

# Highview Hills

# Highlights

August 2021

A newsletter for the residents, family, and friends of Highview Hills



## From the Desk of the Executive Director

### Satisfaction Surveys are Back!!

After taking a short pause, we are so excited to announce the resumption of satisfaction surveys! It is important to hear from you – our valued customers – so we can receive feedback to learn if we are meeting YOUR expectations.

Walker Methodist has partnered with ServiceTrac to conduct these surveys. Every month ServiceTrac will reach out to a select group of residents. In July we'll be distributing surveys to anyone in our community with a birthday in June and July. You will receive a paper survey that gives you the option to complete it on paper or to complete it online with your computer. In many cases we will also be sending an email to family members inviting them to complete a survey as well. In August, and each month thereafter, we'll be sending surveys to anyone born on that month. Consider it your birthday gift to us!

Results from surveys will be used to help guide how we improve care and services to you. It is also a great way to celebrate successes where we are doing things right! We are so proud that you've chosen to share life with us at Highview Hills. We don't take that honor lightly. I'd like to thank you in advance for sharing your feedback. If you have any questions, please reach out to me.

Candace McCarty

*Executive Director*



## Upcoming Events

7/1-9/9 COMPAS Presents Puppet Making with Bart  
9 week class  
8/2 Resident Association Meeting  
8/6 Highview Hills 2020 Olympic Closing Ceremony  
and Happy Hour  
8/11 Men's Breakfast  
8/11 Outing: Lakeville Farmers Market\*  
8/13 Happy Hour with Mike Henry  
8/16 Outing: Chart House Restaurant\*  
8/18 Heritage Library at Highview Hills  
8/23 Outing: Red Fox Tavern\*

8/18 Heritage Library at Highview Hills  
8/23 Outing: Red Fox Tavern\*  
8/24 Outdoor Chair Yoga  
8/25 Chef Demo with Amber  
8/26 Outing: Let's Go Fishing\*  
8/30 Outing: Mystic Lake\*  
8/31 Birthday Dinner

\* Outings are subject to change last minute due to weather or Dakota County COVID-19 positivity rate being above 5%



# Resident of the Month

## JoAnn Morpew

JoAnn Kriger Morpew was born August 11, 1930 to her parents Robert and Esther in St. Paul, MN. She grew up with 3 younger sisters, Delores, Jacqueline, and Roberta. She and her sisters loved going ice skating and her parents were speed skaters, so it was always a fun family outing. She attended Johnson High School in St. Paul and especially enjoyed singing in the choir while there. JoAnn went to nursing training at Evangelical Deaconess in St. Louis, MO for 3 years and became a Registered Nurse. She then worked at Children's Hospital in St. Paul for 3 years.

JoAnn met her husband, Alan, on a blind date when she was 25 and they were married just 5 months later August 6, 1955! They were blessed with their first son almost exactly one year from their wedding date and had 4 more boys in a 10-year span. JoAnn worked at St. Johns in St. Paul until her second to last son was born, and then decided to stay home with her boys. She is blessed with 8 grandchildren and now 1 great-grandchild!

JoAnn loves to volunteer and helped at her sons' High School blood mobile. She also volunteered at Ridges Hospital for 30 years in the transport pool. JoAnn also enjoys knitting and crocheting, as well as baking. She even used to render her own lard to make homemade donuts!

JoAnn's husband Alan was in the Air Force for 11 years and loved airplanes. He owned 14 in his lifetime and would fly the two of them to different places around the U.S. She said her favorite trip they ever went on was to Alaska where they explored Fairbanks and other areas. They would camp behind the airplane and JoAnn said it would stay light outside almost the entire day and night. They went back to Alaska 2 more times and traveled to all the islands on Hawaii as well. They explored outside the country in Switzerland, Germany, and France also!

JoAnn has always loved attending church and said her favorite Bible verse is Psalm 19:14 NIV "May the words of my mouth and this meditation of my heart be pleasing in Your sight, LORD, my Rock and my Redeemer." She also enjoys watching David Jeremiah and other Christian leaders on TV.

