

# Legacy

Investing Today to Impact Tomorrow



Cottages Resident Bessie Risk and Kolt Passmore, son of CNA Rachel Passmore, watch the birds in the aviary on Dogwood Pavilion.

- ▶ Honoring our elders
- ▶ New board members welcomed
- ▶ Community supports foundation
- ▶ Advanced care planning
- ▶ 2019 Concerts on the Lawn



# A Family of Caregivers



Caregiving is a full-time job for many family members, but everyone needs a break on occasion.

At Grand Traverse Pavilions, we offer supervised care for adults 18 and older through our Adult Day and Overnight Respite Services. Participants enjoy a variety of activities while caregivers get the time they need to breathe, relax, and take care of their needs.

Financial assistance is available for those who qualify. Let us take care of your loved one, so you can take care of you.



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Legacy is a publication of the Grand Traverse Pavilions Foundation. If you no longer wish to receive mail from us or to change your contact information please contact Jessi at [jweir@gtpavilions.org](mailto:jweir@gtpavilions.org) or call (231) 932-3018. We would also love to add you to our email list. Please share your email with us so we can keep you better informed of what's happening here at Grand Traverse Pavilions.

If you have a story idea for the Legacy magazine, we would love to hear it. Please submit story ideas to [sonnabend@gtpavilions.org](mailto:sonnabend@gtpavilions.org).

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# Honoring Our Elders



By Kory Hansen, Administrator/CEO

On May 3, I had the honor, along with a few of our staff members and 19 residents of Grand Traverse Pavilions, to celebrate an impressive group of nonagenarians (the 90+ year olds of the region). The 90 Over 90 Brunch put on by the Grand Traverse Senior Center Network staff at the Hagerty Center in Traverse City, celebrated a group of 130 of the 90+ set, along with 110 of their friends and family members. We celebrated their successful aging by highlighting the longtime marriages (72 years!), friendships and even a 97th birthday! The Grand Traverse Pavilions was presenting sponsor, an

honor we have had for the last three years.

You may notice that May tends to hold a lot of events honoring our elders and their caregivers. May is officially designated as Older Americans Month in the United States. It's also a month of celebrations and remembrance. We celebrate moms, and there is a week to celebrate nurses, for the care they give. National Skilled Nursing Care Week (NSNCW), established by the American Health Care Association, is the second full week of May. The Grand Traverse Pavilions staff celebrations included a week of events and entertainment, including the premier of a lip sync video to local artist, Miriam Pico's, song "Spend a Little Time with Me". The song works well with this year's theme "Live Soulfully." Our staff, residents, and family members all got in on the fun and Miriam even came in for a cameo performance! You can watch the video on our Facebook page.

With the continued support of our community we will still be championing successful aging in another 60 years.

May also ends with a time for remembrance, and we'd like to help you and your family honor a loved one's legacy by supporting ongoing care for aging adults through the Grand Traverse Pavilions Foundation's "\$60 for the 60th" remembrance campaign. With July marking 60 years of operation for the Grand Traverse Medical Care Facility, the flagship of the Pavilions, we've had the opportunity to care for and work with a lot of amazing individuals who are no longer with us. Many of these individuals have been honored through the years through donations and memorial giving, allowing us to continue to care for the next generation of older Americans.

With the continued support of our community we will still be championing successful aging in another 60 years.



By listening to older adults we can learn about their lives, what matters to them, and the contributions they have made.

## Connect, Create, **Contribute**

Since 1963, when only 17 million Americans were over 65, May has been designated Older Americans month to acknowledge the contributions of older persons to our country. From President Kennedy's first declaration the number of Older Americans has grown to over 46 million. The theme for this year's Older Americans month was to Connect, Create, Contribute. Communities that encourage the contributions of older adults are stronger.



A love of gardening is a life-long passion for many.



Dotty French smiles during a photo shoot for the Grand Traverse Pavilions. Dotty was one of four resident models for the shoot.

