

Sunset News

Official Publication of *Lutheran Sunset Ministries*

January-April 2015

Lutheran Sunset Ministries Programs

Sunset Home

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2015 Resident Art Show a Success!

On Saturday, March 21, 2015, Lutheran Sunset Ministries hosted its first ever Resident Art Show. Through a partnership with Bosque Arts Center (BAC), who provides art classes by instructor Karen Wise in the various LSM programs, the resident art was displayed for the public at the BAC. In addition, an artist reception was held for families, friends, guests and interested parties. The reception was free to the public and provided a nice way to celebrate the fact that art is ageless. A People's Choice award was presented to Clara Dee



James Montgomery plays the piano during the Art Show.

Bronstad and a Residents' Choice award was presented to Juanita Sargent (both Health Center residents), along with ribbons for all participants. If you did not have the chance to attend, please plan to support this very special event hosted by Lutheran Sunset Ministries and the Bosque Arts Center next year!



Rodney Rueter, Lutheran Sunset Ministries CEO, Clara Dee Bronstad, Juanita Sargent and Deb Phinney, BAC program director.

Message from the President

In this column last year, I talked about “living” at Lutheran Sunset Ministries and what we were doing to add life and opportunities for our residents; not just having a place where LSM provides for your health or housing needs but also providing opportunities to live and even volunteer! This edition of Sunset News has multiple photographs of all that is happening here. From our First Annual Resident Art Show to Easter chicks in the Sunset Home, there really was something for everyone! Our Sunset residents started their own business cracking, shelling and selling pecans and with the proceeds purchased flowers for the Thompson Chapel. That endeavor was such a success, this spring they branched out into gardening and sold plants. All proceeds go to help fund other projects or buy more supplies. Our residents are living productive lives.

One reason we can offer all of these opportunities is the hard work and long hours put in by our volunteers. Whether they are helping raise funds by working in the Pot O’ Gold Thrift Store or helping with exercise, art classes, sing-a-longs or any of the other many opportunities we offer our resident, each volunteer makes a positive impact on our ministry and the lives of our residents. Several of our Rainbow Retirement Community residents are also volunteers and continue to give back to the community as they live their lives. On the volunteer page you can see how many hours our volunteers contribute. Congratulations and thanks to all of them for a job well done!

If you take the time to look through all the photos you will notice a lot of smiles of residents, volunteers and staff taking pride in what they are doing. And that really is what it is all about.



Rodney Rueter



In February, Health Center residents Nancy Pruitt and Juanita Sargent constructed, glued and framed a jig-saw puzzle of Da Vinci's "The Last Supper" and donated it to the chapel. Amazing job, ladies!

Volunteer Banquet

Each year, volunteers contribute thousands of hours serving residents on the Lutheran Sunset Ministries campus. Their involvement ensures that LSM provides a more enriched lifestyle to each and every resident. The following volunteers were honored at this year's volunteer banquet.

50 hours

Marion Alice Dahmann
Orin Jordet
Barbara Lee
Judy West
Jean Roberts

100 hours

Billy Dunnahoe
Leory Nabors
Dusty Poynor
Therissa Young

150 hours

Preshie Weise
John Moore
Gerri Winkler
Sandra Windsor

200 hours

Karen Harrison
Larry Harvey
Jeane Henry
Mina Bergman
Dorothy Dahmann

250 hours

Wanda Hines
Iris Hodges
Joyce Rachuig
Linda Wehmeyer
Rickie Wright
Clara Zuehlke

300 hours

Evelyn Humphreys
Jane Prague
Joyce Symank
CJ Wilson

350 hours

Gladys Anz
Nancy Ferguson
Gene Finstad
Dave Lloyd
Vickie Martin
Bob Phillips
Betty Smith

450 hours

Helon Knudson
John Mounce

500 hours

Barbara Anderson
Marilyn Whitworth

650 hours

Pam Hubbard
Ron Hubbard
Mary Ann Jordet



Pot O' Gold Super Saturday Sale

In addition to opening Thursdays, 10 am to 4 pm, Pot O' Gold Thrift Store is open the last Saturday of each month, 12 pm to 4 pm! Through the sale of donated items, Pot O' Gold continues to provide funding for numerous projects for the residents of Lutheran Sunset Ministries.

