

## Music Therapy: A Powerful Collaboration for Health

Guitar chords, singing and clapping float down the hallway more often these days at Amber Gardens, Amber Place and Amber Way. Thanks to a three-way collaboration between generous donors, the Kalamazoo Community Foundation and Heritage Community of Kalamazoo, one-hour music therapy sessions are now offered once a week in each of our three memory care communities.

A grant to Heritage Community from the Lewis C. and Barbara J. Howard Fund at the Kalamazoo Community Foundation was approved in November to support a full year of weekly music therapy. The fund was established by local entrepreneur and business owner Lewis Howard in honor of his wife, Barbara (Snyder) Howard. Before Lewis passed away in 2016, he was a resident at Heritage Community of Kalamazoo.

“Mom and Dad made donations to many different places, but it was always anonymous. They never wanted their name on anything,” explained Cathy Peck, one of the Howards’ daughters. “So creating this fund at the Community Foundation was interesting because he put her name on it. It was about Mom’s legacy, and he wanted her life to be recognized.”

Linda Winchester, the Howards’ other daughter, said, “Dad wanted to be able to honor mom. She had cancer and Alzheimer’s disease before she passed away in 2014, so he designated that the money in the fund be used to help in those two areas. He didn’t specify exactly what the fund should be used for other than that grants need to relate in some way to cancer or Alzheimer’s. Dad has passed away, so we can’t ask him. But we think this grant to Heritage for music therapy is something they would both love.”

### Funds That Go Above and Beyond

Coby Chalmers, donor relations officer, coordinates the Howards’ fund at the Community Foundation. “It is our privilege to work with donors so they can leave a legacy to this community that

*(continued on page 2)*



Lewis & Barbara Howard

*“It was about Mom’s legacy, and he wanted her life to be recognized ... we think this grant to Heritage for music therapy is something they would both love.”*

## Our Mission

We will be the premier senior living provider that celebrates the whole person while embracing families and partnering with the community.

supports something very important to them,” she said. “Lewis and his children were acutely aware that they had the financial resources to provide Barbara with experiences and services while she was ill that many other people wouldn’t have access to. The family wanted to be able to provide something especially meaningful for individuals, families and caregivers who were dealing with dementia or cancer.

“When I spoke with Kim Loftus at Heritage Community,” Coby continued, “she shared that music therapy was needed more frequently in their memory care communities. To me, this was exactly what Lewis had in mind — providing funds for something above and beyond, for experiences that would enrich people’s lives. This is the first grant from the Howard Fund, and we’re delighted to be part of a collaboration that meets the family’s wishes.”

### **How Music Therapy Helps**

Music therapy has been shown to have multiple benefits for individuals living with memory loss, and Heritage Community is committed to providing this programming to our memory care residents. For several years, we have been a partner site for music therapy interns who must provide service hours to earn their degree. One of those interns was Caitlyn Bodine, MM, MT-BC, now the owner of Fiddlehead Music Therapy in Kalamazoo, who has been contracted to provide the music therapy under the grant.

Caitlyn explained the importance of music therapy. “Music therapists use music and relationships to help people experience life more fully. Sometimes that means ‘getting the blood flowing’ through singing and movement. Other times, we just reminisce. Music therapy offers an alternative to the pharmaceutical management of anxiety, pain, loneliness, stress, grief and other challenges. This is especially important for those living with dementia and severe illnesses like cancer. I’m very grateful that this grant gives me the opportunity to work with the residents and staff at Heritage Community.”

As she reflected on the collaboration that is bringing more music to our memory care communities, Cathy Peck said, “It was important to Dad that people remain as engaged and connected to life as possible, even as they’re suffering from dementia or the effects of chemotherapy or severe illness. It’s about being able to be present and to still be able to find moments and pieces of joy.”



Residents at Amber Place enjoy singing and playing instruments during a session with Caitlyn Bodine, MM, MT-BC.

***“Music therapy offers an alternative to the pharmaceutical management of anxiety, pain, loneliness, stress, grief and other challenges.”***

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# Tribute Gifts: Honoring Your Loved Ones

Darcey Owings and her siblings wanted to do something different at Christmas to honor their parents, Howard and Dee Barkley. Howard lives at Wyndham and Dee lives at Amber Way. Since Howard and Dee had just downsized for their move, they didn't want any new "stuff."

"We decided to make a tribute gift in their honor rather than buying them an item that they really didn't want or need," Darcey shared. "In return, they received a letter stating that we recognized them this way. It just felt right to support our parents in this respectful way by making a gift."

Darcey and her siblings chose to designate the Heritage Legacy Fund for their gift. They felt this was a logical choice because someday one or both of their parents might need to utilize it. Darcey said, "This gives us peace of mind, knowing that we're contributing to the greater good for all the residents, including our parents."