The month is also a time to recognize the needs of older adults. When President Kennedy made the first proclamation asking Americans to pay tribute in some way to the older Americans in their life, a third of those older adults were living in poverty with few programs to meet their needs. That is one reason why the Pavilions flagship operation, the Grand Traverse Medical Care Facility (GTMCF), was considered so revolutionary when it opened in 1959 not many communities had made such an effort to care for the older adults who faced financial hardship and were in need of medical care. Medicare and Medicaid

wouldn't be signed into law by President Johnson until 1965, six years after GTMCF opened its doors.

Last year Grand Traverse Pavilions provided over \$4.8 million in unreimbursed and charitable care to older adults, with about 70% of those residing in the Pavilions' long-term care receiving Medicaid. The average age of our skilled nursing care residents is 82, with an age span of 51 years between the youngest at 52 and the oldest at 103. Our assisted living residents range in age from 61 to 103, with an average age of 87. Just over 30% of our residents are over 90.

Medical care has come a long way in the last 60 years to allow older adults to live longer, healthier lives. The contributions made by today's older Americans are helping set new standards for how we will care for future generations.

Cottages resident Dotty French is one of those over 90. She was born at home in Traverse City in 1925 and can tell some amazing stories of history of the area. "My grandmother died of tuberculosis and since I was so thin, the doctors concluded that I must have contracted TB from her," says Dotty. "The treatment was fresh air, sunshine and sleep, so my parents bought a cottage on Long Lake and we would spend summers there."

While Dotty enjoyed the cottage, the diagnosis turned out to be wrong. While going for her degree in occupational therapy at

the University of Michigan she worked in a hospital and was tested for TB. "The doctor told me I never had it!"

Another Cottages resident, Elsie Casey, is a testament to the guts of the 90 plus set. Her mantra? "Attitude, Fortitude, and Gratitude," says Elsie. When faced with life's challenges, Elsie says that "You just have to have faith that you can do it—put one foot in front of the other and just do it."

This attitude helped Elsie put all three daughters through college after her husband passed away, raising a nurse, a teacher, and a social worker. Her youngest daughter had a rare disease that caused blindness and hearing loss, but never let it slow her down, a lesson no doubt learned from her mother.

Older Americans have a lot of lessons to share if we are willing to connect with them and hear their stories. By listening to older adults we can create a future for them, and ourselves, of caring and understanding while recognizing the contributions older Americans make on our everyday lives. If you are interested in connecting with an older adult or making a contribution to support successful aging in our community, visit our website at [gtpavilions.org](http://gtpavilions.org) to find out how you can support the older Americans at Grand Traverse Pavilions.



# Growing Older Doesn't Have to be a Pain!

**P**ain is not a part of normal aging! How many times do people say “I’m just getting older” when describing why they have pain from an injury or other chronic issue that they have experienced on and off over time? Aging is not to blame. While it may take our bodies longer to recuperate from injury as we age, pain is not normal and should not be something that we just come to accept. Quality of life is important throughout the entire lifespan. The Grand Traverse Pavilions Wellness Center staff is proud to offer instrument assisted soft tissue mobilization (IASTM) as part of a comprehensive treatment plan to help reduce pain and restore range of motion in our

Outpatient Therapy and Inpatient Therapy programs.

What is IASTM? IASTM may be commonly known by the brand name Graston Technique® or Hawkgrrips®. IASTM uses special instruments to identify and treat restrictions in the soft tissue, normalize the healing of injured ligaments and tendons, and reduce adhesions associated with scar tissue. It can be used on areas throughout the body to treat a variety of conditions including neck and back pain, jaw pain, Tennis/Golfer’s elbow, hand dysfunction, post-surgical edema/pain/scarring, sciatica, knee pain, ankle sprains, and plantar fasciitis to name a few.

Our therapists are passionate about living active lifestyles including cycling, hiking, swimming, paddling, skiing, and enjoying all the wonderful opportunities available in northern Michigan and they want you to be able to live the life you want! If you have tried other therapy that hasn’t worked for you or if you have an injury that you just haven’t dealt with yet, it’s time to ask your doctor for a prescription for physical or occupational therapy at the Grand Traverse Pavilions!