Chapel Flowers



Lutheran Sunset Ministries Health Center residents, Doris Gast, Erma Voges and Esther Thiele, recently organized a fundraising effort to purchase Chapel flowers by shelling and selling pecans. This resident-lead effort has been a wonderful addition to the Chapel and a rewarding experience for all involved.

New Exercise Hours

Due to popular demand, we've added an additional time slot to our Empowerment Exercise Classes with instructor Leah Miles!

Lutheran Sunset Ministries offers an Empowerment Exercise Class on Tuesday and Thursday at 1604 W. 9th St. (next to Bella Veta Italian Restaurant), open to the community. The 8 a.m. class is more advanced, the 10 a.m. class is designed for intermediates and the 11 a.m. class is focused more

on post-rehab individuals – the perfect place to continue your recovery. However, if there is a time slot that works best for you, they are able to make modifications to the exercises to fit your needs. The classes are designed for the residents of Lutheran Sunset Ministries as

well as members of the Clifton and surrounding communities. For more information on attending an upcoming class, please contact Leah Miles at 214.289.9623. Mrs. Miles will help assess your current physical needs and lead you on a path to successful aging.



In Full Bloom!

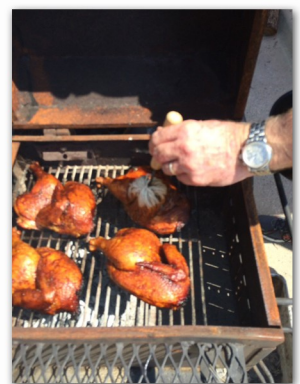
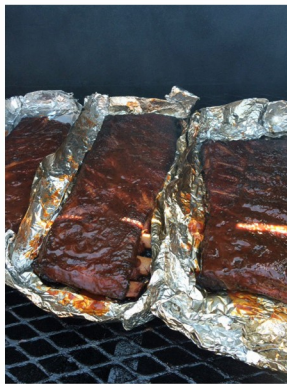


Residents and staff have been busy planting things around campus!

Everyone is excited to walk by them each day and see the progress.

LSM Chef Places in Cook Off

Lutheran Sunset Ministries Chef Ron Diebold recently participated in the “Pink Soles in Motion” Cook Off in Carrollton, Texas. This event raised donations for “Walk for Cancer” at Lake Ray Hubbard. This is a 30-day, 60-mile walk for cancer. The cook off had 41 teams cooking smoked chicken, spare ribs and brisket. Sports Pig BBQ, sponsored by Lutheran Sunset Ministries, had a fine showing, placing 5th in spare ribs and 8th in brisket. These are the first trophies for Sports Pig BBQ. Thank you, Chef Ron, for representing LSM well!



Ten Tips for Aging Successfully

*from Live Long, Die Short
by Roger Landry, MD, MPH*

1. USE IT OR LOSE IT Your grandmother was right! We must challenge and grow our physical, mental and social abilities. As we age we can't just coast – we must continue moving, learning and staying engaged with life ... or we rust.

2. KEEP MOVING Physical activity is the closest thing to a fountain of youth. Staying active – even just 30 minutes a day – can prevent heart disease, diabetes, cancer, osteoporosis and dementia. The best results come from a commitment to strength training, endurance, flexibility and balance.

3. CHALLENGE YOUR MIND Most mental ability lost with age is due to lack of use, but by continuing to learn throughout life, we can

grow new connections in our brains. The trick? Learn NEW things.

7. WHEREVER YOU ARE ... BE THERE

Don't let your chattering mind take you from this moment, which is the pure joy of life. Find pursuits like music, art, writing, meditation, or just enjoying nature. Keep your mind from the negative thoughts that lead to stress and higher risk for disease.

8. FIND YOUR PURPOSE We never stop needing meaning, passion, or just a reason to get out of bed in the morning. Life without purpose is merely existing.

9. HAVE CHILDREN IN YOUR LIFE They bring a sense of meaning, wonder and renewal. Dostoyevsky said “The soul is healed by being with children.”

10. LAUGH In studies on centenarians, the most commonly displayed traits by these individuals are humor and optimism. Laughter stimulates the immune system, protects us from disease and definitely makes the journey more fun.

Around Campus



Around Campus





Lutheran Sunset Ministries

24th

Annual Quilt Auction

Saturday, October 17, 2015

Clifton City Park Armory

Clifton, Texas

Preview: 10:00 a.m.

