

fall/winter 2024

ECHOES

UNDER THE RIMS

TIME



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ABIDING & ADAPTING

A Time For Every Matter



HAVE YOU NOTICED THE VARIETY of phrases and idioms that people speak in relation to TIME? Here are examples and you can think of more.

A race against time. Ahead of one's time. Behind the times. Buying time. Just in time. Having the time of my life. Time is of the essence. I had a good time. Bide your time. You caught me at a bad time. I have time on my hands. All in good time. Only a matter of time. Time will tell. Withstood the test of time. My, how time flies. A stitch in time saves nine. Time heals all wounds.

The ancient Greeks distinguished time as being either CHRONOS or KAIROS. Chronos refers to chronological or sequential time, the kind measured in seconds, minutes, hours, and years. It's about the quantity of time. Kairos signifies a moment of indeterminate time in which things happen. It's about the quality of time, focusing on the opportune moment for action. It's about the right time.

The anonymous sage who authored the biblical book of Ecclesiastes wrote these familiar words relating to Kairos time:

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to throw away; a time to tear, and a time to sew; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace.

Within this issue of Echoes are varied stories relating to TIME. A lengthy feature glances back in time at a legacy passed on, and then looks ahead in time to a new legacy set to emerge. Another tells how life enrichment programming for residents in St. John's communities does more than simply fill time. One story offers suggestive help for caregivers as they manage time, and another reveals how St. John's

youth volunteers invest their time. Finally, a resident at Chapel Court explains how she makes the most of time.

May we all live well with the time we have been granted.

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A NEW LEGACY

LEGACY.

The Merriam-Webster dictionary defines the word Legacy as this: *Something transmitted by or received from an ancestor or predecessor or from the past.*

Two brick monument signs along Rimrock Road mark entrance into the main campus of St. John's United. One of the signs reads LEGACY. It references the complicated looking building at the corner of Shiloh and Rimrock

Roads, set upon land that once had been pasture for livestock.

Construction of the original St. John's Legacy building began in September 1962, when ground was ceremoniously blessed and broken. On June 7, 1964, a dedicatory cornerstone was set into place that remains today. Beyond that cornerstone, though, the Legacy building has undergone transformations over time.

Three years after first opening its doors to independent living residents, age sixty-two or older, the St. John's board of directors granted management approval to construct a square-shaped long-term-care home addition as complement to the original squared sections of the Legacy building. As independent living residents required more care and services, transition into the long-term-care home was a commonly chosen option.

By the 1970s, management and board leaders measured need for construction of additional long-term-care rooms. Three building sections were added along the southern face of the original independent living areas, forming the conjoined building footprint now identified as LEGACY.

During the next two decades, all seven residential portions of the Legacy building, forever



known as "Wings," were at capacity, providing residents with shelter, care, and services to match their needs. Revenue generated through private pay fees, Medicare reimbursement, and Medicaid reimbursement kept pace with operational expenses. The St. John's Foundation was incorporated in 1989 to add philanthropic support to what the Women's Auxiliary was already doing to help fund resident activities and spiritual care.

By the early 1990s, planning commenced to transform St. John's into Montana's first-ever continuum of care retirement community (CCRC), also known as a life plan community. The intent of this planned expansion was a mission-based response to a growing need for housing and services for older adults, and to strengthen the financial health of the organization. Both intents were fulfilled in the development and opening of the Mission Ridge community.

Early into the twentieth century, innovative green house cottages were constructed to provide additional and improved long-term-care homes for residents. By then, management and board leaders recognized that the Legacy building was aging and unable to satisfy emerging desires for larger residential spaces with increased amenities. Also, federal and state Medicaid reimbursement was less than operational costs. For a not-for-profit corporation, these realities generated unsettling headwinds.

That St. John's is a not-for-profit should come as no surprise. What often gets missed – or misunderstood – is that a not-

for-profit which generates no positive cash flow cannot serve its constituents very well for very long. It's really quite simple – generating profit allows a not-for-profit to use that profit to serve more people. It has never been the aim at St. John's to make a profit – the focus has always been on serving people in need.

