

Spirit of Walker

Fall 2021



A newsletter for family and friends of Walker Methodist

MISSION STATEMENT

Life. And all the living that goes with it. Enhancing the lives of older adults through a culture of care, respect, and service.

VALUES

Respect.

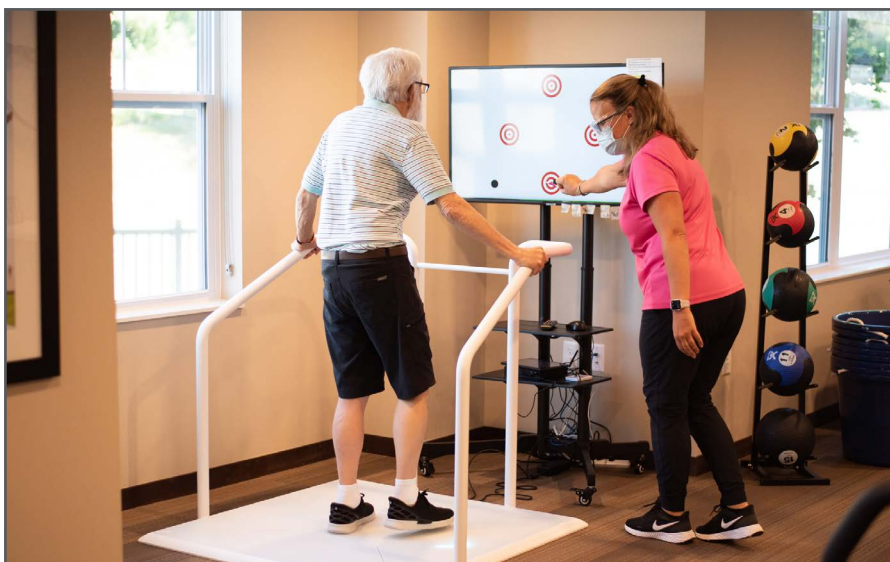
Imagination.

Collaboration.

WHAT'S INSIDE

- | | |
|--|---|
| How exercise benefits a resident living with a Parkinson's diagnosis | 1 |
| Rehab can make all the difference | 2 |
| Thank you for striding for seniors | 3 |
| Highview Hills: Expert team, compassionate Parkinson's care | 4 |

Roger is back on his feet



Roger and his wife, Cheri, moved from Arizona to Havenwood of Buffalo for a specific reason: Parkinson's care. "We moved because of the strong partnership with Struthers Parkinson's Network," said Cheri. "He was in rough shape, but Struthers has given Roger the best treatment since he was diagnosed in 2000." Two days after moving, they visited the fitness center to see how exercise could improve Roger's wellbeing.

Janelle, the fitness technician and Parkinson's Champion, introduced Roger to the HUR Senso Balance Trainer, "a scientifically based dual-tasking fall reduction and cognitive training platform designed to support independence." The machine has 15 interactive games, all totally customizable based on goals and abilities.

Continued on page 3...

Dear friends,

One of the greatest blessings of working at Walker Methodist is getting to hear stories of how residents' lives are being enhanced by our team members and programs. In this issue, we're sharing stories of residents living with Parkinson's disease, and we see how they are living fully and loving life. We proudly partner with Struthers Parkinson's Network to ensure we deliver the best care possible to fulfill our mission by enhancing lives physically, mentally, and spiritually.

I am continuously amazed by the creativity and innovative spirit of our teams, who are always seeking the best ways to help each resident live their best life. I hope you enjoy reading the stories of life, of improvement, and of hope that we see each day in our communities.

Thank you for your support of Walker Methodist,



Scott Riddle, President and CEO

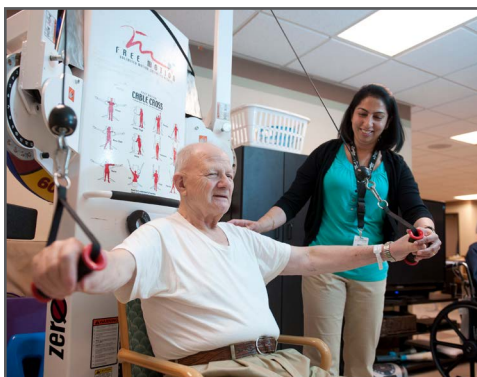


Rehab helps Parkinson's residents and patients live fully

By Nicole Sauve, PTA, CBIS; clinical coordinator

Walker Methodist and Method Rehab by Walker Methodist provide an excellent continuum of care for people living with Parkinson's disease (PD). With education teams and specialized therapists, Walker Methodist has a strong foundation of providing exceptional care. We know having a skilled therapist come alongside someone with PD can make all the difference in their journey and wellbeing.

Our continuum of care has allowed us to serve many patients living with PD. At our transitional care units (TCU), our team members and therapists work with patients after injuries or hospital stays. Once patients graduate from our TCU, we can continue working side-by-side during their recovery journeys, thanks to our outpatient therapy program, Method Rehab. In every setting, our highly trained teams know how to utilize targeted exercises to improve mobility and decrease disease progression.



