

Legacy

Investing Today to Impact Tomorrow



“We are so pleased to again offer this wonderful celebration of music and community for our residents. We are indeed blessed to have such strong support from our local sponsors and partners for the 2022 Concerts on the Lawn season.”

Deborah Allen, Executive Director of Development and Community Engagement

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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 full-spectrum 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 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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Grand Traverse Pavilions
FOUNDATION

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Making Progress - A Step by Step

While many have moved on to a “life after COVID” mentality, those of us providing care for our communities most vulnerable aging adults are still immersed in the reality of an ongoing pandemic. Grand Traverse County’s COVID-19 transmission rates published by the Centers for Disease Control (CDC) were again at “High” levels (with more than 10% of the region’s population infected) over the past two months. We are indeed hopeful infection rates will again decline as the summer months approach, but, that has not yet been our experience at the Pavilions. The current variant, less lethal as the initial COVID-19 and Delta variants, is indeed more contagious. It’s been a roller-coaster ride over the past six months. The number of positive cases declined in April only to spike again as the community celebrated life events (major holidays, spring break, graduations, etc.). The Centers for Medicaid and Medicare Services (CMS) who sets the standards for nursing home care required nursing facilities to open their doors to visitors. But, since visitors are not required to follow the same infection control protocols as nursing facilities staff (such as strict infection control, vaccination and testing mandates) it is very difficult to manage infection levels in the facility. So, to our resident families and friends, please help us care for your loved ones by being mindful of the impact of your visit on our residents and staff – get vaccinated, wear a mask, practice personal infection control hygiene, and lastly, only visit if you are healthy. If your health changes after a visit with a Pavilions resident, please report that to Pavilions nursing staff so we can monitor the well-being of our resident population.

On the topic of how the community can help the Pavilions care for our residents; we are grateful that our legislators have heard the concerns being expressed by the Aging Adult Care Industry, and our community, regarding access to care for aging adults. The Pavilions mission “to provide accessible, trusted and compassionate care that enhances quality of life for aging adults.” The current health care workforce shortage is challenging the first premise of this mission – “Access to care.” The Pavilions has consistently maintained a wait-list of aging adults who would like to be admitted. This situation has been recently complicated by the Pavilions having to reduce



Rose Coleman, CEO/Administrator

the number of beds because we simply do not have the staff required to safely care for additional residents. Legislation introduced at the Federal level in mid-June titled “Ensure Seniors’ Access to Quality Care Act” would allow facilities like Grand Traverse Pavilions to grow our own direct care workers through a professional training program for Certified Nurse Aides (CNAs). This program would encourage entry-level workers to join a health care field and work their way up to a future career in nursing, if

they so choose, at no cost to them - as long as they continued to work for at least a year after they complete their free training. These types of programs are critical for the caregiving industry as we look for solutions to encourage more workers to consider health care careers. Please reach out to your Senators to encourage them to support this legislation (our local Senators emails are attached below).

As we look for ways to move forward beyond COVID it has admittedly been a “one step forward, two steps back” dance. We appreciate your support to help bring attention to the needs of our seniors and those that love and care for them. If you would like more information about this legislation, please feel free to reach out to Deborah Allen, Executive Director of Development and Community Engagement, 231-932-3020 or via email at dallen@gtpavilions.org

In this issue are several interesting articles about the status of Aging Services and Caregiving, and we certainly hope that in the next month we will be able to celebrate with you all on the Grand Lawn for “Concerts on the Lawn” and also bring community volunteers back into the Pavilions to support our residents and our staff.

Thank you again, for your support, your encouragement and your understanding as we work to care for our community’s most valued and vulnerable elders at Grand Traverse Pavilions!

Rose Coleman

Please reach out to your Senators and ask them to support the bipartisan “Ensuring Seniors’ Access to Quality Care Act” – <https://www.peters.senate.gov/contact/email-gary> <https://www.stabenow.senate.gov/contact>

Leading-Age Michigan Celebrates GTP Staff



Congratulations! Grand Traverse Pavilions staff members; Jamie Wilson, Ruth Walton, Rose Coleman, Tim Zmudka and J. Lindsey Dood, who were all recognized recently by LeadingAge Michigan for excellence based on several different award categories at the 2022 Member Awards Gala on Tuesday, May 24, in Lansing, Michigan.

Each award winner was nominated by peers and selected by an esteemed group of committee members from many nominations across the state. Two hundred people gathered to celebrate the elite group of 27 award winners and recognize their collective achievements.




