole T.,exeria
Amanda R. Thiel
Audrey J. Thompson
Laura Turkienicz
Debby A. Unger
Ronald J. Van Wey
Hannah D. Vanderlaan
Sandra Vega-Semorile
Jane Voichick
Stephanie A. Wild
Josh Woonik
Victor Y. Zhang

Volunteer opportunities abound. Among many wonderful ways to help are delivering Meals on Wheels or Kibble on Wheels; phoning a medication reminder; mowing lawns, raking leaves and shoveling snow; assisting at an event; planting a garden, and just visiting. Learn more by contacting Dan, volunteer manager, at 268-9641 or coordinator@independentlivinginc.org.

A caring group of friends at The Gardens independent apartments organized a “bag party” that had nothing to do with purses or groceries. Instead, they collected donations to purchase small gifts and personal care items, and then packaged them into handmade drawstring bags made by a seamstress in the group. The bags were then delivered as Christmas gifts to veterans hospitalized at the VA during the holidays. Thank you for being good friends!

Each year, TDS selects local charities to support through their gift-giving holiday trees. Independent Living clients and their pets are among those to benefit from the generosity of TDS employees!
Building a deck was something Skip Virchow used to do, back in the day when he ran his Waterloo Home Improvement business. The talented handyman and World War II Navy veteran also worked for a time as a building inspector with numerous certifications including electrical, heating and cooling. Long since retired to a cozy mobile home in Marshall with his wife Arleen, Skip still talks with pride about the home’s roof and deck which he built himself.

As the two grew older Skip never shied away from dusting off his tools and making changes to the home when needed, like tearing out the Jacuzzi tub and replacing it with a walk-in closet, or building a box to raise the height of his recliner. However, when Arleen started having trouble with the five steps on the deck up to the front door, Skip knew that at age 87, he couldn’t handle this project on his own.

Through the Dane County Aging and Disability Resource Center, Skip learned about Independent Living, Inc. and its home modification program. After talking with the program manager, Jonathan Rossall, Skip learned he qualified for a Dane County grant administered by Independent Living that would cover expenses of making his home more accessible.

Skip’s first thought was to install a vertical wheelchair platform lift, but after an initial inspection by Independent Living’s licensed carpenter Jerrold Woolley, he learned that was not a viable option. Yet, installing a traditional ramp would either demolish or cut off access to his prized deck. Skip went back to the drawing board looking for a third option. Six weeks later he called Independent Living again and asked if they could custom build a wooden ramp he had designed to be integrated into his existing deck.

Jerrold drew up the plans, ran them by the inspector and was able to secure a building permit. When Skip heard the news he immediately started disassembling the portions of the deck that were to be modified. Once the project was fully underway he pitched in wherever he could. The result, Skip says, is a safer, more accessible home for a retired couple who want to remain there and enjoy it as independently as possible. As an added bonus, Skip’s deck has a new feature that he can point to and say, “I built that (with a little help), and I did it my way.”
Home Delivered Meals Now Have Heart-Healthy Low-Salt Option

When it’s important to reduce the salt in your diet, Evening Meals on Wheels (EMOW) has a great tasting low-salt option for you.

EMOW offers a 2-gram (2,000 mg) low sodium alternative. A 2-gram sodium diet matters to people who deal with chronic heart conditions. Heart failure, which means the heart doesn’t pump blood as well as it should, affects about 5.7 million Americans, and its symptoms result in the leading cause of hospitalization for people 65 and older.

The good news is that people with heart failure can improve their symptoms by reducing salt in their diet. Sodium (salt) is a mineral found in many foods.

“Eating too much salt causes your body to hold or retain water. It worsens fluid build-up and makes your heart work harder,” says Linda Lane, registered dietitian and chief operating officer at Independent Living, Inc. A low-salt diet helps control high blood pressure and swelling (edema) for those who have heart failure.

Doctors and dietitians recommend that patients with heart failure avoid consuming more than 2,000 mg of sodium per day. However, many people find it challenging to prepare low-salt meals at home, says Michelle Christensen, the manager of Evening Meals on Wheels, the only program of its kind in Dane County. “Our chefs prepare meals that meet the 2-gram sodium requirement, and still have lots of flavor!” she states. For more information about home delivered meals, call Michelle at 608-204-0923.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 Cup</th>
<th>Serving Per Container: 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>90</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<td>890 mg</td>
</tr>
<tr>
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<td>13g</td>
</tr>
<tr>
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<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
</tr>
</tbody>
</table>

Ingredients: chicken broth, carrots, cooked white chicken meat (white chicken meat, water, salt, sodium phosphate, isolated soy protein, modified corn starch, cornstarch), potatoes, celery, rice, monosodium glutamate. Contains soy.

