

St. Ann's Community News

Spring 2020

Caring for the Most Important People on Earth

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What's in this issue:

- Home-Based & Community Services including our partnership with geriatric primary practice, Pillar Medical Associates
- Highlights from our Salute to Philanthropy Donor Recognition Event
- FOOD FIGHT 2019 sets a new record

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St. Ann's Continuum of Care Expands to Serve Seniors Who Want to Age at Home

As the song says, "There's no place like home for the holidays." Few would argue with that sentiment.

With the holidays now behind us, it's a good time to consider just how much "home" means to us. Our homes are, ideally, places of respite from the chaos of the outside world. They're the places where we build our families, plan our futures, and make our memories.

No wonder most older adults want to stay in their own homes as they age.

In a 2018 AARP survey, 76 percent of people age 50 and older said they'd prefer to stay in their homes as they age. However, only 46 percent actually believed they could do so.

St. Ann's Community is doing its part to close that gap.

We're well known for our continuum of care, offering seniors independent living options and the ability to transition to assisted living, memory care, or long-term care as their needs change.

Today, we're expanding that continuum to serve not just our wonderful elders but elders who live on their own. We know they want to stay in their homes longer—what can we do to help them do that?

That's where outpatient services like our **Wound Care Center** and **Podiatry Practice** come into play. You can read about how those services are helping keep seniors healthy and independent in this issue of St. Ann's Community News. You'll also find stories about how our **Adult Day Programs** are growing to meet a very real community need, and how **Pillar Medical Associates**, a primary care private practice based at St. Ann's, is bringing its medical expertise right to seniors' homes.

What does all this mean for the growing population of seniors? It means they can get much of the care they need to remain independent without giving up their homes before they're ready.

I hope you enjoy reading about these topics and others in this issue. It's all part of how our services are growing to meet the changing needs of seniors, while our mission of compassionate care remains as strong as ever.

Michael E. Malae

Michael E. McRae President & CEO, St. Ann's Community

ST. ANN'S FOUNDATION

In 2019, here is the impact you made in *caring* for the most important people on earth.

\$2,447,470 raised:

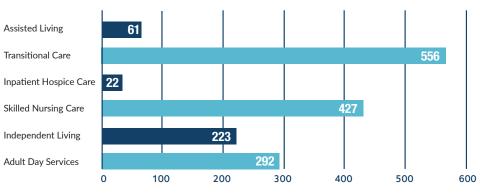
- Strategic Investments: \$2,150,860 in support for the Capital Campaign For All They've Given
- Program Grants & Distributions: \$296,610

Significant areas funded:

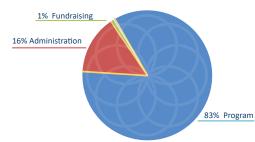
- Adult Day Participant Scholarships
- Annie's Angel Fund Grants
- Employee Scholarships
- Intergenerational Programming
- Medical, Rehab and patient care equipment
- Pastoral Care
- Person Centered Care Fund
- Resident activities including Music Therapy

ST. ANN'S COMMUNITY

Lives Served by Service Area | 2019 Total - 1,581



Expenses by Functional Area



Financial Statement*

<u>Income</u> Total	\$ 79,651,615
Expenses	
Program	\$71,518,007
Administration	\$14,473,625
Fundraising	\$109,226
Total	\$86,100,858
Net Assets 12/31/2018	\$95,167,879
* Audited financial data from 2018	3

Home-Based and Community Services Expand St. Ann's Care to New Populations

St. Ann's Community is well known for the services it offers to those living in our senior communities. Whether that's independent or assisted living, memory care or skilled nursing, we are the provider of choice for thousands of seniors and their families.

But our continuum of care also includes services for those who live on their own. As more seniors choose to stay in their homes-and are able to do so-St. Ann's is at the forefront of providers offering services that allow them to maintain their health and independence.

Here's a look at some of the ways we do that.