Summer is right around the corner so let us help you get back to living again! Please call us at 231-932-3172 with any questions.



# Welcome

## New Board Members

The Grand Traverse Pavilions Foundation holds its formal election of officers and reporting of current board members each June as part of the organization's annual meeting requirements. At the upcoming meeting we will be celebrating the work accomplished by the Foundation and thanking those who continue to serve the organization (listed below). We are pleased to be welcoming three new members to the board.

**President** – Dennis J. Prout  
of Prout Financial Design

**Vice President** – Cynthia Klinger  
previously of PNC Bank

**Treasurer** – Christopher Chang  
of Fifth Third Bank

**Secretary** – Kory Hansen  
of Grand Traverse Pavilions

### Current Board members include:

Elizabeth (Betsy) Levan Aderholdt  
William Brown  
Penny Hanks  
John Harvey  
Agnes R. Hayden  
Debra Jackson  
Brad Mackler,  
Clara McManus  
Barbara Mikowski  
Anne P. Spieles  
Jan Warren  
Jerry Worden

### Newest Board members include:



Ramona Pleva, DC

**Ramona Pleva, DC** of Northern Lights Chiropractic

Having received her Doctor of Chiropractic

degree from Life University in 2015 Ramona returned to Northern Michigan to start her practice and reestablish her roots. She established Northern Lights Chiropractic and continues to serve the health and wellness needs of her clients and the community. Prior to receiving her Chiropractic degree Ramona was a Certified Massage Therapist with a degree in Health Fitness and Promotion from Central Michigan University, Mount Pleasant.

Ramona is very active in civic and community organizations, including the Rotary Club of Traverse City and currently serves on the Club's Board of Directors. Ramona provides educational programs and products that focus on wellness and holistic healing.



Jenn Simmer

**Jennifer (Jenn) Simmer** of Hospice of Michigan (aka NorthStar Care Community)

Hospice of Michigan has been one of the

constant organizational partners of the Grand Traverse Pavilions over the past decade as we both care for some of the frailest of our regions aging population. Jenn currently serves as Regional Director of New Business Development/Market Services having worked for the organization for the past twelve years. She received her Bachelor's Degree in advertising from Ferris State University, and currently resides in Mesick with her family.



Mike Watkins

**Michael (Mike) Watkins** of Floor Covering Brokers

Mike is Vice President and General Manager of Floor Covering Brokers of

Traverse City where he has recently taken over enhanced leadership duties for the business. Mike is from the Traverse City area and has been with Floor Covering Brokers for the past 15 years. Mike will be taking over the Board seat previously held by Denny Lauterbach, owner of Floor Covering Brokers, who is transitioning into retirement with his wife JoAnn in Arizona. Mike has been approved to serve on the Foundation Board based on his own merit as an advocate of the Grand Traverse Pavilions for many years.

All prospective Board members of the Grand Traverse Pavilions Foundation are submitted to the Grand Traverse County Department of Health and Human Services (DHHS) Board for approval. The Grand Traverse Pavilions Foundation continues to seek out individuals that bring their expertise, passion, and support for the fundraising mission of the Pavilions Foundation "To cultivate constituent relationships that support the initiatives of Grand Traverse Pavilions and assure its viability for future generations." We hope that you will join us in appreciation for these community minded individuals who support our regions aging adults... Congratulations and Welcome!



# Funding Update

The Grand Traverse Pavilions Foundation continues to seek funding support from individuals, corporations and granting sources in efforts to enhance healthcare services for our local and regional aging adult population. Traditionally more than 80% of donations made to the Grand Traverse Pavilions Foundation are from individuals and local family foundations. We are sincerely thankful for this level of support, and are pleased to announce the following sponsorship and recent granting activity that supports both the programs and services of the Grand Traverse Pavilions and the establishment of PACE North;

**The Blue Cross Blue Shield of Michigan Foundation**, a statewide agency that supports health and wellness programs, has granted

\$50,000 to support the onboarding and training of the PACE North Interdisciplinary Team as they prepare to serve the Medicare/Medicaid eligible aging adults. The PACE North program is currently undergoing state and federal review; once final approval is received more information will be shared about how individuals and families can enroll.

