

Voices

A QUARTERLY NEWSLETTER FOR LUTHERAN SERVICES FOR THE AGING, INC.



Keeping the Promise \$5 million campaign kick-off set for June



The 2010 NC ELCA Synod Assembly will set the stage for the official kick-off of the Lutheran Services for the Aging (LSA) \$5 million *Keeping the Promise* capital campaign.

LSA President Ted W. Goins, Jr. stated, "Fifty years ago,

we promised the people of North Carolina that we would care for them as they age. Over the next 20 years, as baby boomers hit senior status in unprecedented numbers, families will be looking to us for that care. This campaign will enable us to keep our promise."

Funds raised will help support the construction of nursing homes in Wilmington, Winston-Salem, Hickory, and Clemmons, renovations at several existing LSA communities, and the creation of a comprehensive program of at-home and community-based services.



John & Barbara Bumgarner,
Capital Campaign Chairs

Chairing the campaign are current LSA Board of Trustees member **John Bumgarner** of Salisbury and his wife, **Barbara**. Their support of the LSA ministries began many years ago when John's father was a resident of Lutheran Home - Hickory and Goins was the nursing home's administrator. In commenting on the decision to chair the campaign John Bumgarner



Greg Hudgins, Chair for
Board and Former Board Gifts

stated, "LSA provides a great benefit, and my father received superb care."

Another Board member contributing his time to the campaign is **Greg Hudgins** of Durham who is Chair of the Board and Former Board Gifts phase of the campaign. "I was motivated to help because I believe in LSA's mission and wanted to make a contribution

toward achieving it," said Hudgins, who joined the LSA Board of Trustees in 2007 and serves as head of operations at Duke Management Company.



Maggi Blizzard and David
King, Co-Chairs for Staff Gifts

Also rallying to the cause are **Maggi Blizzard**, director of environmental services at Salisbury's Lutheran Home at Trinity Oaks and **David King**, maintenance director at Lutheran Home - Hickory, who agreed to serve as Co-Chairs for Staff Gifts.

Blizzard explained, "I agreed to co-chair the employee campaign because I felt honored to be a part of something that will benefit the precious people we serve. They are the reason I come to work each day." King has been equally enthusiastic in his support.



Learn more about the congregational phase of the Keeping the Promise campaign on page 7.

Goins On *By Ted W. Goins, Jr., LSA President*



I am humbled to my knees! So far, 80 percent of the LSA staff members who have been asked have made contributions or pledges to the *Keeping the Promise* campaign! It makes my hair stand on end to think about it! Because of the poor economy, we staff members didn't even get a wage increase this year, but we still sacrificed and pledged our support to LSA in the finest tradition of Christian love.

Many could only give one dollar per pay period.

One direct care worker pledged \$10 per week for two years! That is sacrificial giving! Because she works at one of our ministries, and because she had a family member there, she sees the loving care and the need first hand.

The *Keeping the Promise* (KTP) statewide capital campaign officially kicks off at the June 2010 Synod Assembly in Hickory, NC. This is the first time since 1985 that LSA has had a turn to have a statewide campaign.

I was a bit concerned about the campaign because of the economy, but the only alternative was to not have a campaign, and to not raise money. We decided to proceed on faith. Capital Campaign Director Pastor Steve Gerhard reassured me with the story of the Home Mission Fund. Did you know that the Home Mission Fund began with what could be called a "capital campaign" during the Great Depression? Supporters made commitments that in some cases took years to fulfill, YET WERE ALL FULFILLED! Again, it is sacrificial giving.

Keeping the Promise will be a people's campaign. There may not be many opportunities for us to have million dollar gifts and we don't have an alumni group. But we do have a 50-year-old mission to express God's love in Christ, and that mission primarily benefits the poorest and most frail elders of our society.

