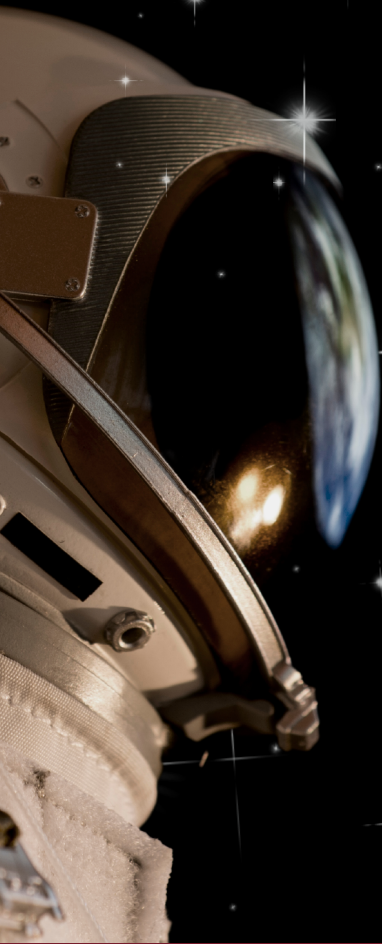




MONARCH

VOLUME THREE | EDITION ONE | SPRING/SUMMER 2022



INSIDE:

THE SPEED OF LIFE

The journey of Dr. Joseph Kerwin and his family

PAYING IT FORWARD

A commitment to make a difference

SCHOLARS

Paving the way for tomorrow's care



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A MESSAGE FROM THE RESIDENTS' COUNCIL VICE-PRESIDENT

When my wife and I moved into Plymouth Place two and a half years ago, a dear friend gave me a shirt that was meant to be funny. The message said, "It's Weird Being The Same Age As Old People." I proudly wear that shirt when I go to exercise class Monday, Wednesday and Friday mornings.

Upon arriving here, I found my new neighbors to be brilliant, entertaining, creative and great friends. Each dinner hour, it was a joy to go to the dining room and meet new people with many intriguing stories. When the pandemic robbed us of that blessing, we found ways to eat outside, establish floor gatherings, and even share cocktails across hallways. Our leadership kept us safe with early vaccinations and mimosas. Plexiglass was provided to permit continuing popular programs in Dole Hall. We were safe when other senior living facilities struggled to manage COVID-19.

I have another shirt which I am even prouder to wear. It was given to me by a friend who was at least 20 years older than me. I cherish this shirt because he was so motivated by its message. The shirt reads, "do justice, love mercy, walk humbly." I often brag about the "positive culture" at Plymouth Place because I believe that we "do justice, love mercy and walk humbly" very well!



ART GRUNDKE

BOARD CHAIR & CEO WELCOME

There is great strength in unity. Coming together in times of joy and hardship. Pooling ideas and resources to assure success. Forging partnerships that withstand the test of time.

At Plymouth Place, we take great pride in the relationships that we so carefully cultivate with our residents, board members, volunteers, partner organizations and with each other. This edition of Monarch sheds light on some of these remarkable partnerships. We see their friendly faces around Plymouth Place every day. They work hard to ensure the safety and well-being of our residents and staff...always going the extra mile to give everything they have.

At Plymouth Place, we lead by example. To truly put our residents at the center of our care, we must be creative in collaborating with non-traditional partners to achieve the desired outcomes. With a dedication to wellness and holistic support, we strive to provide services that are uniquely tailored to all residents that best suit them through every phase of life.

We also work in partnership with residents to further educate and champion our staff. In this edition, you will meet two staff members who have been supported by these efforts – one who is working towards her BSN and another who journeyed to America and subsequently found her purpose at Plymouth Place.

In our main feature, we are delighted to share the story of Dr. Joseph Kerwin, a former NASA astronaut who trusted Plymouth Place in caring for his beloved wife, Lee. Their inspiring story is one for the ages. Additionally, we will be honoring Dr. Kerwin for his service to humanity at our upcoming Legacy Tea on August 14, 2022.

As we move into the next phase of Plymouth's journey, we do so with ever-deepening ties that empower us to serve the greater good above and beyond the norm. Each and every person here plays a role in helping fulfill our mission. Our devotion is matched by our volunteers and the support of our corporate and mission partners. We are eternally grateful for all of you and all you do for us.



Elizabeth Asperger
Board Chair



Jay Biere
Chief Executive Officer



Pictured: Chaplain Christina Vosteen

KINDRED SPIRITS

Healing hearts and nourishing souls

Chaplain Christina is a master of painting word pictures that bring to life what it means to be human. “Grief is like a wadded ball of steel wool,” she said. “It twists and turns and comes back on itself.”

Chaplain Christina spends up to 10 hours each week, meeting with staff who are faced with post-COVID grief and PTSD. “When a person is going through turmoil like grief or stress,” she explained, “there is no linear path. It affects them body, mind and spirit. Grief can be confusing. Your mind knows that they are gone but your heart still hears them coming up the steps at night. You still smell their aftershave.”

In a vibrant community like Plymouth Place, it’s not enough to focus on physical well-being and mental function. “If you don’t tend equally to the spirit you will tip,” she said, “very much like a three-legged stool with a weak leg.”

According to Chaplain Christina, tending to the spirit doesn’t necessarily mean praying the rosary. “I have people who claim to be atheists, but I am here for their spiritual well-being.”

Spiritual care is primarily the ministry of presence, shared Chaplain Doreen. “We carry out our daily rounds with a listening heart and the compassion to be with others no matter what their faith tradition.”

One of the pleasant surprises Chaplain Christina has found in her role at Plymouth Place is how much seniors love humor. “I do a lot of joking and there is nothing better than laughing. When I celebrate a memorial service, I say, ‘We are going to laugh and cry and do everything that makes us human and none of that is out of place here.’”

