



St. Louis Spirit



Spring 2019

St. Louis Center Station is waiting for passengers ...



P2

Spring Break was filled with fun and laughter ...



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Residents are Digging in to learn the power of therapeutic horticulture ...



P4

Win a Trip for two to Alaska ...



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12 Basic Montessori Principles for teaching with our hands ...



P7



Staff Learns to 'Teach with their Hands'

Dr. Cameron Camp and his associate Mr. Vince Antenucci presented a three-day specialized training in the Montessori teaching method for older adults with I/DD at St. Louis Center. Dr. Camp is the Director of the Center for Applied Research in Dementia in Cleveland, OH. His presence was provided for by a grant from the MI Health Endowment Fund.

Montessori is a method of education that is based on self-directed activity, hands-on learning and collaborative play, and Dr. Camp's research has shown that this training which was first developed for children, is also effective for people with special needs.

Wednesday, February 20th, forty-five people from the local community attended a Special Needs Forum at SLC, where Dr. Camp laid out his vision for a Montessori program to make SLC a "Center of Excellence" in Michigan. On February 21st & 22nd, he trained forty members of the SLC staff in how to apply Montessori methods to SLC's diverse mix of residents.

According to Dr. Camp, "The amount of time you can engage your residents in meaningful activity, is the amount of time you won't have to deal with problems. Montessori will give you the tools to engage your residents." Dr. Camp will be a regular visitor to SLC during the next two years. In the second year, this training will be offered to the community.

Around the Village



I want to wish everyone my best for a very blessed and grace filled Easter Celebration. It is the center of what we believe and the reason why St Louis Center is in existence. HAPPY EASTER to all!

I congratulate **Dr. Robert Gordon** for his appointment as Director of the **Michigan Department Health and Human Services**, along with **Elizabeth Hertel** as Chief Deputy Director for Administration. Another big thank you goes out to those of you who constantly go the extra mile in helping SLC grow, allowing us to provide quality services through your personal commitment and time, as well as through your financial contributions. As you know SLC relies on private donations for one third of its operational expenses. Doing so, you are the hand of **God's Providence** for His precious people.

I am also pleased to announce that several residents are attending therapeutic classes in gardening through the generosity of **Peggy Cole**, the former Development Director of SLC. Those who are participating are very eager to see their accomplishments.

The Legacy Campaign committee has started working on the next phase of construction at St. Louis Guanella Village, which will soon see five additional new buildings on campus. There will be two cottages for persons with intellectual and developmental disabilities, an administrative offices building, a single family home and a duplex unit.

Dr. Cameron Camp has begun training the staff on Montessori Inspired Lifestyle principles, focusing on persons with intellectual and developmental disabilities and dementia. His associate, **Vincent Antenucci**, is following-up on a monthly basis with the training. After the staff preparation, it will be offered to the larger community.

I would like to express my congratulations to **Fr. William J. Canon Turner**, Pastor of St. Mary Parish in Chelsea, on the 40th Anniversary of his priesthood.

Again HAPPY EASTER to all!

Fr. Euro Ashlari

The Train is on the Tracks



On Tuesday, March 19th Rev. John R. Morris and his family dedicated three sets of model "O" scale Lionel trains and a complete scale model village to the Adult Day Program at St. Louis Center for the residents to operate and enjoy. Rev. Morris, who was the former pastor of Zion Lutheran Church in Freedom Twp., was present with his wife, Karol, his son David, and their daughter Deborah Colesa.



#DTECares Strikes Again

The DTE Care Force Teams have been busy since the 2010 enterprise-wide initiative kicked off. The first Care Force Team encountered St. Louis Center residents in December 2018, sponsoring a pizza lunch and bowling match at Belmark Lanes. Ken Klovski, Senior Controller Generation Optimization Group, organized the December event and the recent March 21, 2019 event. His Care Force Team, led by Mike Fortini, Principal Supervisor Merchant Operations, is quickly becoming popular with the residents. Jerome remarked, "Bowling is more fun with them. We really want to go again." Some of the residents can only make their joy known through their laughter and high fives, but Mike shared, "I got a spare and a strike. My team had fun."

The long-term joy that Mr. Fortini's Care Force Team brings to the SLC residents is priceless.