The people understand the importance of our ministry. Is Christ lying in a bed in a Lutheran Home, attending an adult day program, or living in an apartment? The answer is, "Yes!" In Matthew 25, Christ says, just as you have done it to one of the least of these, you have done it to me. Every gift to *Keeping the Promise* will allow us to serve Christ.

After prayer and discussion, my wife, Cheryl, and I have made a major gift to the campaign. Some can give more and some can give less, but I ask that you say that same prayer and participate as you are able.

With your help, LSA will continue to *Keep the Promise* for the next 50 years.

The LSA Office

1416 S. Martin Luther King, Jr. Ave.
Post Office Box 947
Salisbury, NC 28145
704-637-2870

Abundant Living Adult Day Services

1416-A S. Martin Luther King, Jr. Ave.
Post Office Box 947
Salisbury, NC 28145
704-637-3940

Crescent View Retirement Community

2533 Hendersonville Road
Arden, NC 28704
828-687-0068

Elms at Tanglewood

3750 Harper Road
Clemmons, NC 27012
336-766-2131

Lutheran Home – Albemarle

24724 Highway 52 South
Albemarle, NC 28001
704-982-8191

Lutheran Home – Hickory

1265 21st St., NE
Hickory, NC 28601
828-328-2006

Lutheran Home – Hickory West

1125 10th St. Blvd., NW
Hickory, NC 28601
828-322-6995

Lutheran Home at Trinity Oaks

820 Klumac Rd
Salisbury, NC 28144
704-637-3784

Lutheran Home – Winston-Salem

5350 Old Walkertown Rd.
Winston-Salem, NC 27105
336-595-2166

Trinity Oaks Retirement Community

728 Klumac Road
Salisbury, NC 28144
704-633-1002

Now under construction A Lutheran Home for Wilmington

631 Junction Creek Drive
Wilmington, NC 28409

In 2010, *LSA Voices* will be published in June, September, and December by Lutheran Services for the Aging, P.O. Box 947, Salisbury, NC, 28145.

Contact Mary Ann Johnson, editor, at mjohnson@lsanc.net for more information.

First up...

A Lutheran Home for Wilmington

- Construction Manager & Administrator - John C. Frye, Jr.
- Location - 631 Junction Creek Drive, Wilmington, NC
- Architect - David Polston
- General Contractor - McKinley Construction, Wilmington

Now under construction in Wilmington is the first of four nursing homes LSA will build over the next four years. The Wilmington home will serve 100 residents daily, offering 60 private and 20 semi-private rooms.

Contemporary in concept, the state-of-the-art design will allow LSA to reinvent nursing home care with features that include:

- Four neighborhoods or households with 25 residents or less in each, sharing dining, living, garden, and recreational spaces
- Buffet-style dining
- A playground for children
- Internet access
- Kennel facilities for pets.

The nursing home will also offer specialized memory care for people with Alzheimer’s disease and similar dementias.



Artist’s rendering of the nursing homes set for construction in Wilmington, Winston-Salem, Hickory, and Clemmons over the next four years.



Wilmington construction, March 2010

New to the LSA Board



Stephen Stanfield-Switzer

Now serving on the LSA Board of Trustees is **Stephen Stanfield-Switzer**, a lifelong Californian who left the Golden State for Hendersonville, N.C. and the Great Smoky Mountains.

Professionally, Stanfield-Switzer devoted his career to finance, insurance, and investments before retiring

from Thrivent Financial in 2006. It was during a business trip to Asheville long ago, that he fell love with the North Carolina mountains, never knowing that one day they would be his home.

Personally, community service has always been an essential part of his life. Boy Scout leader, school board member, Habitat organizer, and now congressional office and jail ministry volunteer—both Stanfield-Switzer and Vicki, his wife of 42 years, have a long history of “giving back” that includes a deep commitment to the church.

Now, as members of Grace Lutheran Church, Hendersonville, they co-chair the Feed the Kids Initiative for Grace in conjunction with the Boys and Girls Club, coordinating efforts with other faith-based groups to provide hot meals to 250 or more children every Friday evening.

