

A MAGAZINE *from* BRIO LIVING SERVICES

Community

Special Edition: A SPRING UPDATE FROM BRIO LIVING SERVICES AND UMRC-PORTER HILLS FOUNDATION



FOCUS *on Wellness*

NIFS Fitness Manager Tyler Forbes and Porter Hills Village AquaFit Class



Nurturing Wellness

A Letter from Steve Fetyko, President & CEO, Brio Living Services

As we begin to experience the warmer days of springtime, we become more active. Whether it's walking, biking, gardening, or golfing, we look forward to feeling that spring in our step. Not only do these activities help our physical health, but they provide us with an emotional lift as well.

At Brio Living Services, we recognize the importance of all facets of health and well-being for our quality of life — at every age. These include environmental, intellectual, vocational, emotional, spiritual, physical, and social wellness. Even financial wellness plays a role. Studies have shown that neglecting any one area of wellness can take a toll on our overall health. Activities that promote lifelong learning, spiritual growth, and developing relationships with others all add to the vibrancy of our lives.

Wellness is one of Brio's guiding beliefs: *In partnership with our team members, we attend to mind, body, and spiritual wellness, as well as the independence, engagement, and joy for all we serve.* It is why life enriching and engaging activities are a priority at each of our communities and service lines.

We are pleased to share with you the stories in this magazine of ways we are embracing wellness for the older adults we serve and



Enjoying Chair Aerobics Class at Rivertown.

our team members across the organization, helping all of us to live our best lives. Together, we are living out our mission: Welcoming all, partnering together, enriching lives. ■



In Service,

Steve Fetyko
President & CEO,
Brio Living Services

Mind, Body, and Spirit

A Letter from Kelli Smith, President & CEO, UMRC-Porter Hills Foundation

I love the “mind, body, and spirit” approach to holistic wellness. Nourishing each facet of our health helps add fulfillment and purpose to our lives.

Wellness also includes the joy we derive from meaningful giving, through time, talent, and treasure. The team members and volunteers who provide care and engagement for the older adults we serve at Brio Living Services often describe it as their calling.

Studies have shown that the act of making a charitable gift also gives us a warm glow inside, especially when we know that our gifts matter. To all of you who make charitable giving to the UMRC-Porter Hills Foundation a priority, know that you are making a real difference in someone’s life.

Your thoughtful gifts to our four fundraising pillars, including Team Member Support Services, Life Enrichment, Capital needs, and Benevolent Care —our cornerstone— are helping to ensure that the older adults we



Wellness Retreat Yogurt Bar at Cook Valley Estates.

serve, and our team members, are able to live lives of joy, meaning, and purpose. We hope this brings joy to your heart as well! ■

Best Regards,



Kelli Smith, CFRE
President & CEO
UMRC-Porter Hills
Foundation



Thank you to Huntington Bank Foundation for its generous support of our west-side *Tree of Life* initiative for Benevolent Care! Thanks to this grant, and the incredible support of our donors, more than \$24,000 was given toward Benevolent Care. This makes a meaningful difference in the lives of residents at Porter Hills Village and Meadowlark Retirement Community who outlive their resources. ■

New Pilot Program Focuses on Dimensions of Wellness



CRC residents celebrate Happy Hearts Month. Far Left: Tylene Costello. Reclining: Amy Carruthers, NIFS Fitness Specialist.

They say laughter is the best medicine, and **Chelsea Retirement Community (CRC)** residents recently found it's true at a presentation called "Laugh for the Heart of It," led by Tylene Costello, Director of Lifestyle and Health at CRC. She says, "Laughing daily can boost your immune system, relieve pain and depression, decrease blood pressure, give you a mini workout, and help improve breathing."

It's all part of a new pilot program called *Balanced Living* that kicked off in January at Brio's flagship Chelsea campus.

"Balanced Living is a holistic approach that integrates the Seven Dimensions of Wellness, including Environmental, Intellectual, Vocational, Emotional, Spiritual, Physical, and Social wellness," explains

Tylene. "Studies show if one dimension is neglected for too long, it can adversely affect a person's health. Through *Balanced Living*, we aim to provide opportunities for residents to explore all dimensions of wellness to contribute to their own quality of life."

Brio Living Services partners with National Institute for Fitness and Sport (NIFS) and employs NIFS fitness experts, including Tylene, in many of Brio's residential senior living communities. "Through *Balanced Living*, NIFS team members collaborate with Life Enrichment, Spiritual Life, Dining, and other CRC teams to create a cohesive wellness experience for residents across our continuum of care," says Kathy Russell, Executive Director for CRC, The Pines, and The Cedars of Dexter communities.

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Promoting an Active Lifestyle



Russ Smith

CRC's state-of-the-art McMullen Wellness Center showcases a variety of physical health activities for residents, including swimming and water aerobics, fitness classes, a walking track, and NuStep machines. The McMullen Wellness Center receives an average of 1,500 resident visits per month.

