

THE GLACIER HILLS  
FOUNDATION

# Foundation Buzz

A member of St. Joseph Mercy Senior Communities

December 16, 2019

**May the season of giving bring you  
great joy and peace.**



## News and Updates from the Glacier Hills Foundation

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The *Foundation Buzz* is a monthly newsletter intended to bring you up-to-date Foundation news. If you have any questions or would like more information, please contact us by [email](#) or telephone us at **(734) 929-6703**.

## Rowing Machine Receives Rave Reviews

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Residents and staff alike are row, row, rowing themselves to health on the new rowing machine in the Wellness Connection. Funded by gifts to the Wellness Center fund, this fitness machine is gaining popularity in the Wellness Connection.

**Ilga Himle** is a big fan of the rowing machine and has pretty much mastered the on/off technique, as well as the rowing process. Ilga, 88-year-old resident of the Manor, has a long history of physical exercise, having reached Level III status as a ski instructor – the highest credential. She has skied all over -- Colorado, Canada, Michigan -- and says by far the best snow and hills are in Utah! With “instructor” in her DNA, she would certainly understand the degree of difficulty involved in any exercise equipment or routine. Referring to the rowing machine, she feels people need to give it a go and see how they do.

“**Just try it,**” says Ilga. “Take the time to do it on your own, easily without help. But, it is better to have someone around at first just in case. Once you get on, it’s pretty easy.”

This was only the third time Ilga used the rowing machine. In addition to rowing, Ilga also uses the NuStep and does floor exercises. She likes the Rise & Shine classes, also, and is hoping to take some dancing classes in the future.

“The rowing machine challenges a variety of body positions and most muscle groups,” says Ingrid Crause from the Wellness Connection. “There are reasons why using the machine while accompanied by me is important, at least to get off to a safe start. Because the seat moves and there is no back on it, sitting unassisted, with good posture is the first consideration (strength and balance). I encourage exercisers to do as much as they are able in

getting themselves into a good position, which also includes bending forward (flexibility) to secure the feet with straps and reaching toward the handle. And, there are ways to modify the technique to accommodate different abilities. Please ask me for help in trying out this machine for a novel aerobic, strength, and flexibility challenge."

Also supported by Foundation funds are the two replacement **NuStep machines** and the **portable stretching table** in the Wellness Connection, and the ping pong table in the Hanson Room.

## Lemurs and Lynxes and Porcupines, Oh My!

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Foundation staff enjoying an affectionate pet from The Exotic Zoo. Left to right- **Javon Stacks**, **Becky Pazkowski**, **John Meneghini**, and **Sara Head**.

**The Exotic Zoo**, a popular activity among residents and staff at Glacier Hills, visited the Manor on November 12. Some pretty exotic animals were there to learn about and, in some cases, interact with.

The baby Lemur was friendly and certainly had a lot of shoulders to leap upon! The lynx, pictured here, was so soft and furry. One of many highlights was the African porcupine, which we learned has as many as 30,000 quills each and is a proud member of the rodent family!

Visits such as the Exotic Zoo are supported by **annual grants** made by the Glacier Hills Foundation.

# Art Across Campus

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## From Sara Head, Art Coordinator

Fine Print: Original Art Prints from the Glacier Hills Collection

**January 3 - March 6, 2020**

Huron Room, 3rd Floor

The Meadows, Glacier Hills

The Huron Room gallery space will feature a survey of original print works in the Glacier Hills Collection, spanning centuries and demonstrating a wide range of printmaking techniques. From painterly botanicals by Emil Weddige to Chagallian dreamscapes by Ben Avram, the exhibition will represent the diverse offerings of ten artists from the walls of Glacier Hills.

An **opening reception** will be held on **Friday, January 3rd** during the Meadows Social Hour.



Ben Avram, *Dreams and Lovers*, 20th c., lithograph, 23/250. Glacier Hills Collection.

## 'Tis the Giving Season

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There are programs at Glacier Hills that simply would not be possible if it were not for the annual gifts made by all of you. Concerts in the Hanson Room, musical offerings in the Manor and Eva's House, art and music therapy, exercise programs for residents (yoga, aerobics, balance, tai chi), and art programming are only some of what we can offer because of gifts to the Foundation.

During this season of celebration and giving, if you would like to make a gift to support our annual programs, please go to our website at <http://glacierhills.org/donate> where you can make your gift online. (You will fill out the form about your donation, click "submit," and the second screen will lead you through the credit card information.) Or we are always happy to see you at the **Foundation Office** on the 2<sup>nd</sup> floor of the Manor, across from the mailboxes.



## Making a Gift from Your IRA

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If you are at least 70-1/2 and must take a **Required Minimum Distribution** from your **IRA**, the government allows you to make a gift directly from your IRA to your charities. If you do this, you are not required to claim that gift amount as income for the calendar year in which you take the distribution.

The maximum amount allowable annually is \$100,000 and the gift must be made by **December 31, 2019**. If you would like more information on this, please feel free to contact me (Becky Pazkowski) at the Foundation Office at 929-6703, or by email at [rebecca.pazkowski@glacierhills.org](mailto:rebecca.pazkowski@glacierhills.org).

We appreciate your thoughtfulness!

# Mark Your Calendar

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## **Exhibit Opening**

Fine Print: Original Art Prints from the Glacier Hills Collection

Friday, January 3, 2020

4:00 p.m. – 5:00 p.m. – Huron Room Art Gallery, Meadows

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## **Rotarians at Glacier Hills**

Extend a Campus-wide Invitation to a Special Presentation in Honor of  
Martin Luther King, Jr. Day

Friday, January 17, 2020

10:00 – 11:00 a.m. – Hanson Room

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## ***Insights (For Employees) Featuring Marvin Brandwin***

Monday, January 20, 2020

12:00 – 12:30 p.m. – Renaissance Room, Meadows

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## ***Insights (For Residents) Featuring Marvin Brandwin and Beth Caldwell***

Wednesday, January 29, 2020

7:15 – 8:15 p.m. – Hanson Room

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## ***Insights (For Employees) Featuring Beth Caldwell***

Monday, February 17, 2020

12:00 – 12:30 p.m. – Renaissance Room, Meadows