When asked what nourishes her, Chaplain Christina replied, “I can really connect with someone when I sense that they drop those 12 inches from their head down to their heart and they open up. It affirms my calling...what I’m meant to be doing. It’s not an ego thing. I’m just able to be the right tool...the screwdriver I was meant to be. And it is just phenomenal.”

Chaplain Christina and Chaplain Doreen’s Chaplaincy and Spiritual Care is graciously provided through Plymouth Place by the generosity of our donors through the annual fund.

THE SPEED OF LIFE

Dr. Joseph Kerwin's journey through space
and to Plymouth Place



When Dr. Joseph Kerwin was a young child, he liked to read science fiction. “This was before there was any science to it; before space travel,” he said. “But some of those old writers would land you on the moon in wonderful adventures. So, I always had my imagination prepared for something like that.”

Little did Dr. Kerwin know that his boyhood fantasies would become real-life adventures. And that his travels through life would guide him to his utmost destiny...meeting his lovely wife, Lee.

FINDING THE ‘GOOD’ IN HIS LIFE!

Dr. Kerwin, or Joe as he likes to be called, grew up in a supportive and loving home in Oak Park, IL. He attended Fenwick High School and East Holy Cross College. In his third year at Northwestern Medical School, he met Lee. “There I was with my white coat and stethoscope,” he laughed, “and in walks Lee in her nurse uniform and announces to the group, ‘My name is Lee Good, and I would appreciate it if you wouldn’t tell me I’m the only good nurse in the hospital.’” And so began their 62-year marriage, which was soon joined by their three daughters – Sharon, Joanna and Kristina.

THE MILITARY CALLS

Dr. Kerwin graduated from medical school in 1957. While completing his first year of residency in Washington, D.C., he was drafted into the Navy. He chose an assignment to train as a flight surgeon at the Aviation Medicine School in Pensacola, FL. “They told me it would require an extra six months of training, but the last part was flight training,” said Dr. Kerwin. “I said, ‘Sold!’ and went down to Florida. The rest is history. I just loved it. And Lee was right by my side throughout this Navy adventure.”

After signing on for an additional three years, Dr. Kerwin was stationed at the Naval Air Station in Jacksonville, FL. One day, while he was watching TV with Lee, a national news report announced that NASA was looking for “scientist astronauts” to go to the moon. “She looked at me and said, ‘You probably want to do that.’ I said, ‘I’m not a scientist but, yeah, I want to do it.’ So, I applied through the Navy and got in. All I had to do was stay out of trouble and pass the physical,” Dr. Kerwin laughed. “All of a sudden, there I was in the astronaut program in Houston, Texas.”

NASA REFLECTIONS

Dr. Kerwin's accomplishments with NASA are astounding. In 1970, he was one of the capsule communicators on Apollo 13. He was also the first physician in space, serving as the Science Pilot for the Skylab 2 mission in 1973.

"One day on the Skylab mission," he said, "my colleagues and I were faced with repairing the solar panel. This was our first spacewalk. I got to walk to the highest point of the space station which was pointed right at the sun. The sun was directly overhead and the earth was directly underneath me – 250 miles below. It was SO beautiful."

Looking back on earth reminded Dr. Kerwin of the power of family. "Seeing the vastness of the universe, I was able to appreciate the importance of not just my own family but the interconnectedness of the human family."



Dr. Kerwin as Capsule Communicator on Apollo 13

"Dad was the ultra-cool father who just happened to fly into space, helped repair the Skylab like it was his childhood toy and then came home to read bedtime stories to us," laughed Joanna Kerwin.

With his very demanding career, Dr. Kerwin spent a lot of time away from home. But he always knew his family was safe with Lee there, doing the exceptional job she did raising their three daughters and taking care of their home. "Lee was a terrific mother and wife. Her devotion and love shone through in all that she did. I may have gone to space, but she went around the universe many times over in her care of the kids."



Dr. Kerwin and crew members, Charles Conrad, Jr. and Paul Weitz

JOURNEY TO PLYMOUTH PLACE

When Lee's health started to decline, Dr. Kerwin knew he had to do exactly what she would have done – seek out the best care possible. As a family, they decided her medical needs were beyond what they could provide at home. "We were embarking on a new journey," said Dr. Kerwin. "Finding Plymouth Place was like finding the right spacesuit that would help me on my journey with Lee's care needs."

"We moved Lee into Plymouth Place just as the pandemic lockdown occurred," he continued. "This was more worrisome than being on Skylab, as I had some control up there – but not here. Now it was my lifelong companion whose welfare was at stake."

(Dr. Kerwin's story continues on Page 8)

(Dr. Kerwin's story continued...)

His fears were soon allayed after coming to Plymouth Place and meeting the leadership team.

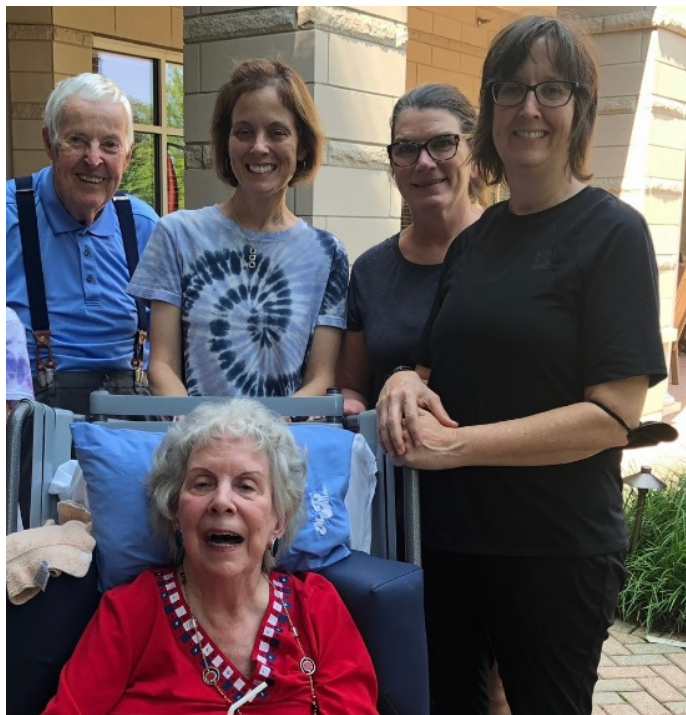
“From the moment I met Jay, I knew we had a command central in our midst,” Dr. Kerwin laughed. “This was a place which looked more like a cruise ship than a spaceship. But it required the same tactical prowess and science to protect people during a critical time in their lives. At the same time, the Plymouth Place crew needed to provide ways of enhancing the lives of those they served and their families.”