One of those is Rev. Russ Smith, who credits his active lifestyle for his ability to recover quickly from a stroke two years ago. At 95, Russ participates in Tylen's aqua exercise and balance and strength classes. He swims two evenings a week with his daughter and plays bridge three times a week. He also takes part in the Balanced Living activities, such as Chef Keith Darlington's recent cooking demonstration. "It was superb," says Russ. "Healthy diet is so important and is a beautiful extension of the wellness program." ■

Unplug, Unwind, Unleash Joy!

Kristy Hopp, NIFS fitness manager at Cook Valley Estates, recently brought the spa experience directly to residents with a week-long Wellness Retreat! Activities included guided meditation, tea sampling and scones, a hand spa with essential oils, yogurt bar, and gentle morning stretch.

"The idea was to offer the kinds of pampering activities you would enjoy at a spa," says Kristy. "We're trying some new things with a focus on mental wellness."

"I wouldn't miss anything Kristy does!" says Cook Valley Estates resident Shirley Moorhead, who exercises five to six times per week. "It's all fun." She also enjoys Wii bowling, having played on a bowling league for many years. "Kristy does a great job!" ■



Shirley Moorhead plays Wii bowling.

Personalized Approach

Avenues by Brio Living Services – Navigating Your Aging Journey

When Patricia “Pat” Edison and her husband, Bill, moved into a **Porter Hills Village** townhome in 1992, he was the youngest man and she was the second youngest woman living on campus! Pat went on to live at Porter Hills Village for thirty years before her passing in 2022.

Pat was an early member of **Avenues**. “She was young at the time,” says her daughter, Barb Pemberton. “Mom was still very active and wanted to remain independent in her home for as long as possible. Avenues was truly a godsend. It gave Mom and the entire family peace of mind, knowing she had the systems in place to take care of her.”

Brio Living Services is re-launching **Avenues**—a life plan community at home program for older adults, focusing on health and wellness and providing navigation services for its members to remain living independently in their own home. To become a member of **Avenues**, adults must be aged 55 or over, live independently, and medically qualify for the program. **Avenues** helps members preserve their financial assets as they age. Members pay an entrance fee, plus a monthly fee, and can access benefits on day one of membership.

The program coordinates members’ care as it is needed. Benefits include a relationship with an **Avenues** member navigator, health and wellness coaching, and professional support in your home.



A former executive director for the Grand Rapids Community Foundation, Pat was devoted to nonprofit service, including the Porter Hills Foundation Board from 1999-2015.

“Together, we work toward the member’s health and wellness goals,” says Paige Hendrickson, RN, Executive Director of **Avenues**. “It’s personalized. Our goal is to help you thrive in your aging journey.”

“Mom needed very little help from **Avenues** at the beginning, then used more services as her eyesight waned,” says Barb. This included rides to doctor appointments and taking notes for Pat. “**Avenues** was flexible and accommodated Mom’s personality.

“Mom really lived out the philosophy of **Avenues**, to live as long as possible in her own home. It was a blessing for our family. Mom would definitely say it was a blessing for her, too.” ■

Huron Valley PACE Celebrates *A Decade of Dedication*

Huron Valley PACE (Program of All-inclusive Care for the Elderly) celebrated its 10th Anniversary with *A Decade of Dedication* Open House event at its PACE Day Center in Ypsilanti on March 8th. A program of Brio Living Services, Huron Valley PACE serves low-income, nursing home-eligible adults, aged 55 and up, helping them remain living independently and safely in their own homes, with the help of PACE services. Huron Valley PACE's service area includes Washtenaw and Monroe counties, as well as parts of Oakland, Wayne, and Livingston counties.



Dignitaries on hand included (left to right): Stephanie Winslow, Executive Director of PACE Association of Michigan; U.S. Representative Debbie Dingell; Sonja Felton; State Representative, Jimmie Wilson, Jr.; and Annie Somerville, Board of Commissioners Washtenaw County.

Since opening in 2014, Huron Valley PACE has served approximately 700 older adults.

Thank you to all our sponsors, including Lead Sponsors IntusCare and Zilke Farm Kitchen.

Sonja Love Felton, Executive Director for Huron Valley PACE, shared her gratitude: "Thank you to our incredible team for the passion, love, and commitment you demonstrate each day to bring joy and well-being to our participants and to elevate our mission." ■

L to R: Reezie DeVet (Foundation Board Chair), Russ Ives (Brio Board Member), Steve Fetyko, Susan Ives.

"This 10-year anniversary is a wonderful opportunity to celebrate Huron Valley PACE," said Brio Living Services President & CEO, Steve Fetyko. "By partnering with older adults and their families and caregivers, Huron Valley PACE fulfills a critical need in the community—older adults live where they want to live, and their caregivers are exceptionally supported by the full PACE interdisciplinary team."

Bringing Dental Care to LifeCircles PACE Participants

Dental health is often neglected among older adults, particularly those with lower incomes, lack of insurance, or mobility challenges. LifeCircles PACE, with locations in Holland and Muskegon, is working to change that.