When asked if there was anything in life that she always wanted to experience, she replied, "No, I've lived a full life." She said when she thinks about it, she has gotten to do a lot of neat things and visit some amazing places.







## Resident of the Month

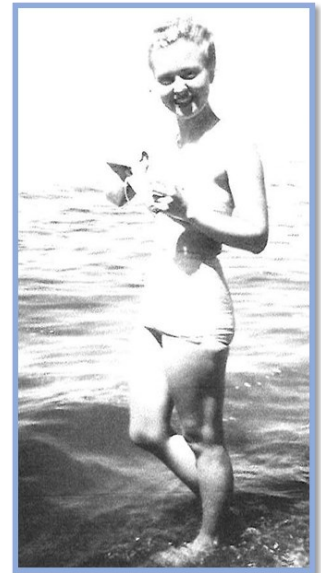
### Prairie Suites

Doris Westerlund

On October 15, 1925, an early unexpected snowstorm hit the town of Princeton, Minnesota. A young couple named Edith and Gus Krona normally wouldn't have been thrown by a little snow, however, this was the day Doris decided to come into the world! Since they lived on a farm out in the country, the trip to the hospital took longer than normal. God was watching over them because they made it just in time! Doris and her brother Dave helped with the chores on the farm and while it was hard work, they still had fun! One of Doris' jobs was to milk the cows, and every so often squirt milk at her brother, and Doris has a good aim! One of her first jobs was earning .25 cents weeding in the fields.

Doris met her tall, handsome husband Archie through a friend when he returned home from the Army Air Corp. They got married on December 12th, 1950, and spent their honeymoon on the North Shore skiing. They have three wonderful children, Susan, Sandra, and Scott, 5 grandchildren and 7 great-grandchildren. Doris is quite the athlete! Back in the day, she enjoyed downhill skiing, cross country skiing, water skiing, snowmobiling, playing softball, and bowling. Doris and Archie loved to travel in their RV and had many awesome adventures! They especially liked out west.

Doris likes to keep busy. You will often find her knitting and writing in her journal. She enjoys needlepoint, sewing and gardening. Doris is always eager to get out and have fun. Doris did quite a bit of traveling, and her favorite trip was going to Oregon to visit her daughter Sandra. When asked if there was something that she still wanted to experience she said, she would like to take another trip to Oregon with her family.





# From the Fitness Center

## Chair Yoga, is it for me?

Do you feel tense? Has it become more difficult to reach those shoelaces or put your socks on? Are your joints feeling stiff? Do you have a fear of falling? If you answered yes to any of the questions above, chair yoga might be a great group fitness option!

The CDC estimates that about 3,000,000 adults over the age of 65 are treated in the emergency department for injuries that occurred from a fall. Chair Yoga has a long list of potential benefits for participants.

- **Improves balance**- Not all of chair yoga is completed in a chair, but some poses are assisted with the help of a chair. Standing chair poses place the participant in various balance situations. As one takes more and more classes, we would see an improvement to overall balance.
- **Provides greater flexibility**- All Chair Yoga classes start with a warmup seated stretch to allow the body to loosen and ease rigidity. Several of the seated yoga poses emphasize range of motion and flexibility
- **Increases Strength**- Chair Yoga poses in the standing position will put focus on isometric contractions which leads to building muscle, focusing on the arms, legs, and core. Overall improvement of strength will lead to greater confidence in the participant in all facets of life.
- **Other benefits**- Decrease in stress levels, lower blood pressure, improvement in anxiety and depression, decreased inflammation, managing chronic pain.

Interested? Join us for class every Tuesday at 10:00am in the Fitness Center



## Resident Birthdays

8/5 Carl Taubert  
 8/7 Patricia Zenner  
 8/11 Donald Yetzer  
 8/11 JoAnn Morphew  
 8/14 Allan Kirch  
 8/14 Roberta Hedge  
 8/16 Muriel Paulson

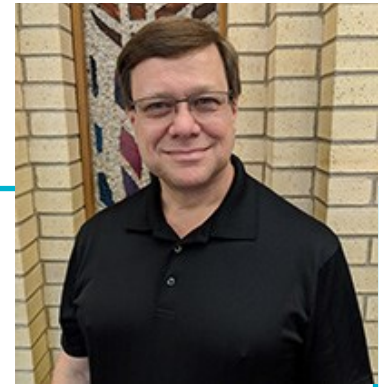


8/19 Harry Moe  
 8/20 Gladys Hanson  
 8/21 Cedrick Cleminson  
 8/22 Jane Solberg  
 8/26 Louise Samson  
 8/29 Joann Teal  
 8/30 Richard Neu



# Chaplain's Pen

Reverend Karl Kruse, M. Div.