Dr. Kerwin’s daughter Sharon agrees. “Coming to Plymouth Place, we knew mom was in good hands,” she said. “Her care was so exceptional. She never suffered for one moment.”

Although their mom’s health crisis occurred during a global pandemic, the Kerwin family felt at ease as the spirit of Plymouth Place kicked in. “The Plymouth Place team took care of everything and, as a family, we just had to do our part, which was to love her,” said Sharon.



“Providing the optimum levels of care at such a critical time requires both a pragmatic and non-traditional approach, one that is client-centered and family-focused,” said Jay Biere, CEO of Plymouth Place. “Putting the patients’ care needs at the forefront of all we do is ingrained within the servant leadership model our managers and frontline staff embrace each and every day.”



Dr. Kerwin with Lee and their three daughters, Sharon, Joanna and Kristina in the Dixon Garden at Plymouth Place

“Indeed, Lee’s case defied the typical model of care. Plymouth Place put Lee’s needs above all else, working with the Kerwin family to bring in any additional resources that could supplement her care.

Dr. Kerwin agrees. “In Lee’s case, I was unable to see her during the lockdown. So, I worked with Jay and his team and in partnership with Independence-4-Seniors to find the right caregivers to stay with her.

We were able to communicate with Lee multiple times every day through an iPad that was all facilitated by the life enrichment team."

"You may not think of this as rocket science," Dr. Kerwin continued, "but if you step back and analyze what we did in space and look at what this team did... they found the right spacesuit for Lee and for my family – one that had mobility within a comfort care plan.

The plan was adaptable, and it was monitored by trained staff who had the right tools at their disposal at all times."

Dr. Kerwin said he will never forget Lee's favorite CNA, Robert, who would run up to her with a big smile and ask, "Do you love me?" to which she would always excitedly reply, "Of course!"

In the summer of 2021, surrounded by her loving family and friends, Shirley (Lee) Kerwin passed from this earth. Dr. Kerwin noted, "I always knew that wherever I went, Lee was with the kids and manning the station. So, I wanted to do the same for her – to be with her at every point on this final journey. I am so lucky to have had three loving daughters and a community like Plymouth Place to surround us."

Many of Joe and Lee Kerwin's final days together were spent in the peaceful surroundings of the Carhart Garden. "I often looked up to the sky with Lee pointing out the different stars we might see. These were some of our last moments together which I shall never forget."

In the spirit of paying it forward while honoring Lee's legacy, Dr. Kerwin and his family made a lead gift to support the renovation of the Carhart Garden. "If you look around at the residents and staff at Plymouth Place," said Dr. Kerwin, "you see that the most important people in your life are your family, your friends and the values that tie you all together – and in this case, Plymouth Place."

In celebration of Dr. Joseph Kerwin's service to humanity, the Board of Directors of Plymouth Place will present him with the Monarch Legacy Award at our Donor Annual Legacy Tea on August 14, 2022.



Dr. Kerwin with his beautiful bride, Lee on their wedding day.



REACHING NEW HORIZONS

Finding blessings and peace at Plymouth Place

Some choices in life can only be made by the bravest. To improve life's possibilities, how many of us are willing to leave everyone and everything near and dear to us behind to enter a country where everyone speaks a different language? Those who give up so much are so thankful for any support, assistance and kindness shared along the way.

With that in mind, the John and Barbara Easter Learning Center continues to provide avenues to enrich staff in their learning and to enhance the lives of their families. This is one such story written by an English as a Second Language (ESL) learner at Plymouth Place and submitted by resident Joni Nelson, an ESL instructor. "I am so proud to share this story on behalf of a student who wishes to remain anonymous," Joni shared. "I feel so blessed to be part of her journey and mentor her in whatever way I can."

"Today I want to tell you about when I came to the USA. It was not easy, it was very difficult because I would have to leave my parents and family.

The day came when my husband, friend and I took the bus into the city Iguala from our hometown of Cuetzala, taking a total of 15 days. On this trip, we made a two-hour stop but I was always nervous and afraid the bus would leave without me. So I only left for a few minutes at a time.

Fifteen days later we arrived in California and hired a man to drive us to Chicago. We stayed with my two sisters-in-law and their husbands in a two-bedroom apartment. One brother-in-law took me to meet a cousin who works in a nursing home, where she introduced me to the staff and I was hired immediately. I was scared to start this new job and didn't know any English.

I worked in the laundry department and had very little contact with residents. A different company purchased this nursing home and I was let go, due to expenses being cut.

In March 2013, my husband and I separated but we still lived in the same apartment for 4 months together. My son was 7 years old.

I applied for jobs at several nursing homes but could not find a job in the area. I decided to move into the house where my sister and her family lived. After three months of searching for a job, I found a part-time job at a nursing home. I took the job, but it was 1 hour and 50 minutes away. I would leave the house at 5:00 am to take a bus and train to arrive to work by 7:00 am.

What was most important to me is that I liked my job. I tried to speak more English but was scared I was mispronouncing the words. The residents and supervisor always tried to understand me.

I worked in housekeeping and I accompanied residents to their appointments. I really loved my job and stayed for 7 years, but I had to leave that job because of the pandemic.

