

# Legacy

Investing Today to Impact Tomorrow

**BEST**  
NURSING HOMES

**U.S. News** & WORLD REPORT

LONG-TERM CARE  
2021-22

**BEST**  
NURSING HOMES

**U.S. News** & WORLD REPORT

SHORT-TERM  
REHABILITATION  
2021-22

*Again!*

We are honored that this is the second year in a row that the Pavilions have been recognized for excellence by U.S. News and World Report as one of “The Best Nursing Homes in Michigan” (2020-21, and 2021-22).

Rose Coleman, CEO/Administrator

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- ▶ **Caring for Others is a Privilege**
- ▶ **Leading Age Nominees**
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# A Grand Mission



The mission of the Grand Traverse Pavilions is to provide accessible, trusted and compassionate care that enhances quality of life for aging adults. As the region's first and only public, nonprofit Continuum of Care the Pavilions features:

- Long-term Skilled Nursing Care
- Short-term Rehab
- The Wellness Center: Inpatient and Outpatient Therapy
- The Cottages: Independent and Assisted Living
- Overnight Respite and Adult Day Services

Among the top employers in Grand Traverse County with over 300 employees, The Pavilions injects more than \$30 million into the local economy making a significant economic impact in our community. Grand Traverse Pavilions has operated financially self-sufficient for over 30 years and does not rely on allocation of county general funds or an operational millage while providing \$4.4 million worth of charitable care annually to some of the area's most vulnerable citizens.

With residents, participants, therapy patients, volunteers, and staff, Grand Traverse Pavilions is more than just a nursing home. It's a grand community of caring for generations.



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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 Deb at [dallen@gtpavilions.org](mailto:dallen@gtpavilions.org) or call (231) 932-3020. 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.

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# Back to Basics

At a time when nothing seems “normal” it is often wise to refocus on the basics. At Grand Traverse Pavilions that means focusing on three key goals this year; our staff, our residents, and our financial stability. The order of these items is very purposeful; with “Staffing” being first. The rationale is simple, to care for our residents we need a team of skilled healthcare and support service staff to effectively provide that care. You may have heard that our country is facing a national healthcare worker shortage. In 2019, pre-pandemic, it was estimated that there was a shortage of more than 30,000 direct healthcare workers in Michigan. Today, that number is estimated at more than 178,000 over the next few years. The staffing issue has been further complicated by the recent mandate that took effect this month for healthcare workers to be fully vaccinated. Healthcare organizations jeopardize receiving fines or potential funding cuts if they don’t comply with these regulations. In anticipation of these requirements, the Pavilions implemented a process to educate and discuss options with essential staff to find ways to address their concerns and make special accommodations where appropriate. We are very pleased to report that as of this publication going to print, 99.3% of the Pavilions residents, as well as, 90% of the Skilled Nursing Facility SNF staff the have been vaccinated.

This year, the Pavilions has been recognized nationally by U.S. News and World Report, as well as, Newsweek as one of the nation’s Best Nursing Homes. We understand that resident and employee vaccination rates were a key component of the award criteria. We are honored that this is the second year in a row that the Pavilions have been recognized for excellence by U.S. News and World Report as a one of “The Best Nursing Homes in Michigan” (2020-21, and 2021-22).

While we continue to make strides regarding vaccination rates, we are also investing time and resources to recognize the loyalty/longevity of our staff by offering a longevity bonus for those who have worked with the organization for more than three years, and monetary incentives for employees to help us recruit new talent to the organization. The State of Michigan Direct Care Workers Wage Incentive of \$2.35 per hour/wage pass-through initiated in response to the COVID-19 pandemic was extended to September 30, 2022. However, it has not made a significant impact on the industry’s ability to retain or attract healthcare workers. Michigan legislators are starting to hear about, and see, the impact of the workforce shortage. In response, the newly formed Healthcare Workforce Sus-



Rose Coleman, CEO/Administrator

Let me again share how much we appreciate the dedication of our staff, the encouragement and support from our residents and their families, and the continued charitable support from the community!