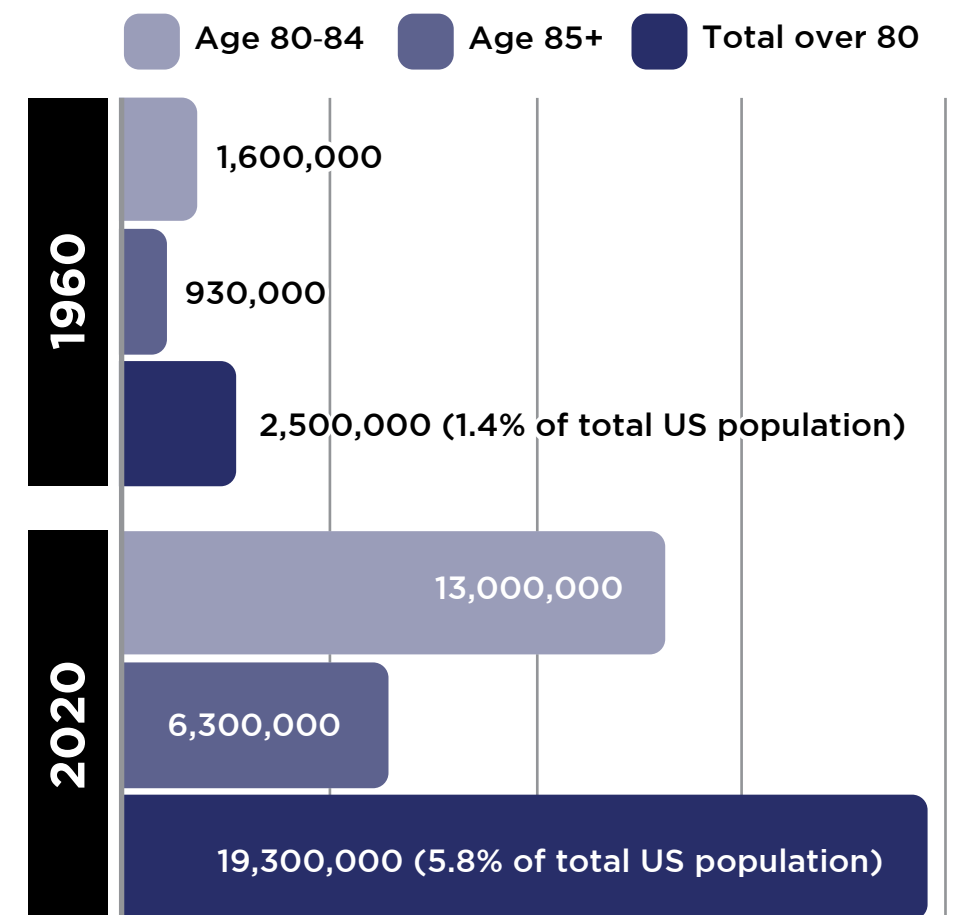
The business plan that initially allowed St. John's to serve residents well, and to employ and fairly compensate staff, eventually stopped working. The expense-to-revenue gap has been widening for nearly a quarter century. Understanding the factors at play is one thing. How to reverse course is yet another matter.

Aging, Health, & Funding Factors

A great amount of energy has been spent laying responsibility for social issues at the feet of the Baby Boom generation – the so-called Age Wave – but that's not entirely fair. Their parents have something to do with the state of aging matters as well. The good news is that for the last forty years, both generations have been living longer, and many people are living better through healthier lifestyles and access to better healthcare interventions. The conundrum is that as both generations are now aging together, more people are accessing healthcare services to address chronic conditions that are