Together for Choice Welcomes New CMS Guidance on HCBS Settings

CHICAGO, March 26, 2019 /PRNewswire/ -- Together for Choice (TFC) issued the following statement in response to the Centers for Medicare & Medicaid Services' (CMS) issuance of new guidance relating to the settings in which individuals receiving Medicaid home- and community-based services (HCBS) may live and/or receive services:

“CMS’s guidance will make it easier for individuals with intellectual and developmental disabilities to continue to live and receive services in settings that they choose for themselves and that best meet their needs. Personal autonomy has been a hallmark of the disability rights movement, and this guidance is a step in the right direction to ensuring individuals and their legal guardians have the right to choose where to live and receive services.

“TFC thanks CMS — and in particular Administrator Seema Verma, Deputy Administrator Chris Traylor, Group Director Michael Nardone, Ralph Lollar and Melissa Harris — for their leadership and continued engagement with stakeholders on this issue.”

The guidance, issued on Friday, March 22nd, supersedes and replaces prior guidance on the criteria of an isolating setting, which presumed disability-specific settings to have the qualities of an institution regardless of the quality and types of services provided by the setting. The previous guidance threatened to force individuals with intellectual

and developmental disabilities to leave the community they have chosen in which they had lived and/or received services for years, and it would have substantially limited the choices available to them. In contrast, the new guidance is outcome-oriented based on choice and person-centered plan.



Steven was excited to move into a new house in St. Louis Guanella Village.

While TFC applauds the new guidance, it urges CMS to take further steps to maximize choice for individuals with intellectual and developmental disabilities. Scott Mendel, Chairman of TFC and member of the Misericordia Advisory Board in Chicago, stated: “In addition to this guidance, we ask CMS to amend the Settings Rule to eliminate the ‘heightened scrutiny’ process altogether. This ill-defined process adds unnecessary administrative costs, confusion and uncertainty. If a setting otherwise meets all

the robust requirements in the Settings Rule, there is no need for it to be subjected to ‘heightened scrutiny.’” Mendel added: “We also request that CMS expressly clarify that settings specifically designed for individuals with disabilities should be treated no differently than, and be subject to the same standards as, other settings in which individuals live and/or receive Medicaid HCBS. It is critical that the individual and his or her family choose where to live and receive services based on individual needs and preferences, rather than have the government dictate such choices.”

For more information about TFC, please visit www.togetherforchoice.org.

Spring Break

Most children look forward to enjoying time off school for spring break, but children who thrive on routine can sometimes find the break challenging. In order to keep the residents who stayed at home March 25th-29th engaged, Cindy Hoard, daytime supervisor, planned activities for each day. On Monday the younger residents had the opportunity to deliver Meals on Wheels. Tuesday there was a campus-wide scavenger hunt. Wednesday many were taken to the Whitetail Deer Museum in Grass Lake. Thursday was their chance to eat lunch and play at the park. Friday was a trip to the movies to see Dumbo. Each day the entire campus dined together for lunch in the main building.



Prom of the 4th Degree



Vicki Walrath has been planning the prom for years at our Lady of Fatima in Michigan Center, MI and she never tires of the fun.

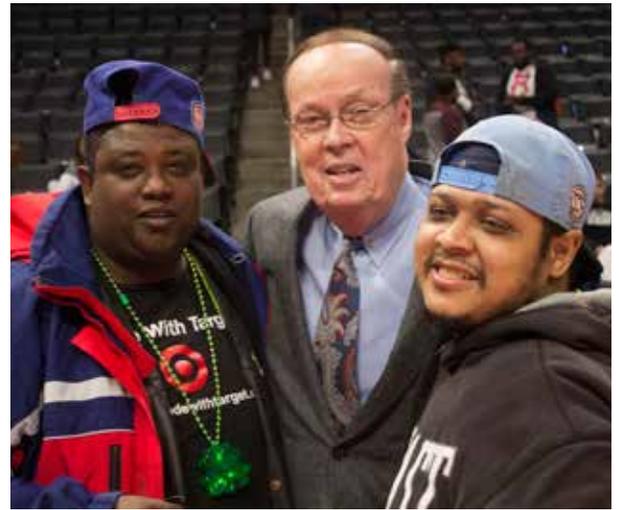
One of Vicki's favorite parts of the evening is when everyone arrives. Members of the Knights of Columbus 4th Degree decked out in their regalia form a tunnel with their swords drawn and held high through which attendees are welcomed.