Of his time on the LSA Board thus far, he stated, “I am humbled and honored to be a small part of this highly effective organization dedicated to serving our maturing population here in this great state of North Carolina.”

50 Years of Growing Old Together

It's not your grandmother's nursing home

Lutheran Services for the Aging was founded in 1960 when the Convention of Synod approved the formation of a Ministry to the Aging and Helpless. Now celebrating its 50th anniversary, LSA continues to serve the aging, though many of those aging are far from helpless. Since the opening of its first nursing home in 1962, LSA has added four nursing homes, as well as assisted living residences, adult day services, and two very active retirement communities.



LSA's first nursing home, Lutheran Home - Hickory, offered residents care and state-of-the-art equipment as shown in the circa 1962 photo above.

It all began when faithful servants from Lutheran congregations in the Piedmont area of the state first met to discuss the growing needs of aging seniors and the lack of residential services. Their compassion and concern sparked the creation of Lutheran Homes.

Today, 50 years and a new name later, Lutheran Services for the Aging has grown from a single nursing home into one of the nation's largest faith-based not-for-profit senior living networks, meeting the needs of over 1,200 older adults daily.

At the heart of the organization's 50-year legacy are its mission, "We strive to express God's love in Christ to those we serve by: providing multiple services for seniors including nursing care, adult day care, and retirement living; ministering to their needs in traditional and innovative ways; and demonstrating responsible stewardship," and its nine North Carolina ministries.



The nursing homes of LSA continue to provide compassionate care and state-of-the-art equipment along with contemporary amenities like the just completed Bistro at Lutheran Home - Hickory. The comfortable gathering spot offers residents, families, and friends Internet and Wi-Fi connectivity, comfortable seating, and fresh-brewed coffee or cappuccinos to enjoy by the fireplace. Refreshments can also be shared alfresco on the Bistro patio, while watching children and grandchildren play on the adjacent playground.

According to LSA President Ted W. Goins, Jr., as LSA enters its next 50 years it will face an age wave, a "silver tsunami," or flood of baby boomers who are destined to overwhelm the nation's aging resources. LSA began its preparations for the age wave several years ago through a \$75 million Master Development Plan that includes the enhancement and expansion of the existing LSA ministries, the construction of four new nursing homes, and the expansion of home and community-based services. That plan will be financed in part through the *Keeping the Promise* capital campaign.

Goins stated, "It will take the 'widow's mite' to meet the needs of our elders - sacrificial gifts, and gifts from the heart to build these homes and to provide those services."

In His 100th Year



The Reverend Dr. Albert Keck is congratulated by a former student, the Reverend George Moore, on his 100th birthday. In addition to a long career in pastoral ministry, Keck also served as Professor of Homiletics and Liturgics at Lutheran Theological Southern Seminary.

Over 100 friends and family members gathered at LSA's Lutheran Home - Hickory to celebrate the 100th birthday of the **Rev. Dr. Albert H. Keck, Jr.**, the North Carolina Synod's oldest pastor. Keck, who turned 100 on March 23, moved to the Hickory nursing home following the death of his beloved wife of nearly 70 years, Virginia Rhodes Keck.

During a reception held in his honor, Keck graciously and tirelessly greeted an endless stream of guests bearing gifts, cards, and the good wishes of congregations throughout the state. With hugs, handshakes, and cameras flashing, he stated with great simplicity, "This is all very nice, I'm grateful."

Keck and his daughter, Barbara Pitts, are featured in the *Keeping the Promise* capital campaign video, which will be shown at this year's Synod Assembly. In a letter written to the attendants of last year's Assembly, Keck stated, "... our Synod's Services for the Aging is so important. I know its importance better than ever having lived at the Hickory Home East for four and a half years. The cause needs your help by giving, visiting, volunteering, and praying."