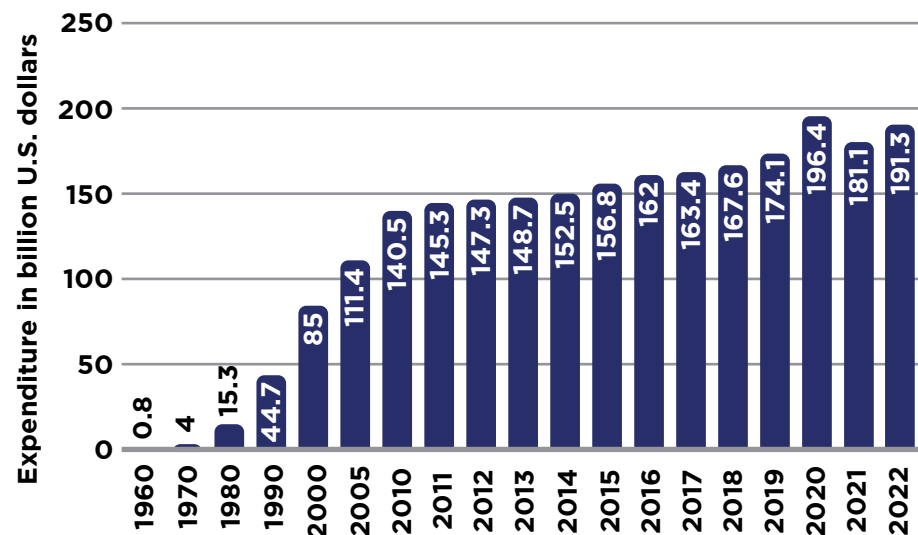
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AGING BY THE NUMBERS



Source: US Census Data 1960, 2020

Nursing care facilities and continuing care retirement communities expenditure in the U.S. from 1960 to 2022



Sources
US Department of Health and Human Services; CMS
© Statista 2024

Additional Information:
United States; CMS; 1960 to 2022

not long life-limiting.

At the same time, the cost to advance healthcare for older adults has skyrocketed, especially with respect to long-term-care services.

At St. John's inception, the total amount spent on long-term-care in America was \$800 Million in today's dollars. By 2020, that number had increased 25-fold.

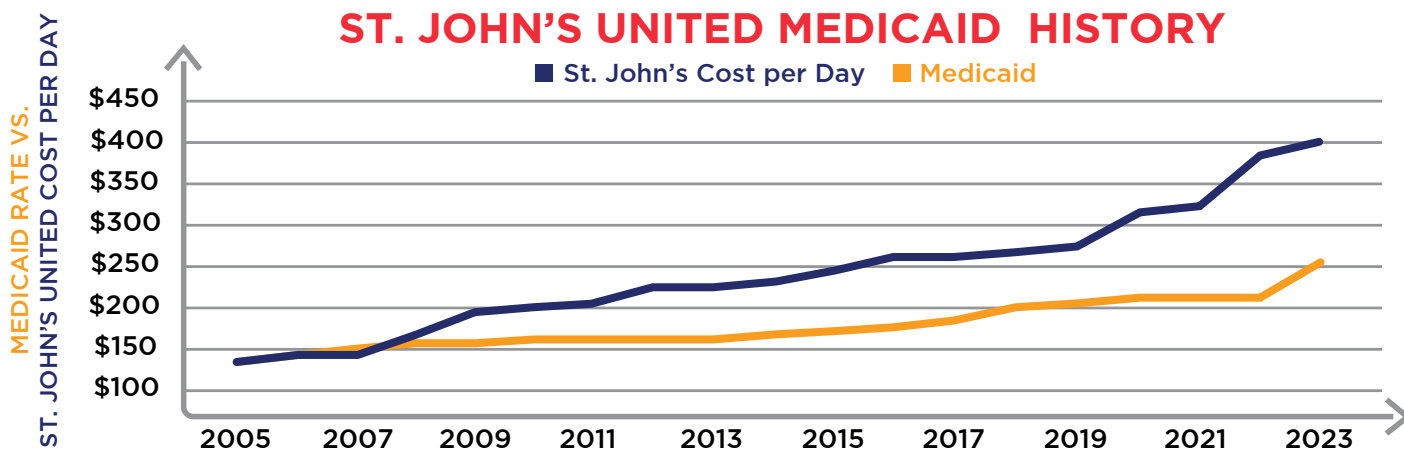
Funding long-term-care is the social imperative of the current era. Low personal savings rates, the dwindling or exhausting of personal savings to pay for care, and downward trends in government revenue collection and disbursements are all ingredients in the recipe that has led to nationwide distress for senior healthcare providers.