LifeCircles PACE has partnered with Enable Dental, to provide at-home dental services — at no cost — to PACE participants, both in their homes and at the PACE Day Center locations. Most participants are dually eligible for Medicare and Medicaid and pay no additional fees for PACE services.

“There are many people who have had no or inadequate dental care for much of their lives,” explains LifeCircles PACE Executive Director, Heidi Gras, LMSW. “Untreated dental issues can greatly impact quality of life and overall health. Since starting this partnership, what has surprised me the most is how much people enjoy going to the dentist after having not gone for a long time. They’re really excited to get here.”

Denise Cook says the expense of dental care made going to the dentist impossible for her before enrolling in LifeCircles PACE in November 2023. Enable Dental provided her dental care, right at the PACE Day Center. “They were very gentle,” says Denise. “It had been a long time since I had been to the dentist. I’m finally getting my teeth taken care of and will have partials soon. I think it will help my health overall.”



Denise Cook

Denise says she loves LifeCircles PACE, including the chances to socialize and receive medical care and therapy. She broke her ankle on Christmas Eve, but is now up and walking, thanks to daily therapy at PACE. “Everyone [at PACE] started clapping when they saw me walking again,” says Denise. “It made me feel like I had accomplished something. It made me feel good.” ■

Building Strength, Energy, and Relationships at Rivertown

“I used to dance the cha cha when I was younger,” said one resident as she joined the dance and fitness class. “This is so much fun!”

Older adults who call **The Thome Rivertown Neighborhood** in Detroit home are enjoying a variety of dance and fitness classes and NuStep recumbent bicycles, thanks to a Thome Aging Well grant from Enterprise Community Partners.

Lora Stafford and Charles Hayes provide instruction. Lora is a master trainer and program coordinator for the National Kidney Foundation of Michigan. Charles is a military veteran and dance instructor for more than 25 years.

Rivertown resident Regina Glenn loves the chance to exercise: “It gives me energy. Lora makes it fun and does everything with us.” Resident Robin Taylor agrees. “Lora is great, and she helps beyond exercise with information on nutrition.”

Thome Rivertown Executive Director Julia Szuper says she has seen a difference in the residents as a result of the exercise and dance classes offered. “Post COVID, the opportunity to offer classes has greatly improved socialization among our residents. These activities focus on physical and mental health and wellness and provide chances to interact with each other. This spills over into sitting together at meals and socializing.” ■



Standing: C. Hayes, R. Glenn, L. Stafford, J. Szuper
Seated: K. Hardnett, R. Taylor



Chair Aerobics class helps build strength.

Thome PACE: Eliminating Barriers to Care



Barbara's smile says it all.

Thanks to a grant from the Jackson Community Foundation, **Thome PACE** is able to provide home improvements for some of its participants to help eliminate barriers to care.

Barbara Robbins is a participant of Thome PACE who lives with her husband in rural Jackson County. The quarter-mile-long driveway to their home was full of potholes and overgrown with low-hanging branches. The PACE buses that provide transportation to and from participants' homes could not travel safely on the rutted driveway,

especially in rain or snow, and Barbara's wheelchair would get stuck. Other PACE participants riding on the bus would get jostled when picking her up. PACE home care aides also had trouble getting to Barbara's home. One even got stuck in her driveway. Barbara had to frequently cancel medical appointments and therapy as a result.

Last November, Barbara's interdisciplinary care team at PACE agreed it was time to do something. They got estimates and used grant funds to grade the ruts in the driveway and fill in the holes with crushed stone and gravel. Barbara and her husband, as well as the PACE drivers, are happy with the outcome. "I can't believe they would do this for me," says Barbara. ■

Balanced Living (Cont. from page 3)

Recent activities have included glamour photographs, cooking demonstrations, blood pressure checks, and more. January 2024 saw a 70% increase in resident participation compared to January 2023!

Cristina Manly, Director of Sales for CRC and The Cedars of Dexter, adds, "The program not only enriches the overall wellness of residents, but also offers engagement through social connections. You feel part of a community, a family, which encompasses who we are as an organization."

"At Brio, we believe the field of aging services must embrace the desire of older adults to experience meaningful engagement, holistic wellness, and lifelong learning. Brio's goal is to create environments and foster opportunities for older adults to grow, experience, and engage!"

—Nicole Maag,
Brio's Chief of Residential Services. ■

THE RAVINES

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May is *Leave a Legacy* Month

Michigan is a state filled with generous people, like you. More than 80% of households make charitable contributions every year. Yet, the majority of Americans do not have a will.

May is Leave a Legacy Month. If you are passionate about a charitable cause or organization—like the UMRC-Porter Hills Foundation—this could be the perfect time for you to consider the lasting impact you can have, both now and beyond your lifetime.

- Leaving a legacy is a lasting reflection of your life's work—your interests, values, and beliefs.
- Planning a gift in your will may allow you to make a larger gift than you could make during your lifetime.
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