## "Where is Your Hope?"

What are you placing your hope in for the future? Are you placing your hope in government, in a health care system, in some corporate plan or organization? My hope is in a Person, the Lord Jesus Christ, who sits at the right hand of God. I have hope – not wishful thinking, but sure and certain, confident hope – and I know that I'm going to heaven. Right here and now in this present life, I have God's presence – God's Holy Spirit – to help me, and so do you. The Holy Spirit is God's living promise to always be with you.

Suppose we had no Bible. Suppose there were no cross, no salvation, no empty tomb. Suppose we had nothing to hang on to except, "Do your best ... try to patch it up ... do what you can." Oh, but we have a hope – sure and certain hope. There is a plan of redemption, a plan for the future. The New Testament is exciting to read, it is so full of hope and expectancy. And God is interested in you! I love this following passage, and I pray it for you today.

"All praise to God, the Father of our Lord Jesus Christ. It is by his great mercy that we have been born again, because God raised Jesus Christ from the dead. Now we have a living hope and a priceless inheritance—an inheritance that is kept in heaven for you, pure and undefiled, beyond the reach of change and decay. And through your faith, God is protecting you by his power until you receive this salvation, which is ready to be revealed on the last day for all to see." (1 Peter 1:3-5)



## Staff Birthdays

- 8/6 Hannah Nietfeld
- 8/10 Tom Utecht
- 8/18 Kelly Schiefelbein
- 8/20 Makenzie Teague
- 8/20 Marianne Wollor
- 8/22 Michael Dodson
- 8/27 Hannah Gordon
- 8/28 Nick Charest
- 8/30 Catherine Snyder



## Staff Anniversaries

- |                  |          |
|------------------|----------|
| Becky Tacheny    | 12 years |
| Wendy Mahal      | 9 years  |
| Cindy Morrow     | 9 years  |
| Grace Mogaka     | 8 years  |
| Madison Hamel    | 5 years  |
| Amber Kohler     | 2 year   |
| Kebebus Tadesse  | 1 year   |
| Sydney Fuglister | 1 year   |

*Happy Anniversary*





## New Faces

**David Page**  
Apartment 209

**Jim & Sue McCutcheon**  
Apartment 307

**Daryl & Jacqueline  
Tweeton**  
Apartment 309



**Gerald & Vicki Kopplin**  
Apartment 220



## From the Foundation

Walker Methodist Blog  
**Karin Helps Residents Feel at Home**  
*Amy Weiss*

When Karin Beaufoy was seven, her parents began going to the same hotel every year for a family vacation. This was how Karin, who grew up in Germany, became convinced she wanted to be a server in a restaurant. She ended up achieving her dream—and more—but has always loved the unique opportunities within the server community.

Karin came to Minnesota 14 years ago, her life revolving around the hotel industry. She completed an apprenticeship in housekeeping and kitchen work, eventually moving her way up from a receptionist to general manager at a Marriott hotel. After a decade, an unexpected change in the company helped Karin realize it was time for something new. Combining her service skills with her servant heart and passion for seniors, Karin found her calling serving older adults at Walker Methodist Highview Hills. Now, it's safe to say Karin's life revolves around people.



"People want to feel important and special," said Karin, dining room supervisor.

"I want to help residents feel at home, and the best way to do that is by knowing someone's name and making them feel comfortable."

Whether she's scheduling servers, training staff, doing administration work, or helping dishwashers behind the scenes, Karin's always taking care of people. If there are 10 people or 100 in the dining room, she's dedicated to get to know every person she meets.