A Looming Threat - The Gap

The intersection of increasing costs to deliver care and decreasing financial supports happened in the early 2000s. Beginning in 2008, the cost of care per day and the reimbursements received from Medicaid began to diverge – a difference of \$11.94 per resident, per day – a little less than \$500,000 for the year. Not insurmountable, but certainly enough to get the attention of board and management. Leadership



ST. JOHN'S UNITED MEDICAID HISTORY



wrestled with questions of how long the reductions would continue and what would happen if the gap continued to grow. Discussions centered on what, if anything, should be done to limit the number of people served who qualified for Medicaid.

As revenue losses grew, minding the gap became an ever present reality. A new LEGACY has started taking shape, both figuratively and literally.

Phased Evolution

In 2016, St. John's management began to explore strategic options to alter operations and revise use of building spaces in ways that could generate greater revenue and reduce expenses, while still abiding by the organization's mission to provide living opportunities within nurturing environments of hope, dignity, and love. The Board of Directors and the St. John's Foundation Board of Directors joined in this process of exploration, discernment, and decision making.

Among several mutual decisions made by management and board leaders was the go-ahead to develop a strategy for repurposing and removing portions of the existing Legacy building in a three-phase sequence of demolition and construction.

Phase I

Ⓞ Pursue federal Low Income Housing Tax Credits that are awarded annually by the Montana State Board of Housing to fund construction of an affordable housing project to replace existing Chapel Court housing. An \$8 million award in federal tax credits was granted

to St. John's in November 2018. An additional federal Housing Trust grant was received and the St. John's Foundation approved loaning additional funds as needed.

Ⓞ Residents of Chapel Court Wing Two were relocated into Wings One and Three as space was available. Wing Two was demolished. Construction began on a four-story apartment building with twice the living space as the original Chapel Court apartments. A new front entrance, public commons, coffee shop, and other amenities were added. Construction was completed in January 2021 and all residences were filled by May.

Phase II

Ⓞ Deconstruct the interiors of Wings One and Three of the Legacy building, maintaining structural supports.

Ⓞ Construct a new home for business offices, Foundation offices, the CEO office, and a board room within what had been Wing Three of the Legacy building. Construction and relocations were completed in August 2023.

Ⓞ Construct a new home for Center for Generations (CFG) within what had been Wing Three of the Legacy building. Construction and relocation of CFG was completed in June 2024.

Ⓞ Construct a new thirty-five room Transitional Rehab Center within what had been Wing One of the Legacy building. Construction was completed to begin serving

patients in November 2023.

Ⓞ Transitional rehab patients who were being cared for in Wing Six of the Legacy building were moved into the new Rehab Center.

Ⓞ St. John's long-term-care residents within Wings Four, Five, and Seven were relocated into St. John's cottages, thus emptying those spaces for repurposing or demolition.

Ⓞ Repurpose a portion of Wing Four to construct a new outpatient rehabilitation center, set to open by year-end 2024.

Phase III

Ⓞ Deconstruct a portion of interior spaces within Wing Four and construct new moderate-income rate housing apartments.

Ⓞ Demolish Wings Five, Six, and Seven of the Legacy building by year-end 2024.

Ⓞ Develop plans to construct a high-rise housing project – named Aeries – for adults fifty-five years of age and up. This project is to include high quality amenities.

Ⓞ Develop plans to construct a large public space, named the Centrum, to be conjoined with Aeries to the south, and repurposed Legacy building spaces to the north. Included within the Centrum will be spaces for a medical clinic, wellness center, pharmacy, life-long learning, and more. The Centrum is to be connected to Mission Ridge by an elevated all-season walkway.

(continued)

Taking Intentional Risks on Behalf of People in Need

Minding the revenue gap through phased de-construction and redevelopment is only part of the equation. At the end of the day, these new *places* house and care for *people*. At the core of St. John's legacy is its care for people, not shiny new buildings. The shiny new buildings are simply a means to living out one of St. John's core values – taking risks on behalf of people in need.

