



The Gentleman

JANUARY 2016

1501 E. GANSON ST. JACKSON, MI 49202

PHONE: 517-783-4134

FROM THE ADMINISTRATORS DESK



**Carrie Good, MA
Administrator**

Someone recently asked me what I love most about my job. Immediately, I had a flood of faces come into my head.

I remember the first time that a resident said “thank you.” He is a double amputee and has been a resident here since 1999. We had just finished the elevator project and for the first time, he was able to

get downstairs safely. What an incredible feeling it was to give him that support.

I will never forget the first time I witnessed the death of a resident. It was so hard, but it was my greatest honor to hold his hand until he passed away. I will never forget that moment.

I’ve had the amazing opportunity to help a resident reconcile with his family after 20 years of separation. The joy was overwhelming. That was the best reunion I have ever seen!

I love my job.

I cannot wait for 2016 and all of the people I will meet. I have had the pleasure of knowing more than 250 residents. I am so grateful for all they have taught me. The John George Home has made such an impact on my life, the lives of our men and the community as a whole. Let’s make this year count and make sure that we are doing all we can to fill our hearts and minds with happiness and health.

RESIDENT SPOTLIGHT

MEET BILL LINDE

Bill came to the John George Home in August of last year with a feeling of uncertainty about how he would like living with a “bunch of old guys.” He is 64 years old and still feels young at heart. Bill retired after working for 30 years as a janitor at Midland Public Schools. “I love to clean,” he said with a big smile on his face. Working with the children was his favorite part of the job. Bill believes that his ability to listen to others came from the hundreds of kids that he connected with at the school.

Bill’s wife of 30 years unfortunately passed away in 2005. “She was the best person I have ever known,” Bill said. They had two sons together, Joe and Joshua. Joe shared Bill’s passion for sports, especially baseball and football. Joshua pursued his interests in theatre. “The boys were completely different, but I loved watching them, no matter what they chose to do.”

Bill’s favorite part of living at the John George Home has been the responsibilities he has taken on in mentoring the younger residents that cannot read or write. He has “adopted” a resident that he reads to twice a day. Bill receives a lot of satisfaction from the experience. “I feel it is my role to give back, especially for the new residents that move in. I remember how scary it was and I want to help them get adjusted.” Bill said that he is most discouraged with his inability to get around as much as he used to, but is excited that the Home encourages healthy living. “I want to see my grandkids grow up, so it’s time for me to lose some weight and get back on my feet.”



JOHN GEORGE HOME BOARD OF TRUSTEES 2016

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Stress Management

I don't know about you, but I think the holidays bring more stress than we realize. Making sure that all of the decorations are up, gifts are wrapped and desserts are made is just the beginning.

For the men at John George there is additional stress related to missing family, losing independence and lack of mobility.

Stress can actually take over your life if you are not doing something to address it. At the Home, we work diligently to provide opportunities for the men to decrease stress, including arts and crafts, reading and games. This year we have added daily exercise class and meditation, which has

made a huge impact on their mental and physical health. According to *Life Transitions*, life's challenges can be great and varied. When we have a variety of support and tools to face life's challenges we are equipped to reduce our response to stress. By maintaining a balanced routine, we also model healthy stress management for those around us. Many of the residents feel much better after exercise class and as a result, the staff can actually see changes in their behavior and depression. Let's make it a point to reduce stress in our lives so that we can enjoy the blessings we have been given.



WISH LIST

Laundry

Detergent

Twin Sheets and
Blankets

Twin Mattress
Covers

Pillows

Towels and Wash
cloths

Body Wash

Kleenex

Paper Towel

Bus Passes

Denture Cups

Electric Razors

JGH Past President Honored



Marty Griffin honorably served as the President of the Board of Trustees for four years, completing this term in December of 2015.