tainability Alliance (HWSA) is advocating for the state to make a \$650 million investment to support staffing needs in hospitals, nursing facilities, emergency medical services, and workforce training programs. Their proposed investment notably includes a “Future Healthcare Worker Scholarship Program” that would provide two-year scholarships to individuals pursuing degrees in clinical health care fields. Something we hope will inspire future generations or those returning to the workforce to consider a career in health-care. But admittedly, this does not help solve the workforce shortage we are experiencing today. So, the Pavilions leadership team has been diligently working to explore various creative options regarding attracting health care workers to the Pavilions from more non-traditional sources. One such initiative is to work with Michigan’s State and Congressional Legislators to help provide funding, and legislation, to allow foreign born workers to join our staff. Currently, the Pavilions has two nurses on a work exchange from the Philippines. You will meet Cherry and Reyvie later in this publication. They love working here at the Pavilions, we are grateful for their support to help us care for our valued elders.

Like the legs of a three-legged stool, the Pavilions Goals for 2022 are all interdependent to provide a stable base for our regions frail and elderly members. The second goal, “Census”, is related to increasing the number of residents we are able to serve. The reality is, we can only increase the number residents/census by increasing the number of care-givers available to safely provide their care, and safety is always our top priority. Unfortunately, the current staffing crisis may be creating challenges for many individuals or families currently looking to find a caring environment able to accommodate them. Admittedly, the Pavilions has always maintained a healthy waitlist based on our organization’s reputation for exceptional care.

This brings us to our third Goal, “Finance”. Grand Traverse Pavilions has a solid history of financial stability, which has been augmented by the Grand Traverse Pavilions Foundation. However, no healthcare organization on the planet was prepared for the impact of a two-year pandemic. While Grand

It is always nice to have your organization and your staff acknowledged for their exceptional efforts. Being recognized by U.S. News and World Report for two consecutive years as one of the Best Nursing Homes in the country is quite an honor.



S T A F F



C E N S U S



F I N A N C E

Traverse Pavilions is well positioned, it still needs to balance staffing expenses with resident care ratios to maintain the safety of all involved. With this in mind, as Munson and other referring agencies have had to limit elective surgeries, we have seen a decline in Rehabilitation admissions which undeniably has impacted the organization's bottom line. The Pavilions has received supplemental funding from the Provider Relief Fund (PRF) established to support nursing homes and other health care providers during the COVID-19 pandemic, and we are continually looking for ways to operate more efficiently to ensure the viability of the organization for future generations.

Let me again share how much we appreciate the dedication of our staff, the encouragement and support from our residents and their families, and the continued charitable support from the community!

Rose Coleman, MSN, RN-BC, NHA, QCP,  
CDON - CEO/Administrator

*Note: A giving envelope has been included between pages 4-5 for your convenience Thank you!*

## Best Nursing Homes and Short-Term Rehabilitation **"Again"** (2021-2022)

U.S. News & World Report, the global authority in health care rankings, has officially released the 2021-22 Best Nursing Homes. As nursing homes and facilities across the country continue to grapple with the effects of the coronavirus pandemic, U.S. News remains at the forefront of providing data-driven information and guidance to help residents, families and caregivers understand their long- and short-term care options.

The 12th edition of the U.S. News Best Nursing Homes combines comprehensive information about care, COVID-19 vaccination requirements for residents and staff, flu and pneumonia vaccination rates, and infection control violations listed on the resident safety summary. Individuals can easily conduct customized research for a highly rated nursing home by location, size and Medicare and Medicaid coverage.

"U.S. News takes pride in providing relevant, up-to-date information when making any sort of health care decision," says Zach Adams, health data engineer at U.S. News. "Profiles now include resident and staff COVID-19 vaccination rates alongside information on how to pay for a facility. This important information can help families, residents and caregivers make a decision that keeps safety and accessibility at the highest priority."