Food Serving: 11:00 a.m. to closing

Auction: 12:00 p.m.

**Proceeds are used to benefit residents & patients of
Lutheran Sunset Ministries**

**Thrivent Financial for Lutherans & Waco Chapter will
provide matching funds.**

Auctioneer: Jerry Smith #21901

MEMORIAL GIFTS

The services provided by Lutheran Sunset Ministries are enhanced by the generous and appreciative memorials given. All memorials, whether directed or not, go to the care and services provided. The residents served going forward are blessed by your thoughtfulness. The following gifts were given between January 2015 and April 2015.

JESSIE ALLEN

Carl & Lula Lukens, Moody.

HAYDEN AUSTIN

Mr. & Mrs. Garland Knetson, Bartlett.

MAXINE BAKKE

Charlene, Gary & Charles Johnson, San Antonio; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

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Charles & Joyce Symank, Valley Mills; Stuart & Emily Pickell, Fort Worth; Col Jimmie & Mary Hanes, Crawford; Mr. & Mrs. W.F. Key Jr., Clifton; Paul & Ann Hollingsworth, Clifton; Maebelle Blewett, Clifton; Joe Pierson & Family, Clifton; Fern Wiggins, Clifton.

GLENNA LOU EISENBACH

Jennifer & Scott Gill, Bullard, Green Acres Baptist Church, Hideaway; Randy Eisenbach, Irvine CA.

DORIS FENN

Maebelle Blewett, Clifton.

HELEN FOOTE—LSM

Lloyd & Donna Hampe, Valley Mills; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Nancy Bratcher, Meridian.

JULIAN & ANNA GRIMLAND

Jo Ann Wendt, Fort Walton Beach FL.

MARY (BLIX) HARRIS

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

ESTELLE HILL

Rodney & Melanie Rueter, Clifton; Joann Baucom; Albrecht's Pharmacy, Clifton.

JACK HINTON

Rodney & Melanie Rueter, Clifton.

CAROL HOLDER

Albrecht's Pharmacy, Clifton; The Family of Bill & Oriett Thompson.

DR. W.T. HOLDER

The Family of Bill & Oriett Thompson.

DELORES HUGHES

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

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Beverly Blackman-Mounce, Clifton; Donald Smith, Dallas; Mr. & Mrs. Garland Knetson, Bartlett; Nancy Bratcher, Meridian; Patricia Gorton, Waco; Dorothy Brown, Clifton.

BENDETTE INCE

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

ORIN JORDET

Glenda & Bob Phillips, Clifton; Rodney & Melanie Rueter, Clifton; Sylvia Conner, Covington; Mary Ann Jordet, St. Cloud MN.

DORIS KLEINE

Erwin Dahl Sr. & Wynema Dahl,

Clifton; Johnye Kleine, Clifton; Darlene Hall, Clifton; Charles Gustafson, Clifton; Clara Dee Bronstad & Tom & Sherry Duke, Clifton; Rodney & Melanie Rueter, Clifton; Albrecht's Pharmacy, Clifton; Fern Wiggins, Clifton.

CLEONE MARKEN - LSM

Clinton & Diane Marken; James & Linda Marken, Sunnyvale, CA; Alfredo & Robin Carrasco, Reno, NV.

WILLIAM MCLEMORE

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

EMMIE LOIS MITCHELL

Rev. C.A. & Gloria Mangham, Cranfills Gap.

NADINE MUNDEN

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

JIMI NEAL

Dr. Mike Bergman & Dr. Jody Bergman, Roanoke.

LOEENE NELSON

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Albrecht's Pharmacy, Clifton.

JUANITA NIEMANN

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

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Mary Orbeck, Clifton.

ROBERT OSTERHOUT

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton.

LOLA PEPPERS

Sherrod & Sue Fielden, Clifton; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Mary Lou & Dewey Slaughter, North Canton OH; Mary Lawrence & Carolyn Tatum, San Antonio; Kenneth & Rhonda Schwartz, Clifton; Mechelle Slaughter & Phyllis Gamble, Clifton.

THERESA PETERSON

Albrecht's Pharmacy, Clifton.

AUDREY PIERSON

Mary Orbeck, Clifton.