After 4 months of looking for a job, my son and I drove past Plymouth Place. We both said it was so beautiful and I thought how great it would be if they had a job here for me. It was a Thursday and I stopped in and talked with someone at the front desk. She told me they were looking for someone in housekeeping and gave me a phone number to call. I called first thing Friday morning and had an interview on Monday. We exchanged information, and went home to discuss the position with my fiancé and son.

I called Plymouth Place to accept the position. I was very excited and started in September.

I have now worked for Plymouth Place for two years. Plymouth Place is the friendliest of any places I have ever worked. The residents and my coworkers are pleasant and helpful. They even asked me if I would like to be part of a class for English as a Second Language. Working in this program has increased my confidence. I feel so much better speaking and writing English.

I feel so blessed to work at Plymouth Place and to have a helpful and trusting supervisor. It is a peaceful place to work."

In appreciation of your loyal support

the Plymouth Place Board of Directors
invites members of the 2021 Donor Honor Roll to the

2022 Legacy Tea

Sunday, August 14, 2022

Reception

2:00 - 3:00 PM | First Floor Promenade

Program

3:00 - 4:00 PM | Dole Hall

*A formal invitation will be sent to all Donor Society members.

Any questions, please contact the Philanthropy Team.



*Plymouth
Place*
Senior Living



SILVER AGE HOMES

Enhancing safety, comfort and confidence

Our corporate partners share our commitment to Plymouth Place residents. Together, we empower them to live their lives with dignity and grace. Silver Age Homes is a shining example of how these partnerships benefit our residents as we continue to evolve and serve our expanding community.

Silver Age Homes designs and builds beautiful and functional environments that support active and independent living. We recently celebrated the one-year anniversary of our partnership and first joint development – a model unit designed and built by Silver Age Homes to provide custom features for current and future residents. The model was intended to be a showcase for one year. It sold in a week! Plymouth Place CEO Jay Biere and Silver Age Homes President Mike McCartney quickly realized that this approach was not only attractive to future residents, but also provided a new and exciting way to deliver on the Plymouth Place mission.

Since then, our partnership with Silver Age Homes has significantly strengthened and expanded. They have worked closely with us and our residents to design and renovate numerous apartments in addition to developing the John and Barbara Easter Learning Center and the Arboretum Villas Design Center in downtown La Grange.

"Working with Mike and Silver Age Homes is like working side-by-side with one of our Plymouth Place teams," shared Katie Freese, Sr. Director of Support Services. "We both keep the best interests of Plymouth Place and the residents at the center of all decisions. They are true mission partners!"

Prior to founding Silver Age Homes, Mike enjoyed a career as a healthcare marketing executive. With in-depth experience in categories including diabetes, oncology and immunology, he gained invaluable insights into the issues that often impact older adults.

Mike had also been very active in residential real estate development and rehab. By combining his unique experiences and passions, Silver Age Homes was formed.

Mike shared how important our partnership is to him and his team.

“We feel very privileged to be able to partner with Plymouth Place and work with residents to create their ideal home environments. We take our responsibilities very much to heart as we work with Jay and the team in reimagining the possibilities for serving seniors.”

As a La Grange native, Mike has deep roots in the community and currently resides in La Grange Park with his wife and two teenage children. You may even know his daughter, Maya, who works in The Marketplace!

Moving forward, Silver Age Homes will continue to engage with current and future residents to create beautiful environments that are both safe and smart – uniquely suited to their every need. We look forward to seeing what the future will bring!





EXPRESS YOURSELF

Opening new doors with creative Arts

We know that getting a good night's rest, eating right and exercising help keep us healthy. What about fueling our creative side? Can that help us thrive as we age?

According to the National Institute of Aging, research shows that older adults participating in programs such as theater, music and the visual arts improve their health, well-being and independence. Plymouth Place Art Therapist, Anita Martin, helps residents live out these findings every day.

Art has always been a central part of Anita's life. "My grandmother was an art teacher," she said. "While spending time with her, I quickly discovered my own passion for art." Anita channeled that passion into her professional development as an Art Therapist with a focus on memory loss. "As an intern, I got to see how people thrived as they dabbled with various materials such as paints, charcoal, found objects and felt."

According to Anita, art engages residents in a meaningful way while minimizing their isolation, allowing them to work collaboratively – especially in a post-pandemic world. For those experiencing memory loss, art therapy allows them to be present in the moment, which can help relieve anxiety. "I see this every day in my work."

Anita finds Plymouth Place's commitment to art truly inspiring. "I witness daily positive changes that come from having a safe, judgment-free environment to create and connect with others," she said. "Making art can break barriers and level the playing field for residents with varying abilities. Everyone has an important voice and there is no wrong way of expressing it in art therapy. We all have a unique part to play in creating positive change."

Plymouth Place is proud to display many art pieces throughout our surroundings, each telling a unique story and giving residents a voice to share what is inside of them.



THE EXCITEMENT IS BUILDING

Getting a construction project approved by a village board is no easy feat. But, thanks to the strong team and stronger partnerships with the community and community leaders, Plymouth Place sailed through the many phases of the Planned Unit Development (PUD) for The Arboretum Villas.

It all began back in the fall of 2021 when the team met with neighbors and business leaders in preparation for the upcoming PUD meetings. On January 18th, Plymouth Place received unanimous approval and rave reviews from the Village of La Grange Park's Planning and Zoning Commission to move to the next phase.

With that hurdle crossed, sights were set on completing the next leg of the journey. In March, the Plymouth Place team met with the Village Board of Trustees and received final approval of the PUD.

The Village of La Grange Park worked with Plymouth Place and its development team and architects to make the process as inclusive and seamless as possible.

“This led to an excited board unanimously approving the PUD in one meeting,” said Daniel Collins, Director of Development Management for Eventus Strategic Partners, Plymouth Place's strategic planning partner. “I can honestly say I've never seen that happen in one meeting.”