Marty lead our organization through major growth and renovations. Leading our volunteer Board of Trustees requires additional time and hard work. We are so grateful to Marty for his service and dedication to our mission. He remains a constant source of support and continues to offer leadership. Marty will continue to faithfully serve on our board as Elmer Hitt, City of Jackson Deputy Chief, takes over as President in 2016.

Seeking Volunteers

We need volunteers to help with the following:

Transport: Driving residents to dialysis. 10 minutes per trip. Drop off and pick up three times per week.

Conversation: Extra TLC for our Hospice Residents. Reading, talking and playing games.

Arts and Crafts: Our goal is to offer one craft activity per day. You can sign up to instruct a class once a month or once a week.

Call **517-783-4134** and ask for our Activities Director, Gay.

2015 Year in Review



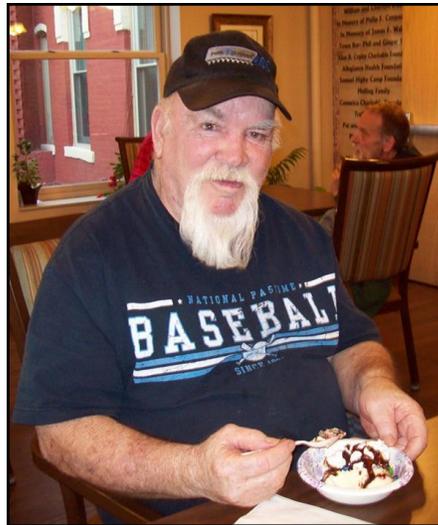
St. Patrick's Day Contest!



Annual Lions Club Picnic



Go Tigers!



The men enjoy their monthly trivia and sundaes with Faith Haven.



The new Mongoose Club Golf League — the men are working on their swings. Please feel free to stop by and play a game with us as soon as the weather warms up!

The men had a blast during their annual Halloween pumpkin carving contest. Thank you Civitan group for the pumpkins!



John George and the Friendly Home celebrate Halloween in style!



The holidays are a time full of giving and gratitude. Thank you to all of our donors and volunteers who helped make this holiday season one of the best for our residents.

Did you know...

- 11 Veterans live at the John George Home
- 25 employees work to ensure safety and excellent care 24/7
- 98% of all residents are extremely low-income
- 10% of the men are 90 years or older.
- \$38,000 worth of clothes, personal care items, food and medical supplies were donated in 2015.

KEEP YOUR BRAIN SHARP WITH SODOKU!

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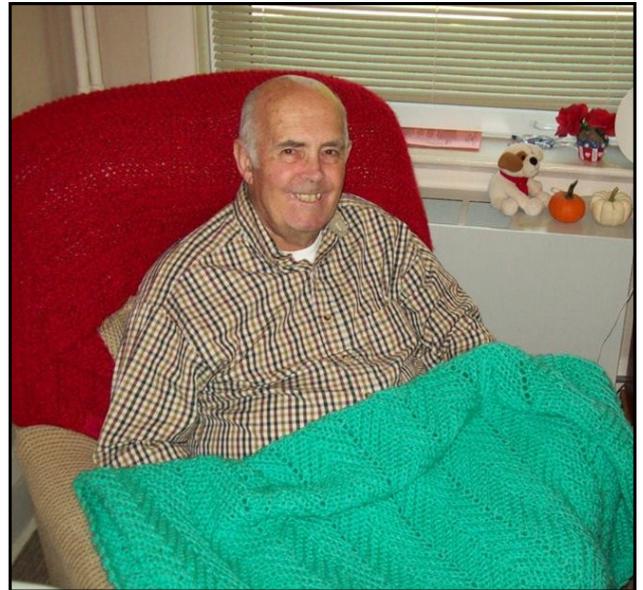
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John George Home
1501 E Ganson St.
Jackson, MI 49202
517-783-4134
www.johngeorgehome.com

In Memory of...



Lawrence Minneker

8/11/1936 - 10/24/2015

We will miss your smile. Rest in peace, friend.

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