This year's methodology includes an emphasis on homes meeting certain standards of patient safety, which could limit a home's ability to achieve a 'High-Performing' rating. These standards include a minimum threshold for the staff COVID-19 vaccination rate, overuse of antipsychotic drugs and frequent



visits to the emergency department, among other criteria. Homes that have below a 75% COVID-19 staff vaccination rate are not considered a leading facility. A significant percentage of Short-Term Rehabilitation and Long-Term Care programs that would otherwise have qualified as 'High-Performing' were downgraded because of this requirement.

"It is always nice to have your organization and your staff acknowledged for their exceptional efforts. Being recognized by U.S. News and World Report for two consecutive years as one of the Best Nursing Homes in the country is quite an honor. It certainly speaks to our Vision "To be the region's trusted partner and recognized leader for successful aging services," shared Rose Coleman, CEO/Administrator for Grand Traverse Pavilions.

The Best Nursing Homes reflect U.S. News' analysis of data collected and published by the federal government using a methodology defined by U.S. News that evaluates factors that U.S. News has determined most impact resident care, safety and outcomes. All measures in both ratings were developed from publicly available data from CMS as of July 2021. COVID-19 vaccine information reflects publicly available data as of October 2021. For more information about this year's updates and new ratings, please refer to the methodology. U.S. News also profiles Assisted Living Communities, which in many cases provide services that overlap with traditional nursing homes.

# Pavilions Seeks Talent Abroad

The United Methodist Healthcare Recruitment (UMHR) program specializes in recruiting and placement of overseas Registered Nurses, Physical Therapists, Occupational Therapists and Medical Technologists. UMHR started operations in 2005 in Chicago Illinois and has since expanded their operations to better assist other nonprofit healthcare organizations throughout Michigan as staffing demands increase. For over fifteen years, UMHR has placed hundreds of qualified and reliable [overseas] healthcare professionals to the United States, due to the strong diplomatic relationship held between bilateral economic relations in governance between the U.S. and the Philippines. UMHR offers participants an opportunity to expand their professional growth in a thriving/nourishing environment and ensures that recruitment efforts flow smoothly throughout the transition to the U.S.

Grand Traverse Pavilions has been a proud alliance with UMHR and began discussions with this affiliation in early 2019 in anticipation of piloting a program to meet evolving needs of the com-



Cherry Fy M. Kaibigan, RN      Maria "Reyvie" G. Carabido, RN

munity. With the objective to expand and adapt their services to better accommodate the region's vulnerable aging population. In addition to, broadening U.S.-Philippine relations based on their mutual strong historical and cultural linkages and shared commitment to democracy and human rights.

Since inception of this program, Grand Traverse Pavilions has been delighted to welcome two new Philippine nurses to the facility – Cherry Fy M. Kaibigan, RN (August, 2021) and most recently, Maria "Reyvie" G. Carabido, RN (February, 2022). They chose to come to the Pavilions and continue pursuing their passion in the nursing profession due to the ever changing challenges endured in the field and the simple fact that they

genuinely enjoy and want to contribute towards enhancing the quality of care for aging adults.

A recent interview conducted with Kaibigan revealed that she chose to participate in the UMHR program because she wanted to grow professionally – "to learn and respect other cultures and beliefs." Along with, sharing her own knowledge and skills gained from her home country (Philippines). Although she has only been here a short period, she has enjoyed her experience and confesses that the staff of Grand Traverse Pavilions have been tremendously accommodating and have made considerable efforts of making her feel comfortable in her new workplace and surroundings. Her advice to future foreign born workers interested in advancing their career in the U.S. is, "don't stop dreaming. Keep believing in yourself. It will be a tough journey, but trust me, it is all worth it in the end!"

Be sure to check out our Spring Legacy edition for a follow-up article on this program and to hear more updates with Maria "Reyvie" G. Carabido, RN, as she settles into her new environment.

## Chris Hinze, PT - "What is BFR?"

One of the keys to successful aging is maintaining muscle strength well into our golden years. Unfortunately, keeping up that muscle strength is often easier said than done. Traditionally, in order to increase muscle strength we need to lift heavy loads that equate to around 60 to 80% of our maximum lifting capacity. For people with painful arthritis or recovering from a surgery, lifting loads of that magnitude might not be possible. Thankfully, an al-



Chris Hinze, PT, DPT Certified  
Exercise Expert for Aging Adults

ternative exists - blood flow resistance (BFR) training.

