

THE LUTHERAN VILLAGE AT MILLER'S GRANT HOSTS GROUNDBREAKING CEREMONY

Nearly a decade since Carroll Lutheran Village was selected to sponsor a new senior living community in Ellicott City, a ceremonial groundbreaking was held for The Lutheran Village at MILLER'S GRANT. The July 10 event was held on the site of the future community at 9531 Frederick Road, adjacent to the Charles E. Miller Library and the Ellicott City Senior Center.

Land for The Lutheran Village at MILLER'S GRANT was gifted to Carroll Lutheran Village in 2005 for the purpose of building a continuing care retirement community. Benefactor Paul Miller, whose family also gave the land for the library, senior center and First Lutheran Church just down the street from the future community, held fast to his family's vision that the land be used to serve the community in the Lutheran tradition. Carroll Lutheran Village Chaplain Jimmie Schwartz, a former associate chaplain at First Lutheran Church and an Ellicott City resident, knew of the Miller family's vision. He brought Miller and Geary Milliken, President & CEO of Carroll Lutheran Village, together to discover how the land might be used to serve aging adults. Ten years later, the men stood together on the site with shovels in hand.

"This is more than a residential development," said Milliken who served as the keynote speaker. "This is a center for care



Left to right: Linda Chinnia, assistant to the Bishop of the Delaware-Maryland Synod of the Evangelical Church in America; Courtney Watson, vice chair of Howard County Council District 1; Paul Miller, chairman of the Board of Trustees for The Lutheran Village at MILLER'S GRANT; Martha Roach, chief of continuing care for the Maryland Department of Aging.

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CARROLL LUTHERAN VILLAGE GOLF TOURNAMENT RAISES \$125,000 \$1 MILLION RAISED OVER 17 YEARS

The 17th Annual Carroll Lutheran Village Golf Tournament was held on June 6, 2014 at The Links at Gettysburg. The event raised a net \$125,000 and reached a milestone by surpassing \$1 million total raised to support the Ministry of Caring, which provides assistance to residents of the Village who have outlived their financial resources.

The tournament started more than 17 years ago when Chair, Dave Bollinger and President & CEO, Geary Milliken were participating in the Carroll County Chamber of Commerce Golf Tournament, which Bollinger had just helped to start. They talked about starting a signature fundraiser to benefit the Ministry of Caring Endowment for the Village, and decided

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Carroll Lutheran Village President and CEO Geary Milliken and tournament Co-Chair Dave Bollinger accepted an honorary check for \$1 million in support of residents with need.



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Carroll Lutheran Village is a continuing care retirement community dedicated to the ministry of caring in a Christian atmosphere fostering quality life and services for the whole person.

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GROUNDBREAKING CEREMONY (CON'T)

and support that will benefit our neighbors and our friends in this community for years to come. MILLER'S GRANT will provide an exceptional lifestyle for its residents while providing jobs, volunteer opportunities and educational opportunities for the surrounding community."



Artist rendering of the future Lutheran Village at MILLER'S GRANT.

The Lutheran Village at MILLER'S GRANT will offer adults 60 years old or better three levels of residential accommodations and care ranging from independent living to skilled nursing. A total of 36 homes and 205 apartments are offered in a variety of floor plans tastefully designed to meet the needs of aging adults. The campus will also include a luxurious resident community center; easy and walkable access to community amenities and common areas; on-site social, recreational and educational programming; exquisite dining; and FLOURISH, our MILLER'S GRANT trademarked health and wellness program, and a state-of-the-art healthcare center with 20 assisted living suites and 12 skilled nursing beds.