**The Les and Anne Biederman Foundation** has graciously supported the Grand Traverse Pavilions efforts to establish an on-site Dialysis Den to address the current demand being placed on the community dialysis services. By initiating dialysis services Pavilions residents will have reduced wait times, eliminate the need for medical transport during harsh weather conditions, and will be able to have more frequent, yet shorter,

dialysis treatment sessions which have been proven to reduce fatigue and enhance medical outcomes.

**Zonta Club of Traverse City**, an organization committed to advancing the status of women worldwide through services and advocacy, has supported funding for an intergenerational pilot program to extend current child care services for our employees. The grant acknowledges that the availability of affordable childcare may be directly impacting the ability to attract entry-level health care workers. Recently, the lack of available/affordable childcare, as well as, the decline of entry-level health care workers has received national attention for achieving near “crisis” levels. The reality is that 80% of entry-level health care workers are women, and most are of childbearing age.





Traditionally more than 80% of donations made to the Grand Traverse Pavilions Foundation are from individuals and local family foundations.



PNC Team members volunteer at the Grand Event: LIFE

The Pavilions has partnered with the Zonta Club of Traverse City, along with the Campbell Endowment and the Phillip B. Begley Endowment managed by the Grand Traverse Regional Community Foundation, to providing funding support for this pilot program. “We are proud to work with these partners to eliminate potential barriers to young women and families regarding their ability to seek employment” stated Deborah Allen, Foundation Executive Director. The goal is to offer current and new clinical staff at the Pavilions discounted and extended child care to help support the Pavilions ability to care for the residents we proudly serve.

**PNC Bank of Traverse City** has again agreed to provide the Grand Event Sponsorship support for the Grand Traverse Pavilions Foundation’s annual fundraising event The Grand Event: LIFE. Modeled after the Hasbro “Game of LIFE”, the Foundation

utilizes this fun tool to focus the community’s attention on thinking about how life decisions impact our ability to successfully navigate aging and to be mindful of how we can “win” at the game of LIFE. PNC Bank, as a financial institution, sees the value of partnering with a program that brings awareness to the importance of financial planning at all stages of LIFE. The Grand Event LIFE will take place on Saturday, September 7, 2019 at the Grand Traverse Resort and Spa, for sponsorship information contact the Pavilions Foundation at 231-932-3018.

**The 2019 Concerts on the Lawn Community Sponsors** include more than a dozen local businesses. Please take a moment to review those businesses that continue to make this free outdoor music series available for our residents and our community throughout the summer months. A special thank you to Concert Series Title Sponsor – Serra Subaru of Traverse City, and to each of the Headline Sponsors, as well as, our regional partner, The Michigan Council for the Arts and Cultural Affairs, who’s support helps us attract quality local northern Michigan musical talent to our Grand Lawn.



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# Preparing for the ‘What Ifs’ in Life

Working in the legal department for Munson Healthcare presents a variety of difficult, challenging and thought-provoking responsibilities. One of the most difficult situations occurs when an individual comes to one of the Munson Healthcare hospitals lacking documentation that identifies someone to make their medical decision for them in the event the patient is unable to participate in those medical decisions. It happens more often than you may expect. These situations put a lot of stress on the medical professionals caring for the patient and the friends and family of the individual. There is no clear guidance from the State that provides whom the appropriate person to look to for medical decisions in such situations.

If someone does not have an appointed medical decision maker, the way to get one is through a guardianship hearing in probate court. Unfortunately, such a hearing in probate court is not a quick process and there are expenses associated with this process. In the meantime, the physicians and nurses caring for the individual are stuck in a difficult situation – needing to have someone make medical decisions for an individual without any one really possessing the legal authority to make those decisions. That is a situation Munson does not want to see any of its patients in and it is not a situation individuals would want to place their family. There are many examples of sad and difficult situations which



have occurred at Munson over the years because individuals have not planned for these situations.