With the PUD approved, Plymouth Place has the greenlight to move forward with this incredible expansion and redevelopment project. In just over a year's time, the doors will be open and we'll be welcoming a whole new generation of residents and friends to this thriving community.



A PLACE TO BRANCH OUT AND THRIVE

Introducing The Arboretum Villas at Plymouth Place

Like a seedling nestled in the earth, The Arboretum Villas at Plymouth Place™ will soon rise up for all to enjoy.

“This really has been a labor of love,” said Nitsa Foundos, Senior Director of Sales for The Arboretum Villas and a vital part of bringing this remarkable community for active adults 62+ to life.

Years in the making, the plan for The Arboretum Villas exemplifies Plymouth Place’s long-held tradition of honoring the past while building for the future. Countless meetings were held between the board of directors, residents, senior leaders, CEO Jay Biere and key partners to determine the best plan for replacing the cottages on the East Campus. As good stewards, the group worked together to assure that the plan honored and accommodated the needs of current residents while securely positioning Plymouth Place for future growth.

Thus began a long journey of board meetings, seeking the best partners, conducting focus groups and market studies, and designing and redesigning. “We must have gone through 16 or 17 different iterations,” said Jay.

The original design for the project was one large building, but that soon changed.

“The image in my mind was a beautiful California, multi-colored row house,” said Nitsa. She sent images to Eric Harrmann, one of the lead architects, and was blown away by his new design. The project grew and evolved from there.

DESIGNED WITH NATURE IN MIND

Located on the East campus, The Arboretum Villas will feature 59 elegant homes located in four mid-rise buildings ranging in height from two to four stories. The buildings will be centered around a parking structure covered by a spacious green roof where residents will be able to grill out with family and friends, lounge under a pergola or practice their chip shot on the putting green.

Nature really is the central theme of The Arboretum Villas. “We moved the entire project 30 feet to the North to save a 100-year-old Ginkgo tree,” said Jay. They also preserved as many trees and plants as possible and significantly expanded the topography to include extensive gardens, a green house, walking trails and an enlarged pond where residents can relax and fish.

But the shining star of the project is the 17-acre arboretum in which the Villas will reside.

Ralph Gutekunst, a resident of Plymouth Place, together with board member Laura Weyrauch, came up with the name. Plymouth Place is also seeking arboretum status through the Morton Arboretum.

A "LIMITLESS" LIFESTYLE

“Living without limits” is the theme for The Arboretum Villas. And the people who have put down deposits on the Villas truly embody this idea. “They are boat racers, hikers and world travelers – all kinds of things that are pretty extraordinary,” said Jay. “And we need to have the experiences and programs to match.”

At the heart of our campus will be the Center for Healthy Living, an expansive wellness retreat and day spa which will be connected to Plymouth Place and be within steps of the Villas. Here, all residents will be able to attend indoor and outdoor exercise classes, take tai chi or immerse themselves in the heated pool. Other fun activities will include bocce ball, pickle ball and even an indoor golf simulator.

Dining experiences will also be front and center. Residents can choose from nine dining options ranging from takeout to a gourmet coffee bar and French cuisine. Villa residents will even be able to use their dining dollars at La Grange restaurants including Marco’s Kitchen, The Elm, the Milkstop Café and more.

The design of the Villas is nothing less than phenomenal. The nine spacious floor plans feature bright open areas perfect for entertaining and elegant touches like designer-curated finishes, high-end appliances and private outdoor spaces.

One predictable monthly fee covers most living expenses including weekly housekeeping, utilities and an amenity-packed resort lifestyle. “It’s like the best staycation you could ever ask for,” said Nitsa.

BREAKING NEW GROUND IN EVERY WAY

Unlike anything available in the Western suburbs, The Arboretum Villas have garnered a lot of attention. “Within a few months of marketing them, we had already sold over 50%,” said Nitsa.

With that in mind, if you are interested in making the Villas your next home, we urge you to act quickly. Only a few remain with lower pre-construction pricing which also includes \$5,000 toward upgrades and \$1,500 toward moving fees. Once those are reserved, prices will likely increase.

Construction of the Villas is underway with a completion goal of late 2023.

SEEING IS BELIEVING

If you’d like to experience all the elegance in person, we cordially invite you to visit our beautiful Design Center in downtown La Grange at 26 S. La Grange Road. Shelly Nagy, our sales development representative, will be happy to show you our fabulous kitchens, bathrooms, floor plans and designer finishes.

For more information or to set up an appointment, call (708) 482-6634 or visit ArboretumVillas.org.





Residents Russ and Donna Lundstrom

PAYING IT FORWARD

One resident couple's commitment
to making a difference

It is often remarked that what makes Plymouth Place exceptional is the staff who carry out their daily work with selflessly each day. It is little wonder that many of them become an extension of our residents' family. For residents like Russ and Donna Lundstrom, they carry on a long tradition of residents who give back to the deserving staff at Plymouth Place. As part of the Residents' Council Christmas fund, they have spearheaded the committee - or they like to be known as 'Elves' - to help raise over \$1 million. In their words, here is their story and journey to Plymouth Place.

"Moving wasn't easy! In each drawer that was opened more "stuff" would appear that required decisions - pack it or toss it. On each wall hung a relic that told a tale of yesterday. It seemed like we were wearing a path to Goodwill. We felt that the car may have been able to make the trip on its own. One began giving things to anyone who would accept them.

Finally, the day came for the moving van to appear. With guidance from a son and daughter-in-law, the house was emptied. The movers took a break for lunch. We finished filling our car and headed for Plymouth Place, our new home to be. The furnishings began to appear and from there the strain began to dissipate.

Making new friends and remembering names became the new challenge. Asking each other where something was became the common question. Life became simpler. With food prepared for each meal, little shopping necessary and maintenance staff to hang and fix, a major change in our lifestyle had occurred.

Being young enough to have a generous supply of energy made us feel we were on a full-time cruise vacation.