State and Howard County officials and church leaders joined Carroll Lutheran Village and The Lutheran Village at MILLER'S GRANT staff and residents to affirm and bless the new development. Speakers included Courtney Watson, vice chair of Howard County Council District 1; Martha Roach, chief of continuing care for the Maryland Department of Aging; Reverend Gigie Sijera-Grant, interim senior pastor of the First Evangelical Lutheran Church; Linda Chinnia, assistant to the Bishop of the Delaware-Maryland Synod; David Bollinger, chairman of the Board of Trustees for Carroll Lutheran Village; Reverend Kevin Clementson, Dean of the Westminster Conference of the Delaware-Maryland Synod; Paul Miller, chairman of the Board of Trustees for The Lutheran Village at MILLER'S GRANT; and Mrs. Norma Walgrove, future resident of The Lutheran Village at MILLER'S GRANT.

Currently, 80 percent of the homes and apartments are reserved. Construction is expected to begin in August after site preparation is complete with occupancy expected to begin in December 2015 and January 2016. The project is being financed with up to \$150 in municipal bonds, which will be offered in August. To learn more, contact HJ Sims at 888-650-0870 or visit www.hjsims.com/millersgrant. For more information about The Lutheran Village at MILLER'S GRANT call 410-465-2005 or visit www.millersgrant.org.



Paul Miller, Chairman of the Board of Trustees (left) and President and CEO Geary Milliken (right) took in the scene wearing their custom hard hats.

GOLF TOURNAMENT (CON'T)

on a golf tournament because Bollinger had experience getting a tournament off the ground. Seventeen years later, they held a check symbolizing a cumulative \$1 million raised.

In fiscal year 2013, the Ministry of Caring fund provided more than \$2 million in support to residents of Carroll Lutheran Village with need. This funding is supported through gifts and fundraising, including the golf tournament.

"I've always felt an obligation to my parents' generation," said Bollinger. "These people gave so much to their community



James Taylor, President of the Sodexo Health Care Division, makes a putt. Sodexo was the tournament Title Sponsor.

and now they need us to help them. This is what I'm doing to try to help."

The tournament is different from most other tournaments in that it features six age divisions to give participants of all ages and abilities the opportunity to compete against their peers. "For me, the highlight is seeing the 60+, 70+, 80+ go up and get their awards," said Bollinger, who has chaired or co-chaired the tournament since its inception.

The tournament has become one of the premier tournaments in Carroll County. Bollinger credits a high-producing volunteer committee and a high level of staff support with the tournament's success. "Our vendors and sponsors have really stepped up their commitment," he said.

The 18th Annual Carroll Lutheran Village Golf Tournament is scheduled for Friday, June 19 at The Links at Gettysburg. Contact Monica at 443-605-1068 or mburnham@clvillage.org for details.

RIDING THE RAILS AT CLV

"Still plays with trains" says it all for the Carroll Lutheran Village Model Train Club. When the Village expanded in the mid-2000s, a group of model train enthusiasts came together to share their passion for model railroading. They came up with an idea on how to use space in the basement of the new apartment building to create a model train room. The Village made an initial contribution to purchase start-up materials. Talent from train club members, the Village art class and wood shop members all combined to build the platforms and backdrop. By 2009, they were well on the way to a permanent, year round working model railroad.

The club estimates it has spent more than 8,000 hours collectively maintaining and adding to the design, which is built to HO gauge National Model Railroad Association standards. Each member brings his own engines and throttle. The trackage, cars, structures, and scenery are part of the permanent display.

Many of the trains represent either the Western Maryland Railroad or the B&O Railroad, both local rail lines. Over the years, the display has grown to include a number of local landmarks, even our own Carroll Lutheran Village, on the display itself or painted into the background. Each replica building is either built from scratch or modified from available kits, with great care taken to be sure every detail is correctly represented in HO scale. They have constructed a roundhouse from three kits and a turntable to provide a place for the engines to be turned around or stored in the roundhouse.

The club works on the display Monday and Thursday mornings and holds an open house during the holidays so their hard work can be enjoyed by other Village residents, staff and visitors.



Train Club members left to right: John Staehlin, Richard Daniels, Don Ward, Dave Banta, Bob Deurer, Jim Parker.



