



At Home

“ALL THE NEWS THAT FITS” FROM OUR HOMES TO YOURS

Life is an art, and you are the artist.



1



2



3



4



5

“We are all pencils in the hand of God.” – Mother Theresa

Our residents have found more than a place to live. They’ve found a place to embrace life! Pictures **1** and **2** show one of the monthly “**Baking with Bau**” gatherings at **Iris Park Commons**. **Bau Xiong** works in the dining room. She enjoys trying out recipes for sweet things that her boyfriend won’t eat. **Marilyn Dayton** is measuring out Rice Krispies with Bau. **Christine Lind** approves of the end result. Picture **3** is the grandson of a **Kings Crossing** resident at the community’s August 2 **National Night Out Against Crime**. His face was painted by the another resident’s daughter. The event was organized entirely by the

community with enthusiastic staff support. The quilting group at **Carty Heights** (**4**) is now in its second year. Tying a quilt are **Jean Matthews**, **Safina Akbar** and **Carol Olson**. **Lam Le** is stitching quilt squares together. The group’s founder, **Geri Thompson**, was out of camera range. The quilts are now being donated to North Minneapolis tornado victims. The intergenerational clay classes (**5**) are a hit at our four Independent Living residences. Here, **Seabury** resident **Marjorie Fletcher** and **Dana** (granddaughter of resident **Fred McKee**) are busy applying glaze to decorative pottery binoculars.





Marlys Konder saves one life with CPR, stretches other lives with daily exercise.

Marlys Konder has worked at **Episcopal Church Home** for just over 10 years. In early 2009, when major renovations were completed and the **Household model of care** was implemented, Marlys had the chance to become much more than a food service worker. She jumped at it. *"I still serve meals,"* says Marlys, *"but now I also lead my Household residents in daily exercise, read the daily news to them, run Bingo, and do a lot of one-on-one*

listening. I love it!" Like all Household staffers, Marlys has received a lot of cross-training in other disciplines, including CPR. This past June, she was able to put her CPR training to use on one of her residents. It saved his life. *"He's still with us and doing fine,"* she says. Marlys works in **Cooke House**. Her son, **Norman Konder**, works in **Isabella House**, and her daughter, **Jolene Thompson**, works in **May House**. They know CPR too.

The art of living, Cambodian style.

Cambodians value showing appreciation when one has been helped and helping others as one is able. Accordingly, **Chhoeung Tin** offered this painting of the Angkor Wat temples to **Kings Crossing** manager, **Lisa Boyd**, because he is grateful for his home there. Behind him is **Carty Heights** resident, **Ban Roth**. He helps his Cambodian and Vietnamese neighbors with translation. Both are now U.S. citizens.



Kings Crossing's National Night Out instigator, **Pat Lamb**, doesn't let being legally blind and on dialysis slow her down. *"I feel better when I'm giving back to my community."*

Kings Crossing manager, **Lisa Boyd**, recalls **Pat Lamb** walking into her office and asking, *"What are we going to do about the National Night Out Against Crime?"* Lisa's answer was, *"How can I help?"* Our new Arts and Events Coordinator, **Kristin Aitchison**, helped too, but Pat was really the person who had the

vision and pulled it all together. Nearly 70 residents, family members and neighbors attended. Everyone enjoyed grilled hot dogs, pot luck, live music and poetry. Face-painting for the kids too. Pat has been a community volunteer for many years and many causes, including getting out the vote (Got Voice? Got Power!), helping with the annual Selby Avenue Jazz Fest, and heading a diversity team for 16 Public Housing Authority high-rises. On August 25, Pat's floor hosted the community's pot luck. She upped the ante by making it about more than food. *"I wanted it to be celebration of our different cultures,"* says Pat, *"so we had ethnic music, stories, art, and a visit from Ramsey County Commissioner Toni Carter."* She is shown here with the African art she shared at the National Night Out.

At Home



Do something beautiful for your home and Episcopal Homes!

Saturday, October 1 • 10-5
Sunday, October 2 • 12-5

ART AFFAIR is back for its fifth eye-popping year with a diverse, expanded selection of work from over 60 quality Midwest artists! Paintings, sculpture, photography, pottery. Prices from under \$100 to over \$2,000 (*cash or personal checks only*). A portion of proceeds from each sale will help support programs and services for those we serve. *Come browse! Invite your friends to join you!*



WHERE: **Cornelia House & Coventry Chapel**
1840 University Ave W (University & Fairview)
in Saint Paul's Midway.

We welcome Kristin and Emily! Their jobs are all about the art of living.