Pillar Medical: Primary Care Brought to Your Door

As we age, our medical needs become more complex. We may suffer from multiple health problems, take multiple medications, and generally require closer attention to maintain good health. That's why many older adults choose to see a geriatrician-a primary care doctor who specializes in treating the complex medical needs of seniors.

Pillar Medical Associates is a primary care geriatric practice that sees patients who reside at St. Ann's Community and Episcopal SeniorLife Communities.

"We bring our medical services directly to seniors who are living independently as well as those in assisted living and memory care," says Dr. Brian Heppard, a geriatrician with

Pillar Medical.

Pillar Medical Associates, PC, geriatrics practice staff (left to right): Anne May, RN, BSN; Rebecca Kant, DO; Trisha Ferrara, MA, CMBS; Brian Heppard, MD, CMD; Mary Resch, RN



That means making home visits to seniors who can't get out for appointments as well as seeing patients at Pillar's offices in Irondequoit and Webster.

"Our focus is on healthy aging, helping seniors remain active and independent for as long as possible," says Dr. Heppard.

The Pillar medical team partners with mobile x-ray and laboratory services to bring phlebotomy and diagnostic testing directly to the patient. They provide continuous care for patients as their health needs change. And they help seniors and their families navigate the complicated health care network of providers and specialists.

Pillar's Irondequoit office is located within St. Ann's Community at Chapel Oaks, 1550 Portland Avenue. For more information. call (585) 697-6416 or visit www.pillarmedical.com.

Adult Day Programs: Assistance When It's Needed Most

Older adults who maintain their independence may still need a little extra attention. That's especially true during the day, when family caregivers are at work or taking care of other obligations.

St. Ann's Adult Day Programs provide the perfect solution: a safe, supervised environment during daytime hours that includes assistance with medications, meals, and social interaction. Our programs help seniors preserve their independence and remain in their own homes longer, delaying the need to move to assisted living or long-term care.

"Family members can take care of work or personal responsibilities while knowing their loved ones are in good hands," says Rola O'Meally, Director of St. Ann's Adult Day Services.

Adult Day Programs are perfect for older adults and people with disabilities who:

- Need medical services or skilled nursing care
- Have a chronic illness or memory problems
- Are socially isolated or depressed
- Have decreased mobility and need rehabilitation support

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Our newest Adult Day Program at Durand Senior Apartments opened in Spring of 2019

St. Ann's offers Adult Day Programs in Webster and Irondequoit, including one at Durand Senior Apartments, 4250 Culver Road, that opened in 2019. Another new location will open in late 2020, when St. Ann's "Home Connection" program moves to new space in Skyview on the Ridge (formerly Irondequoit Mall).

"The new location will help us meet the growing need for adult day health care services in our community," says Rola. "It will provide our participants with a new state-of-the-art facility while doubling the number of participants we serve. That's good for seniors and good for our community."

For more information, call (585) 697-6381.

Podiatry: Helping Seniors Stay on Their Own Two Feet

For many people, foot problems make it difficult to carry out their daily routine. The experts at the Podiatry Practice at St. Ann's Community are here to help—and you don't have to live at St. Ann's to be a patient.

The practice offers full-service outpatient podiatry care designed to

treat chronic and acute foot problems and minimize unnecessary hospital visits for its patients. Its specialties include:

- Diabetic foot care and infections
- Treatment of foot/ankle injuries
- Reconstructive surgery
- Sports medicine
- Nail and skin care

"Conditions like corns, ulcers, blisters, and athlete's foot may be the first sign of more serious medical conditions like arthritis, diabetes, or nerve and circulatory disorders," says Dr. John Ellie, board-certified podiatrist who leads St. Ann's Podiatry Practice. "We'll provide an accurate diagnosis and treatment to prevent infections, avoid complications, and help our patients maintain good foot health."

For those needing shoe inserts, the team at the Podiatry Practice can also create prescription orthotics for a fraction of the cost of store-made custom shoe inserts.

The practice is located on St. Ann's Irondequoit campus, 1500 Portland Ave., adjacent to the Wound Healing Center. New patients are welcome. For more information, call (585) 642-6100.