Percent Daily Value gives % of recommended amount per day. If this is over 25%, the food probably contains too much sodium for you.

Using Food Labels to Meet Sodium Goals

Serving size is the basis for all values on this label. In this case, 1 serving is 1 cup; if you eat the whole can (2 servings) you have to double all the numbers on the label.

Sodium is given in milligrams (mg). How does this number compare to your daily goal?

Check ingredients list for salt. Also watch for high sodium ingredients such as sodium phosphate, brine, monosodium glutamate (MSG), baking soda and any other ingredient that has “sodium” in its name.
What Makes a Community Special?

Whether a condominium community is filled with college students, middle-class young families or semi-retired residents, some communities have that special atmosphere, that sense of belonging that is so inviting. We asked residents at Independent Living’s Olympic Village to share a bit about their lives at the place they call home. To learn more about living at Olympic Village, call Jill at 268-5500.

Discreetly tucked into a southern corner of Sun Prairie is a planned neighborhood cherished by its residents. They live in attractive single-story condominium homes with two bedrooms, two baths, a three-season sunroom and an attached garage. The walkable community has a gently winding road that leads everyone past the multi-purpose club house, which overlooks a pond and green space.

This is Olympic Village, a community for active individuals age 55 and better. A property managed by Independent Living, Inc., Olympic Village has that tasteful look that defines the neighborhood. Built in the 1990s, the community is not only attractive, it has an appealing quality that comes from the neighborly residents who respect both privacy and parties.

Carolyn Riley, who moved to Olympic Village 17 years ago, enjoys the friendships she cultivated. “We create our own fun,” she says. “We socialize, we relax. We organize potlucks. There are celebrations for anniversaries and birthdays.”

“Everyone has the option of stepping out and meeting others at gatherings and activities, or staying home where they are most comfortable,” says Sally Carpenter, who has lived at Olympic Village for almost four years. “You can be as active as you want to be here.”

It’s a caring community, too. Sometimes, it’s a thoughtful card or a meal for a neighbor who’s been ill. Other times, it’s a helping hand with grocery bags or sharing a ride.

People make Olympic Village special, agrees Kay Oestreich. She and her husband, Ross, moved in about a year ago, attracted by the community, the green space, and the open floor plan in the homes. Plus every home faces the road instead of a hallway door. “I wanted my own space,” she describes. “I walk out my front door, and it’s my yard,” she says.

Barb Klintman, a resident for 12 years, laughs. “I moved because I was ready to be done with raking leaves, hauling leaves to the dump, plus lawn and a big house to take care of. And a huge basement . . .”

Kay contributes, “We had a basement we rarely used. I don’t miss it.”

“Me, either,” says Gloria Fowler, who with her husband Patrick moved to Olympic Village about 15 years ago. “A great thing about this village is the size of each unit . . . easy to manage. And having someone to mow the lawn, trim the shrubs and shovel snow . . . what more could one want!”
**Independent Living, Inc. Welcomes 5 New Board Members**

Five area professionals recently joined the 14-member board of directors of Independent Living, Inc. New members are Brent Lindell, Heidi Lucarelli, Jennifer Miller, Douglas Stoffels and Jane Voichick.

Brent Lindell is a market manager with Savant Capital Management. Prior to joining Savant in 2007, Lindell was vice president and wealth management consultant for U.S. Bank. He has a bachelor’s degree in economics from the University of Iowa.

Heidi Lucarelli, community volunteer, is a substitute nurse in the Verona and Madison school districts. She has accompanied her husband on medical mission trips to Peru. Lucarelli has a bachelor’s degree in nursing from St. Louis University.

Jennifer Miller, retired, served as chairperson of the Federal Home Loan Bank of Chicago. She worked extensively in community development and funding programs for affordable housing. Miller has a bachelor’s degree from UW-LaCrosse.

Douglas Stoffels, CPA, is a financial analysis manager with American Family Insurance with responsibilities that include decision support for expansion and acquisition efforts. He has a master’s degree in business administration from UW-Madison.

Jane Voichick is professor emerita at UW-Madison. In retirement, she has served as a national journal editor, and chairperson of the Wisconsin Food Security Consortium. Voichick has a doctorate in nutritional sciences from UW-Madison.

CEO Rita Giovannoni warmly welcomed the new board members at an orientation session held at the ILI offices. “We look forward to your leadership,” she said.