The easiest and best way to avoid being in this type of situation is through Advance Care Planning. Advance care planning involves completion of an advance directive (AD) or durable power of attorney for healthcare (DPOAH) which allows you to appoint an individual(s) you trust most to act as your medical decision maker if you ever become so sick that you are unable to make those decisions for yourself. This person is referred to as your patient advocate. Who you chose as your patient advocate is very important and he/she should be someone strong enough to act on your wishes, separate from their own feelings. An AD or DPOAH also allows your wishes to be set forth, which will act as a guide to both your Patient Advocate(s) and the medical caregivers who are caring for you. In order

for an AD or DPOAH to be legally binding it must meet the requirements from the State of Michigan. The document needs to be signed by the individual and meet the following three requirements:

- 1. It must have two witnesses to the individual's signature (it does not need to be notarized in Michigan);
- 2. The witnesses cannot be the appointed patient advocate, health care providers, a durable power of attorney (DPOA) for finances (note that general or financial DPOA does not grant health care decision-making authority), or any person related by blood or marriage; and
- 3. The patient advocate must sign an acceptance page that indicates they understand their responsibilities and they are willing to honor your wishes if they are ever called upon to do so.



Remember that a Patient Advocate can only speak for you if you are unable to make the decisions for yourself – a patient advocate will never be able to override the decisions you make when you are able to make such decisions.

One good thing about an AD is that it does not have to cost you anything to complete. Munson has an entire department dedicated to advance care planning, which can be reached at (231) 935-6176. Visit Munson's website, [munsonhealthcare.org](http://munsonhealthcare.org), to find links to templates, free resources and to find a Munson Advanced Care Planning Workshop near you.

You have the ability to make sure that the issues that Munson is faced with on a regular basis concerning medical decision making do not happen to you or your family. Talk to your family and friends about your medical wishes, find your family/friend that you trust most to speak for you if you ever become unable to do it, attend, or have your family or friends attend, a free workshop, and make sure to complete the advance directive, so your medical decision maker is identified and, the staff and your family and friends do not find themselves in the unenviable position of not knowing who to turn to for the decisions. Remember that a Patient Advocate can only speak for you if you are unable to make the decisions for yourself – a patient advocate will never be able to override the decisions you make when you are able to make such decisions. Please make it a point to complete these important documents.

Tim Burkhard, *Assistant General Counsel, Munson Healthcare*



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## A Very **Cherry** Memory

### CHERRY JEWELS

Peg Simmons

½ c. butter	1 T. lemon juice
1 tsp. vanilla	1 ¼ c. sifted all-purpose flour
¼ c. sugar	¾ c. finely chopped pecans
1 egg	18 candied cherries, halved
1 tsp. grated lemon peel	

Cream butter with vanilla and sugar until light and fluffy. Add the egg and lemon peel and juice. Beat thoroughly. Gradually add flour, mixing until blended. Chill. Shape dough into 1-inch balls, roll in chopped pecans and place on greased cookie sheets. Press a cherry half onto center of each ball. Bake at 350° for 10-12 minutes. Cool on wire racks. Yield: about 3 dozen cookies.

Sharing a sweet “Cherry Jewel” recipe memory from beloved Peg Simmons.



# Ideas for Life **Senior Expo**

**D**id you get a chance to see our booth at the 2019 Ideas for Life Senior Expo? The expo theme was a “Senior Derby” and our off to the races themed booth was decorated by our Adult Day Participants and Willow Cottage Residents with creative assistance from Life Enrichment Coordinator Sarah Musser.



Our booth was decked out with horses made by each of the participants, homemade top hats and ladies hats fit for attending a derby, and awards highlighting the services provided by Grand Traverse Pavilions. The decorations received many compliments from the 1,631 expo attendees that flowed through the Grand Traverse County Civic Center on May 15, 2019.

