

Reshaping Aging™

A PUBLICATION OF NORWOOD LIFE CARE FOUNDATION, NORWOOD CROSSING AND NORWOOD SENIORS NETWORK

CELEBRATING A MILESTONE

Long-time supporters and former board chair, Dick and Vivian Fjeldheim, hosted a luncheon on October 15 for all Norwood Crossing staff members to commemorate their 50th wedding anniversary. As so much of their volunteering has revolved around Norwood Crossing over the past several decades, it was fitting to have so many employees join in the celebration. Staff members were treated to fresh crudités, a cheese board, fruit tray and carving station. Punch and cake were also served. It was a special and generous gift from the Fjeldheims who brought their wedding album and current pictures of their family members for us to view. Seeing Vivian's lovely gown and Dick's happy grin on their wedding day 50 years ago was a real treat. Thank you, Dick and Vivian, for honoring us on your special day.



INSIDE THIS ISSUE

| | |
|-----------------------|---|
| WELCOME | 2 |
| ART SHOW | 2 |
| RESHAPING AGING | 3 |
| WELLNESS CENTER | 3 |
| 5 STARS | 4 |
| GOLF OUTING | 4 |
| PICNIC | 4 |

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WELCOME FROM OUR NEW FOUNDATION DIRECTOR

Greetings!

Late this summer, I assumed the position of Executive Director at Norwood Life Care Foundation. I am delighted to be back where I served as Director of Development, and then Director of the Foundation, from late 1995 to 2001. A lot has changed in the intervening nine years. My two children have grown from toddlers to a teen and a "tween". And, perhaps because of that, I have a few more gray hairs on my head.

Things at Norwood have certainly changed too – not only in name but in the size and scope of the organization. One thing hasn't changed, however, and that is the most important thing of all: Norwood's unique and unparalleled dedication to compassionate, caring service. When I came back to Norwood, I was delighted to see many of the same employees on staff, and even a handful of the same residents! On both counts, that speaks to the wonderful atmosphere and great care that is provided here.

Our new Assisted Living building is impressive, both outside and in. The units are modern and well-designed and the common areas are warm and inviting. Walking the halls in the Memory Support unit, I was greeted by two friendly dogs and charming, resident-produced artwork. Quite simply, it feels like home.

Over the coming months, I will do my best to communicate with you, our extended family, about the current challenges and opportunities, achievements and needs of our organization. I will ask for your help when needed. I hope that you will join with us as a donor and/or volunteer to keep Norwood Crossing and Norwood Seniors Network the successful organizations that they are.

Thank you and Happy Holidays to you and yours.

Maureen McCarthy
Executive Director
Norwood Life Care Foundation

ART FROM THE HEART

The grand opening of this fall's Annual Norwood Crossing Art Show was a big success. Art pieces from residents, staff and community members were on display in our hallways for all to admire. The opening reception, held on November 5, greeted artists and art lovers alike with refreshments, harp music and good cheer. Our bi-annual art shows demonstrate the depth of our Life Enrichment, Art Therapy and Expressive Arts programs. Look for Norwood Crossing's next art show in the spring of 2011.

Just a few weeks prior to the art show, two of our art therapists, Kaye Pryor-Shaddock and Tom Lindquist, ran in Chicago's half marathon. They raised over \$1,300 for the Expressive Arts program at Norwood Crossing from their Art of Running for Norwood sponsors. Kaye and Tom are excited to buy more supplies for residents' art work with the money they raised. Our heartfelt thanks go to Kaye and Tom for running and to their many sponsors for giving!



WELLNESS PLANS UNVEILED

Wellness will be a way of life for the next generation of Norwood Crossing seniors. To meet the current and future needs of our residents, the Norwood Life Care Foundation is planning to construct a new Wellness Center at Norwood Crossing. The Wellness Center will serve our residents' "whole person" with a spa, café, physical therapy, meditation room and library. It will be located on the ground floor near the main entrance and will serve all Norwood Crossing residents. Preliminary plans were unveiled at a recent donor gathering.

We need to raise \$250,000 to fund the project and are already halfway to our goal! We hope to have it completed by summer 2011. Call Maureen McCarthy at 773-577-5367 to learn about giving opportunities. Watch for more information about our exciting new Wellness Center.