This includes people on the entire socio-economic spectrum. Ensuring that the redevelopment of Chapel Court, which is home to residents with limited financial means, occurred in Phase I was no small matter. It was intentional. The easiest way to address the Medicaid gap would have been to eliminate the need for Medicaid reimbursements in the first place. But that is not inherent in St. John's identity as a community of diverse people, nor in its dedication to serving the poor, nor in its mission.

Equally intentional is the plan to link Aeries, Chapel Court, and Mission Ridge. Years of research studies by sociologists, universities, public policy entities, and private development organizations point to healthier outcomes for all when a community is diverse. Diverse communities thrive; homogenous communities contract. Once completed, the Centrum will become a microcosm of diversity with residents, staff, and guests sharing daily life together.

Phase III is a risk, and with it, carries a staggering price tag. Yet it, too, is intentional in order to serve a need for housing that is not yet met in the greater Billings community. It is intentional in its aim to generate revenue for the greater good of St. John's. It is intentional to transport St. John's LEGACY forward to meet the future. A LEGACY of carefully stewarding resources and taking risks on behalf of all who call St. John's home. ♦



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LIVING WELL

LIFE IS BETTER THAN EVER FOR Mary Ann Borer. A mocha latte prepared her special way every day, a wide selection of books in the library, and a beauty salon are all just steps from her front door. Attentive and friendly maintenance men are at her disposal and a well-tended landscape surrounds her. She is greeted with a smile around every corner and eagerly shares one in return. Life is better because she lives at Chapel Court.

Mary Ann came to live at Chapel Court in early 2024 after her children, unbeknownst to her, put her name on the waiting list.

"This place just lifts my heart. It's inspiring," says Mary Ann. Perhaps it is her own joyful, expressive spirit that lends itself to seeing the good in most situations, though she admits that she was not thriving in her previous living arrangements. "I wasn't eating well, I wasn't sleeping well...I was just generally not uplifted," says Mary Ann.

Mary Ann reveals knowing very little about St. John's other than its history as a nursing home. She did not realize that St. John's offered independent living for older adults, especially those who need an affordable option. Following her initial tour of Chapel Court, she had only one word to describe what she saw – "Amazing."

When asked for words of wisdom for others, without hesitation Mary Ann offers, "It doesn't matter how long you live – it's what you do with your time and I am going to make the most of mine." ✦

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- ✦ Opened in 2021
- ✦ 56 Apartments
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BUSINESS PARTNER OF THE YEAR

BEN MITCHELL CONSTRUCTION

BEN MITCHELL CONSTRUCTION was honored as the St. John's United business partner of the year during the 2024 annual meeting of the Corporation.

In 2023, Ben capably completed work on these five St. John's construction projects:

- ✦ Repurposing one-half of what was historically known as Wing 3 of the Legacy building – deconstructing residential

rooms and reconstructing those spaces into a new home for the St. John's Center for Generations childcare and pre-school.

- ✦ Transformation of an area within Mission Ridge to become an added new residence.
- ✦ Construction of office spaces for Lutheran Family Services Rocky Mountains within the Gainan Commons building.

- ✦ Gainan Commons restrooms remodeling.
- ✦ Gainan Commons roof and plumbing upgrades.

Appreciation was expressed to Ben for the quality of his work, the timeliness of his work, his collaboration skills, his kind presence among residents, children, and employees, and for the way he embodies the mission of St. John's.



PHILANTHROPIST OF THE YEAR

TERRY MOHN WAS HONORED as the St. John's United philanthropist of the year during the 2024 annual meeting of the Corporation.

In 2021, Terry chose to work with Rachel Simonson, Gift Planner of the St. John's Foundation, to structure a planned gift to the Foundation. Terry's gift was to be an ownership transfer of his house upon date when he ceased to live within the house – a Life Estate Reserved gift. Terry further directed that the proceeds from

sale of the house be invested within the Foundation's Resident Care Endowment.

Transfer of house ownership and sale transpired, sadly, when Terry unexpectedly died in early January. Terry's affection for St. John's and desire to gift his house was birthed by the quality of care his father, Ferris, received decades prior as a resident within a St. John's community, The Vista.