Pictured L-R: Jamie Wilson, Ruth Walton, Rose Coleman, Tim Zmudka and J. Lindsey Dood.

Those awarded were part of a larger group of Pavilions staff, seventeen in total, nominated for the 2022 awards. For more on the awards visit the Pavilions Website at https://www.gtpavilions.org/.../leading_age_-_2022_member...


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Clayton Wagatha to Coordinate Volunteer Services



Clayton Wagatha, Community Relations and Volunteer Assistant

Volunteers have long played an important role in assisting Grand Traverse Pavilions staff to provide exceptional personalized care for the residents at both the Pavilions and the Cottages. Pre-COVID, the Pavilions boasted nearly 250 community volunteers who supported resident activities, outings, worship, transport, and companionship,

as well as, community events. One of the first responsibilities of Clayton Wagatha, Community Relations and Volunteer Assistant, was to reach out to the past volunteers to confirm if after the two year hiatus due to the COVID restrictions they were still interested and able to again consider volunteering. The results of Claytons calls is only about 10% of the previous volunteers were willing/able to commit. Those unable stated age, health, relocation, and the new vaccination requirements, as the rationale to not continue. However, the need for volunteer support to assist our professional and essential healthcare workers with the responsibility and honor of caring for our communities valued elders has never been greater.

If you have a personal passion or a sincere heart for caring for others, we invite you to reach out today to learn more about volunteer opportunities at Grand Traverse Pavilions by contacting Clayton Wagatha at 231-932-3019 or by email at crwagatha@gtpavilions.org, and also on the Pavilions website at <https://www.gtpavilions.org/volunteer/id-like-to-volunteer/>

Concerts On the Lawn

The 2022 Concerts On the Lawn music series will kick off on Thursday, July 7, 2022 with familiar bands and some other familiar faces. Concessions will again be

provided by both the Center City Kitchen with concert meals available for purchase from 6 - 7:30PM, and Nate's Best Kettle Corn will be back starting Thursday, July 14th.

A sincere "thank you" to the many corporate and community partners' that help bring the annual Concerts On the Lawn free outdoor music series to our community. While all are listed on the flyer we wanted to acknowledge Serra Subaru of Traverse City for their Title Sponsorship for the 6th consecutive year. As well as, to the Michigan Arts and Cultural Council and the local affiliate the Northwest Michigan Arts & Cultural Network for their annual mini-grant support to help compensate the local bands, again, now for the 6th consecutive year. Special thanks also our Media Sponsors who offer "in-kind" support of print and broadcast promotion of the weekly concerts. And, to each of the Headline Sponsors who again, without their support we could not offer this free music therapy concert series to the Pavilions Residents, and the community we say "Thank You!"

2022 Concerts On the Lawn
Grand Traverse Pavilions

THURSDAYS @ 7:00PM
Enjoy a summer evening with great music, family and good friends. Note that parking is often limited so feel free to catch a free ride complimentary of BATA's Bayline bus.

- JULY 7 THE GORDON LIGHTFOOT TRIBUTE
- JULY 14 THE PETOSKEY H.S. STEEL DRUM BAND
- JULY 21 REBOOTED FEATURING JUDY HARRISON
- JULY 28 PETER, PAUL, AND MARY REMEMBERED
- AUGUST 4 BACKROOM GANG
- AUGUST 11 MIRIAM PICO AND FRIENDS
- AUGUST 18 BAY AREA LITTLE BIG BAND
- AUGUST 25 K JONES AND THE BENZIE PLAYBOYS

Free Music!
Fun For Families!

Support the powerful work of the foundation.
Freewill donations at the concerts will go directly to supporting the Grand Traverse Pavilions Foundation's efforts to care for the elders in our community.

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Parking Update: There will again be free parking in the Pavilions parking structure, however, golf cart transport will no longer be offered directly from the parking structure off Medical Campus Drive. Those with mobility needs are asked to park in the Pavilions Circle Drive, and the free shuttle services will again be offered from three sites: 1) the Pavilions circle drive parking lots, 2) The walkway entrance off Elmwood; and 3) Evergreen Cottage front entrance. Greeters will be at these locations to assist guests.