The next time you are pondering that "perfect gift" for a wedding anniversary, birthday, holiday or other special occasion, consider a gift to Heritage Community of Kalamazoo Foundation in their honor. Your recipients will receive a special letter from our President & CEO, Jay Prince, recognizing the occasion, and they will be listed on the tribute honor roll in the Foundation's newsletter. In return, you will enjoy both the gratitude of your recipients and the knowledge that you are doing good for others.

*Recent tribute gifts (memorials and honorariums) are listed on the back page of this newsletter.*



Howard Barkley, Wyndham resident and Heritage Community of Kalamazoo Foundation board member.

## Commitments to Caring

Rooted in a tradition of caring — and thanks to generous donors — we have four funds devoted to serving the needs of Heritage residents, employees and the Kalamazoo community.

**Elsa Krum Development Fund:**

Supports structural renovations and program enhancements

**Heritage Legacy Fund:**

Ensures residents receive care and services while they live at Heritage

**William Carter Lowe, M.D. Education Fund:**

Provides scholarships to employees enrolled in nursing education

**Memory Care Initiative Fund:**

Supports the implementation of cutting-edge research in our practices and facilities

When you think of making your gifts, please consider helping Heritage Community continue its good work by donating to one of these funds.

## The Purple Poppy Legacy Society

The Purple Poppy Legacy Society recognizes individuals and couples who have made provisions in their estate plans for a gift to Heritage Community Foundation. These gifts can be bequests that name Heritage Community Foundation in a will, trust or charitable remainder trust. Or they can be refundable membership fees, gifts of life insurance or any other type of charitable planned gift.

"If you've made gift arrangements in your will, trust or other deferred mechanism for Heritage Community Foundation, you're eligible for membership in the Purple Poppy Legacy Society," said Kim Loftus, executive director, Heritage Community Foundation. "Please contact me. We'd love to have you join us!"



# Donors Support Renovations at the UCRC

With the assistance of three local philanthropists, the Upjohn Care and Rehabilitation Center (UCRC) underwent two major renovations in 2016. These gifts have allowed Heritage Community to continue to invest in facilities and programs that truly benefit residents, particularly in dining, life enrichment and therapy services.

## Fannie Ketchum Private Dining Room

Thanks to a gift from Betty Upjohn Mason, the 250-square-foot Fannie Ketchum Private Dining Room in the UCRC was renovated last year. New art reproductions — along with new lighting, flooring, furniture, and wall and table decorative finishes — have created an even more beautiful environment for residents and their families to use.

The dining room is named in honor of Fannie (Chamberlain) Upjohn Ketchum. Born in 1878, Fannie grew up in Plainwell and was a strong, independent woman. She was one of the first residents of the Harold and Grace Upjohn nursing home when it opened in 1964, and it was her home until her death in 1972. Her grandson, Burton H. Upjohn, served for many years on the Heritage Community Board of Directors. He and his wife, Betty, made a gift in the 1980s for the original private dining room.

The renovated space's warm colors and soft lighting were selected by Betty Mason to reflect the charm and elegance of Fannie Ketchum's life and legacy. Reflecting on the renovations, Betty said, "It was very important to Burt for all residents to have a cheerful, comfortable place to gather with family and friends on special occasions."

## Multipurpose Room Hearing Loop System

In addition to the renovations in the Ketchum dining room, a Hearing Loop System has been installed in the UCRC's multipurpose room. This system was funded with a gift from Pete and Barbara Parish.

The system sends the sound of those using the microphones or audio in the room directly into a hearing aid or cochlear implant. The system provides clear, clean sound and does not require a headset because it works with the T-coil, or Telecoil, that most hearing aids come equipped with today. The Parish's gift also included two receivers with headphones. Residents who do not have a T-coil but would like hearing assistance may borrow one during programs.

We thank Betty Mason and Pete and Barbara Parish for their gifts, which made these renovations possible. They are three of so many generous people who are committed to making life better for Heritage residents and the Kalamazoo community.



Fannie Ketchum  
Private Dining Room  
at Upjohn Care and  
Rehabilitation Center



Fannie Chamberlain  
Upjohn Ketchum



Programs in the multipurpose room

# Mary Little Tyler Receives 3rd Annual Purple Poppy Award

Mary Little Tyler will receive the 2017 Purple Poppy Award from Heritage Community of Kalamazoo at the Heritage Community Foundation Gala on April 20. Mary was selected by the Board of Directors for her service and advocacy for older adults and their families in Kalamazoo and southwest Michigan.

“We are honored to recognize Mary as this year’s Purple Poppy Award recipient,” said Heritage President & CEO, Jay Prince. “She served on the board during a significant growth phase of the organization that defines who we are today, and her guidance and support have continued through the years.”