The guests enjoy seeing their friends, sharing a meal and dancing. Joe DeBoe of Ghost rider

DJ Service has volunteered his time to provide music and lighting for this event each year. This year the prom was held on Saturday, March 30th with special collaboration from the Alhambra Manresa Caravan. Supreme Director, Cliff Dake attended the event. Grand Commander, John Zilla, provided pizza for the volunteers and guests. The twenty SLC residents that attended were very grateful for the opportunity to make new friends and dance.

Happy HOOPla

The residents of St. Louis Center were once again treated to a night of professional basketball hosted by the hometown Detroit Pistons on April 3rd. There were 30 SLC residents and staff members at the game, who were guests of Pistons play-by-play television announcer George Blaha, who invited the group down to the floor of Little Caesar's Arena at the end of the game for handshakes and photographs.



Botanical Breakthrough



Tuesday evenings have quickly become a favorite day of the week for a small group of St. Louis Center residents.

Peggy Cole, former SLC Development Director, has invited them to explore the benefits of therapeutic horticulture at her studio in Dexter called Breakthrough Therapeutic Horticulture. Peggy is now a Certified Horticultural Therapist and is eager to share

the benefits of this growing health practice with our residents. Studies show that people who engage in therapeutic horticulture often reduce feelings of anxiety and depression, improve memory and cognitive ability, build language and socialization skills, and improve focus coordination, balance and endurance. A long term goal is to learn to work more independently and strengthen muscles through engaging in mindful botanical activities.

Since their classes began on March 19th, Rick Visel has noted that, **“On the day of the class they are beside themselves with happiness. They return home beaming with pride in what they have created.”**

It may be too soon to assess the long term benefits for each individual, but the enthusiasm and joy in each participant is quite palpable.



St. Louis Center Day at the Capitol

Hosted by Sen. Peter Lucido

Binsfeld Office Building

201 Townsend Street, Suite #3900

Lansing, MI 48933

April 30, 2019 | 8:30 am - 1:00 pm

RSVP:

Joe Yekulis, Public Relations Director

St. Louis Center

734-475-8430

joey@stlouiscenter.org

Light refreshments will be served during breakfast and lunch hours

Receive Newsletter by Email To reduce our postage costs, receive the newsletter digitally by emailing: kellyf@stlouiscenter.org

Join Us!!

Italian American Club of Lansing
Announces

Italian Dinner Night

Saturday, May 4, 2019

Immaculate Heart of Mary Parish Hall
3815 S. Cedar St., Lansing MI

Tickets: \$20/Adults \$10/Children

For tickets or info, please call **Bill** at (989)277-2914 or **Tony** at (517)974-1706



paesano

Join St. Louis Center

Sunday, June 23, 2019
to honor

Al Zangara

at Paesano in Ann Arbor

Contact Joe Yekulis, PR Director, to purchase your tickets today.
734-475-8430 or joey@stlouiscenter.org

WIN A 10-DAY ALASKA TOUR PACKAGE

7-DAY INSIDE PASSAGE CRUISE PLUS 3-DAY LAND TOUR FOR 2 PEOPLE



St. Louis Center

invites you to support children and adults with developmental disabilities through this raffle.



Enjoy Alaska's two greatest sights **Glacier Bay National Park** on a **Royal Caribbean** cruise along with magnificent **Denali National Park**. Airfare included.

Drawing to be held on
JUNE 24, 2019
at the
GOLF & GLORY OUTING
(need not be present to win)

To purchase online,
scan here



RAFFLE TICKETS ARE \$25 EACH OR 5/\$100

Send checks made payable to "St. Louis Center," 16195 Old US Hwy. 12, Chelsea, MI 48118

Call 734-475-8430 or visit stlouiscenter.org for more information.

See next page for more information.

Montessori Lifestyle Emerges



Even before the initial training by Dr. Camp was complete, staff members who were being trained were already thinking about how the Montessori Inspired Lifestyle could find a home at St. Louis Center.

The supervisors have been busy teaching Direct Care Staff about the key principles. The entire staff has started to work together to find ways to incorporate what they learned into every day life for the residents.