Dave Banta and Bob Deurer watch one of the trains get underway.

The members of the Carroll Lutheran Village Model Train Club may be retired, but they still play with trains, enjoying them more than ever before!

WHO WILL WRITE YOUR AGING STORY?

There are many who believe that the cost of providing health care to a burgeoning aging population is a societal catastrophe destined to happen. Dr. Roger Landry disagrees. “The problem with our society is not how many people are aging or health care costs,” he said. “The root problem is how our society looks at aging and how we still have impediments to people aging in a good way in our society.”

Dr. Landry, President of Masterpiece Living, a group of experts with an approach of helping adults age in a better way, and author of *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*, said it’s up to each of us to decide how well we age. “Are you going to be the author of your story or is it going to be some antiquated, stereotypical and inaccurate view of what aging is?”

During a presentation to prospective residents for The Lutheran Village at MILLER’S GRANT in Ellicott City on June 17, Dr. Landry asserted that a cultural shift occurred with the industrial revolution, and now older adults are “pasturized” and marginalized because they can’t produce like younger generations. Now, he said, we become more isolated as we age and begin to lose friends, a spouse, and our work. This decline brings with it a high risk of dementia, heart disease, and cancer among other things.

He believes American culture has developed a stereotype of aging where we spend the first half of our lives becoming our best, and the second half in a process of decline. But, he also believes it is possible to deviate from that course and stay at a high level of living and vitality. For those who flourish as they age, the end, when it comes, comes quickly – they live long and die short.

According to Dr. Landry, people who take the ‘high road’ to aging have three things in common.

- “These people refuse to rust out,” he said. “They continue to challenge themselves physically and intellectually.”
- They refuse to be victims. Everyone inherits some type of risk for something, but what you do about it is up to you.
- They are continually engaged in life. They have a network of friends, are part of a community and having meaning and purpose.



Dr. Roger Landry talks about aging well.

So what are the important factors in determining which route you take? In a word – lifestyle. Staying physically and mentally active, maintaining a healthy diet, having purpose, and being part of a strong social network affect how we age. And, it’s never too late to make a lifestyle adjustment.

To change any aspect of lifestyle, start small to build competence and confidence. Set smaller, more realistic goals instead of a large, unattainable one. For physical activity, this might include getting a pedometer and walking 1,000 steps a day. When that goal is achieved, set a more challenging, but attainable, goal.

“Life has curve balls. If you live in a place where you are surrounded by like-minded people, where you have a lifestyle that has allowed you to have more resilience and you are connected and have a social support system, the more likely you are to take that curve ball and knock it out of the park.”

In his book, Dr. Landry offers Ten Tips for Successful Aging. The complete list is available with this article at www.clvillage.org/landry-top-ten

CELEBRATE MINISTRY DINNER HELD AT CARROLL LUTHERAN VILLAGE TWO RESIDENTS HONORED FOR THEIR SERVICE

The 17th Annual Celebrate Ministry Awards Program recognizing outstanding Lutheran lay ministry in the Delaware-Maryland Synod of the Evangelical Lutheran Church in America was held on May 4, 2014 at Carroll Lutheran Village in Westminster. The awards were presented by the Synod Bishop, the Rev. Wolfgang D. Herz-Lane. Two of the fifteen awards were presented to Carroll Lutheran Village residents.

Peggy F. Sheeler was honored posthumously with the Lifetime Achievement Award. A former nurse, Sheeler helped write the grant to receive funding to start Meals on Wheels of Central Maryland and went on to become the organization's first executive director. A member of St. Luke's Lutheran Church in New Windsor, she was very active in the Lutheran church, among many other things serving as the chairperson of the Celebrate Ministry Planning Committee for sixteen years and until her death on February 13, 2014. The award was accepted by her daughters, Karen St. Jean and Lois Sheeler-Duncan.