DORIS PIERSON

The Family of Bill & Oriett Thompson, Seguin.

JEAN PIERSON - LSM

Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton, Fern Wiggins, Clifton; Kenneth & Clarice Nelson, Clifton;

Charles & Joyce Symank, Valley Mills; Mary Orbeck, Clifton; The Family of Bill & Oriett Thompson, Seguin; Joe Pierson, Clifton.

BODO & HERTHA SCHROEDER
Mildred Van Winkle, Dallas.

NANCY STONE—LSM
Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; John Bruington, Valley Mills.

BEN TROTTER—LSM
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H.A. & Dolores Graves, Valley Mills.

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Rodney & Melanie Rueter, Clifton.

ELENORE WIEDE—LSM
Mr. & Mrs. Joe D. Crawson, Valley Mills; Rodney & Melanie Rueter, Clifton; Joann Baucom, Clifton; Lloyd & Donna Hampe, Valley Mills.

HONOR GIFTS

These gifts are given to honor and appreciate special people, events, celebrations and/or achievements. All gifts help provide care to those served by Lutheran Sunset Ministries. The following gifts were given between January 2015 and April 2015.

THE FAMILY OF LYDIA HOEL
Lydia Hoel, Clifton.

PATRICIA HOOKS
Patricia Shahim, Rowlett.

BETTY A. LYNUM
Jane & Michael Walker, Clifton.

REV. TAMMY MAST
Marvin Lenz, Cranfills Gap.

ERNEST MCLEMORE
Wanda & Donn Hines, Clifton.

WAYNE ROHNE
Judge & Mrs. Derwood Johnson, Waco.

REV. J. WELDON SMITH
Charles & Joyce Symank, Valley Mills.

GENERAL GIFTS
All gifts help Lutheran Sunset Ministries in its work and mission. The following general gifts were given between January and April 2015.

Mrs. Edna Babb, Clifton
Mrs. Nancy Bratcher, Meridian
Calvary Lutheran Church, Richland Hills
Capital Group Companies, Los Angeles, CA
Central Lutheran Church, Dallas
Christ Lutheran Church, Dallas
Ms. Mattie Derryberry, Clifton

Mr. & Mrs. Larry Dietrich, Hewitt

First Presbyterian Church, Clifton

Mr. & Mrs. Jeff Gunter, Austin
Mrs. Adele Hanus, Waco
Holy Trinity Lutheran Church, Irving

Hope Lutheran Church, Buckholts

Immanuel Lutheran Church, Killeen

Mr. & Mrs. William Kelm, Cameron

Pastor & Mrs. Paul Krupicka, Waco

Northern Texas-Northern Louisiana Synod of the E.L.C.A., Dallas

Our Savior's Lutheran Church, Clifton

Mr. & Mrs. Michael Plemons, Crawford

Rev. & Mrs. J. Weldon Smith, Clifton

St. Matthew Lutheran Church, Waco

St. Olaf Lutheran Church, Cranfills Gap

St. Paul Lutheran Church, Baton Rouge LA

St. Paul Lutheran Church, Crawford

St. Paul Lutheran Church, Women of the ELCA, Baton Rouge

Mr. & Mrs. Charles Symank, Valley Mills

Thrivent Financial- Waco Chapter, Waco

Thrivent Financial for Lutherans, Appleton WI

Lutheran Foundation
of the Southwest

Planned Giving

A planned gift is really quite easy — it involves some planning that helps both you and our mission.

We can help you create a legacy in your will or trust, increase lifetime income for you and your spouse and pass on property to your heirs through a Charitable plan. To learn more about the benefits of making a planned gift, please contact David Johnson with the Lutheran Foundation of the Southwest: 512.964.0826 or 800.424.0447.



LSM in the News!

Monthly article submission in Waco Tribune Herald's Senior Living section.

April 2015 Bosque Living, Resident Art Show

Myth Busting: Aging and Exercise

Regardless of your age or your current physical condition, you can benefit from exercise.

From those who are healthy to those who are managing an illness or an injury, exercising can help to align both physical and mental health. Physical activity does not have to require strenuous workouts to reap the benefits; you must simply add more movement to your life, even in small ways. Many feel that maybe they are too old to start or that exercising puts them at a higher risk for injury; however, this couldn't be further from the truth. Don't let a myth stand in your way of a happier, healthier life.

