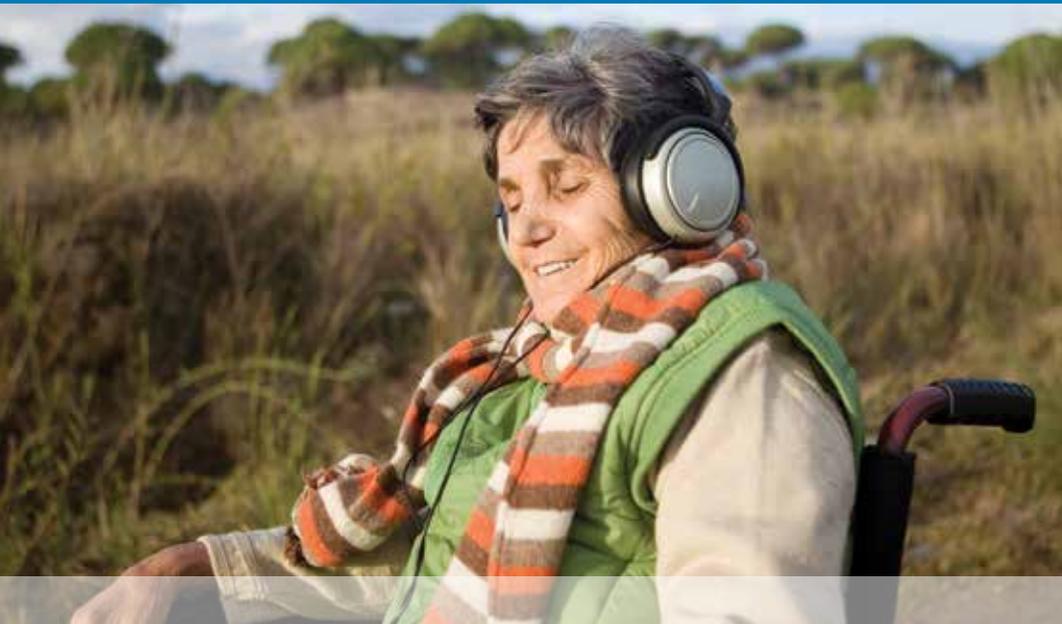


# the wesleys

for people who love life™



WINTER 2014

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## Music brings joy to residents

Through a Music & Memory program, Wesley Homes Health Center residents are experiencing the healing touch of music through iPods.

"The music takes the resident out of their reality and places them in a time when they had more control over their world," said Nani Poulivaati-Mounga, Director of Activities and Volunteer Services. "It's great that we are able to leverage technology to benefit people, to keep them engaged so they can communicate despite dementia or pain and hopefully improve their quality of life."

That was the experience of Lois Bianco, a memory care resident at the Health Center. Because of her dementia, Lois has limited visual, verbal and motor abilities. When Chaplain Michael Byrd and Nani placed a headset on Lois, she heard a playlist selected by her family. The personalized tunes awakened Lois, who opened her eyes, tapped her foot and strummed her fingers.

Lois enjoyed the music so much that she became agitated when caregivers tried to remove her headset. They had to wait for her to fall asleep to remove it so they could charge her iPod for the next day.

"I was really excited when Nani told me about the program," said Lois' daughter, Betsy Hall. "She receives good care at the Health Center, but there's only so much

(continued inside)

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

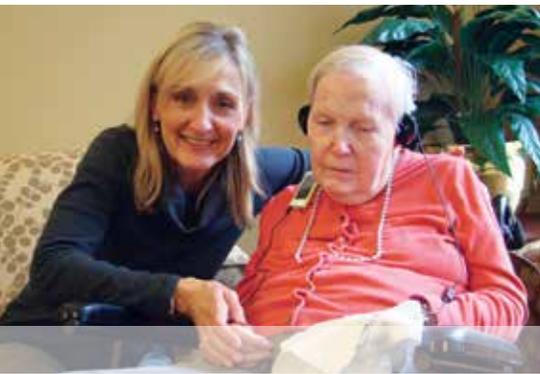
*With love and joy, we are called to meet the physical, social and spiritual needs of those we serve.*

*We affirm the worth of all those we serve and those who provide service.*

**Be the first to know what's going on at Wesley Homes.**

Sign up at [wesleyhomes.org](http://wesleyhomes.org) to receive eWesley, our monthly online newsletter.