WAYS TO SUPPORT *Reshaping Aging™* FOR OUR SENIORS:

Norwood Life Care Foundation is grateful for support in many forms. Here are a few giving methods that may be of interest.

OUTRIGHT CASH GIFTS: Straight cash gifts make an immediate positive impact on our ability to serve our residents. Gifts may be made in honor or in memory of loved ones.

PLEDGES: Gifts may be pledged over a period of months or years. Donors may deduct the amount of the actual gift given in a particular year, rather than the total pledged amount.

MATCHING GIFTS: Your employer may have a matching gift program that will double or triple the amount of your gift. Check with your company HR department for details.

APPRECIATED SECURITIES: Gift of appreciated securities are welcomed by the Norwood Life Care Foundation. Typically, investments that you have owned for longer than one year may be deducted at their current value.

IRA GIFTS: Lawmakers will soon be meeting to extend a provision which allows donors who are 70 ½ or older to contribute up to \$100,000 per year from their IRA directly to an eligible charity without having to pay income taxes on the money. A couple with separate IRAs could each give up to that amount. Note that the withdrawal must go directly from the IRA to the charity. Individuals who are required to take unneeded IRA withdrawals may find the provision of particular interest.

CHARITABLE GIFT ANNUITY: With a charitable gift annuity, you can make a gift to the Foundation and, in turn, receive annuity payments for the rest of your life. Fixed payments, income tax deduction for itemizers, partial bypass of capital gains tax, possible reduction of estate taxes – these and other benefits make a gift annuity a prudent option for many of our older friends. Please note that we issue gift annuities only to those who are 65 years and over, and we require a minimum gift of \$5,000.

LEGACY GIFT: Those special friends who have included us in their estate plans – whether through a bequest, trust vehicle, or a charitable gift annuity – are members of the Norwood Life Care Foundation Legacy Society. We are profoundly grateful to all past, current and future planned giving donors for leaving a legacy of life enrichment for generations of seniors to come.

**For more information on any of these giving methods, please contact
Maureen McCarthy, Executive Director of the Norwood Life Care Foundation,
at (773) 577-5367.**





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Norwood Crossing
Norwood Seniors Network

FIVE STARS FOR NORWOOD

We are proud to announce that Norwood Crossing received a five-star overall quality rating from the Illinois Centers for Medicare & Medicaid Services this September. Five stars is the highest accreditation an Illinois facility can receive. This year's rating for Norwood Crossing represents an improvement from last year's respectable four-star rating.

The rating is based on three categories: a three-year history of Illinois Department of Public Health inspection results, the resident/nursing staff hourly ratio, and residents' physical and clinical quality measures, such as falls and wound care outcomes.

The Centers for Medicare & Medicaid Services publishes its ratings specifically to help consumers, family members and caregivers compare nursing homes. This rating reflects the high standards of our staff and administration and the excellent quality of care provided at Norwood Crossing. Good job, everyone!

TEE IT UP FOR NORWOOD



Sunscreen and lots of water were the order of the day at this year's Golf Outing. Despite the heat, nearly 100 golfers joined us on August 9th at Klein Creek Golf Club in Winfield, Illinois to play, eat, enjoy the festivities and raise money for Norwood Life Care Foundation. Our 12th annual golf outing was sponsored by Charter One Bank, Frost, Rittenberg & Rothblatt, Aramark Senior Living Services, Morrison Senior Dining and Managed Health Care Associates. We take off our hats to our generous sponsors who ensured the success of the day.

FUN IN THE SUN

Norwood Crossing's 114th Annual Picnic (held on August 29th) was a big success. The skies stayed dry and everyone had a good time. The day was generously underwritten by resident family members Bob and Nancy Wersto and by Sysco Systems. Residents, employees and friends brought their families and everyone from the babes-in-arms to our long-time residents had a great time. Bluegrass music by the Dime Store String Band filled the air while grilled lunch goodies and Norwegian fløtegrøt pudding filled our tummies. Children who attended enjoyed cooling off with our many games, especially those water balloons! For Your Canine Pet Therapy volunteers entertained us with their demonstration of dog tricks and activities. All in all, it was a wonderful day celebrating our Norwood Crossing family.