Myth: There's no point in exercising. I'm going to get old anyway.

Fact: It's true, you can't stop the hands of time. However, growing older doesn't mean your body has to gradually deteriorate. As a matter of fact, exercise could even reverse some of the common symptoms of aging. Regular exercise can help boost your energy, maintain your independence and manage symptoms of illness or pain, among other things. More than likely, there are exercise programs in your community that cater to your specific needs, providing an exciting path to successful aging.

Myth: I can't get around like I used to. It's dangerous for me to exercise.

Fact: According to the Arthritis Foundation, the number one cause of falls is poor balance. Programs such as Lutheran Sunset Ministries' Empowerment Exercise Class can help older adults regain this ability with safe, individually catered exercises. "Having taken the exercise classes, it's increased my stability and my balance," said Billy Dunahoo, a senior resident of Clifton, Texas. "It's certainly increased my strength. I can now reach the cabinet to get something high up, I'm able to lean over and tie my shoe and I can get on the floor and get up again with no assistance. It's increased my flexibility amazingly."

Myth: Exercise has nothing to do with mental health.

Fact: This is completely false. But don't take our word for it. Researchers at Duke University Medical Center, in Durham N.C., studied 156 mildly depressed patients 50 and older and found that after 16 weeks, those who exercised showed significant improvement compared to those who either took medication alone or those who combined the therapies. According to their study, exercising three times a week could be more effective than medication in relieving the symptoms of major depression in elderly people and may also decrease the chances that the depression will return over time.

"About a year and a half ago I fell," said Mrs. Dunahoo. "I had also lost some people who were close to me, and I became very depressed. My kids said, 'Mother, you need to exercise.' So, for two months I exercised with Leah Miles, Sunset Ministries' certified personal trainer, and it has changed my life. I'm feeling much better; I have more energy and really enjoy life."

Myth: I'm disabled. I can't exercise sitting down.

Fact: Disabilities simply mean that you are challenged to work around them. Even those confined to a chair can still complete stretches, weight exercises and motion exercises. Don't let a disability prevent you from enjoying a longer, more fulfilling and gratifying life with an increase in your senior exercise routines.

Myth: There's nothing intellectual, social or spiritual about exercising.

Fact: This could be true for some, however, Lutheran Sunset Ministries find a way to incorporate all three into their community exercise program. With each workout, instructor Leah Miles incorporates health and nutrition information into each session, furthering participant's knowledge of their body and what it means to stay

healthy. As far as the social aspect, participants have the chance to converse with other members of the class, sometimes creating new friends outside of class. To include the spiritual aspect, each class winds down with yoga inspired stretches, aroma therapy and neck massages – the perfect time to close your eyes, relax and maybe say a prayer or reflect on your day.

In spite of the myths, it's never too late to start exercising. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits – decreased risk of heart disease, colon cancer, diabetes and obesity, decreased symptoms of depression, improved sleep quality and increased energy, among others.

Fortunately, for those in and around Clifton, Texas, Lutheran Sunset Ministries offers an Empowerment Exercise Class on Tuesday and Thursday at 1604 W. 9th St. (next to Bella Vita Italian Restaurant), open to the community. The 10 a.m. classes are more advanced and the 11 a.m. classes are focused more on post-rehab individuals – the perfect place to continue your recovery. The classes are designed for the residents of Lutheran Sunset Ministries as well as members of the Clifton and surrounding communities. For more information on attending an upcoming class, please contact Leah Miles at 214.289.9623. Mrs. Miles will help assess your current physical needs and lead you on a path to successful aging.

Article by Andrea Hikel, Lutheran Sunset Ministries' marketing and community relations director.

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Art is Ageless

By Andrea Hikel, Lutheran Sunset Ministries

The canvas paintings were displayed behind Deb Plummer's desk at the Bosque Art Center (BAC) in Clifton, Texas for a few weeks. As the program director, Ms. Plummer regularly has visitors in her office. She has a lot of people who asked her about the nature and acrylic paintings on her shelf. "When did they come from?" "Are those for sale?" Her response was usually not with surprise when the explanation was given by residents of Lutheran Sunset Ministries (LSM), a retirement community offering a full continuum of care in Bosque County.