Now was the time to look for things we could do to contribute to the welfare of our new community. It didn't take long to get involved. Someone or some committee was always on the lookout for fresh support.

After one year of residency, an opportunity to chair the Residents' Council Employee Christmas Gift Program was presented. We felt that we might have some of the skills and energy required so the answer was "yes".

The entire employee staff came through to us as friendly, caring and willing. Since employee tipping is not allowed, a permitted financial gift at Christmas time seemed very appropriate. The retiring committee chair lived a short distance from our apartment so advice was close at hand.

Each of the four years of leading this resident fundraising effort followed by sharing the contributions with employees has been a rewarding experience. Several thank-you responses from employees have indicated that the gift enabled their family to have a better Christmas than expected. Residents seem to place this gift high on their Christmas giving list each year.

An attempt is made to form a lead committee each year of one representative from each floor.

They find floor members, referred to as "Elves", to assist with the distribution of materials and for follow-up actions. More than forty residents assist with the program.

Through the generosity of residents and family members of residents, we have been able to gift nearly a million dollars to deserving employees over the past four-year period. Giving and sharing are important qualities that can enrich the lives of both the giver and the receiver."

In recognition of Russ and Donna Lundstrom's tireless work to support staff, they were honored with Volunteer of the Year award in May 2022. "We're so proud to accept this award on behalf of the entire committee who are passionate about giving back to staff and families", noted Russ and Donna.

Antiques Road Show

Save the Date

with Auctioneer, John Walcher

October 26, 2022 in Dole Hall | 2:00 PM

Join us for an afternoon of storytelling through our very own Antiques Road Show. This will be hosted by John Walcher, Vice President and a Senior Specialist of Toomey & Co. He is recognized as one of the top auctioneers in the Midwest. In his role, John curates numerous collections including, The Robert and Elaine Dillof Collection, The Warshawsky Collection, The Estate of Candice B. Groot, The Collection of Governor Jim Thompson and The Estate of Robert E. "Butch" McGuire, among others.

If you would like to share the story of your piece of art or antique, please reach out to Donor Relations Manager, Kristen Lunsford at klunsford@plymouthplace.org.



SCHOLARS

Paving the way for tomorrow's care

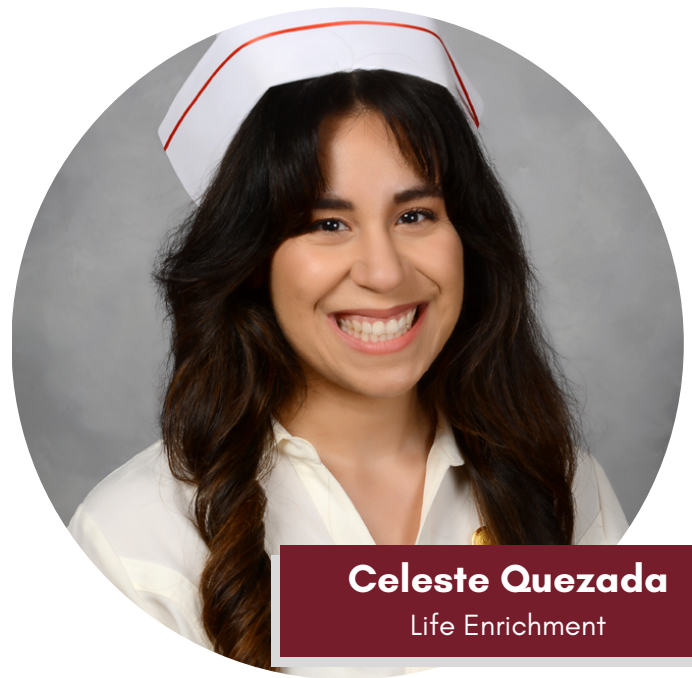
The dedication and care that Plymouth Place staff provides for our residents is awe-inspiring. As a way of giving back and helping them advance their education and careers, the Elvera Teuffer Scholarship Fund was established through a bequest of former resident Elvera Teuffer and the ongoing support of our residents and their families.

Celeste Quezada is a shining example of what this scholarship fund is all about. With a degree in psychology, she started at Plymouth Place as a volunteer, serving ice cream and root beer to residents in our memory area. Recognized for her vibrancy and energy, she was quickly offered a job with the Life Enrichment Team. "What started as a volunteer opportunity, turned into a career for me," Celeste stated. "When you are helping others, it doesn't feel like work."

Celeste has served the last 5 years of her career to Plymouth Place. Benefitting from the scholarship fund, Celeste is currently attending school for her Bachelor of Science in Nursing (BSN) at Lewis University.

"Working at Plymouth Place, I have discovered that each person has their own individual needs. I want to help on a more physical and medical level. My current nursing studies is helping me learn more in this area. "

For Celeste, listening to residents is always the top priority. "Sometimes, something as small as getting someone a snack can make all the difference".



Celeste Quezada

Life Enrichment

Receiving a scholarship has helped Celeste ease the expense of textbooks and other necessary items needed for school and clinicals. Working at Plymouth Place has also allowed her the flexibility to complete her clinicals.

"I feel like everyone is rooting for me here," Celeste shared. "With the exhausting schedule of an accelerated nursing program, sometimes you need the push of a cheerleader."

For Celeste and other scholars, we take joy in their budding careers as they seek to make a difference in the lives of others. To learn more about making a gift to support our scholarship program, contact our philanthropy office.

IT TAKES A VILLAGE

Honoring our volunteers

Plymouth Place is fortunate to have over 200 volunteers who have the desire to not only do good, but to do more. And, every year, we honor them at our annual Volunteer Appreciation Breakfast.

"There are no words to express the gratitude we feel for each of our volunteers," said Katy Coffey, Director of Life Enrichment.

This year, our Appreciation Breakfast was held on April 28 with over 100 residents and guests joining together to celebrate all that our volunteers do for Plymouth Place and beyond.