Mary served on Heritage Community’s Board of Directors from 1975 to 1984 and as board secretary from 1980 to 1981. She was on the board during a time of significant growth at the Portage Street campus, which included a large addition to the Upjohn Care and Rehabilitation Center and the decision to build Wyndham. She was instrumental in raising funds and awareness for various Heritage programs and capital projects.

“I am very honored and humbled to think they would select me for this award,” Mary said. “It has been a long time since I was active on the board, but I’ve stayed close to what was going on and have a great number of friends who are living at Heritage Community now. I have felt a true connection to Heritage Community for many years. I’ve always thought that it was a great facility, and the need for its services is so much greater now than I ever envisioned it would be. I think Heritage offers a wonderful service to the community.”

Mary has served on many other area boards, including Bronson Health Foundation, Family and Children’s Services, Kalamazoo Air Zoo, Kalamazoo Symphony Orchestra, Salvation Army and SLD Read. She has also helped with capital campaigns for many area organizations, including the Kalamazoo Institute of the Arts and Pretty Lake Vacation Camp.



Mary Little Tyler, 2017 Purple Poppy Award Recipient



## Purple Poppy Award

The Purple Poppy Award name stems from the beginnings of Heritage Community of Kalamazoo when the first committee began fundraising and called it a “Flower Fund.” Their concept was a new idea in 1945, when community members were encouraged to make memorial donations to the fund in lieu of sending flowers to funerals.

The poppy is a springtime flower that symbolizes remembrance and honoring service. Purple blooms signify accomplishment and admiration. Past recipients of the Purple Poppy Award include Bill Millard, 2016, and Phillip Green, M.D., 2015.

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## In Memory Of:

**Isabel E. Best**

Mr. and Mrs. D. T. Williams

**Robert Blankenburg**

Ms. Bonita Gross

**Jack Buysse**

Mr. and Mrs. Robert Wilhelm

**Jack and Janice Buysse**

Mr. and Mrs. Bruce Bassett

**Alex Chappie**

Kim and Peter Loftus

**Faren K. Crump**

Mr. and Mrs. Manfred Martin

**Ronald George DeKam**

Mr. Richard T. DeKam

**Clyde and Colette Gillette**

Kirk and Ronnie Ralston

**Wanda Griffiths**

Ms. Wanda Clawson

**Conrad Hilberry**

Mrs. Mary Lou Todd

**Bert and Earl Kraft**

Ms. Judy K. Rowe

**Neil E. Lander**

Mr. and Mrs. Manfred Martin

**Mark D. Lindsley**

Mr. and Mrs. Jeff Kucharczyk

**Bill and Irene McDonald**

Mr. and Mrs. J. Joseph Brogger II

**Jay I. Messinger**

Ms. Angie Astrin

Mr. and Mrs. Richard J. Geiersbach

**Jay and June Messinger**

Ms. Debbie Weaver

Ms. Ellen Winter

**Marjorie Neubert**

Mr. and Mrs. Manfred Martin

**Joyce W. Parker**

Mr. Richard Kjøss

**H. Elaine Rhodes**

Mr. and Mrs. Manfred Martin

**Peter Schma**

Mr. and Mrs. H. Carl Walker

**John Schwegler**

Mr. and Mrs. Howard Barkley

**Howard S. Shelp**

Mr. and Mrs. Ralph M. Guitar

**John W. Shireman**

Mr. and Mrs. Tim A. Shireman

**Herbert D. Smith**

Mr. and Mrs. Manfred Martin

**M. Jeanette Sullivan**

Mr. and Mrs. Douglas L. Sullivan

**William T. Valencourt**

Mr. and Mrs. Paul A. Huizenga

**Alice L. Weaver**

Mr. and Mrs. Richard A. Budden

**Stella Wills**

Mr. Larry M. Baran

## In Honor Of:

**Delores Barkley**

Mr. and Mrs. Blake Barkley

**Mrs. Dolly Brogger**

Anonymous

**Norbert and Betty Cramer**

Mr. and Mrs. James J. O'Donnell

**Jerry and Betty Mason**

Mr. and Mrs. Anthony McDonnell

Please note: Memorials and Honorees listed here were received October 1, 2016, through February 28, 2017. To correct any errors, please contact Kim Loftus at 269.276.4046 or kloftus@heritagecommunity.com.

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## Board of Directors

Howard Barkley

Jane Brogger, *Secretary*

Mason Coleman, *Chair & Treasurer*

Beth Eckhardt, *Gala Champion*

Jim Escamilla

Heather Isch

Linda Leuth, *Governance Chair*

Barbara Parish

Hamilton Scharff

Greg St. Arnaud, *Vice Chair*



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