If you are not familiar with our Adult Day program, we provide care for adults who could benefit from socialization and recreation with peers. Participants are encouraged to engage in a variety of activities including intergenerational crafts with children enrolled in our on-site Childcare. The program allows those with health and/or dementia a chance to get out of the house while giving caregivers a chance to take a break, work, or attend medical appointments.

Financial assistance is available. You can receive more information on adult day by visiting our website, [gtpavilions.org](http://gtpavilions.org) or by calling (231) 932-3000.

## **Cruise to the Concerts** in Style

**T**he Concerts on the Lawn have steadily grown over the last several years with record breaking attendance during the 2018 season! With the hope that the 2019 season will fair just as well we are excited to announce two ways you can commute to the concerts and save the hassle of parking.

Norte has signed on to provide Bike Valet for the season. Bike riders will be able to take their bikes to the shuffleboard courts next to the Pavilions building and leave them under the watchful eye of a Norte volunteer. After the concert, you can pick your bike back up and beat the traffic back home. Information about Norte and their bike valet service is available on their website at [elgruponorte.org](http://elgruponorte.org).



If riding a bike is not your thing, try taking the BATA Bayline to the concerts. Park at the Meijer Park-and-Ride lot by the Meijer car wash, or pick up the Bayline at any of its stops throughout town, and get dropped off on Elmwood just a short

walk from our back lawn. The Bayline is free, runs from 7 am to 11 pm daily, and stops every 12-15 minutes.

The Bayline Route map and schedule can be found on BATA's website at [bata.net](http://bata.net).





# 2019 Concerts

## ON THE LAWN

GRAND TRAVERSE PAVILIONS



**FREE  
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FAMILIES!**



**Thursdays @ 7:00 pm**

Enjoy a summer evening with great music, family and good friends. Bring a chair, blanket or picnic. Food, ice cream & beverages are available from 5:30 to 7:30 pm. Jump on the Bayline Bus, it's free & easy!

- JUNE 6** DOMINIC FORTUNA
- JUNE 13** THE GORDON LIGHTFOOT TRIBUTE
- JUNE 20** THE DREW HALE BAND
- JUNE 27** THE OVERTONES
- JULY 4** THE CHERRY BLOSSOM RAMBLERS
- JULY 11** MIRIAM PICO & FRIENDS
- JULY 18** GRAND TRAVERSE PIPES & DRUMS
- JULY 25** THE PETOSKEY STEEL DRUM BAND
- AUG 1** COOL LEMON JAZZ
- AUG 8** BAY AREA BIG BAND
- AUG 15** JIM HAWLEY: REMEMBERING DAN FOGELBERG
- AUG 22** K. JONES & THE BENZIE PLAYBOYS
- AUG 29** THE BACKROOM GANG

\*Concerts are subject to change due to weather.

**Support the powerful work of the Foundation.**

Free goodwill donations at the concerts will go directly to supporting the Grand Traverse Pavilions Foundation's efforts to care for the elderly in our community.

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### MEDIA SPONSORS



# 60 Years of Service and Support

The Grand Traverse region has a proud history of supporting our community's frail and elderly. That tradition has been the cornerstone of the Grand Traverse Pavilions, and its legacy organization the Grand Traverse Medical Care Facility, as a component of Grand Traverse County's aging-adult services. In our last issue of Legacy we celebrated our history, in this issue we are asking that you join the celebration by considering a gift to ensure on-going support to the Grand Traverse Pavilions Mission "To provide accessible, trusted and compassionate care that enhances quality of life for aging adults."

Each year the Grand Traverse Pavilions provides more than \$4.5 million in unreimbursed medical expenses and charity care for our residents, making us one of the most beneficial community based health services in the region. As the number of aging adults continues to grow, so will the need for our services and programs, to meet the anticipated needs we look to the community's ongoing support.