Four special volunteers were honored at this year's celebration. "These volunteers have spent countless hours of devotion giving back to our community," said Jay Biere, CEO.

"Our volunteers are the lifeblood of our community. Thank you for your dedication and enthusiasm, Plymouth Place volunteers", shares Katy Coffey.



Volunteer of the Year
Vi Butler



Arboretum Ambassador
Ralph Gutekunst



Volunteer of the Year
Russ & Donna Lundstrom



CAMPUS CARE

Tailoring services to each resident

Resident Bill O'Meara with Kathy Lutz, Clinic Office Manager

There can be no doubt that a focus on health and wellness helps people live longer, healthier lives. It is this belief that drives Christine Irvine, Senior Director of Rehab and Wellness, and her Campus Clinic team at Plymouth Place, to provide outstanding care and diligently serve the needs of Independent Living residents with an emphasis on wellness and daily exercise.

“Campus Care at Plymouth Place is an incredibly unique model which offers a holistic approach to caring for residents’ needs,” said Christine. “Our primary focus is collaborating with our patients, whom we know quite well as residents, in achieving their desired outcomes to help them remain healthy and successful.”

The Campus Clinic program encompasses the Six Dimensions of Wellness (occupational, physical, social, intellectual, spiritual and emotional). Applying these principles, this dynamic team empowers residents to take an engaged approach that focuses on positivity and affirmation to realize their full potential.

Christine and her Campus Clinic team are passionate about their commitment to serving the needs of older adults and maximizing their independence. “Our team members are highly qualified. We always put the patient at the center of our service commitment because each situation demands a unique response,” she said.

Plymouth Place collaborates with a variety of healthcare partners in tailoring a concierge-style approach that focuses on achieving the optimum levels of patient care success. These services include outpatient, inpatient, home health, physical, occupational and speech-language therapies.

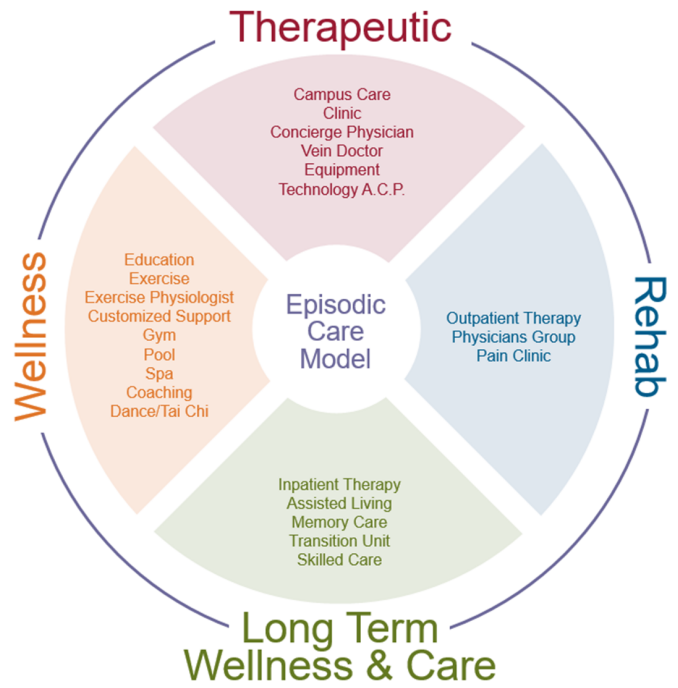
To expand and enhance the services of the Campus Clinic, we developed the Campus Care Clinic. This service, operated by Mike and Joan O’Brien with Independence-4-Seniors Home Care, focuses on caring for residents in their own homes with home care support, medication management and assistance with activities of daily life.

“The O’Briens own a home care business and have been involved in serving the needs of older adults for over 20 years,” Christine commented. “The fact that they are locally based – plus their vast experience and ability to engage seniors – makes them the perfect complement to the Campus Care team.”

Jay Biere, CEO, agrees.

“As we serve the needs of our residents at Plymouth Place, and the soon-to-be-completed Arboretum Villas, we are always thinking ahead to ensure we have the best caregivers in place with the skills necessary to respond to the changing needs of both our current and future residents. Mike and Joan embrace not just our vision of senior care, but also our mission in serving the greater good.”

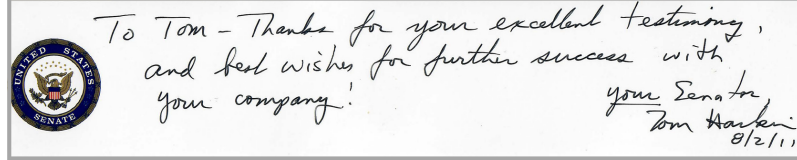
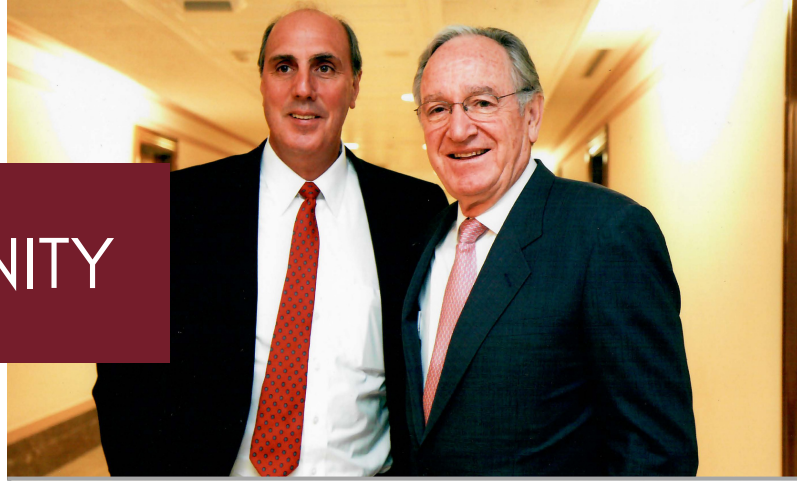
Mike O’Brien explains it very succinctly. “Our person-centered approach is all about the wellbeing of others: loved ones, mothers, fathers, sisters and brothers who wish to remain independent as long as possible in whatever living arrangement they call home. We believe in the mission of Plymouth Place and its extraordinary journey. We are honored to roll up our sleeves and be part of it.”