Appreciation was expressed for Terry's kind and meaningful generosity. ✦



Grady Martin

LOVE IN MOTION

"VOLUNTEERS ARE LOVE IN motion!" Words of an unknown author. "The best way to find yourself is to lose yourself in the service of others." Words of Mahatma Gandhi.

Anyone who has offered volunteer services to a favorite organization

or cause has experienced what Gandhi wrote. While volunteering does benefit others, it also nurtures personal growth, life satisfaction, meaning making, empathy, and relational connections. Research shows that volunteering is associated with improved health and well-being, including

increased longevity, adoption of healthy lifestyles, and reduction in depression and stress. Volunteering is the donation of time, energy, and skills in ways that selflessly contribute towards making the world a more beautiful place.

Even though St. John's United has over five hundred employees, the organization could not provide all the services it does without the assistance and support of over two hundred registered and trained volunteers, and over two thousand additional unregistered volunteers who help with a variety of tasks. In 2023, registered volunteers alone donated 12,640 hours of service at St. John's. Such a gift! Such impact!

Furthermore, volunteering at St. John's is not solely for adults. Young people can and do also volunteer their services within St. John's communities.

This past summer, fifteen youth enrolled in the Summer Youth Volunteer Program guided by Elisa Carrothers, Volunteer Coordinator within the St. John's Foundation. This program is for youth, ages thirteen to eighteen, who desire to participate in a structured manner of volunteering at least three hours a week for eleven consecutive weeks.

Elisa explains that each volunteer in this program signs a formal agreement of commitments, inclusive of reading a volunteer handbook, promising to be on-time for work shifts, wearing a name badge, adherence to dress code, work protocols, and more. She observes, "For some youth,

it's the first time they experience responsibilities of arriving to work on time, developing job skills, and learning how to interact with a supervisor. More so, there is the beautiful relationship piece of intergenerational engagement. These youth and the residents they serve develop meaningful relationships with one another. It makes me smile. It's lovely."

Victoria Weagel serves on the life enrichment and activities team at St. John's WyndStone. She agrees with Elisa about the value of youth and residents engaging with one another. "I supervise two youth volunteers," Victoria says. "One works as a barista and the other helps with multiple tasks at Meadowlark cottage. The residents love to visit with these young people and the young people love to visit with the residents. Whether the tasks involve cleaning, making popcorn, playing games, or doing crafts, the youth have a smile on their faces. They want to be with our residents and the residents know it. The interactions are beautiful to watch. I hope this program continues."

Owen Troyer is a student at Will James Middle School. He tells of wanting to volunteer during summer months at a retirement community in need when he happened to hear about the St. John's youth program and applied. "On Tuesdays, Thursdays, and Fridays I come to the Common Grounds Bistro at Mission Ridge to make coffee and other beverages for the residents. I like doing it because it helps me with my customer service skills. I get to work with a fancy and fun coffee making machine. Talking with the residents has helped me to be more outgoing. Everyone is nice to me,

especially the staff. I am grateful to be here."

Madelyn Murphy, a tenth-grade student at Billings West High School, tells that she learned about the youth volunteer program at her church, King of Glory Lutheran. Also, her older brother served as a St. John's youth volunteer and spoke well of the experience.

This is Madelyn's second year in the program. "Last year I worked on crafts with the residents and played patio games. This year I have expanded my responsibilities to include baking as well as eat lunch with two residents at The Vista on Tuesdays, which is my favorite part. It's so fun to hear the life stories of the ladies. They share their knowledge and are interested to learn what I do in school and what I'll be doing on the weekend."

Madelyn's supervisor is Kim Kolstad. She values Kim's excellent supervision and notices how Kim invests herself into enriching the lives of residents. Madelyn states, "When people drive by St. John's they probably see how beautiful the place is on the outside, but I get to see what goes on inside. There

is so much love here. It's a really amazing place!"