F.E.E.S Program

Grant Funding made possible from the Michigan Health Endowment Fund – Community Health Impact (CHI) Grant is helping to bring new services to the Grand Traverse Pavilions. The funding has allowed Tim Zmudka, Speech Language Pathologists (SLP), to complete all necessary training and planned continuing education coursework, as well as, to purchase the majority of equipment (including scope) to establish a local Fiber-Optic Endoscopic Evaluation of Swallowing (FEES) Program for both Pavilions and outpatient clients.

The goal of the (CHI) grant proposal was to establish funding to provide an effective treatment for Dysphagia among the senior population in the expanded northern Michigan region to be served by the Grand Traverse Pavilions Rehabilitation Services. Together with other like-minded aging adult care service providers, the Pavilions (northern Michigan's largest public provider of independent, assisted and skilled nursing care, as well as inpatient and outpatient rehabilitation services), acknowledges that there is a serious deficiency in the identification and treatment of dysphagia in northern Michigan. Dysphagia is generally defined as swallowing difficulties, a confirmed geriatric syndrome that affects roughly one-third of older adults (Mayo Clinic, 2021), with nursing home residents with dysphagia experiencing a 6-month mortality rate significantly higher (24.7%) compared to those without dysphagia (Wirth, Pourhassan, Streicher, et al., 2018), left untreated the condition can lead to aspirational phenomena and death.

It is anticipated the FEES program will be up and running this summer with plans to start promoting the program to local physicians, neurologists, and ENT's.

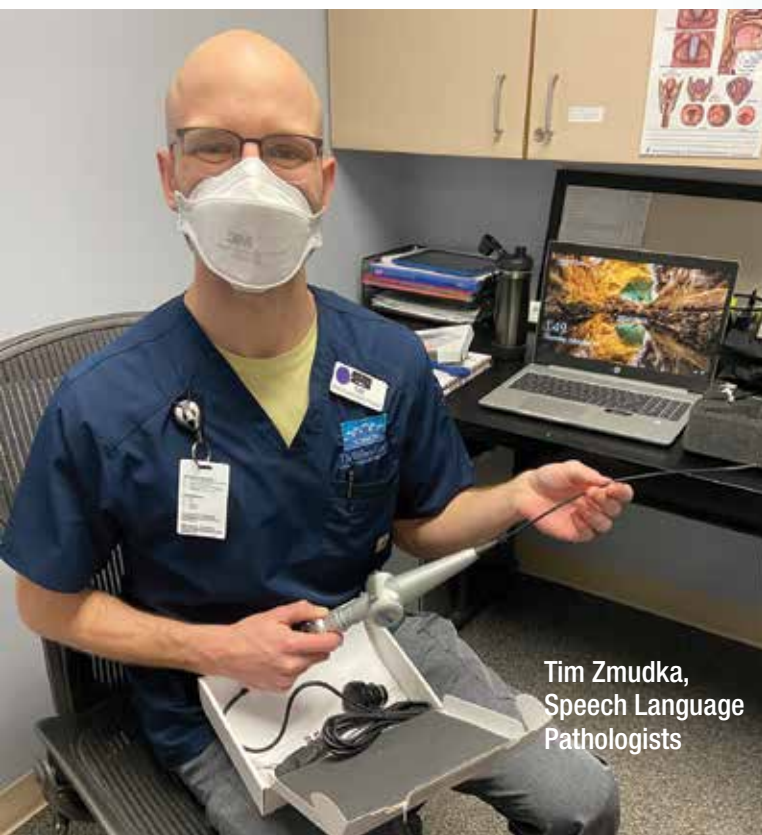
With the support of the grant funding Tim has completed the necessary onsite training with support from SEC Medical Speech Pathology, who is working to train staff and establish work processes for the program. It is anticipated the FEES program will be up and running this summer with plans to start promoting the program to local physicians, neurologists, and ENT's.

In just the first two days of FEES assessments being available to Pavilions residents Tim shared the following impressive outcomes in identifying:

- A previously unidentified nasal perforation
- Significant evidence for esophageal dysphagia (as observed by significant esophageal backflow during exam) for a resident with profound communication deficits
- Identified silent aspiration for an individual with Parkinson's disease that had no coughing/throat clearing during non-instrumental swallow assessment.
- Upgraded a resident's diet to no restrictions as they had no oropharyngeal swallow issues or aspiration (oropharyngeal phase WNL). This person exhibits frequent throat clearing and change in vocal quality during meals.