Betsy Hall is pleased to see her mother, Lois Bianco, open her eyes in response to music.

*"I like the music program because Mom deserves anything that will give her more joy."*

**Betsy Hall**

## Music brings joy to residents (continued)

that can be done because of her Alzheimer's. I like the music program because Mom deserves anything that will give her more joy. Whatever her world is, she seems more responsive whenever her music is on."

Research indicates musical favorites may tap into deep memories and can bring residents back to life, enabling them to reconnect with family and be more social. Additionally, a personalized music program may be able to aid caregivers in calming dementia patients rather than using medications.

Donate headsets, used iPods or funds to help expand the Music & Memory program by mailing your check in the enclosed envelope, calling Wesley Homes Foundation at **206.870.1334** or donating online at **wesleyhomes.org**.



## Vet serves through Dramamine®

Wesley Homes Lea Hill resident Dr. John Thompson has shown a special kind of perseverance. While stationed at Randolph Field in 1942, he began training as a pilot. Unfortunately, John possessed an undesirable characteristic for pilots: motion sickness. He became part of a research project studying motion sickness instead.

"We were guinea pigs," said John. "Twice a day we would be given Dramamine and spun in a Barany Chair until we threw up – not particularly enjoyable. We did get plenty of food and fluids while in the project, though."

Though unpleasant, the results of the experiment demonstrated that a pilot must trust the flight instruments and not his sense of balance.

After the war, John received his Doctor of Education degree and taught in Washington State, where he spent over 30 years as a teacher, school psychologist, director of Special Services and superintendent.

Recently, John received the distinction of an Honor Flight from the Veterans Honor Flight Network. He and 40 veterans were flown to Washington, D.C., and escorted to all of the monuments in the area.



Read more about John on our blog at [wesleyhomes.org/blog](http://wesleyhomes.org/blog)

**To learn more about moving to a Wesley Homes community, please contact:**

**Wesley Homes Des Moines**

Joanie Vivaz 206.870.1101

Lynn Stapleton 206.870.1114

toll free 866.937.5390

**Wesley Homes Lea Hill**

Karen Satterberg 253.876.6000

or visit [www.wesleyhomes.org](http://www.wesleyhomes.org)



Dorothy McCann and Virginia Gitau

## Caregiving service takes flight

Wesley Homes provides more than vibrant communities, a skilled nursing center, rehab therapy and in-home care for seniors. Wesley Homes also offers critical medical transport services to residents and non-residents. Dorothy McCann and her daughter, Judy Cains, were delighted to discover that this much-needed service exists.

Dorothy lived independently on Whidbey Island. Unfortunately, she had a bad fall, severely injured her head and eventually began speaking incoherently. Judy was contacted, and she placed her mother in a nearby nursing home for therapy.

Though Judy lives in Mesa, AZ, she would fly up on a regular basis to visit her mother or would call to see how she was doing. Over a series of phone calls, Judy noticed that her mother didn't always seem coherent. Eventually Dorothy agreed that it would be best for her to move to Mesa.

Judy started the process by contacting the nursing home's social worker, who contacted Wesley Homes' Director of Community Health, Katheryn Howell. Together, they worked on the logistics of the transfer while Judy purchased the airline tickets. Wesley Homes Home Health caregiver Virginia Gitau traveled with Dorothy from Seattle to Phoenix. Dorothy's care was then transferred to Judy and the fleet manager of Dorothy's new care center.

