

# the wesleys

for people who love life™



Bill Freitag and Ken Hoben

## Men bond for support and inspiration

Isolation works against our natural tendency to socialize but can easily happen to older adults who live alone. This seclusion can lead to depression, loneliness and health concerns, but the social interaction one finds living in a retirement community can help counter these affects.

Wesley Homes Lea Hill residents Bill Freitag and Ken Hoben know they feel better when they get together. As independent Village Home residents, Bill and Ken found they don't spend much time in the campus social center, Eby Lodge, so they were not part of the frequent interaction and subsequent close ties that Lodge residents enjoy.

"We needed means to build closer friendships with each other," said Bill, a retired veterinarian.

The means began after Bill's wife passed away. Two days before her memorial, he broke his hip, and another resident took Bill under his wing. Bill realized this type of friendship was an advantage of living in the Lea Hill community and could be tapped more.

"A while ago I thought that friendship teams could serve the single ladies in the Village Homes. Now both Ken and I are single, and we're supporting each other as well," said Bill.

(continued)

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## in this issue

**Men Bond** for support and inspiration

Lea Hill Health Center Campaign raises **\$1 million**

**Residents maximize memory** with Brain Fit

**Mind, Body, Spirit** Wesley Wellness Day

*Wesley Homes is a faith-based organization providing retirement communities and a network of services for older adults.*

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**Men bond for support and inspiration** (continued)

For instance, if Bill hasn't heard from Ken by noon, he will call him to make sure everything is okay. The two talk twice a day. "This practice of talking twice a day has been very helpful," said Ken. "Bill is very perceptive and can recognize my moods; I appreciate his friendship."

A retired computer analyst and recent widower, Ken has been receiving another kind of support from Bill: meals.

"Ken doesn't cook," explained Bill, "so I've invited him over for dinner. Now it's his turn to host a meal."

"Yes, this will be Cooking 001 for me," joked Ken.

"You and I will go out and shop," reassured Bill. "I'll be there guiding you, making sure you have the necessary ingredients and condiments. Once you get started, you'll become proficient."

Both men look forward to continuing to build their rapport through outings, conversations and social involvement.



**For more information** and to learn how you can help, contact Sten Crissey at Wesley Homes Foundation **206.870.1126**.

**Lea Hill Health Center Campaign raises \$1 million**

Through generous community support and resident participation, Wesley Homes has reached the \$1 million mark of its \$2 million campaign to build a state-of-the-art health center on the Wesley Homes Lea Hill campus in Auburn, WA.

"It's exciting to see so many people from the community support this effort," said Sue Singer, co-chair of the campaign council. "We're working together to make this health center happen."

The center will feature skilled nursing services and post-acute care provided in 36 private suites, enhancing the care available in South King County. For current Wesley Homes

Lea Hill residents, there are advantages to having easy access to an on-site health center.

"If one spouse is in need of long-term care, having that care on campus makes it easier for the other spouse to visit," said Scott Hulet, Campus Administrator for Wesley Homes Lea Hill. "The health center will complete our continuum of care and allow residents to receive services just steps away from their home."

Residents of the surrounding communities will also be able to access the health center's rehabilitation and short-term or long-term care services, fulfilling the broader needs of the area.

# Wesley Homes

DES MOINES

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Bruce Tonks, Bill Forland, Janice Maurice & Grace Reynolds

## Residents maximize memory with Brain Fit

The axiom "Use it or lose it" is definitely the case with our memory ability. As we age, physical changes in the brain can make it difficult to remember. Memory decline can be lessened or sometimes reversed by building new highways or synapses through mental stimulation.

Through the Brain Fit program at Wesley Homes Des Moines, residents are able to improve their cognitive strength through a 12-week series of classes. These classes are based on *Train Your Brain*, a cognitive enhancement book by Dr. Robert Winningham of Western Oregon University.

"The Brain Fit program is very popular with residents," said Director of Resident Services Lisa Meinecke. "It's helped build their confidence as well as helped the groups bond. We had 80 people sign up for the first series and already have a waiting list for the next series."

Residents performed a series of tests at the beginning of the program and will be tested again at the end of the program. Some of the cognitive stimulation in the classes includes matching captions with images, creating complete words out of a series of half words and learning

to use iPads donated by Wesley Homes Foundation. Other exercises have residents performing in plays and memorizing and executing tongue twisters such as:

*She sells seashells by the seashore.  
The shells she sells are surely seashells.  
So if she sells shells on the seashore,  
I'm sure she sells seashore shells.*

With each new experience and remembered fact or event, participants are able to slightly re-wire the physical structure of their brains.

"I thought it would be an interesting experience," said Des Moines resident Don Collier. "I didn't attend because I felt I needed to, but it's definitely stimulated my thinking. I've also come in contact with people I wouldn't have met outside of class."

That stimulation is why Wesley Homes was proactive in finding a course to help improve cognitive functioning for better memory ability as well as psychosocial development. In many cases, an older adult may have memory issues not because of a physical or biological problem but simply because of a lack of use.

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