Dear Friends,

If we were looking for a good word to describe the beginning of the New Year at Three Pillars, it would be anticipation.

Anticipation can be described as looking forward. It is usually associated with that feeling of quiet excitement, combined with an element of patience. It is not always easy to wait. Results take time.

Community is another important word used in Three Pillars’ vernacular. Our partnership with the outside community, along with what we provide, allows our aging population to see us as a resource to help define their future plans. The focus on these partnerships is a top priority for us.

The New Year is filled with opportunity as we look at our campus and prepare for the future.

This year we will examine the creation of a dementia-friendly community and what that means to our caregivers, residents, and family members. Our spring gala, An Evening of Music and Memories, will set the stage as we raise not just funds, but also awareness about dementia and the difficulties of dealing with the this non-discriminatory disease. Dementia doesn’t just affect individuals in “nursing homes”; it is a disease that impacts our community—the grocery, coffee shop, or corner store.

Three Pillars is excited for the future. We eagerly anticipate new ways to promote the best possible lifestyle for those we serve—in our community and beyond.

Thank you again for your continued support of Three Pillars Senior Living Communities.

Mark Strautman
President & CEO

Jane Olisar
Chief Development Officer

FOUNDATIONS
Donor publication of Three Pillars Senior Living Communities

Art Workshops Support 2019 Gala

Three Pillars Senior Living Communities resident Nina Radi loves two things: art and entertaining. When Three Pillars announced it would host its first fundraising gala, Nina knew she had to get involved. Nina has always been an advocate for Three Pillars, “I think it’s important that we (Three Pillars) reach out into our community and it’s equally important for the residents to be represented,” she commented.

On Friday, April 26, 2019, Three Pillars will host its first fundraising gala at the Marriott Milwaukee West. Funds raised from the event will be directed towards programs and services that promote dementia-friendly communities.

Millions of Americans have Alzheimer’s disease or other dementias, and as the size of the 65+ population continues to increase, these numbers will continue to rise.

Three Pillars is committed to creating a community that offers a dementia-friendly environment. This concept supports the theory that those residents dealing with dementia should remain included, engaged, and connected.

“We see residents from across our continuum that are struggling with the affects from memory loss,” stated Nina.

Three Pillars’ 2019 Fundraising Gala, An Evening of Music and Memories, will raise awareness about dementia so we can educate the community and work towards eliminating the stigma attached to those affected by this disease.

Resident Wilma Barnes (left) works with art coach Carol Hollowell (middle) on her canvas. Resident Ted Rose (right) admires his canvas as it fills with color.
Art Workshops (Continued from page 1)

As a member of the committee, Nina decided to take on a special project, which involved residents throughout the campus, along with “art coaches” Nina enlisted from the Pewaukee Area Art Council. Each coach worked with areas around campus, including Compass Point, Riverside Lodge (Memory Care), and the Health Care Center to create mini canvases created by residents especially for the event. The canvases will be displayed and available for purchase at this year’s gala.

Nina feels strongly about the focus of dementia and realizes we never know if it will impact us directly. “We may walk that path,” she says. Nina sums up nicely exactly what it means to be a part of the Three Pillars community. “We are a family because we take care of each other.”

For more information on how you can be part of An Evening of Music and Memories, please contact Jane Olisar at 262.965.7294 or jolisar@threepillars.org.

2019 Wish List

Riverside Lodge

Resident Luncheon Package - $150 each (4 packages needed)
Includes lunch for all memory care residents, ordered as takeout from local restaurant or vendor for a specialized luncheon experience in the comfort of their dining room.
This is one of the residents’ favorite experiences!
» Residents select their favorite area restaurant or vendor.
» Each individual orders their favorite meal from the menu selections.
» Food is served by staff in their own environment for a unique dining experience that is different from their usual routine.

Special Resident Outing Packages:
» Trip to the Domes - a fun day at the Domes in Milwaukee which includes admission, transportation, and ice cream - $200
» A Picnic in the Park - an exciting day away in the great outdoors, complete with a picnic basket full of delicious food - $200
» Resident breakfast at Sunnyside in Dousman - A short excursion to get out and about for a delicious breakfast and great conversation - $150

Tablecloths - $300
To enhance the dining experience for residents and guests during special occasions.

Update Christmas decorations - $500
New games, puzzles, and painting supplies - $250
New plates, bowls, and silverware for dining - $500
Riverside Lodge decorations - $500
To help complete the interior update.

Outside storage - $400
To store the residents’ gardening and outdoor tools.

Masonic Center for Health and Rehab

Resident Luncheon Package - $125 each (4 packages needed)
Includes lunch for residents at the Health Care Center, ordered as takeout from a local restaurant or vendor for a specialized luncheon experience in the comfort of their dining room.
This is one of the residents’ favorite experiences!
» Residents select their favorite area restaurant or vendor.
» Each individual orders their favorite meal from the menu selections.
» Food is served by staff in their own environment for a unique dining experience that is different from their usual routine.
Comfort Care Kit – $150 per kit (4 kits needed)

A kit to provide comfort measures during end of life would be impactful to our residents.