BFR is a form of exercise training where blood flow is intentionally restricted to a limb or limbs of the body while various exercises are performed. A pressurized cuff is applied to the limb which restricts the flow of

blood from the muscle, creating internal effects that are similar to lifting heavy weights.

When combined with low load and high repetition exercises, BFR can produce

physiological benefits that are typically only achieved with high intensity strength training. BFR can promote increased muscle strength and muscle size with less strain on the body's joints and tissues.

At the Wellness Center, BFR is delivered as part of an individualized therapy plan of care. After a thorough initial evaluation, your therapist - in coordination with you and your physician - will help determine if BFR is right for you. To learn more, call (231) 932-3172 to speak with a member of the therapy team or to schedule a therapy evaluation.

# Volunteers in Child Care are Helping Staff Provide Elder Care

When most people think about volunteering at a Grand Traverse Pavilions, working with babies and pre-school children would not be what comes to mind. However, right now, volunteers in the Pavilions Child Care Center are some of the handful of volunteers we currently have assisting us because of the vulnerability of our elderly residents during the pandemic.

By now, everyone is well aware that there is a staffing crisis. However, the healthcare worker crisis is proving to be catastrophic for some facilities, especially those in the senior care industry. With staffing levels continuing to decline, facilities are having to offer higher wages to attract workers. Many assisted living facilities are closing because they are no longer profitable for investors.

However, Grand Traverse Pavilions, established in 1997, had a vision to provide child care on site for the staff. Admittedly, the majority of workers in the healthcare fields of Nursing and Certified Nurse Aides are women. Historically, they have been women of child bearing age. At the Pavilions, our numbers may be skewed a bit, because we have many staff members who have been with us since the opening of the Pavilions, over twenty years ago, and many are now in their 40's.



Pavilions Child Care Volunteer, Betsy Aderholdt has greatly enjoyed spending time with the infants and assisting the Child Care staff.

The challenge with attracting new employees to the health care field is that many entry level workers are trying to balance the cost of childcare, with lower/entry level wages. Again, at the Pavilions, leadership is committed to offering child care services for our staff at a subsidized rate, helping young families still make it viable to work.

We'd like to thank our two Pavilions volunteers, Pam Forton and Elizabeth "Betsy" Aderholdt, who after raising their children, are opting to assist young families by volunteering in the Pavilions Child Care Center. These ladies are helping the Pavilions provide child care for our staff who have preschool children. The staff, in turn, work at the Pavilions and care for the aging adults in our community. It is a beautiful example of a true community supporting the youngest to the eldest.

## Leaving a Legacy

Excerpts from an article in Success Magazine by Jim Rohn (Author of The New Jim Rohn One-Year Success Plan) This Is How You Leave a Legacy:



I have made it my life's pursuit to teach others the philosophies and actions that would help them achieve greatness and personal fulfillment in their own lives. Forty years ago, it felt like it would never end. Today, I still imagine I have many years left, but I am also more acutely aware than ever that there is much less time left than before. Being aware of this has made me even more clear about my goal of living well and teaching others to do the same. I want to help others achieve all of their dreams and that's one of the legacies I want to leave behind.

Why is leaving a legacy important? Here are a few reasons:

- It is part of the ongoing foundation of life. We are stewards of this world, and we have a calling on our lives to leave it better than how we found it, even if it seems like only a small part
- It has the raw power for good and for bad. What we do affects others. Our lives have the power to create good or purvey evil. It is important that we choose to do good.
- It is an act of responsibility to leave a legacy. I truly believe that part of what makes us good and honorable people is having a foundational part of our lives based on the goal of leaving a legacy.

- It breaks the downward pull of selfishness that can be inherent in us all. After all, we won't be around to watch our legacy. To build that which will last beyond us is selfless, and living with that in mind breaks the power of selfishness that tries so desperately to engrain itself in our lives.
- It keeps us focused on the big picture. When we are building a life that will give for many years, we are thinking "big picture." Ask yourself: How will this affect people in the years to come?