Joyce Liebeck, Kitchen Supervisor, has started a weekly cooking club. Residents come to the main kitchen and learn how to prepare meals or dishes that match their abilities. Some of the adults are preparing Friday dinner for the whole campus.

In one of the adult homes the staff has implemented the use of templates to help the residents properly set the table.

The women who reside in Our Lady of Providence Hall now have a chore chart where they can choose which chores they would like to do each day.

The men who reside in St. Joe Hall have started a walking club and are tracking their total mileage.

Many other activities are in the planning stage around the campus. Watch for updates as our Montessori training continues.

Key Montessori Principals

- The activity should have a sense of purpose and capture interest.
- Invite the person to participate.
- Offer choice whenever possible.
- Demonstrate more, talk less.
- Physical skills should focus on what the person can do.
- Match your speed to theirs, slow down!
- Use visual hints, cues or templates.
- Give the person something to hold.
- Go from simple to more complex.
- Break a task down into steps.
- To end, ask: "Did you enjoy doing this?" and "Would you like to do this again?"
- There is no right or wrong. Think engagement.



Transportation Needs

With the aging of some of our residents, it is necessary to add a wheelchair-accessible van to our fleet of vehicles to more safely transport these residents. Please help us fulfill our need to purchase a full size van outfitted with a wheelchair lift. Fill out the coupon at right and remit to:

St. Louis Center,
16195 W. Old US Hwy 12,
Chelsea MI 48118.

*all recurring gifts can be stopped by calling St. Louis Center.

Prefer to donate online? Go to:
<https://stlouiscenter.org/giving/give-now/>

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____

E-Mail: _____

Please make my listed donation amount (below) a recurring monthly gift.*

\$25 \$50 \$100 \$250 \$500 Other: _____

Payment Type: Check Cash Credit Card

Name on Card: _____

Card Number: _____

Exp. Date: _____ Security Code: _____

Upcoming Events

Dexter Ladies Auxiliary Quartermania

Wednesday, April 24, 2019
Columbus Hall - Dexter MI

Italian American Club of Lansing

Saturday, May 4, 2019
Lansing MI

Paesano's Dinner

Sunday, June 23, 2019
Paesano- Ann Arbor MI

Golf & Glory Outing Alaskan Cruise Raffle

Monday, June 24, 2019
UM Golf Course - Ann Arbor MI

Memorial Golf Outing

Saturday, July 20, 2019
Pierce Lake Golf Course - Chelsea MI

Dad & Lad Outing

Wednesday, August 7, 2019
Twin Lakes Golf Club - Oakland MI

SLC Annual Car Show

Sunday, September 16, 2019
St. Louis Center - Chelsea MI

Randazzo Men's Social

Thursday, September 19, 2019
Randazzo Fresh Foods Market - Macomb

For more information,
please visit our website:

www.stlouiscenter.org

St. Louis Center Community Advisory Council

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Willard Johnson
William Lamb, JD
George Mallison
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(MI State Deputy, KofC)



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In Memory of Our Friends

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Angelo Lamia
Peter Joseph Lucido
Rosalie Macerati
Walter Melonio
Kitty Moore
Ernestine Nobles
David Sabol
Elaine Soave
Doris Stafford
Dr. John W. Thomas
Edna Wenk



J. Vincent (Vince) Burg passed away at the age of 89 on March 2, 2019. He was a well known figure in the Chelsea Community and St. Mary Parish. Born in Chelsea on January 16, 1930, Vince was the youngest of seven children. He attended St. Mary Catholic School through 8th grade, and finished his education by graduating from Chelsea High School and Ferris State University with a Pharmacy degree. He joined the U.S. Army in 1952, serving in the Korean War as a member of the 47th Mobile Army Surgical Hospital (MASH) Unit. He returned home to work at Chelsea Pharmacy and later Weatherwax Pharmacy in Jackson, working a total of 32 years as a pharmacist and retiring in 1996. Vince was also the last remaining Charter member (1949) of St. Louis Guanelia

Knights of Columbus Council #3092 in Chelsea and a member of the 4th Degree. He leaves behind his wife Shirley, and their six children and their families. Mass of Christian burial will take place at St. Mary Catholic Church, Chelsea, at 10:00 a.m. on Saturday, May 4, 2019, with donations requested for St. Louis Center.



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