2026

Elaine's Hope®
LUTHERAN HOME MEMORY CARE

Fall/Winter Newsletter





ELAINE'S HOPE STAFF FALL/WINTER WORK ANNIVERSARIES

Alicia - 15 years
Iram - 9 years
Shanita - 8 years
Ingrid - 8 years
JulieAnn - 7 years
Cassandra - 7 years
Mae - 7 years
Jackie - 7 years
Mark - 7 years
Judy - 7 years
Angela - 6 years
Latrina - 6 years
Shameera - 6 years
Pat - 5 years
Kim - 5 years
Timika - 5 years
Linda - 4 years
Sydney - 4 years
Debra - 3 years
Jaymar - 3 years
Hermee - 2 years
Marquea - 2 years
Mo - 2 years
Christina - 2 years
Cooper - 2 years
Jayquon - 1 year
Brandie - 1 year
Clarissa - 1 year
Janet - 1 year
Ebony - 1 year

Upcoming Events

*Families invited to attend with your loved one







11th Annual Intergenerational Art Show "Dreams We Share"
Thursday, November 12th 4-6pm
Courtyard Cafe

Art Show Gallery Tour
Friday, November 13th 9:30-12pm
Courtyard Cafe

Plank Road Project Music Performance
Wednesday, November 18th 1:30pm
Hardt Hall

Faith Hatch Musical Performance
Thursday, December 10th 1:30pm
Hardt Hall

Bob Ropiak Musical Performance
Tuesday, December 22nd 1:30pm
Hardt Hall

Understanding Skin Changes in Older Adults: A Guide for Family Members

By Dr. Elizabeth Bukowy

As people get older, their skin goes through natural changes that make it more delicate and easier to injure. Understanding these changes can help you protect your loved one from skin tears, bruising, and other problems.

What Happens to Aging Skin?
- The skin gets thinner. The outer layer (epidermis) and the deeper layer (dermis) both become thinner over time. This means the skin has less padding and protection.
- Loss of fat under the skin. The layer of fat beneath the skin — especially on the hands, shins, face, and feet — shrinks with age. This fat normally acts as a cushion, so losing it makes the skin more vulnerable to bumps and pressure.
- Less collagen and elastin. These are the proteins that keep skin strong and stretchy. As we age, the body makes less collagen and the existing collagen breaks down. Elastin, which allows skin to bounce back, also wears out and cannot be replaced. This leads to fragile, less resilient skin.
- Drier skin. Older skin produces less natural oil and moisture. Dry skin cracks more easily and is more prone to tearing.
- Weaker blood vessels. Blood vessels in the skin become more fragile, which is why bruising happens more easily — sometimes from very minor bumps or even light pressure.

Why Do Skin Tears Happen?
A skin tear is a wound caused by friction, shearing, or a bump that separates the skin layers. In older adults, skin tears are one of the most common injuries because
- The skin is thinner and more fragile
- There is less fat cushioning underneath
- Dry skin tears more easily
- Even gentle handling — such as removing bandages, bumping furniture, or gripping an arm during transfers — can cause a tear

Why Does Skin Discoloration Occur?
Bruising and bleeding under the skin (purpura) occurs more easily because blood vessels are fragile. These bruises may look purple, red, or brown and can take longer to fade.

What Helps?
- **Moisturize.** This helps prevent dryness and reduces the risk of skin tears.
- Handle with care. Avoid gripping or pulling on the skin. When helping with movement or transfers, support under the joints rather than grabbing the arms or legs.
- Using gentle soaps. Choose mild, pH-balanced cleansers. Avoid harsh soaps that strip natural oils. Limit bathing to once daily.
- Protect the skin. Long sleeves and pants can help shield fragile skin from bumps and scrapes. Shin guards or padded sleeves may be helpful for those who bruise or tear easily.
- Use caution with bandages. When removing adhesive bandages or tape, do so slowly and gently. Consider using paper tape or silicone-based adhesives, which are less likely to tear fragile skin.
- Check the skin regularly. Look for new tears, bruises, or areas of redness. Report any skin injuries to the healthcare team promptly so they can be treated early.

Article provided by:
Elizabeth (Izzy) Bukowy, DO CMD
Associate Professor
Geriatric and Palliative Medicine
Nursing Home Medical Director
MCW & Froedtert Hospital



2026 National Assisted Living Week : Shining Through The Years

National Assisted Living Week is an annual observance established in 1995 by the National Center for Assisted Living to honor residents, families, staff, and volunteers in assisted living communities. Each year, the National Center for Assisted Living reveals a theme, this years was **"*Shining Through The Years.*"** Its about honoring residents for the lives they lead and the wisdom they share, while also recognizing the caregivers and staff whose compassion and dedication help that light continue to shine every day.



Then & Now

As part of our Assisted Living Week celebration, we asked residents to pose while holding a picture of their younger selves for our "Then & Now" project. This collection of pictures is now on display in the Elaine's Hope lobby, and shows, through leaps in time, a series of unforgettable moments of happiness, humor, and love from their life stories.

