



HUMAN CONNECTION SOCIAL ACTIVITY KEEPS US STRONG

Dear friends,

Recently, a new resident told me how surprised she was by the large number of [activities](#) offered at Luther Manor. And as I walk around campus, I can see what she means.

In The Terrace ([Independent Living](#)), a coffee klatch gathers in a common space each morning. Residents connect over common interests like arts and crafts, book groups, sheephead, model trains, and more. Opportunities to listen to presentations on diverse topics are plentiful. Volunteering around campus is common.

In our [assisted living](#), [memory care](#), and [health care center](#), I witness card games, concerts performed by local musicians, and talks with pastoral care staff.



In all areas, our residents gather daily to share meals. Many gather weekly to celebrate Mass.

I mention this because the same level of social activity is not present among all older adults. One study found that a quarter of older adults are socially isolated. Evidence demonstrates that social isolation is associated with many health conditions including dementia, heart disease, stroke, and mood disorders. A recent report shows that it significantly increases the risk of premature death.

Here at Luther Manor loneliness is public enemy #1. One of my favorite things to tell visitors: Luther Manor is a strong, vibrant community that prioritizes human connection.

Blessings,

A handwritten signature in black ink, appearing to read 'Steve Watson', written in a cursive style.

Steve Watson

Executive Director

[Donate to Luther Manor Foundation](#)

swatson@luthermanor.org

414-831-8950





DEN OF ANTIQUITY SURPASSES \$600,000 IN SALES! LUTHER MANOR FOUNDATION BENEFITS

Clothing, furniture, home decor. Serving residents, family members, and staff, the Den of Antiquity has it all. And in recent weeks, this Luther Manor resale shop hit a milestone: \$600,000 in sales.

That's \$600,000 that has directly supported residents who have outlived their savings. Sister Rose Kroger founded the den with the intent of raising money for Luther Manor Foundation. Did she ever!

[Sister Rose](#), a Lutheran deaconess, lived at Luther Manor until her death in 2023 at age 103. She ran the den for nearly 11 years. Until her passing, she was the last living member of the Lutheran Deaconess Motherhouse of Milwaukee.

*Thank you to all
of the den volunteers
who, over the years,
helped us exceed the
\$600,000 mark!*

And in case you were wondering about its name --- Sister Rose is responsible for that, too. In her words: "Pastor Truby (former Luther Manor Executive Director) wondered whether the title was appropriate but consented when other staff members gave their approval."



EYE HEALTH TIPS FROM A LOCAL EXPERT

As many as 1 in 3 adults over the age of 65 live with some form of vision-reducing eye condition. Often symptoms will begin before vision is impacted, according to Dr. John Conto, an optometrist at Froedtert Hospital and the Medical College of Wisconsin Eye Institute. Therefore, maintaining routine eye exams is important.

Dr. Conto's recommendation? Adults over the age of 60 should receive an eye exam every two years. (The exception is those living with conditions like diabetes or hypertension who should receive annual exams.) Adults over the age of 70 also should receive an exam every year.

For more on eye wellness for older adults, listen in to a [Luther Manor podcast](#) featuring an interview with Dr. Conto.

Happy to help.

"Enriching Lives" is a resource for The Friends of Luther Manor. If you have other questions or concerns, we are glad to help! Call **414.831.8950** or email give@luthermanor.org