Grady Martin is a tenth-grade student at Billings Central High. This is also his second year in the youth volunteer program. Grady serves at St. John's each Monday for three hours. He begins by helping in the Human Resources office and then goes to the Mission Ridge independent living community to play ping pong and Wii bowling with the residents. "I like the variety," Grady says. "I like visiting with the residents as we do activities together. I first thought that the residents may be difficult to communicate with, but they are welcoming and very talkative. I have recommended this experience to my friends."

Youth throughout our nation are discovering the joy of volunteering and are volunteering in increasing numbers. Studies show that volunteering can produce lifelong benefits for youth just as it does for adults.

With summer days now past, St. John's gives thanks for its youth volunteers, who truly were love in motion. ♦





MEANINGFUL DAYS

BELOVED AUTHOR J. R. R. Tolkien wrote, "All we have to decide is what to do with the time that is given us." The Life Enrichment team at St. John's United takes that to heart, and utilizes the Seven Dimensions of Wellness – emotional, physical, social, intellectual, spiritual, environmental, and vocational – as a guidepost for ensuring residents have ample access to opportunities that enrich their daily lives. "We design our program offerings to promote as many of the seven pillars as we can," says Kelly Holmes, St. John's Director of Community Engagement. "Instead of just surviving, our team works

to ensure that our residents and community are thriving."

Life Enrichment Coordinator Kim Kolstad asserts, "We try to build activities around the residents' likes, requests, and needs. We try not to say, 'No,' but find a way to make it happen. That thought is echoed by Tina Price, Resident Services Coordinator at Mission Ridge, "We strive to create a social environment similar to what people experienced before they moved to Mission Ridge, but with easier access."

A variety of fitness activities are

offered to meet the physical needs of residents such as chair aerobics, meditation, yoga, and water walking. Music is central and is the most requested activity around campus. "We enjoy music of all kinds, from professional musicians and hobby musicians, to children's recitals and school or church choirs. We just love it all," says Kim.

Social offerings include parties for every occasion. "If it's fun, we will do it," says Tina, "from the Fourth of July and Summer Concerts to the silly things, like freezer pop day and spirit week." The team can

also be serious too. Lectures and informational sessions are offered for everything from local current events to historical accounts by authors and professors.

To broaden the scope of what is available on campus, Kelly has been devoted to deepening community partnerships. Residents have hosted Eagle Mount for events such as karaoke, dancing, and BINGO. A burgeoning partnership with the Art House Cinema and Pub has created opportunities for residents to see current and classic movies at times that are accessible.

Life Enrichment Advisory groups and resident councils provide a forum for resident input and requests. Ted Clark of Mission Ridge has been on Mission Ridge's advisory group for two years. "What is nice about being here is that you have a support group of professionals who are available if you need them," says Ted. "The staff are very receptive to requests, and they do their best to accommodate the needs and abilities of all involved."

Not everyone is a "joiner" or is comfortable being a group setting, so the team gets creative. It is not uncommon to see a keyboard rolled from room to room at the Vista to perform songs for the residents who don't typically participate in group gatherings. In the assisted living and skilled care environments, "It's important to get to know people and what they like so you can integrate that into the activities," says Tina Pilon, Life Enrichment Coordinator at Nefzger Cottage.

One-on-one visits are most common in the cottage environment, where the twelve



Tina Pilon



Kim Kolstad



Kelly Holmes and Tina Price

residents have a variety of skills, needs, and abilities. Tina Pilon notes that as people's abilities decline, "Our job is to meet people's needs where they are at in their life." In addition to traditional activities like BINGO and music, staff and volunteers provide one-on-one engagement. "Some people like to play games or have a book read to them, but often it's just sitting and talking, just to

be there with the person for quality time," says Tina.

St. John's vision is to be a place where every day, for every age, there is healing meaning, and purpose. "Whatever it looks like for each person, regardless of where they live," says Kim, "we are here to ensure the residents have meaningful days." ♦

FINDING THE WHITE SPACE

FORMER FIRST LADY, WRITER, activist, and humanitarian Rosalyn Carter said, “There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver.” According to the CDC, a 2017 report states that 18.3% of adults in Montana ages 45+ are a caregiver.