Wound Healing: Care That Improves Quality of Life

A wound that won't heal can be difficult—and painful—to live with.

With help from the Wound Healing Center at St. Ann's, patients can get treatment to heal those wounds so they can get back to doing the things they love. The center provides sophisticated outpatient wound care for such conditions as:

- Venous ulcers
- Arterial and diabetic wounds
- Pressure ulcers
- Surgical wounds
- Traumatic injuries

"Many of our patients are either older adults who have a host of medical problems that affect their healing, or people with advanced diabetes or swelling due to blood clots or obesity," says St. Ann's Medical Director Dr. Kim Petrone who leads the Wound Center team. "We develop a personalized care plan to enhance their healing and improve their mobility and overall quality of life."

An alliance with Rochester General Hospital, the Wound Healing Center is located on St. Ann's Irondequoit campus, 1500 Portland Ave. For more information, call (585) 922-HEAL (4325).



Salute to Philanthropy

Recognizes Two for Generosity and Service

St. Ann's Community recognized two individuals for their ongoing generosity and service to our mission at the 2019 Salute to Philanthropy Donor Recognition Event on May 23, 2019, at the Country Club of Rochester.

Martin F. Birmingham Leader in Philanthropy Award

Rachel Bandych

A member of the St. Ann's Foundation Board of Directors since 2009, **Rachel Bandych** has contributed invaluable leadership, expertise, and philanthropic support to St. Ann's Community. Her deep appreciation for the care provided at St. Ann's was strengthened through a personal connection: her father, Emeritus Board Member Dr. Bernie Brody, was cared for in St. Ann's original Palliative Center for Caring in 2011.

Rachel chaired the Foundation Board from 2016-2018 and the Planned Giving Committee from 2013-2017. In addition to her extensive volunteer work, Rachel and her husband, David, are loyal philanthropic donors to St. Ann's Community. They are members of both our Hogan Legacy Society and Second Century Club. Enthusiastic champions of our annual FOOD FIGHT event, Rachel and Dave are credited with helping to make the evening a success.

Established in 1999, the Martin F. Birmingham Leader in Philanthropy Award recognizes the recipient's leadership, dedication, and philanthropic commitment to St. Ann's Community.





Partner in Philanthropy Award

Shelly Woodworth

Shelly Woodworth has been a St. Ann's employee since 2001, with her current role being Transportation Coordinator. She has been instrumental in assisting the Foundation with grant applications to secure new vans for elder transportation. With her expertise and incredible attention to detail, St. Ann's has been granted 14 new vans in the last 10 years by the Department of Transportation.

Shelly is also a consecutive-year donor to the Caring Hands Employee Campaign and has been a Campaign Champion, helping raise funds to support St. Ann's seniors. She has assisted with the United Way Campaign and played a key role in St. Ann's annual participation in the Walk to End Alzheimer's.

Established in 2004, the Partner in Philanthropy Award recognizes employees who demonstrate an exceptional level of support for St. Ann's through their personal and professional commitment to philanthropy.

Welcome to the Family



In 2019, we proudly welcomed The Greens of LeRoy to the St. Ann's family! A lovely independent senior living community located just 40 minutes southwest of Rochester. The Greens has been providing quality housing for seniors in Genesee County for over 20 years. Now known as St. Ann's Community at the Greens, this newest location complements our other two independent senior living communities in Monroe County; St. Ann's Community at Chapel Oaks in Irondequoit and St. Ann's at Cherry Ridge in Webster, NY. We are excited to expand our services to a greater portion of the area's independent senior population.

Experience Chapel Oaks



"It's like being on a cruise, but without those tiny cabins". This answers the question of what to expect when living independently in a senior living community. Take St. Ann's Community at Chapel Oaks as an example. Here, residents choose among regularly scheduled exercise programs like Tai Chi or Aqua Fit, join an excursion to GEVA theater, or linger with friends at the Memorial Art Gallery. One of the more recent experiences was a drive out to Montezuma National Wildlife Refuge in Seneca Falls, NY. See more amazing trips, events, and activities on Facebook, Instagram, and Twitter, or visit www.stannscommunity.com/chapel-oaks/.