The Grand Traverse Pavilions Foundation can help you plan a Legacy that will positively impact the lives of aging adults for generations to come, for more information contact Deborah Allen at 231-932-3020 or email [dallen@gtpavilions.org](mailto:dallen@gtpavilions.org)

# Caring for Others is a Privilege:

An Interview with Barbra Griner Mikowski, RN

**B**arbra Griner Mikowski is quick to share, Barbra is spelled like Barbra Streisand. Many reading this may be familiar with the Griner name, infamous among maple syrup connoisseurs (I'd like to consider myself one). The Griner Sugar Bush provides the foundation for the popular Iron Fish Maple Syrup.

For those of you who may not know Barbra Mikowski, she is a local pioneer in the field of nursing and mental health. I had the opportunity to interview her after she recently shared some stories about her initial introduction to the Grand Traverse Medical Care Facility, predecessor to Grand Traverse Pavilions. She fondly remembers going to meetings in the Community Room at the Medical Care Facility as a NMC nursing student, and working as the 3-11pm Relief Supervisor for the facility in the 80's.

## *My first question: What inspired you to get into nursing?*

Although Barbra grew up in the Manistee area, she spent much of her childhood at her Grandmother's home near Duck Lake, especially during the summers. She was often surrounded by older people, and loved being with them. She confided, her best friend as a child was the 93 year old neighbor lady who lived across the street. Barbra learned a great deal from her, and I'm sure she provided some joy to her elder friend, who had lost her young son during the 1919 influenza pandemic. "I grew up with my paternal grandparents just a few miles away."

In the mid'50's. Barbra credits her desire to go into nursing to the relationships with her elders and with the good fortune to experience many "firsts." She moved to Traverse City as a teen, and was a member of the first graduating class at the new T.C. High School in 1960. Barbra was admitted to the first associate degree in nursing (ADN) program at NMC in '61 (the second program of its kind in the state), and completed her clinical experience as a 1st Semester Nursing Student at the new Grand Traverse Medical Care Facility. "My life was guided by all the new facilities that were on the cutting edge of new technology at the time. "It was all state-of-the-art at the time, and very exciting" she shared. Barbra graduated with her Nursing Degree in 1963 (Nursing Graduation Portrait).

## *You have a nursing scholarship in your name at NMC, how did that happen?*

As a member of the first ADN class at NMC, the Nurses Alumni group started a special fundraising event to commemorate the 50th Anniversary. As part of the celebration planning the Nurses Alumni met at the Pavilions, and the NMC Students that worked at the Pavilions were invited to come to the fundraiser. For the 50th Anniversary of their Graduation in 2013 they established the First Graduation Class 1963 Barbra Griner Mikowski NMC Student Nurses Resource Fund. These funds are used today for NMC nursing student - "to give financial assistance to those facing hardship that could prevent them from graduating." It is a great honor to have my name associated with this fund. "It is humbling to think this fund may help one or two students finish their degree, but the lives they will touch as nurses is countless."



**Nurses Prepare for Graduation** – The first class of nursing students who will be qualified to become registered nurses on completion of their program at Northwestern Michigan College are now caring for patients at Grand Traverse Medical Care Facility. In addition to training at the facility, the students will receive training at Munson hospital and at the Traverse City State Hospital. Student nurses are shown demonstrating that all of their career will not be devoted to critical hospital care. Here one of them reads to patients. Left to right are Mrs. Lucy Groesser, Student Linda Johnson, John Winegarden, and Barbra Greiner. (Record-Eagle Photo Circa 1962)

## *What were the life lessons you learned from a career of caring for others?*

"It is a privilege to be invited into people's homes and lives, and to give them care and or comfort. I enjoyed them, and the humor that we all shared." Basic home health care for the aged was a pilot program at the time."