Peggy F. Sheeler

Hazel Rectanus, also a member of St. Luke Lutheran Church in New Windsor, was honored with a Social Ministry Organization Award for her ongoing volunteerism with Carroll Hospice. Her primary role is companionship with residents of Carroll Lutheran Village who are receiving services from Carroll Hospice either at home or in the in-patient Dove House. She also provides support for other



Left to right: Hazel Rectanus, Carroll Lutheran Village President & CEO Geary Milliken.

patients who are not residents of the Village when the need arises, is an avid supporter of Hospice events, and was the Carroll Hospice Volunteer of the Year in 2012.

Three awards were presented to organizations affiliated with Carroll Lutheran Village. Carroll Lutheran School was given the Luther Award, which recognizes extraordinary efforts by lay persons to serve and equip the children of God, and Trinity Lutheran Church in Westminster and First Lutheran Church in Ellicott City, both members of the Carroll Lutheran Village Corporation, received awards for significant lay ministries within their congregations.



Left to right: Karen St. Jean, Bishop Wolfgang Herz-Lane, Lois Sheeler-Duncan.

VOLUNTEERS RECOGNIZED

Carroll Lutheran Village held an open house reception on May 31 for volunteers who gave time to the Village in 2013, as well as residents who volunteered in the greater community.

In 2013, 450 volunteers (19 students, 265 residents and 166 members of the greater community) documented 20,643 hours – time valued at \$465,500. About half of those hours were directly involved with resident activities, one-to-one visits and the Residents Association Council. Volunteers also served on the Board of Trustees and various committees, supported the chaplaincy and the former Friends of the Village auxiliary, operated two gift shops, assisted the marketing department, and provided clerical and administrative support.

A separate luncheon was held on June 12 for 64 volunteers who documented 100 hours or more last year. This group of volunteers recorded more than half of the total volunteer hours documented and each

met the criteria to receive the President’s Volunteer Service Award.

To learn more about volunteering at Carroll Lutheran Village, contact Volunteer Coordinator Maryann Leckron at 443-605-1011 or mleckron@clvillage.org or apply online at www.clvillage.org/volunteer.



Nova Guynn, Bea Sienkiewicz, Marylou Woyick and Martha Slay enjoy each other’s company during the volunteer open house reception on May 31.

Volunteers With 100 or More Documented Hours

| | | |
|----------------------|------------------|--------------------|
| Norma Allman | Laverne Harden | John Regal |
| Virginia Banta | Doris Harry | Kate Reininger |
| Marian Bateman | June Hedges | Dorothy Reise |
| DiAnn Baum | Bette Heinrich | Joan Resch |
| Hans Baum | William Hiatt | Hermine Saunders |
| Elsie Baust | Betty Johnston | Almea Schilling |
| Jean Bien | Carol Kaberle | Gay Schotta |
| Martha Blank | Margaret Langdon | Bonnie Shaw |
| Peggy Brengle | Margaret Larkins | Elissa Streaker |
| Connie Browning | Anna Martin | Marion Suski |
| Barbara Carr* | Robert McDowell | Sarah Jane Taylor |
| Mary Case | John Newcomb | Betty Thomas |
| William Clarke | Claire Nordeck | George Thomas |
| Charles Cooper | Andrea Noyes | Melbourne VanNest |
| Isabelle Cullison | Bonnie Null | Phyllis VanNest |
| Paul Curfman | Patricia Oursler | Joseph Vaughan |
| Richard Daniels | Alice Painter | Roberta Vrtacnik |
| Shirley Daniels | James Parker | Joan Wechselberger |
| Anna Marie Devilbiss | Marie Pickett | Barbara Yockey |
| Helen Englar | Judith Piel | Edward Zeigler |
| Pat Ensor | Miriam Plitt | |
| Regina Gassman | Thelma Reaver | |

*Deceased



Kate Reininger was one of 64 volunteers who documented 100 or more hours of volunteerism.