Each kit would include a portable music player with comforting music CDs, headphone sets, meaningful books of spirituality, devotion, or poetry, and soothing lotion. These kits will be packaged in a basket and offered specifically for residents who are at the end of life. They may be used by visiting hospice services, Three Pillars employees, and resident family members.

Seasonal Holiday Décor for Rehabilitation Wing – $500

Seasonal décor accents for each of our 14 rehabilitation suites would enhance the therapeutic experience and enrich the home-like environment. The decorative seasonal items would be placed on the shelves just outside each suite for enjoyment by all patients and visitors.

Mason Woods

Weber Gas Grill (new) - $1,000

For those summer evenings down by the lake! All residents would enjoy use of a new community grill.

Popcorn Machine - $600

Both residents and staff would appreciate the inviting treat of freshly popped popcorn during special occasions, movie nights, or “just because” on a cold, snowy day.

Fireplace Artwork - $500

Residents, staff, and visitors would be delighted with a beautiful new piece of artwork to freshen up the area above the fireplace in the main entrance.

Wellness Connection

Small Group Class Equipment (for classes with 3-13 participants):

» 5” Fit Ball Therapy Balls: 14 needed - $13 per ball ($182 for all fourteen)
» Fitness Mats: 14 needed - $60 per mat ($840 for all fourteen)
» Therapy Balance Pads: 3 needed for fall prevention assessments, campus-wide balance training, and fitness classes - $73 per pad ($219 for all three)
» Yoga Straps – 2 each needed of 10’ and 12’ options - $12 per strap ($48 for all four)
» Medicine Balls – 3 each needed of 4 and 8 pound options - $25 per ball ($150 for all six)

Resistance Bands for Every Resident – $1.50 per cut band ($450 for all 300)

The Wellness Connection wishes to give every resident a resistance band to work independently on strength training after their first assessment with VirtuSense, our new balance assessment tool. Training and tips for use will be provided during exercise classes.

Outdoor Bicycle Rack – $1,500 (approximate)

A functional and beautiful bike rack is needed for the front of the Wellness Connection so residents and members may park their bikes during a workout.

Therapy | Rehabilitation

Ice Man Classic Cold Therapy Unit – $200

Cold therapy treatments would help reduce pain and swelling while speeding up rehabilitation.

AutoTherm 339 Shortwave Diathermy – $9,700

This treatment provides gentle warming therapy in continuous or pulsed modes. With deep penetration through an inductive coil applicator or superficial penetration through capacitive electrodes, it soothes and relaxes muscles.

Compass Point

Resident Luncheon Package - $150 each (4 packages needed)

Includes lunch for all compass point residents, ordered as takeout from local restaurant or vendor for a specialized luncheon experience in the comfort of their dining room. This is one of the residents’ favorite experiences!

» Residents select their favorite area restaurant or vendor.
» Each individual orders their favorite meal from the menu selections.
» Food is served by staff in their own environment for a unique dining experience that is different from their usual routine.

Compass Point | Village on the Square

Portable microphone and speaker system - $100

To help maximize the experience while at an event or outing.

Sponsorship Opportunities for Lifestyle activities

» Entertainment Sponsor - $200-$400
» Event Sponsor - $500
» Craft Sponsor - 4 fabric cutting scissors needed - $100 for all 4

Residents Judy Chipman (left) and Jane Sweet (right) smile for a picture during their Crafts for a Cause crafting session.
Combating the Opioid Crisis

The Wellness Connection at Three Pillars Senior Living Communities is not just a place to exercise. It’s at the forefront of combating one of the biggest challenges facing our nation—the opioid crisis.

Two years ago, Three Pillars was selected as one of the first in the state of Wisconsin to launch a Chronic Pain Self-Management Program through Stanford University—one of only 10 sites selected throughout the nation.

The two and a half hour program is presented once a week by Dawn Mans, Wellness Coordinator at Three Pillars’ Wellness Connection. The class emphasizes the importance of alternatives to managing pain while working in partnership with existing programs or treatments. Classes are highly participatory, and each participant receives a copy of Living a Healthy Life with Chronic Pain, the companion book that includes the Moving Easy Program CD.

Since its implementation, 15 participants ranging in age from 60 to 94 years old have successfully completed the workshop.

Mans, a certified instructor of the program, has expanded these workshops to a local senior center and Waukesha Area Technical College (WCTC).

Workshops were made possible through a grant received by the Aging and Disability Resource Center (ADRC) for Waukesha and Jefferson County. Funding for this program is unfortunately expected to run out in 2019.

According to Mans, “This evidence-based program has been tried and tested. It is our hope that we can keep these workshops going. The opioid issue is not going away and we need to keep these types of programs in place so we can give those who are dealing with pain an option other than a pill.”

For more information on the Chronic Pain Self-Management Program please contact Dawn Mans at 262.965.7017.

Information on giving to programs like the Chronic Self-Management Program can be directed to Jane Olisar, Chief Development Officer at 262.965.7294 or jolisar@threepillars.org.