"I want to help our residents get out in the world, keep learning, rediscover past hobbies and find new ones – it's never too late,"

says **Kristin Aitchison**, our new Arts and Events Coordinator.

To that end, she has surveyed all of the residents in our four Independent Living residences about their interests. *"I had a response rate of nearly 70%,"* she says, *"and I got a lot of great ideas as well. This is a very switched-on crowd!"* Kristin has four kids (ages 7-19) and continues to direct local theater productions.



Kristin Aitchison, our new Arts and Events Coordinator, with **Carty Heights** residents **Jean Matthews** and **Beatrice (Bea) Flucker** (with her granddaughter **Antania**).

Emily Kaup volunteered at **Episcopal Church Home** for two years while she was still a student at the University of St. Thomas. *"I instantly fell in love with the people and the organization,"* she says, *"so I applied for the position of Household Coordinator after graduation."* Emily's mission as our new Volunteer

Coordinator is to match people's interests and abilities with volunteer opportunities. *"Even an hour a month can make a huge difference in a resident's quality of life – and it's incredibly rewarding!"* To explore your possibilities, contact Emily at **651-209-8521, x321** or **ekaup@ehomesmn.org**. *"All the volunteers I know feel that they've received more than they've given."*



Emily Kaup, our new Volunteer Coordinator. She would love to hear from you!

TRANSITIONAL CARE

This is a tribute to **Michael and Kate Bárány**, two Holocaust survivors who exemplified the art of living, both personally and professionally. We were privileged to serve them and their family at the ends of their remarkable journeys.

Have you or anyone in your family ever had an MRI? Had it not been for **Michael Bárány's** pioneering research, exploratory surgery may have been needed to find out what was going on inside you or your loved one.

That was just one chapter in the story of Michael's life and work. The story of **Kate Bárány**, his wife of nearly 62 years, is every bit as remarkable.

Both Michael and Kate were born in Hungary. He, the son of a Jewish farmer. She, the daughter of a Jewish physician. During the war, Michael survived Buchenwald and Kate



On the UIC campus, the Báránys were known as "the professors who hold hands."

survived Auschwitz. Most close relatives did not. Both returned to Hungary after the war to continue their educations. Michael pursued his M.D. and a Ph.D. in Biochemistry. Kate, a Ph.D. in Physics.

The two met by chance in June 1949, after Kate had cut her finger slicing bread and Michael gave her first aid. They met again on August 1 at a student retreat, where a four-day courtship led to marriage on October 20, 1949. For the next six decades, Michael and Kate celebrated anniversaries of both August 1-4 (the high holidays) and what they called their "legal" marriage.

In 1956, the Báránys took part in a student march that sparked the Hungarian Revolution (soon crushed by the Soviets). Early in 1957, they fled Hungary by walking 10 miles through the snow-covered border with their toddler son, George. Kate was pregnant with their



Michael and Kate in the early 60's, conducting research with an analytical ultracentrifuge.

second son (Francis) at the time. In 1960, after stops in Israel and Germany, the couple found their way to New York City's Institute for Muscle Disease. When it closed in 1974, Michael and Kate found a new home at the University of Illinois at Chicago (UIC) College of Medicine. They continued their research, made a number of fundamental discoveries, published many papers and book chapters, and were beloved by their students and colleagues.

Still, nothing gave Michael and Kate greater pride than their sons (both "in the family business" as professors) and their four grandchildren. George works in the University of Minnesota's Department of Chemistry. Francis works in the Department of Microbiology and Immunology at Weill Cornell

Learn more about Michael Bárány's life and work at:

<http://www.chem.umn.edu/groups/baranygp/michaelbarany/>

Learn more about Kate Bárány's life and work at:

<http://www.chem.umn.edu/groups/baranygp/katebarany/>

After their retirements, Michael and Kate continued to live in their apartment near the UIC campus, and they maintained offices at the school. In recent years, Kate had developed health problems and Michael was overseeing her care. But in February 2011, he fell and broke a hip. All of a sudden, big changes had to be made.

Kate was alone in the apartment and needed a 24/7 live-in caregiver. And after his discharge from the hospital, Michael started a difficult rehabilitation. The consensus was that he would never be able to return home.

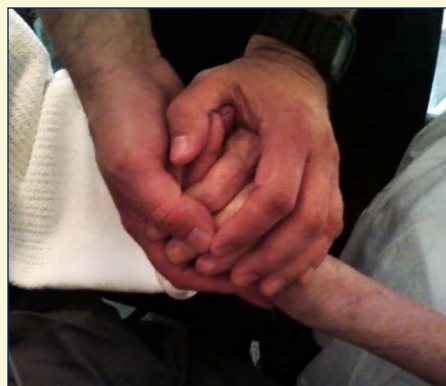
The family decided that it would be best to move both Michael and Kate to the Twin Cities to be close to son George and his wife Barbara. In April 2011, Barbara took a leave of absence from teaching at Highland Park Senior High in order to explore their options. The initial plan was to find a transitional care facility where Michael could complete his rehab and a condo where Kate could live with support from home health aides. The family also needed to plan for Michael's eventual move into Assisted Living.