Originally from Aurora, Illinois, Keck was ordained in 1934, moved to North Carolina in 1945, and spent the bulk of his career as pastor of St. Andrew's Lutheran Church, Hickory. He remained active far beyond his 1975 retirement, continuing to serve as a supply pastor for 18 years in 75 different congregations.

When recently asked the secret of living to be 100, the perennially young Keck replied, "You have to have been born in 1910."

Miriam's Song



Miriam Mathabane

has a new story to tell.

Miriam, who immigrated to the US in 1992, began her career as a CNA (certified nursing assistant) at Lutheran Home – Winston-Salem in 1997, where she won the respect

In his book, *Miriam's Song*, Mark Mathabane tells a coming of age story through the voice of his sister, Miriam, who grew up in apartheid South Africa.

Now, as the 2010 Nurse Aide of the Year for District III of the North Carolina Healthcare Facilities Association (NCHCFA), **Miriam Mathabane**

and admiration of her peers for her remarkable spirit and gentle ways. After winning the district award, Mathabane was asked to speak at the NCHCFA state conference, where she participated in a panel discussion focusing on the recruitment and retainment of CNAs in long-term care. Impressed by her comments and insight, members asked her to take part in a similar discussion scheduled for the association's summer preceptor conference.

Tammy Hensley, CNA, Lutheran Home-Albemarle; **Claudia Sigmon**, CNA, Lutheran Home-Hickory; and **Becky McKee**, Laundry and Housekeeping, Lutheran Home – Winston-Salem also received kudos from the association when named to the organization's *Fabulous Fifty* for 2010. The award honors the "best of the best" long-term care workers in the state.

One That Almost Got Away

Linda Bowman retires after 44 years of service



When **Linda Bowman** arrived at Lutheran Home - Hickory as a young nursing school graduate, she agreed to stay for six months. Now, 44 years later, it is time to say good-bye.

When she received that call from the nursing home in 1966, her heart was set on something more exciting. In an effort to avoid turning them down, she impulsively blurted out that she'd have to have a full time, third shift position. Little did she know that's exactly what they were offering. "The Lord knows what's right, and I've never questioned that," she stated.

Bowman has seen a lot of changes in 44 years including the construction of the new home, the addition of new services,

and most recently the new electronic medical records system. "I just try to go with the flow," she laughed.

She has many fond memories that include Isaac Kuhn, the administrator at the helm when she started, and Ted Goins, LSA's current president, whose fondness for practical jokes nearly drove her to an early retirement. "I hated to see Ted leave Hickory, but I knew they'd found the right person to lead LSA."

Her philosophy of care developed early in her career while caring for the resident whose generosity provided the land on which Lutheran Home – Hickory was built. "I helped Mr. Eckard (A. D. Eckard) with some little thing and he was so grateful. I told him it was nothing, just a little thing, and he said, 'But it's the little things that matter.' That has been my philosophy ever since. Little things do matter when you are working with people who depend on you for so much."

Of her retirement she stated, "Forty four years is a very long time. I helped children who were caring for their parents and now I am caring for those children. I am going to have to try really hard not to cry when I go."

ALADS Wins Art Grants

The Margaret C. Woodson Foundation and the Society for the Arts in Healthcare have awarded Abundant Living Adult Day Services (ALADS) grants destined to transform the lives of program participants.

The Woodson Foundation is dedicated to the betterment of society through the support of charities in Rowan and Davie Counties. The Society, an affiliate of the National Endowment for the Arts, is dedicated to advancing art as integral to healthcare, and contracts art consultants to help healthcare organizations develop and sustain art programs. According to ALADS Executive Director **Barbara Garwood**, the grants are the first step in creating arts-based programming at the Salisbury center.

She stated, "We truly believe that winning these grants is an endorsement of our plan to bring fine arts activities to Abundant Living and ultimately, to other LSA communities."



That plan includes hands on art instruction by a broad range of community artists, along with a community celebration of the art. Garwood added, "This is not about keeping

people busy; it is about building community and changing lives. The program is especially tailored for people with memory loss, affording them the opportunity to escape from the pressure of remembering."