Proposed New York State Budget Cut Threatens Seniors' Access to Quality Care

For 1 in 5 Americans, access to high-quality long-term care like that provided by St. Ann's Community depends on Medicaid insurance coverage.

Medicaid is a critical source of support for people who need nursing home care but can't afford it. It is often the only means by which they can get the long-term care they need.

Recently, that access has come under threat. The New York State Department of Health is seeking approval from the federal government of a plan that would cut \$246 million from Medicaid funding



statewide. Virtually every nursing home in the state and more than 100,000 nursing home residents are at risk.

This legislation will cut \$2.3 million dollars from St. Ann's budget.

"A cut of this proportion will directly impact the services we provide to our elders," says Michael E. McRae, President and CEO of St. Ann's Community. "None of us wants to see this happen. That's why we are letting our state officials know we oppose this cut and the threat it poses to seniors' access to highquality nursing home care."

If you would like to voice your opinion on this issue to your state legislator, visit http://bit.ly/medicaidlegislators. By speaking in a unified voice to our state officials, we can ensure that the seniors of today and tomorrow can access the care they deserve.

Sam Fruscione Scholarship Helps Employees Reach Their Goals

The special bond between a resident and two St. Ann's Community staff members not only brought joy to the resident in his final days—it also led to a scholarship that helps employees pursue higher education.

The **Sam Fruscione Scholarship** was endowed by **Sandy Parker** in 2015 in honor of her father, who lived at St. Ann's Community at Cherry Ridge. To date, it has helped five St. Ann's employees pay for college courses to advance their careers.

Sandy's father Sam had been an executive with Bausch & Lomb, retiring after 43 years. When he started having physical problems in his 90s, he moved to independent living at Cherry Ridge.

"We liked the fact that he could transition from one level of care to another, and the overall positive environment of Cherry Ridge," Sandy says.

Soon after moving in, Sam took a fall, moved to assisted living, and later to long-term care at Cherry Ridge.

"He was a miserable resident despite the wonderful care he received," Sandy admits. "It takes a special person to care for the elderly, especially those who are not a sweet old man or woman."

In fact, there were two "special people" who bonded with Sam: two Certified Nursing Assistants (CNAs) who forged a strong connection with him.

"They made him feel special, paying him compliments, bringing him food he particularly liked, and he really responded to them," Sandy says.

Her family saw a remarkable change in Sam.

"We saw the dad we remembered growing up. They made his last months really positive."

When Sam



Sam Fruscione and his grand-dog Oliver.

passed, Sandy founded the scholarship in his name, with those two special CNAs in mind.

"I knew their stories and how they wanted to advance their schooling," she says. "Many of the hard working employees of St. Ann's face obstacles in life, including financial ones. The scholarship provides an opportunity for them to open doors, to live their lives fully and find happiness."

To date 228 employees have benefited from our Employee Scholarship Program, including Kelsey Butler and Kemara King. Read their stories below.

Employee Scholarship Recipients Kelsey Butler & Kemara King



Kelsey Butler always knew she would pursue a career in health care. When she took her first job at St. Ann's Home as a Certified Nursing Assistant (CNA), she knew she

made the right choice.

"I started working at St. Ann's in 2011 and right away I knew this was the population I wanted to work with," she says. "And St. Ann's was the place I wanted to be."

Now a Licensed Practical Nurse (LPN), Kelsey is a Clinical Care Partner in the Medical Department at St. Ann's Home. And her journey continues. With help from a St. Ann's Employee Scholarship, she is taking courses at Finger Lakes Health College of Nursing to become a Registered Nurse (RN).

"Thanks to the scholarship I'm able to pay for books, and that really reduces the stress on my end," says Kelsey. "Without it, I'd have to work more hours and put some things on hold. This way, I have more flexibility. The scholarship program speaks volumes about how St. Ann's supports its employees."