"Finding the right transitional care facility for Michael was a challenge," says Barbara. "He was a professor and M.D., and was used to being in charge. We needed to find a place where he would feel duly respected and empowered. The mother of one of my students recommended Episcopal Church Home because of her parents' and family's experience there."

Barbara says that from her first visit, she felt that our **Transitional Care Center** would be the best place for Michael to complete his rehab. The facility was beautiful, but what really stood out for her was the competence and compassion of the staff. *"They addressed him as 'Professor,'" says Barbara, "and rather than tell Michael what was going to happen and when, they made appointments with him for his care and therapy. His dignity remained intact, and his outlook brightened dramatically."*

On June 5, a week before Kate was scheduled to move into her condo, she suffered a stroke in Chicago. It left her paralyzed and unable to eat. Admissions Director **Deb Veit** felt it was important for Michael to be with Kate in her final days, so she offered the family a room for Kate that was close to Michael's. *"We were wondering what to do, and Deb just volunteered it," says Barbara. Kate arrived in the Twin Cities on June 8 and passed away on June 13 with Michael by her side.*

Michael continued to make excellent progress, but he succumbed to complications of his age and joined his beloved wife on July 24. His last word was, *"Kati."*



A POEM

Jim Palmer
Cornelia House
Resident and
Poet Laureate

Changing Times

When I was young and
rich with time
to spend on things
eternal,
*tomorrow and in just
a little while
seemed to me
forever.*

Now I grow old
and days are dear,
*tomorrow and
forever
seem just
a little while
at last.*

Jim and Lee Palmer have lived at **Cornelia House** since it opened in 2005. They hail from the Groveland Park neighborhood. Both were teachers (Jim was also a counselor, then principal). As we go to press, Jim is in our **Transitional Care Center**, and Lee just moved to **Iris Park Commons** for Assisted Living. *"Everything we need is right here," says Jim. "That makes it easier to roll with the punches."*

Michael and George holding Kate's hand while keeping vigil at her bedside.



CHAPLAIN KAY'S CORNER

The Art of Healing

The Rev. Kay Provine
Director of Spiritual Life

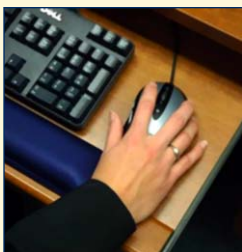
Since the advent of modern science, humanity has been in search of "The Cure." The hope has been that disease can be eradicated. But cure is actually elusive and becoming rarer as we encounter antibiotic resistant bacteria. Most people, if they live long enough, will live for long periods of time with chronic incurable illnesses and conditions. Only 10% of us will die suddenly in our beds or on the golf course.

Spiritual Life hopes to engage with people in the healing process, whether cure is possible or not. Healing does not presuppose cure. In fact, one can experience healing in spite of (and actually because of) illness and chronic conditions. One can face loss and limitations, yet grow more deeply and richly in faith, love, and life. One can live an enlarged life, a life that is open-hearted in acceptance and forgiveness and hope, whether one is cured or not.

Chaplain Lisa and I listen with the intention of providing a momentary sanctuary, a sacred space in which people can tell their stories and thereby sense God's warm regard for them. We encounter and recognize the places where new life is peeking through; where healing is rising from the ashes of the old life. *By talking about their lives, people find that part of themselves that is stronger than what is happening to them.* They are able to transcend loss and limitations, and to (as **James E. Dittes** says in his book *Pastoral Counseling*) "*re-call, re-deem, re-vision life.*"

If these things interest you, you can access **Krista Tippet's** wonderful interview with **Dr. Rachel Remen** entitled *Listening Generously*. You'll find it here:

<http://being.publicradio.org/programs/listeninggenerously/index.shtml>



CONTRIBUTE ONLINE?

*Yes, you can!
Every dollar makes
a difference.*

When you contribute online, you can still designate how you would like your gift to be used, such as to support our **Employee Scholarship Fund** or **Creative Ventures** (which funds our arts and cultural programs). You can make your gift **In Memory Of** or **In Honor Of**, and you can opt to join our automatic **Monthly Giving Program**. To learn more, contact **Judy Alcott**, Director of Development. **651-632-8855** or email jalcott@ehomesmn.org. *Thank you!*

FALL BOUTIQUE

GREAT SHOPPING IDEAS!