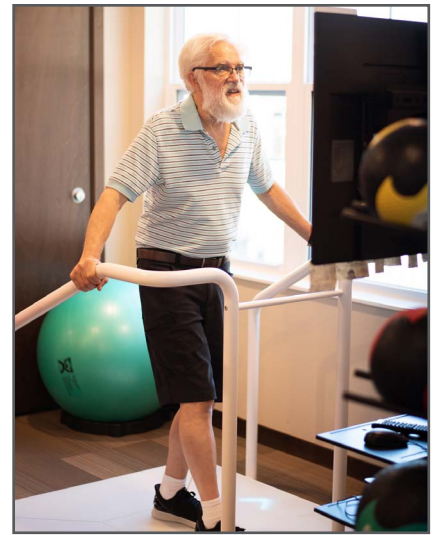
Our goal is to continue offering exceptional care, from TCU to outpatient therapy, where therapists help patients focus on returning to their previous levels of function and activities.

Donald was a patient at our Westwood Ridge TCU. For several weeks, he worked with therapists to improve his mobility. The team created a customized plan, using various programs to help Donald improve. We're happy to share that he excelled in rehab and saw great improvement. At Walker Methodist, our mission stays the same when we serve residents and patients with PD. We're here for life, and all the living that goes with it. ■

Back on his feet, cont.

Roger uses the trainer to step on targets, prompting his brain to work in unpredictable ways. It keeps him on his toes—literally. Improving his balance and ability to step forward helps Roger reduce his risk of falling, a significant consideration for many people with Parkinson's. "My balance has improved," he explained. "I appreciate the flexibility of this program. I haven't missed any sessions, but I know I can if I'm having a bad day. I'm doing things I want to do—for myself."

With education from Struthers, Janelle creates personal plans for Roger based on his goals. He also uses other machines, adjusting his program as needed. "Even on hard days, Roger is willing to put in the work whenever he comes to the fitness center," Janelle said. "As his balance improves, so does his quality of movement."



For Cheri, this means the world. "We've seen remarkable improvement through exercise and Struthers therapies. Janelle is caring and motivating. I can't say enough about how the team works with us. He's back on his feet." *Learn more about Struthers at www.healthpartners.com.* ■

2021 Stride for Seniors 5k/10k



Thank you to our donors, virtual and in-person participants, and volunteers who made our 16th annual Stride for Seniors a success. See you next year on Saturday, June 4!

Thank you to our 2021 sponsors!



Mortgage



UKG
Our purpose is people

LOTUS
PHARMACY

bind

KW
kaas
wilson
architects

USI®

BREMER
BANK



BRIDGEWATER BANK

BAUER
DESIGN BUILD

Lifesprk
Whole Person Senior Care

Gallagher
Insurance | Risk Management | Consulting



Construction
Services, Inc.
Building Value With Integrity

CAPTRUST | Roers Companies | HUR USA | Vye | US Bank
Zellner Senior Health Consulting | CliftonLarsonAllen, LLP

Why Art gives—and how you can, too

The Walker Methodist Foundation raises funds for projects and programs that make a difference in the lives of our residents and team members. Our donors truly make a difference.



One donor and Place resident, Art Pry, supports three programs. A former Methodist minister, Art preached about stewardship and caring for others—and he lives this message daily.

Until Nancy, his wife, passed away, Art dedicated himself to caring for her. And he still believes his duty is to give back, especially to the community he calls home. That's why Art donates to the Foundation's spiritual care, Place, and general funds. As chair of a resource development committee, he's also helping Walker Methodist use and recycle our resources efficiently. Thank you, Art!

And thank you to our donors for sharing their time, talent, donations, and stewardship. Supporting the Foundation is easy:

- Cash or check (made out to Walker Methodist Foundation)
- Online at www.walkermethodist.org
- Donor-advised fund or planned giving
- Stock gifts
- Recurring monthly gifts
- The annual Stride for Seniors 5k/10k



Walker Methodist Highview Hills team members care for Parkinson's residents

At Walker Methodist Highview Hills, Parkinson's care includes all aspects of the TULIPS method (time, understanding, quality of life, increased awareness, pills on time, support) to help residents maintain comfortable lives. But it's also so much more...

It's living life to the fullest, making the most of each moment, and finding joy in community. From personalized exercise classes, pictured above, to painting, our educated team provides programs as unique as each individual.

"I think people might receive a diagnosis of Parkinson's disease and feel like their life is 'over,'" said Emily Foster, resident services manager at Highview Hills. "I would say, 'There's so much life left to be lived.'"

Learn more about what this remarkable team does to offer holistic Parkinson's care and enhance lives: <https://bit.ly/highviewpd>.

WALKER METHODIST BOARD OF DIRECTORS

Jon Tynjala, Chair

Lori Ackerson

Jim Ballentine

Lynn Swon, Treasurer

Gaylen Harms, Immediate Past Chair

Sue Bergstrom

Carol Kraft

Scott Riddle, CEO and

Michael Finn, Vice Chair

Bob Hakes

Phil Hanson, Secretary

President

EMERITUS DIRECTORS

Bruce Dreblow

Patricia Robertson