WALTERS EDUCATION FUND

EXPANDED OPPORTUNITIES FOR LEARNING

Carroll Lutheran Village has offered a variety of options over the years for employees to enhance their skills and take advantage of educational opportunities through external sources as well as the in-house CLV University. Thanks to the generosity of a resident benefactor, funding for external training and educational opportunities now falls into one new, expanded, and strategic initiative known as the Walters Education Fund.

Doris Walters was born in Baltimore and served her entire career as an educator. She lived simply and modestly and saved considerably throughout her life. She left a sizeable portion of her estate to organizations that invested in initiatives to serve youth, including Carroll Lutheran Village, which offers many job opportunities for youth in the community.

Due to her generous gift, the Village is now able to offer expanded educational opportunities for all Village employees. All employee educational opportunities have been collected under the Walters Education Fund, which includes a student track, a professional track and a clinical track.

Student employees, typically high school students, who have accumulated at least 1,000 hours of service with the Village and wish to pursue an undergraduate degree or attend trade school on a full-time basis, are eligible for the student track. Students receive \$500 per term for up to eight terms through this non-competitive award. Since 2000, 93 students have been awarded more than \$152,500 in scholarships.

Full or part-time employees who wish to continue their professional development by participating in college or university courses, job related technical training, workshops, seminars or conferences are eligible to receive up to \$3,000 per year through the competitive professional track.

Employees who wish to pursue clinical licensure/certification (ie: GNA, CMA, LPN, RN), either on a full or part-time basis, toward a position in a clinical career path at Carroll Lutheran Village are eligible to receive up to \$6,000 per year through the competitive clinical track.

The new structure provides a strategic emphasis on staff education that sharply focuses on professional development. The clinical track, in particular, was developed to address a need to help existing staff advance.

“The clinical track is structured in a way to help and encourage people to rise through the ranks,” said Vice President for Human Resources Suzy Dyer-Gear. “It provides the mechanism and funds to help us grow our own.”

Funding through the professional track can be used to send exceptional staff members to conferences, for advanced certifications, workshops, etc. to enhance their skills, which results in better service to residents of the Village.

Walters Education Fund is also supported through donations from Village residents and others. To learn more, contact Dr. Janet Buchanan, Vice President of Philanthropy at 443-605-1004 or jbuchanan@clvillage.org.



Six student employees received scholarships through the Walters Education Fund on July 9. Back row left to right: Alice Daum-Coen, Vice President of the Residents Association Council; Andrea Sebastian, Madison Zent-Burton, Samantha Shiloh, Geary Milliken, President & CEO of Carroll Lutheran Village. Front row left to right: Brad Yingling, Matthew Kavanagh. Not pictured: Julie Ann Nool.



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Vice President of Finance

Carroll Lutheran Village has named Steve Powell the Vice President of Finance to succeed Darrell Duggins, who retired from full-time employment at the end of June, but continues to serve the Village in a part-time capacity within the finance department.

“There were quite a few highly qualified candidates for the position, all of whom could serve the Village well,” said President & CEO Geary Milliken. “What set Steve apart are his strong leadership qualities, his ties to the community, and his understanding of and passion for nonprofit organizations and the important work we do in Carroll County.”

Powell served Carroll County government since 1985, most recently as Chief of Staff since 2002. Prior to becoming Chief of Staff, he was Director of the Department of Management and Budget from 1988 through 2001 where he was responsible for the oversight and management of the county’s multi-million dollar operating and capital budgets.

Director of Nursing

Lisa Forney, RN has been named Director of Nursing. She previously served as Assistant Director of Nursing.

Forney began at Carroll Lutheran Village in 1989 as a Licensed Practical Nurse, advancing to Charge Nurse and Unit Manager. She became Assistant Director of Nursing in 2004.

As Director of Nursing, Forney will direct and support the nursing team as they care for residents of the skilled nursing Health Care Center.