Meet representatives from: Pampered Chef
Partylite Candles • Tastefully Simple • Celebrating Home
...and many more!

GREAT SHOPPING TOO!

Handmade Pottery, Handbags, Jewelry, Cards
Assorted Baked Goods • Artwork

FREE CIDER, TREATS & RAFFLE!

WHERE: **Cornelia House & Coventry Chapel** (same location as our ART AFFAIR). A portion of each sale will help support programs and services that benefit our residents and their families.

SAT NOV 5 • 9:30-5:30

At Home

Episcopal Homes at a glance...

EPISCOPAL CHURCH HOME



Rehab & Long-Term Care 651-646-4061

A Tradition of Caring Since 1894

Now in its 117th year. Renowned for compassionate, high quality care and its inclusive spiritual life program. Medicare/Medicaid. *Come visit!*

1879 Feronia Avenue
Saint Paul, MN 55104
(1 block SW of University & Fairview)

IRIS PARK COMMONS



Assisted Living 651-646-1026

A Community of Heart

59 one or two-bedroom and studio apartments with a menu of supportive services for age 62+. Come see why it's called "*a Community of Heart!*"

1850 University Ave W
Saint Paul, MN 55104

CORNELIA HOUSE



Independent Living 651-288-3931

Gracious Independent Living

47 one or two bedroom designs. If you don't need a "senior community" yet, you'd fit right in. Nobody here does. Great neighbors! Age 62+.

1840 University Ave W
Saint Paul, MN 55104

SEABURY



Independent Living 651-379-5102

Affordable Independence

49 one-bedroom apartments and a vibrant resident community that have changed the face of affordable housing. Nationally acclaimed. Age 62+.

1830 University Ave W
Saint Paul, MN 55104

CARTY HEIGHTS



Independent Living 651-288-1142

Affordable Independence

49 one-bedroom apartments reflecting our belief that limited income needn't mean limited quality of life. A diverse and welcoming community. Age 62+.

412 Dunlap Street N
Saint Paul, MN 55104

KINGS CROSSING



Independent Living 651-493-4606

Affordable Independence

49 one-bedroom apartments located above the shops of **Frogtown Square**. Heard at a recent pot luck, "*Grandma's new place is awesome!*" Age 62+.

500 Dale Street N
Saint Paul, MN 55103

EPISCOPAL HOMES

490 E. Lynnhurst Avenue
Saint Paul MN 55104



Our 5th eye-popping year!
Saturday, October 1 • 10-5
Sunday, October 2 • 12-5

OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE FOR SENIORS BY PROVIDING HOMES AND SERVICES THAT SUPPORT EACH INDIVIDUAL'S PHYSICAL, SOCIAL AND SPIRITUAL NEEDS. WE HAVE BEEN WELCOMING ALL SINCE 1894.



Why am I receiving this? Either because we're neighbors or you're Episcopalian.

Three times a year (February, June, September), we send our newsletter to everyone age 61+ who lives within a three-mile radius of our campus. Almost all of the residents and transitional care patients we serve come from this neighborhood.

IF YOU'RE EPISCOPALIAN and are receiving our newsletter for the first time, we want to introduce ourselves. To continue receiving it, please contact **Mary Franson** at **651-632-8857** or email Mary at **mfranson@ehomesmn.org**. She'll be happy to add you to our mailing list.

To receive our newsletter via email, send Mary an email with **SUBSCRIBE AT HOME** in the subject line. To be removed from our mailing list, please call Mary. If you get her voicemail, leave your name and address *exactly* as it appears above. Please speak slowly and clearly. ***Thank you – and enjoy!***

You're invited to join our residents for free concerts at Coventry Chapel.

Please RSVP to Julie Niewald at 651-288-3931.

Saturday, September 17 at 2 p.m.

Wild Honey and the Locusts

www.wildhoneyandthelocusts.com

Sunday, October 9 at 2 p.m.

Mosaica

A harvest of folk songs and polkas from Eastern Europe.

Sunday, October 16 at 2 p.m.

Mel Carter & Friends

"It don't mean a thing if it ain't got that swing!" (They swing!)

Sunday, October 30 at 2 p.m.

Dan Newton's Cheap Suit Party

www.cafeaccordion.com

Sunday, November 13 at 2 p.m.

Steinway Artist Don Irwin

www.donirwin.com

Saturday, December 17 at 2 p.m.

The North Suburban Chorus

The ultimate holiday concert? Well, it'll be right up there!