Caregiving for adults can be a full time job. For those providing eldercare for a spouse or partner, the average was six hours per day spent providing direct care, which can include nearly any activity, such as physical or grooming needs, transportation to jobs or appointments, and the more ubiquitous task of remaining

available to help when needed.

As the recipient’s needs increase, so do the responsibilities, which sometimes results in additional strain on the caregiver. Caregivers are at increased risk for having multiple chronic diseases as they may neglect their own personal health needs while providing care to others. In Montana, 44% of caregivers – more than the nationwide average of 40.7% – report having two or more chronic diseases.

“I learned very early on that you can’t pour from an empty cup” says Andrea Bouchard, RN, BSN, Resident Liaison at Mission Ridge. Andrea has vast experience working with both professional and family caregivers. “When you

are in a caregiving role, self-care is imperative, and most so when you don’t have the time for it.” Caregivers are also at a high risk of burnout. Johns Hopkins defines burnout as, “A state of emotional exhaustion that results from failing, wearing out, or feeling totally used up due to too many demands on one’s energy, strength, or resources.”

Caregiver burnout may be due to one or more of the following:

④ **Physical demands and overall work load.** Caring for the personal care needs as well as everything that needs to be done around the house can be overwhelming.

④ **Emotional depletion.**

Caregivers are constantly “on” and no matter how much work is put in, there is no way to make the person being cared for “well.”

④ **Compounding responsibilities.**

In addition to caring for the individual, there may be other work or family responsibilities that end up being neglected.

④ **Lack of privacy.** Depending on the needs of the person being cared for, there may be professional caregivers or healthcare professionals in and out of the home.

④ **Ambiguity of roles.** Sometimes caregivers do not know exactly what their roles and responsibilities are in relation to others, especially in the case of cognitive decline.

④ **Contradictory ideologies or family conflict.** There may be conflict within a family about how to care for a loved one, or the individual and caregiver may not agree with the plan of care.

This may delay or prevent people from receiving services they want and need.

These realities can contribute to feelings of inadequacy, loss of control, lack of autonomy, and feelings of failure. Compounded over time, they can lead to caregiver burnout. At its worst, caregiver burnout can result in depression, sleep disorders, and health problems. Andrea notes that caregivers tend to be “zealous” people with passion and drive. This passion is what drives us to care for others, but can also lead to burnout. “Give yourself grace,” says Andrea. “Many of us have unrealistic expectations and expect perfection from ourselves.”

While the root cause of the need for care cannot be controlled, the caregiver can practice techniques to decrease stress and increase resiliency. When feeling overwhelmed, an easy way to start practicing self-care is to create some white space, which Andrea defines as “anything calming, with minimal distractions, where a sense

of control and completion can be achieved.” This might mean blocking time in the calendar, setting a reminder on the phone, or writing a note and posting it on the refrigerator or bathroom mirror. Then, do the thing that would be most impactful in that moment.

Research shows that if caregivers share their intentions with someone who can support and encourage their efforts, they are more likely to be successful. It’s not uncommon for caregivers to feel guilty about having and sharing self-care goals with the person being cared for. While each situation is unique, chances are that person loves the caregiver and wants the caregiver to be happy too. Self-care isn’t something to be ashamed of.

“Finally, celebrate the small successes, and give yourself grace,” says Andrea. “As you go through this process, it is important to internalize the idea that you also deserve to be cared for, knowing that when your cup is full, you can be a better caregiver.”



2023 MEMORIALS

We give thanks for all of these lives remembered this year and extend our gratitude to the donors whose memorial gifts and gifts of honor now support living opportunities within nurturing environments of hope, dignity, and love.

If we included or omitted a spouse in error, please let us know.

IN MEMORY OF:

Caroline Ackerman
Terrell Ackerman

Theo Alderman
Michael Denson

Marion Andrews
Marie Scharfe

Emily Blotkamp
Marie Anderson

Marie Bowers
Florine Smith

John Thomas Bratton
Grace E. Bratton

Laura Bristol
Connye Hartman

Michael Carr
Mary Lou Klobosfski

Keylen Collings
Pr. Warren &
Judy Frank

Bina Collins
Connye Hartman

Brian Cook
Nancy Cook

Taylor Cook
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