Tim's findings support the current medical philosophy that Speech-language pathologists (SLPs) are typically the preferred providers of dysphagia services and play an integral role in diagnosing, treating, and guiding medical decision making for oral and pharyngeal dysphagia. SLPs also recognize causes and signs/symptoms of esophageal dysphagia and make appropriate referrals for its diagnosis and treatment. According to the American Speech-Language and Hearing Association (ASHA) comprehensive swallow assessments include instrumental and non-instrumental procedures. The clinical (bedside) swallow exam (CSE) is the primary method of assessing swallow functioning in nursing home facilities. CSE are considered non-instrumental procedures. However, "detecting aspiration using a CSE is usually less than 70 percent accurate, while ruling it out is even less precise. Silent aspiration, which occurs without any overt signs of dysphagia, can be only detected with instrumental procedures (ASHA Pubs, 2019)."

The Pavilions is pleased to be able to partner with the Michigan Health Endowment Fund to ensure that the most advanced technology and best practices for the diagnosis of medical conditions, and treatment, is available for the residents of Grand Traverse Pavilions, and now also to the community through physician referrals for outpatient F.E.E.S. diagnostic services.



Tim Zmudka,
Speech Language
Pathologists

Community

Care for Aging Adults

In just two years, the youngest of the Baby Boomer generation will turn sixty years of age. And the oldest of the Baby Boomers will celebrate their 76th birthday this year.

Summer in northwest Michigan – what an amazing place to live, work and play! The cherry blossoms were brilliant this spring. The boats have returned to the bay. And life moves outdoors as our community enjoys the warm, hazy days. The change in the seasons reminds me that our community is a vibrant retirement destination for many, and we see this in the demographic statistics of the region.



By Heidi Gustine, MPA
Executive Director, Area Agency on Aging of Northwest Michigan

activity is one of the most important things we can do for our health. It has been stated that social isolation is equivalent to smoking a package of cigarettes a day.

The second step is to proactively prepare! One of the unintended consequences of being a retirement community is that there are fewer younger people avail-

able to be informal or formal caregivers. This means it is never too early to think and plan for who will take care of us when the time comes. And have we conveyed our wishes – lifestyle, financial and medical, to those who most need to know?

And the third step is to think about our community design. Are we building enough ranch style homes to facilitate aging in place? Are we designing community centers and other indoor or outdoor gathering places to be accessible? Are we building transportation systems that facilitate mobility for older adults? Are we thinking about creative employment arrangements to support older adults who wish to remain in the workforce?

Fortunately, we live in a region that is making progress – promoting healthy lifestyles and inclusivity. But there is much work yet to be done. Many thanks to organizations like the Grand Traverse Pavilions for their advocacy in our region to make this a great place to live for all ages.

For information about community resources and services for older adults and caregivers, please contact the Area Agency on Aging of Northwest Michigan at 231-947-8920 or www.aaanm.org.

In just two years, the youngest of the Baby Boomer generation will turn sixty years of age. And the oldest of the Baby Boomers will celebrate their 76th birthday this year. The Baby Boomers are the largest age cohort in our region. In broader context, just in Grand Traverse County almost 30% of the population is over the age of 60. And in Leelanau County, over 40% of the population is at least 60 years of age. We have as many, if not more, older adults in our communities than we do children.

As a community, how do we proceed in addressing the needs of our aging demographics? We hear every day, older adults want to “age in place” in their own homes and communities. We are fortunate to have organizations like the Grand Traverse Pavilions and PACE (Program of All-Inclusive Care for the Elderly) for when more assistance and care is needed. But what can we do to prepare now before long-term care is needed?

The first step is for all of us to embrace a healthy lifestyle. Now is always the perfect time to focus on a healthy diet, age-appropriate exercise, and adequate sleep. Maintaining social connection and



Results of LIFE 2022

Grand Event: LIFE was initially scheduled for September 11, 2021, but due to the Delta Variant surge last fall the decision was to postpone the event until May of 2022. This date was chosen to coincide with May as Older Americans Month, an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

The Grand Event; LIFE is the primary event of the Grand Traverse Pavilions Foundation, with revenues from the event supporting the “Committed to Quality; Quality of Care/Quality of Life” fundraising campaign for Pavilions residents. Event Grand Sponsors PNC Bank, together other featured sponsors and guests generated more than \$40,000 in revenue. Special features of this year’s event was the video presentation of the Make It Grand-parent Essay Challenge Winner, Alexis Sattler, attending the event with her parents, and the special presentation of the 2022 Golden Age Award presented to Agnes Hayden for her significant lifetime contributions to the community.

Special thanks to all who participated and supported this event.