We ask you to consider joining our \$60 for the 60th Annual Campaign. For those that have made modest gifts to the Grand Traverse Pavilions in the past we ask that you consider a gift of \$60 to join the celebration and be listed as a supporter. For those who are able to do more, we welcome your support of either \$100 or \$250 to establish a brick which will be engraved with your personal message and placed in our Pavilions Plaza as a lasting demonstration of your commitment to our mission. Yet others may want to make a gift to support either a park bench with a \$1,000 gift, or a handicapped accessible table at the \$2,500 level, to be placed on the Grand Lawn complete with a personalized plaque to honor your gift.

Whatever your ability, please know we are grateful for your support. Attached is a giving envelope to initiate your gift. For gifts of \$100 or more, we will reach out to confirm how you would like us to acknowledge your generous support.

## Guest Columns

Legacy readers are invited to submit stories and story ideas. Stories should be related to the Grand Traverse Pavilions and its residents; successful aging; health and wellness; or issues aging adults and their caregivers face.

### Guidelines

- Approximately 350 words
  - Digital photos must be at least 300 pixels per inch
  - You must own the rights to any photo submitted
- Stories and story ideas can be submitted to Elizabeth Sonnabend at [esonnabend@gtpavilions.org](mailto:esonnabend@gtpavilions.org).

New! Advertise in the

## Legacy

Put out quarterly by the Pavilions, our publication now offers a select group of supporters the chance to advertise!

Our 2019 publications will feature 16 pages of content covering the issues faced by the area's aging population from maintaining senior independence to caring for your loved one at home. Distribution is over 2,500 and growing!

### Ad Rates

1X .....	\$500 per ad
2X .....	\$475 per ad
3X .....	\$425 per ad
4X .....	\$375 per ad

### Closing Dates

Winter—Senior Independence .....	1/11/19
Spring—Successful Aging .....	4/12/19
Summer—Health & Wellness .....	5/12/19
Fall—Caregiving .....	10/11/19

All ads are a quarter page vertical, 3.375 x 4.75 inches, full color. Ads can be submitted as Acrobat PDF, InDesign, Illustrator or Photoshop files. Artwork must be 200dpi and all colors must be set up in Cyan-Magenta-Yellow-Black (CMYK) values. Ads can be produced for advertisers for a fee.

Grand Traverse Pavilions Foundation • Phone: (231) 932-3018 • [jweir@gtpavilions.org](mailto:jweir@gtpavilions.org)





# Live Soulfully

Grand Traverse Pavilions celebrated National Skilled Nursing Care Week May 12-18. The theme for this year was Live Soulfully with a focus on happy minds and healthy souls. Events included music, gardening, cardio drumming, and a variety of treats. We also premiered the Grand Traverse Pavilions lip sync video for Miriam Pico's "Spend a Little Time with Me" from her Travel Happy album. Miriam even came in for an appearance with residents, staff and family members.

The video can be viewed on our Facebook page at [facebook.com/grandtraversepavilions](https://facebook.com/grandtraversepavilions).



Staff participate in cardio drumming led by staff member Judy Sheffer under the gazebo on the grand lawn.



Miriam Pico poses with residents, staff members, child care participants and family members during the shooting of the lip sync video.



CEO/Administrator Kory Hansen and Human Resources Director Diane Mallory grill hot dogs for staff.



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*Miriam Pico, Spokesperson*

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## Are you over 70½?

Individuals over 70 and a half years of age can make a charitable rollover gift from their individual retirement account (IRA). Your gift will count toward the required minimum distribution and will not be taxed. Please consider this opportunity to support programs and services for less fortunate elderly in our community by contacting the Grand Traverse Pavilions Foundation at (231) 932-3018.



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# Caregivers Conference

**Saturday, June 8, 2019 | 9am to 2pm**



A FREE conference for unpaid caregivers featuring sessions on important issues including:

- Legal documents
- Medicare/Medicaid benefits
- Veteran's benefits
- Hospice benefits
- Advance directives
- Housing
- Demetia care

Respite care available

Space is limited, register at [gtpavilions.org/caregivers](http://gtpavilions.org/caregivers)

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