## *You actually named Grand Traverse Pavilions – how did that happen?*

The Director of the Medical Care Facility, Rick Marion, was charged to integrate the Medical Care Facility into the community. In the early 90's they held a session with nurses to get feedback on the rooms and layout for the units for the new building. They were also asked for feedback for potential names, she submitted the name "The Pavilions" to the Advisory Committee (which later transitioned into the Grand Traverse Pavilions Foundation Board) which had offered a \$50 prize for the winner. Barbra serves on the Grand Traverse Pavilions Foundation – as a Charter Member (1997).

## *What would you tell people considering a career in caring today?*

"Well, there will always be job security. Through the years, and today with the shifting population (elders) nursing is a lifelong calling. See a human being, not a diagnosis, for me, it was a fulfilling experience to have the knowledge to know how to reach them and help them."

While this is just a segment of our conversation, Barbra continues to be a voice for nurses, and an advocate for those with behavioral and mental health issues, as well as, for the elderly. Thank you Barbra, from now on, I'm going to say "Barbra Streisand spells her name like Barbra Griner Mikowski!"



# Pavilions Employees Nominated: Leading Age

The LeadingAge Michigan Annual Member Awards honors those who embody excellence in leadership, care, and service innovation, and who have made outstanding contributions to their communities and the field of aging services. These awards celebrate stories of employees, volunteers, residents, programs, communities, initiatives, best practices, and organizations that have made significant differences in the lives of others. The Leadership of Grand Traverse Pavilions identified an impressive group of outstanding leaders and team members to be nominated for the various awards this year. While the actual award winners will not be announced until the Leading Age Michigan - Awards Gala, scheduled to take place at the 2022 Annual Conference, May 22-25 in Lansing. The Pavilions would like to recognize the outstanding contributions of the following individuals. All nominees will receive a Certificate of Merit in the mail to recognize their distinct achievements. The Award nomination criteria is as follows:

**Emerging Leader** – The Emerging Leader Award recognizes an individual who has demonstrated aptitude for and commitment to professional growth as a leader. Additionally, they have successfully assumed expanded leadership responsibilities within a LeadingAge Michigan member organization in the past 3 years.

Pavilions Nominees:

Holly Kazim, MSW - Dementia Services Director, Social Work Manager & Social Worker for Elm Pavilion

Kristen Packard, MSN, MBA, RN - Director of Nursing

**Caring Spirit** – The Caring Spirit Award recognizes the achievements of front-line staff and direct care employees

who, while working for the nominating organization, have made a significant impact upon the lives of older adults.

Pavilions Nominees:

Karen Berry, Universal Worker - Cottages/Residential Services

Samantha Gordon, Certified Nurse Aide (CNA) - Cottages/Residential Services

Levi Harner, Certified Nurse Aide (CNA) - Rehab/Maple Pavilion

Kathy Lawrence, Certified Nurse Aide (CNA) - Cherry Pavilion

Judy Sheffer, Certified Nurse Aide (CNA) - Cottages/Residential Services

Sarah Weisel, Universal Worker - Cottages/Residential Services

Ruth Walton - Housekeeper/Environmental Services

Tim Zmudka, SLP - Speech Language Pathologist: Speech Therapy

**Shining Star** – The Shining Star Award recognizes a gifted aging services professional who, while working for the nominating organization, has consistently demonstrated dedication, commitment, and enthusiasm in his/her profession, and has made a significant impact upon the lives of older adults.

Pavilions Nominees:

Jamie Wilson, RN - Director of Staff Development/Certified Nurse Aides

Erica Nesvig-Paddock, PT - Maple Rehab Coordinator: Therapy Services

Sarah Backlund - Life Enrichment & Adult Day Coordinator

Natalia Johnson, RN - Cottages/Residential Services



**Outstanding Mentor** – The Outstanding Mentor Award recognizes the efforts of an individual who has mentored a protégé(s) in the senior services field. A mentor is someone who has nurtured and encouraged others and provided opportunities for personal and professional growth. The nomination should include testimonials or other relevant information from the protégé(s).