From one important day years ago to today, being able to share these snapshots of our residents is a reminder that we all live many lives during our time on this earth, and that all our memories of friends and family, both old and new, are the greatest gifts of all.

"With mirth and laughter let old wrinkles come."
-William Shakespeare















National Family Caregivers Month: To The Caregiver Who Gives So Much

By Stephanie Leanes
Director of Caregiver Support

Every November, we recognize National Family Caregivers Month, a time to honor the millions of people who provide care for a spouse, partner, parent, family member or friend. I have spent the last 30 plus years working in the long-term care field, supporting families through the challenges of caregiving. This month should be more than recognizing caregivers. It should be about truly seeing them, hearing their stories and reminding them that their health and well-being matters, too!

I have had the privilege of walking alongside so many families during this difficult journey. I have listened to spouses and partners grieve the changes in the person they love. I have seen the children struggle to balance their own families and careers with the needs of aging parents. I have talked to so many caregivers who quietly wonder how much longer they can keep going. It is a devastating time in their lives. Exhaustion, loneliness and the uncertainty of the future takes a huge toll. Caregivers need someone to care about them, too.

Caregivers may feel guilty admitting they are tired. They may hesitate to ask for help because they believe they should be able to handle it. They sometimes feel lonely and isolated from family and friends. Family and friends who don't understand why it is so difficult to be a caregiver. Family and friends who don't see the day-to-day struggle.

You can love someone deeply and still feel exhausted and frustrated. You can be a devoted caregiver and still need and DESERVE a break. You are human. These feelings do not diminish your love for who you are caring for. Asking for help is not failure. It is an essential part of caregiving.

Support looks different for different people. Maybe attending a support group, meeting individually with a social worker, increasing your knowledge of dementia is what you need. You need time to rest and recharge. Remember that caring for yourself is caring for your loved one.

Come celebrate yourself and mingle with other caregivers on Nov. 20th at the Lutheran Home. More information to follow.

Be good to you.

Stephanie Leanes
Director of Caregiver Support



Role of the POA

The Power of Attorney (POA) acts as a trusted decision-maker bound to honor your loved one's specific wishes, not their own personal preferences. The POA will manage medical choices, coordinate end-of-life care, and communicate directly with the care team. As the designated point of contact, the POA is also responsible for sharing updates with relatives—allowing our staff to focus their time and energy directly on resident care.

MyChart Visits

Dr. Bukowy and her nurse practitioner, Kim Jonas, routinely visit residents for scheduled check-ups. To help organize these visits, your MyChart system automatically generates upcoming appointments.
If you see a notification in MyChart, please note that the listed date and time are only estimates to help our team plan their schedule. You do not need to make special arrangements or adjust your schedule to meet in person for this specific placeholder date.

Important Security Reminder

The safety of our community is our top priority. Following a few recent incidents involving unauthorized visitors, we want to remind everyone about our building security protocols.
The Elaine's Hope entrance is restricted to Elaine's Hope staff and families who have loved ones living in this specific unit. Anyone having other reasons for a visit is directed to the 74th Street main entrance where visitation protocols can be enforced.

It is vital to be extra mindful when entering or exiting the building. Unfortunately, unauthorized guests have recently gained access by "piggybacking" (following someone through the door). This compromises the safety of both our children and our residents.

Please be mindful- and share with other family members and friends- to wait before entering or exiting if someone is trying to gain access into the building.

This season please be mindful of your health. If you are feeling sick, postpone your visit for the wellbeing of our staff and residents!

Mindful Movement with Rose!

Elaine's Hope would like to welcome Rose Hansen Widmann, our newest addition to our volunteer team! Since joining us, Rose has led our new "Mindful Movement with Rose" class on Wednesday mornings, during which she draws upon her background as a therapeutic yoga and mindfulness instructor to create a space of peace and reflective awareness for our exercise group. Each Wednesday, residents follow along as Rose guides them through an assortment of chair-yoga style stretching, conscious breathing, daily affirmations, and plenty of singing along.

Rose also works closely with adults with special needs, supporting creativity, movement, connection, and everyday growth with an emphasis on being in the present moment. Outside of volunteering, she's a Wauwatosa-based multi-media artist, and mother of a 14-year-old adopted son who is a yo-yo artist.

We would like to thank Rose for filling our new morning exercise group with plenty of positive energy and smiles!





Nurse vs RA Role

Elaine's Hope features a unique organizational structure by employing Certified Nursing Assistants (CNAs) rather than Resident Assistants (RAs). We intentionally hire CNAs because of the additional training they undergo and the state examinations required to earn their professional license.
When you visit, you will frequently see our CNAs working directly on the unit, actively caring for your loved one. Because of their professionalism and presence, visitors sometimes mistake them for nurses. We highly encourage you to share your general questions and daily concerns with our CNAs —they are an invaluable resource and are intimately familiar with your loved one's day-to-day care. Please ask to speak with the nurse for specific medical updates, questions and clinical information.