Betty Haskin, arts coordinator for Health Arts Network at Duke (HAND) has been named consultant for the Abundant Living program. Established in 1978, HAND is one of the oldest and most comprehensive arts programs in the United States, and Haskin is recognized as a leader in the arts and healthcare movement.

Abundant Giving

Volunteers seek support for congregational campaigns



Rev. David Keck

At the heart of the *Keeping the Promise* campaign is the support of Lutheran congregations throughout the state, whose interest and concern created Lutheran Services for the Aging 50 years ago. To guide and direct those congregations, the

Rev. David Sloop, Good Shepherd Lutheran, Raleigh,

and the **Rev. David Keck**, Mt. Olive Lutheran, Hickory have agreed to serve as Congregation Co-Chairs and have already begun recruiting Conference Leaders in the 18 Lutheran conferences around the state.

Those Conference Leaders will then recruit Council Visitors who will approach individual church councils



Rev. David Sloop

asking for the opportunity to take the *Keeping the Promise* campaign before their congregations. Training for Council Visitors will be held August 21-29 at various times and locations across the state. The training will prepare the volunteers to meet with church councils in the fall.

After receiving the council's blessing, it is LSA's hope that each congregation will then select a Church Leader to tell the *Keeping the Promise* story and to encourage one time gifts or three-year pledges. Church Leaders will be trained in January of 2011 on coordinating a campaign at their church. Each church may then choose to run its campaign any time before June 2013.

Something Green Going On

Nearly everywhere you turn at LSA, there's something green going on. From recycling programs in each building, to environmental upgrades for construction, thinking green is now a fundamental part of the LSA culture.

John Frye, LSA's construction manager and the future administrator of Wilmington's new Lutheran home, said that going green can also save some green. "Right now, Progress Energy, the power provider for the eastern part of North Carolina, is offering a number of significant credits to new construction customers," he stated. Lighting, HVAC systems, motion detectors, occupancy sensors—incorporating these types of energy efficient upgrades will allow us to take advantage of those credits now, and to reap substantial savings in the future day to day operation of the building."

Green has also become the color of choice at the existing LSA ministries, especially at Lutheran Home -

Hickory where Maintenance Director **David King** is the King of Green.

According to **Amber McIntosh**, Lutheran Home - Hickory administrator, David's efforts to incorporate "green" features on campus have been extraordinary. She said, "In addition to the use of CFL (compact fluorescent lighting) bulbs throughout the building, David has switched to solar lighting outdoors wherever possible, added water conservation devices to toilet and shower remodels, installed programmable thermostats and occupancy sensors when appropriate, and has instituted an ambitious recycling program to manage everything from cans and cardboard to yard waste and scrap metals."

These small, but meaningful steps, to go green demonstrate LSA's commitment to positive change and to nurturing and protecting the planet.

Lutheran Home -
CHRISTIAN



Phillips Joins KTP Campaign



Joining LSA's *Keeping the Promise* team is **Emily Austin Phillips** who will share the role of Capital Campaign Director with the Reverend Steve Gerhard during the course of the statewide capital campaign.

Originally from Concord, Emily is a graduate of the University of Florida and comes to LSA after working in development with the Charlotte Arts and Science Council.

She stated, "I feel privileged to have this opportunity to join LSA at such an exciting time. The *Keeping the Promise* campaign is so important to the future of LSA and aging services, and I look forward to spreading LSA's incredible story so that even more families can be touched by this ministry."

Emily currently chairs the North Carolina Lutheran Synod's Campus Ministry Committee. She and husband, Cory, reside in Charlotte.



Go to www.lsakeepingthepromise.org to learn more about the *Keeping the Promise* capital campaign or visit the Lutheran Services for the Aging website at www.LSANC.net. From the LSA website, you can link to the LSA Facebook and Cause pages, follow LSA President Ted Goins on Twitter, or link to the LSA Blog.



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