Pavilions Nominees:

J. Lindsey Dood, CPA, JD - Chief Financial Officer (Mentee: Emily Ball – Financial Management Assistant)

Tim Coggins - Environmental Services Director (Mentee: Catherine “Cati” Kujawski – Environmental Services Manager)

**Trustee of the Year** – The Trustee of the Year Award recognizes an individual who has served with distinction on the governing board of a LeadingAge Michigan member organization and made an outstanding contribution to the well-being of seniors, the employees who serve them, and to the organization’s mission.

Pavilions Nominees:

Cecil McNally, Chairman – Grand Traverse County Department of Health and Human Services Board

Congratulations, to each of these individuals, you are already a winner in our book! The true winner is Grand Traverse Pavilions for having such amazing leadership and dedicated staff – we look forward to celebrating you all at the Leading Age Awards Gala in May!

# Pavilions Foundation Grand Event: LIFE in May 2022 - Older Americans Month

For the second year in a row Grand Traverse Pavilions Foundation had to forgo its annual fundraiser, the Grand Event: LIFE, due to the pandemic. Plans are to hold the event on Friday evening, May 6, 2022 to coincide with Older Americans Month – May 2022. This year’s theme for the month long celebration is “Age My Way.”

The Grand Traverse Pavilions Foundation seeks to utilize the upcoming Grand Event: LIFE to help make the connection between LIFE and Successful Aging, by demonstrating that life decisions can



impact our golden years. By bringing awareness through this FUN-raising event the goal is to will improve our aging population’s quality of life in later years. Participants will play a

“simplified” version of the 1960’s Hasbro board game “The Game of LIFE”, with one lucky participant winning a \$1,000 prize courtesy of Event GRAND Sponsor, PNC Bank. Tickets will go on sale April 1st (no fooling), and tickets to the charitable event are \$100 per person (8 persons per table). Table and corporate sponsorships are available by calling 231-932-3020.

Funds raised at the event support Grand Traverse Pavilions - Grand Traverse County’s continuum of care for aging adults.

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# Cottage Living -at the Pavilions

As we age, many of us are faced with the prospect of revising our living arrangements. While thinking about moving can be a source of anxiety and stress, planning ahead can give you more choices in your level of independence and quality of life.


Grand Traverse Pavilions understands you have choices, and introduces independent living exclusively for seniors who desire an active and healthy lifestyle. Our award-winning senior community features independent living apartments on the luxurious third level of historic Hawthorn Cottage. For more information visit the Pavilions website <https://www.gtpavilions.org/our-community/residential-services/> for a virtual tour or contact Resident Services Director, Shelby Mack at 231-932-3045 or email [smack@gtpavilions.org](mailto:smack@gtpavilions.org).



PACE Prepares to Publish Annual Report. For Updates and information on the most recent information on PACE North visit <https://www.pacenorth.org/> or visit their Facebook Page – PACENorth.



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## Comfortable Homes & Assisted Lifestyles



The cottages are part of Grand Traverse Pavilions, the region's first and only public, nonprofit Continuum of Care.

Mix the elegant, Victorian grandeur of three historic buildings with unmatched services and amenities. A comfortable home and supported lifestyle define our extraordinary community.


**AVAILABLE NOW:**

Independent, Assisted Living, and Memory Care Apartments.

With residents, participants, therapy patients, volunteers, and staff, Grand Traverse Pavilions is a community caring for generations.