Christine is excited that the newly revitalized Campus Clinic will be able to provide an abundance of services that are uniquely tailored for each specific care need.

“It’s all about being smart in how you choose to live – in your daily activities, your diet and your wellness. No matter what, we are committed to doing whatever we can to maximize the ability of each individual to achieve their greatest human potential.”

PARTNERING FOR HUMANITY



Tom Castro, Sr. with Senator Tom Harkin

At Plymouth Place, we take great pride in the relationships that we've established with our corporate partners. We'd like to take this opportunity to highlight one such partner, T. Castro, whose mission and commitment to serve through excellence is born out of their unique story.

Founded by Tom Castro, Sr., in 1924, T. Castro has been run by members of the Castro/Prinske family for nearly 100 years. Starting as little more than a produce truck, T. Castro is now a full-line wholesale produce provider servicing Illinois and Northwest Indiana.

But this story has an unlikely twist. This visionary company has been owned and operated by visually impaired [LE1] individuals [HP2] for the past 40 years. Former owner Tom Castro and current owner Tom Prinske both have a genetic predisposition that rendered them legally blind. Seeing this as an opportunity to serve others, Tom Prinske became instrumental in the State of Illinois' groundbreaking legislation incorporating persons with disabilities into the state's Minority Business Enterprise Program.

Tom next successfully petitioned the United States' Federal Disadvantaged Business Enterprise program to overrule previous legislation and accept disabled-owned businesses into the program, starting with T. Castro Produce.

Tom's passion for fair opportunity and access for disadvantaged individuals is being passed on to his sons, the fifth generation of the Castro/Prinske business. At Plymouth Place, we're proud to partner with forward-thinking, people-first organizations like T. Castro who work to advance economic opportunities and sustainable business practices for all.

"We're so lucky to have T. Castro as part of our culinary support team," said Cheri Boublis, Senior Director of Culinary Services. "We both have the same values and it's a perfect fit."

SNAPSHOTS OF PHILANTHROPY



Plymouth Place residents worked alongside Boy Scout Troop 33 to rescue more than 10,000 perennials on the east campus. It was wonderful seeing different generations gardening together. And all were happy to find new homes for the gorgeous plants.



In March 2022, Plymouth Place hosted its Annual Corporate Partnership Breakfast, celebrating those business partners that help make Plymouth Place one-of-a-kind.



Our monthly Romeo's continue to go from strength to strength. "This is a monthly road trip, something I look forward to each and every month – spending time with old friends and making new ones, over good food and a drink," said resident Vern Kramer.



In June, Plymouth Place rededicated the newly renovated Bill and Lois Carhart Garden on the third floor. Many guests attended and were welcomed by the Carhart Family and other special guests.



HONORING DONORS THROUGH THE NAOMI BORWELL GIVING SOCIETIES

At Plymouth Place, our mission, vision, and values are woven through the fiber of who we are as a community. Our founders had a vision of what Plymouth Place could be, and over the past 75 years, we have lived out our mission of faithfully serving seniors with excellence. We value our residents, our resident families, our associates, and the many friends to our community, as well as the people and businesses in the villages surrounding us. It is their care, generosity, talents, and mutual appreciation that make Plymouth Place who we are today and who we will be in the future.

Naomi Borwell, a member of the Plymouth Place Board of Directors, established the Endowment Fund in 1995 due to a strong commitment to protecting Plymouth Place's future. As a daughter of a resident, Mrs. Margaret Bailey, Naomi experienced Plymouth Place's mission to serve seniors with excellence. By living out the mission of Plymouth Place, Naomi set in motion a culture of philanthropy that continues today with our Naomi Borwell Giving Societies.

1944 PLYMOUTH MONARCH SOCIETY

In celebration of the founding of Plymouth Place, members of the 1944 Plymouth Monarch Society are recognized for cumulative and/or matured legacy gifts totaling \$100,000 or more. We are grateful for their significant support in advancing our shared mission.

CIRCLE OF CARING SOCIETY

Members of the Circle of Caring Society are those generous contributors whose cumulative giving during the calendar year is \$1,000 or more. This critical support enables our residents and staff to have access to programs and services that make living and working at Plymouth Place so special. We are thankful to the Circle of Caring members as well as all annual donors who support our community.

PLYMOUTH ROCK SOCIETY

This society was established to honor those who have remembered Plymouth Place in their estate or who have a planned gift through a trust, life insurance policy, or other arrangement. These gifts give lifelong security to residents and ensure the long-term sustainability of our mission of excellence in service to others.

LOYAL DONOR SOCIETY

Our Loyal Donor Society recognizes contributors who have made a donation for five or more consecutive years. We could not do the work that we do without the ongoing help of friends like you.

Contact Paddy Homan, Senior Director of Philanthropy at 708.557.6678 or phoman@plymouthplace.org to learn more about ways to join our societies and gift planning opportunities.



PLYMOUTH PLACE MISSION STATEMENT

Plymouth Place is a retirement community, based on Christian values that honor the individual's right to experience life to the fullest.

Plymouth Place believes in the dignity and worth of each individual and the need to retain one's own personal identity and independence.

Plymouth Place is dedicated to providing a gracious environment on campus for individuals in their retirement years, as well as meeting the needs of the aging community at large.



*Plymouth
Place*
Senior Living

315 North La Grange Road | La Grange Park, IL 60526
708.354.0340 | plymouthplace.org

**For more information about gift planning opportunities,
visit plymouthplacegiving.org.**