Although it's a challenge to work full time while going to school, Kelsey says it provides motivation.

"Working keeps me passionate about continuing my education," she says. "I know that in the long run it will benefit not only me but my residents. St. Ann's is making that possible."



It was every student's worst nightmare.

"My laptop fell and broke," says **Kemara King**, Dietetic Coordinator at St. Ann's Care

Center, who is pursuing her bachelor's degree at SUNY Brockport. "That's what I do all my work on—essays, notes, everything."

Fortunately, a St. Ann's Employee Scholarship enabled her to buy a new one and continue her studies. "The scholarship has been a tremendous help in my life," Kemara says. In addition to a new laptop, the scholarship has helped her purchase textbooks and afford gas to get to and from Brockport. "It takes off a lot of the burden."

An employee of St. Ann's since 2008, Kemara is pursuing a bachelor of science degree in both Healthcare Administration and Criminal Justice.

"Originally I wanted to be a cop, but the longer I worked at St. Ann's the more I realized how much I loved healthcare," she says. "I really enjoy interacting with my residents."

Her ultimate goal is to get her master's degree, most likely in Healthcare Administration. And she encourages other employees to reach for their own educational goals.

All Employee Scholarships are donor funded. If you are interested in funding a scholarship, contact the St. Ann's Foundation at (585) 697-6321.



FOOD FIGHT – An Epic Culinary Competition was held September 13 at the Rochester Riverside Convention Center. The event, St. Ann's signature fundraiser, featured four local chefs competing in a 30-minute cooking challenge to make an entrée from mystery ingredients.

Winner of the 2019 competition was **Michael Macri**, Certified Executive Chef at the Genesee Valley Club,



who wowed the judges with an entrée of lobster, dragon fruit, Fritos chips and horseradish root. **Todd Klugh**, Executive Chef of St. Ann's Community at Chapel Oaks, won the People's Choice Award for a second year.

The sold-out event was attended by over 450 guests and supported by numerous volunteers and corporate sponsors. For the first time, it was also enjoyed by residents of St. Ann's Communities at Chapel Oaks and Cherry Ridge via a live TV connection from the comfort of their homes.

A record setting \$250,000 was raised to support quality of life initiatives for the St. Ann's seniors!



Chefs featured left to right: Jeffory McLean, Michael Macri, Sarah Riegal, and Todd Klugh



FOOD FIGHT returns October 16, 2020

Joseph A. Floreano Rochester Riverside Convention Center

For more information visit www.stannscommunity.com/foodfight

Mother's Care Leads Daughter to Include St. Ann's Community in Estate Plans

Having a will is one of the most important things you can do for yourself and your family. It ensures that your assets are handled exactly as you wish after you have passed on.

"It's natural to want to take care of your family in your will. That's a priority," says **Sue Whalen**. "But it's also important to leave money to other things that are worthwhile."

For Sue, one of those worthwhile things is St. Ann's Community. She's had a longstanding relationship with St. Ann's and made the decision to leave an estate gift in her will.

"It was a no-brainer, knowing all the good that St. Ann's does."

Sue's mother, Marie Whalen, was a longtime volunteer at St. Ann's and an inspiration to those who knew her. Years later when Marie's health declined and she needed skilled nursing care, she insisted on living at St. Ann's. Sue and her siblings took comfort in knowing their mother would receive quality care and attention to her needs. (Marie died in 2014, at age 103.)

Having experienced personally the quality care for seniors that St. Ann's provides, Sue is proud to help sustain that work for years to come.

"No one wants to go into a nursing home, but life happens and sometimes that's part of it. And when it does, St. Ann's is the best place to be," says Sue, who is also a founding member and current cochair of St. Ann's Angels. "I'm glad to be associated with a place that's respected for everything it does for seniors. And I'm happy that some of



Sue Whalen and her mother, Marie

my money will go to perpetuate that kind of care."

She says it was easy to incorporate St. Ann's in her will, which she did during a routine visit to her financial adviser.