Why are we as a society typically surprised when we see senior adults accomplishing great things? Has it been engrained in our minds that once we reach a certain age we can no longer learn new things, be creative or challenge ourselves? Many elderly adults even think the same about themselves. "I'm too old to have something new." "What's the point in challenging myself at this stage in my life?" This is a mindset that LSM is working to change by regularly providing

new opportunities to residents to help them constantly grow—intellectually, physically, socially and spiritually. According to the National Council on Aging, research shows that older adults who participate in opportunities, such as art, dance, music or creative writing, learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, emotional, spiritual, emotional and mental well-being. Seniors who participate in art programs have been noted as experiencing lower doctor visits, less medication use, a reduction in falls and a higher overall rating of physical health. This should not be surprising as expressing ourselves is a vital human need. Sharing our interests through music, visual or words promotes the sense of well-being that is a major measure of successful aging.

Art classes can have several benefits to seniors, including intellectual stimulation, socialization and the addition of a relaxing, therapeutic quality to the day, among other things. Creativity, mobility in our hands is the first to go; however, painting can provide the perfect tool for practicing agility. Art class can promote concentration and even offer emotional stability, as it allows people to communicate their feelings with color.

Many people believe that creativity peaks when we're young, diminishing as we grow older. However, research shows that creativity can be maintained and even increased with age. Many talented artists have reached their most productive and innovative phase in their 60s and beyond.

With this in mind, LSM recently hosted their first ever Resident Art Show in March. Through a partnership with BAC, which provides art classes for its residents, the show was a success. The program, the resident art show was displayed for the public at the BAC. In addition, an artist reception was held for families, friends, guests and interested parties. The reception was held at the BAC and provided a nice way to celebrate the fact that our residents are creative and talented. Choice award were given, along with certificates of appreciation. If you didn't attend, please plan to support your special year home with LSM and the BAC next year!

No matter your age, it's never too late to learn new things, be creative and challenge yourself. Sing, dance, paint and more yourself! We've got one life and we should make it count. Enjoy retirement, enjoy your time at home with LSM and the BAC next year!

View listings & photos at: CarlisleRE.LandsOfTexas.com

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Clifton Record



Lutheran Sunset Ministries Health Center residents Nancy Pruitt and Juanita Sargent put together, glued and framed a jigsaw puzzle of Da Vinci's "The Last Supper" and donated it to the chapel.

January 2015, Bosque Living, Lucy the dog

The Unconditional Love... "I Love Lucy" of a Special Valentine

Sitting with Lou Selvaugen on the dining room table of the Sunset House, the spouse of a new friend she had made. She described this new acquaintance as lovable, friendly and caring. "She looks into your eyes and really listens. She brings lots of love wherever she goes," said Ms. Selvaugen. "When she comes to visit me, she's always wagging her tail and putting her head in my lap." Although this behavior may sound a little odd, it's perfectly acceptable when it's Lucy, Sunset House administrator Lacey Allen's 6-year-old chocolate Labrador Retriever. Handpicked from a litter of 10, Lucy frequented several local nursing homes during Ms. Allen's college semesters. This was when he realized she had the perfect temperament for this population. Lucy was by Ms. Allen's side in February 2012 when he took a position as licensed nursing facility administrator at King Manor Methodist Retirement System in Hartford, Texas. From there, Lucy came on board with Ms. Allen at Lutheran Sunset Ministries in August 2014. "When we offered Lucy the job, he said Lucy was a package deal," said CEO/President of Lutheran Sunset Ministries Rodney Ramm. "That's a deal I'm incredibly glad we made. We've been having her here."

"Lucy lights the mood for everyone in the facility," said Ms. Allen with a smile. "Health Center staff are very fond of working with her. She's a real emotional support."

Many residents had animals growing up. Why should that change in this season of life? asked Ms. Allen. "There following old workplace rules." We're trying to break that mold.

According to the National Center for Health Research (NCHR), companion animals may improve heart health by lowering blood pressure and regulating the heart rate during stressful situations. Among elderly people, companion pets might also be an important source of social support that enhances well-being. In one study, elderly individuals that had a dog or cat were better able to perform certain physical activities deemed "activities of daily living," such as the ability to climb stairs, bend, kneel or stoop, take medication, prepare meals and bathe and dress. "A surprising number of retirement facilities are adopting the concept of companion animals, realizing that pets provide physical and mental benefits, especially as people age."

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