Resident Spotlight

Arleene

"I met my husband Hank through a friend. We went out as a group of friend's and we took a liking to each other." Arleene spent her whole life in Wauwatosa. She raised her 3 children on the corner of Meinecke Ave and we all know that now to be our Highlands neighborhood here at Elaine's Hope.

Arleene was a dedicated volunteer at the Lutheran Home for many years. Arleene's son Mark recently retired as Director of Plant Operations of the Lutheran Home after 45 years. Arleene enjoys crossword puzzles, playing the piano and her biggest blessing was meeting her husband Hank. She is well known throughout the Wauwatosa area and she describes herself as "A True Tosin"

Special Announcement!

Elaine's Hope is dedicated to celebrating employees who exceed expectations in their daily work. We champion professional growth by offering promotion opportunities that align with our team's natural strengths. A prime example is our Charge CNA role. These individuals serve as leaders who mentor peers, welcome new hires, collaborate on solutions, and communicate directly with nurses to ensure exceptional resident care. Congratulations to Julie Ann, JayJay, Kim and Shantia who join our tenured Charge Aides Tori and Alicia!!!

Alica - AM Shift
Julie Ann - AM Shift
JayJay - PM Shift
Kim - PM Shift
Tori - NOC Shift
Shanita - NOC Shift



Follow us on Facebook!

Looking for a way to stay up-to-date, and see some great pictures of our activities and events? Scan the QR code, or find us on Facebook at Lutheran Home & Harwood Place.

Seasonal Reminders

Holiday Gift Ideas

Consider these gift ideas for your loved one this holiday season:

- Store bought cookies (please ask staff before sharing with more than your loved one)
- Gripper socks
- Photo album (labeled)
- Fleece jacket

Dropping of new items for the holidays? Please include a name and drop off the items in the bin in the lobby

Reserving Rooms

If you are looking for a private or larger space to spend time with your loved one and family during the holidays, the conference room and community room are available upon request. Please see Sydney to reserve a timeslot.

- Please refrain from taping decorations to the walls or windows
- Clean up after you are done
- Be courteous of your allotted time

Staff Appreciation

If you care to show your appreciation to a staff member or the team, please note our company policy to **NOT** accept cash gifts, gift cards, or presents. We appreciate your desired gratitude, but do not want to jeopardize anyone's employment with this gesture. Please consider a note of thanks, snacks for breaktime, or a meal. Food helps keep us energized and is always welcome! See Sydney if you have questions.

Decorations

No real trees, wreathes, extension cords, candles or plug ins allowed due to fire code







Upcoming Events

Caring Together Hospice Seminar - Sunday, November 8th at 1pm

- **Elaine's Hope Community Room**

Want to learn more about what hospice is and would look like for your loved one at Elaine's Hope? Attend this hospice inservice hosted by St. Croix Hospice to learn more. Please RSVP to Sydney by Friday, November 6th

Elaine's Hope Lunch & Learn - Friday, January 22nd at 11am

- **Elaine's Hope Community Room**

Do you know a caregiver, friend or neighbor that might need information on memory care or want to learn more about Elaine's Hope? Invite them to our Lunch & Learn! Please RSVP by Tuesday, January 19th.

2026 Monarch Ball Results

As Marty continues to remind us, Elaine's Hope, which was named in honor of the late Elaine Schreiber, is more than just a place to live for those experiencing memory loss. Elaine's Hope is a promise that each person can live their best life possible with peace of mind for you.

Thanks to the incredible generosity of everyone involved, more than $367,000 was given on September 12th at the Monarch Ball presented by the Martin & Elaine Schreiber Family and hosted by Ben and Allison Juech.
(Scan to see the pictures)

317 guests were inspired to support the building of a new resident community at the Lutheran Home after watching the powerful story of Steve. (Scan to watch the video)

Please join Marty and the Schreiber family at next year's event on **September 11, 2027.** He will be joined by co-chairs Lindsey Kriete, Vice Chair of the Lutheran Home Foundation Board of Directors, and Kris Surma, a member of the Executive Committee of the Lutheran Home Governing Board of Directors.



Giving So That Others Can Receive

By Bridgette & Paytra, Lutheran Home Foundation

Many families wish to express their gratitude for the exceptional care received at Lutheran Home, Harwood Place, and Elaine's Hope by the nursing team, activity team, caregiver support team, dining, housekeeping and so many more! As a no-tip community, we encourage gifts of thanks through the Lutheran Home Foundation, where every donation directly supports residents in need and employees' yearend appreciation events. Elaine's Hope staff always appreciate your expression of gratitude through meals and luncheons!!

Your generosity helps provide charity care for residents who have outlived their financial resources, including a handful of the Elaine's Hope residents, and nearly one-third of Lutheran Home's skilled nursing residents.

As year-end approaches, please consider supporting our mission through a gift, Qualified Charitable Distribution (QCD), or Required Minimum Distribution (RMD).
To learn more, contact Bridgette Frommell at 414-256-6836.