"When Ms. McCann's daughter approached me with her need to have her mom relocated to Arizona, I thought of Wesley Homes Home Health immediately," said the social worker. "You have helped us out on several occasions before. Honestly, I had no idea that you did this sort of thing and only knew you were flexible and reliable. I'm so glad you were able to help out, and Ms. McCann was so grateful to have the option of having help with the relocation."

Judy and Dorothy were pleased with the whole process, and the best part is now they are only five minutes apart.

Looking for extra help during the holidays? Call Wesley Homes Home Health to find out how a home helper can make life easier during this hectic time. **206.870.1127** or toll free **866.850.5774** or online at [wesleyhomes.org](http://wesleyhomes.org).

## Patrick O'Neill joins Wesley Homes

Wesley Homes welcomes Patrick O'Neill as the new campus administrator for Wesley Homes Des Moines. He has



a strong background in retirement home leadership as administrator for two retirement communities in Tacoma before becoming president and CEO of a community in Spokane.

"I am very excited to join the dynamic team at Wesley Homes," said Patrick. "They have developed a tremendous reputation for exceptional service and deliver a high quality of care to their residents. I look forward to learning, listening and contributing to this progressive organization."

Patrick comes to Wesley Homes with a deep understanding of older adults, a Washington Nursing Home Administrator License, a Master of Science from Central Michigan University and a Bachelor of Arts from Northwestern State University.

He has been a board member and chairman of LeadingAge Washington and Hospice of Spokane, Washington State delegate to LeadingAge, member of Nursing Home Board of Examiners and member of Rotary 21.

Patrick is eager to work with the Wesley Homes team, especially President and CEO Kevin Anderson.

"I find Kevin's enthusiasm for the future contagious!"

Wesley Homes  
DES MOINES



WESLEY HOMES™

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www.wesleyhomes.org

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Wesley Homes, a not-for-profit organization, is affiliated with the Pacific Northwest Conference of the United Methodist Church.

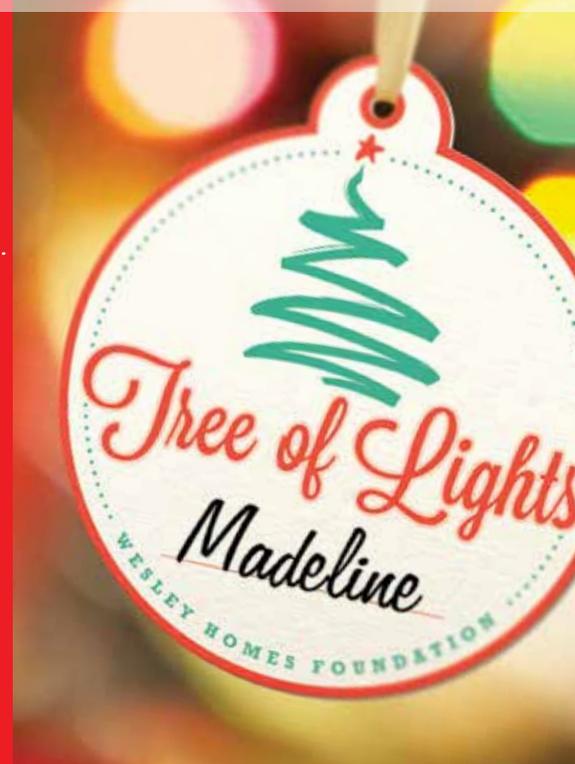


# ★ Light up someone's life with a holiday gift

and honor or memorialize a loved one

If you needed a helping hand, wouldn't you find comfort in knowing someone is there for you?

Your gift during the Tree of Lights celebration can help those who have difficulty meeting their financial obligations through no fault of their own: residents who have outlived their resources or employees in need of emergency financial relief.



Please send your gift and the name of your loved one in the enclosed envelope. We'll personalize an ornament and add your loved one's name to our Tree of Lights. Or go to [wesleyhomes.org](http://wesleyhomes.org) to donate. **Thank you for making a difference!**