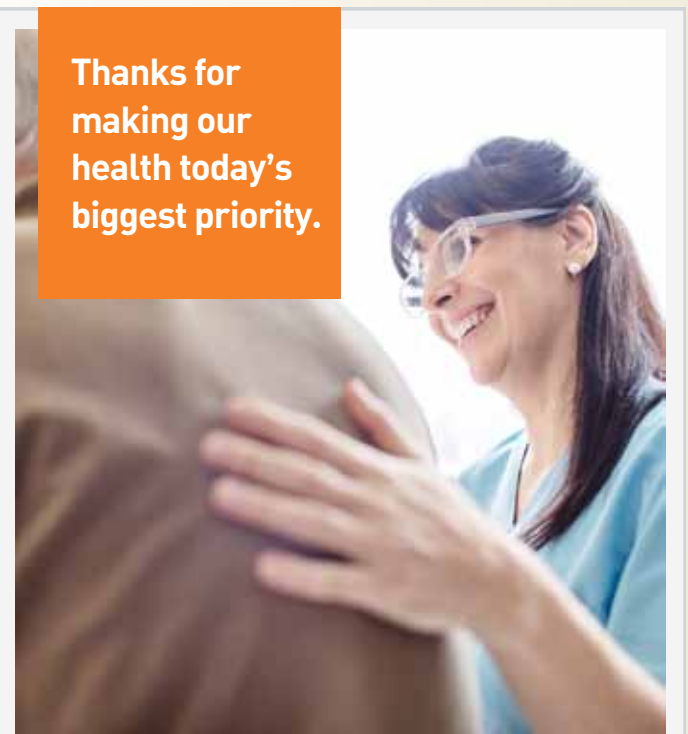



Pictured above: Studio Loft Apartment



**Grand Traverse Pavilions**  
A COMMUNITY CARING FOR GENERATIONS  
1000 Pavilions Circle, Traverse City, MI 49684

**For Apartment Inquiries, Contact:**  
Residential Services Director,  
Shelby Mack  
231-932-3045  
[smack@gtpavilions.org](mailto:smack@gtpavilions.org)



Thanks for making our health today's biggest priority.

The well-being of a community hinges on the health of the people who live there. We're proud to acknowledge Grand Traverse Pavilions for helping our community be a healthy place, one person at a time.

For help with your financial well-being, call to make an appointment at a local Traverse City branch.  
231-935-1111  
[pnc.com](http://pnc.com)



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Traverse City, MI 49684

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Because **LIFE** Happens...

We've moved The Grand Event to Friday, May 6, 2022!

Join Grand Traverse Pavilions as we celebrate Older American's Month with a one-of-a-kind event as we play the game of LIFE! Those who successfully navigate through the game of LIFE could win thousands of dollars' worth of valuable prizes!

Proceeds will support low-income, high-risk aging adults in our region.

For more information visit our website at: [gtpavilions.org](http://gtpavilions.org) or call (231) 932-3020.



## Committed to Quality – Vehicle Fund & Beautification

It was back in 2012 that the Pavilions received grants from two local family Foundations to purchase a wheelchair-friendly MV-1 Sport Utility Vehicle. Over the past decade the MV-1 has been used all-most daily for short runs and to transport wheelchair bound residents to local medial or personal appointments. The MV-1 has logged more than 160,000 miles, and has outlived its warrantee, as well as, the manufacturer's ability to service the vehicle. So we are currently looking for a viable replacement. We are pleased to share that the Art and Mary Schmuckal Family Foundation has again supported the purchase with a grant to the Pavilions Vehicle Fund to replace the vehicle they initially helped purchase a decade ago. The Schmuckal family is joined in support by

the Hayden Family through The Hayden Foundation. We are extremely grateful to both families for their continued support. Additionally, in previous issues of Legacy we have shared plans to establish an overall Beautification Plan for the Pavilions twenty-three acre campus. The gardens, courtyards and walkways enjoyed by our residents and their families, as well as, our employees, and the community are an important aspect of our culture of care. No one could have anticipated the importance of them, especially the internal courtyards, in offering a safe, natural environment, were both staff and residents could literally "enjoy a breath of fresh air" and the solitude of nature during the pandemic. We are grateful to the resident and com-

munity families who have recently made gifts to support the courtyard enhancements; The Family of Linda (Nesvig) Dubuque (Cherry Pavilions), The Family of Joe Terrell (Elm Patio) and the Julius H. and Barbara B. Beers Family Foundation (Birch Pavilion).

We are hoping this support will inspire other families/donors to help fund the three additional courtyards, as well as the Children's Day Care/Playground which was intended as a multi-generational gathering space. If Civic Organizations or Families are interested in supporting the renovation of a Pavilion Courtyard for the benefit and enjoyment of our elders or to memorialize a loved one, please call the Development Office at 231-932-3020.