When new residents move in, she learns their names and room numbers. She learns about their food preferences and dietary needs. Karin even remembers who likes whole milk and who doesn't care for cucumbers. In the Highview Hills dining room, she's created a connected community. Residents and families know they can come to her if they have any questions or concerns. Not only that, but they also know Karin and her team will do their best to help and work hard to find a solution.

Even her staff of servers and dishwashers, mostly teenagers, look up to Karin as a role model. She simply calls it "teaching them the basics," but she goes above and beyond to lead by example and demonstrate respect toward the people she serves.

"Interacting with residents and their families is absolutely my favorite part of my job. They have amazing stories, and I love to listen," she said. "I give everything I have and get it back a million times over. I get paid in hugs, and that's worth more than money or recognition."





# Photo Gallery



*Highview Hills 2021 Pan-O-Prog Ice Cream Social*



*Happy Hour with Entertainment , Rod Cerar, Returns!*

*Celebrating Margie's Birthday !*



*Puppet Making Class with Bart*

*Women's Breakfast*





## Getting to know...

### **Mara Teiken**

Mara joined our Highview Hills team just a few short months ago, as spring was on the horizon in May of 2021. Mara is a nursing student, and chose to gain experience in caregiving to give herself a good foundation for her career.

Before transitioning to a role in health care, Mara worked at Burnsville Family Chiropractic office and babysat on the side. Mara's favorite part about working at Highview Hills is making our residents' day!

Mara was welcomed to this world by Susan & Mark Teiken on May 22nd, 2001. She was born just up the road at Fairview Ridges Hospital in Burnsville. Mara has an older sister, Ariana (Ari). Mara recently took a trip to Los Angeles to help Ari celebrate marriage to her new husband!

The Teiken family has one dog, Lance, and a new (crazy) kitten, Violet. They have sewn their roots here in Lakeville since before Mara was born.

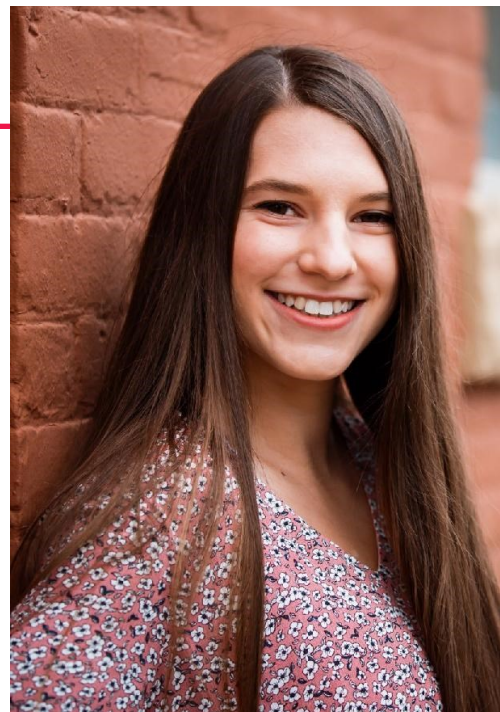
Mara attended high school in Farmington, where she was active on the Track & Field team. Running continues to be a hobby of hers. After graduating from Farmington High School, Mara enrolled at Winona State University. She will be leaving us in August for her second semester of the Bachelor of Science in Nursing program.

Mara was on the dance team in high school as well. Fun fact: the Superbowl contacted Mara's high school in their search for dancers when Minnesota hosted the event in 2018. Mara was in the group of dancers surrounding the stage while Justin Timberlake performed!

In addition to running, Mara's other hobbies include watching movies, especially RomComs, and eating foods, particularly desserts.

With Mara's return to school in the fall, comes her favorite season. She especially likes sweater weather, the changing colors of the leaves, and any reason to drink hot chocolate! After fall we transition to winter, which hosts Mara's favorite holiday: Christmas. Christmas brings sweets (especially cookies!) and time spent with family. Mara also enjoys snow-oriented activities.

Speaking of snow and cold, Mara's bucket-list travel destination is Iceland, specifically to the Blue Lagoon. She finds the idea of a hot spring in the middle of the frozen Tundra to be fascinating and dreams of taking a dip in the natural hot tub.



## Highview Hills

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