Just as Sue did, we hope you will consider making a gift to St. Ann's in your will. To learn more, call St. Ann's Foundation at (585) 697-6338. You'll be leaving a lasting legacy that will benefit future generations of seniors our most important people.

Iacovangelo Brothers' Gift To Honor the Most Important People In Their Lives

Anthony and Elvira lacovangelo always raised their sons to stick together.

And they have done so. Brothers Frank, Tony, and Bernie lacovangelo have stayed close throughout their lives, through good times and tough times—including the passing of both Elvira and their father, Anthony.

Recently, they also stuck together in making a generous donation to St. Ann's Campaign, *For All They've Given*, in memory of their parents. This capital campaign is helping to fund the extensive renovations under way at St. Ann's Home.

"We are their legacy," says Bernie of his parents. "We can make that legacy last for a much longer time by doing this."

A member of the St. Ann's Foundation Board since 2017, Bernie says he, Frank and Tony, along with their spouses, Patti, Jean, and Kathy, view their donation as a way to show support for the generation that did so much for those that came after.

"These people were our teachers, our parents, our soldiers and sailors, our law enforcement officers, the role models who touched our lives and made us who we are today," he says. "They're great people who served their country, their communities, their families, their parishes and are now looking for a good place to continue their lives.

"It's about the kind of care we want for our relatives as they age and the importance of providing it for these wonderful people."

The renovation project at St. Ann's Home will result in a new and modern living environment for residents. Among the many significant changes will be the replacement of dormitorystyle hallways with warmer, more close-knit "households," one of which will be dedicated to Anthony and Elvira lacovangelo.

"Seniors want to be in a place that more closely resembles the homes they lived in for 30 or 40 years," Bernie says. "The old concept of a nursing home that looks like a hospital is outdated. St. Ann's realizes this and is embracing it through this major redevelopment."

Though neither of

their parents ever lived at St. Ann's, the lacovangelo brothers have many friends living at Chapel Oaks, Cherry Ridge, and St. Ann's Home who tell them they love where they are.

"We hear those comments and we know we did the right thing," Bernie says. "It's not just the housing but the overall comfort they appreciate. They enjoy being there, it feels like home."

Frank's wife, Jean, brings another point of view to the family support of St. Ann's. As a long-time member of Annie's Angels, a group of dedicated



lacovangelo brothers and their spouses: Patti and Bernie lacovangelo (seated left), Kathy and Tony lacovangelo (seated right), Jean and Frank lacovangelo (standing).

volunteers who support St. Ann's, she has seen St. Ann's and its compassionate care in action.

The brothers also believe in the work St. Ann's is doing to care for the seniors of today and tomorrow.

"People donate to organizations they know are well led," Bernie says. "My brothers and I are very impressed with the vision and leadership at St. Ann's. We are proud to support the work they're doing to provide the most important people in our lives with a great home, great service, and a great life."

"These people were our teachers, our parents, our soldiers and sailors, our law enforcement officers, the role models who touched our lives and made us who we are today"

- Bernie Iacovangelo, St. Ann's Foundation Board Member

In Appreciation of You, Our Most Generous and Dedicated Donors

We are extremely grateful for your many gifts in support of the elders of St. Ann's Community. You have made it possible for us to make life full of choice, independence and fulfillment for each of our elders.

Guardian

Jennifer Blackchief in memory of Annie Joyce and Ann Nowicki **Daisy Marguis Jones Foundation** Donna and Jack DePeters Ann and Jim Gould in memory of Mary June and George Gould Estate of Amelia Graning Greater Rochester Health Foundation Anthony and Kathryn lacovangelo The Bernard and Patricia lacovangelo Family Foundation. Inc. in memory of Anthony J. and Elvira M. lacovangelo Estate of Ab Lapine **LECESSE** Construction Flower and Jim Leo O'Connell Electric Co. Walter and Barbara Parkes Estate of Marie Roth Bob and Cindy Ryan in honor of Louis S. Follaco Ron and Sharon Salluzzo St. Ann's Angels

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