

Highview Hills

Highlights

March 2021

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



From the Desk of the Executive Director

Dear Old Man Winter,

I think you need a vacation. You have really worked hard this year, its time to let spring start pulling its weight around here.

Sincerely, Enough Winter

Does anyone know to where I address the above? Can we all agree that we are at that part of winter where we could take it or leave it....mostly just leave it. Social distancing and masks and just about everything just feels better under a warm bright sun. Its coming, I promise.

For now, as COVID-19 rates seem to decrease, as vaccines become more and more available, I pass along a feeling of hope. Hope for warm sunshine in the coming months, hope for a handle on COVID-19 that allows for hugs, full dinner tables and barbeques for the 4th of July.

Hope sometime lives in memories of what once was. Think back to those times – I pray they will return soon.

Candace McCarty (Rovang)

Executive Director



Upcoming Events

- 3/9 Art & Coffee Zoom
- 3/9 Wine & Canvas Paint
- 3/10 Women's Breakfast
- 3/14 Daylight Savings
- 3/15 Men's Coffee & Donuts
- 3/17 St. Patrick's Day
- 3/20 First Day of Spring
- 3/28 Palm Sunday
- 3/30 Wine & Canvas Paint
- 3/31 Safe Cares Resident Advocacy Group:
Help in an Emergency





Resident of the Month

Willard (Bill) North

Willard (Bill) North was born on March 3, 1923 in Lacrosse, WI. His parents were Marie and Henry North. He has a sister Loretta.

Bill attended high school at St. Thomas Aquinas in Lacrosse. While in school Bill enjoyed participating in all sports. Bill served in the Army Air Corp-8th Airforce out of England during World War II. He remembers seeing Glenn Miller perform for his Bomb Group before his plane disappeared over the English Channel on a flight to the European Continent.

Bill met his wife, Ginny, on a blind date while both were attending the U of Wisconsin. She was a Badger Beauty as well as a lady with a very keen mind. Before they met, she was a U.S. Navy Wave and Code Girl helping break enemy codes. This was highly confidential, and these ladies (heroes) never got the recognition they deserved until the last 20 years. Bill and Ginny married on March 31, 1951. They raised 4 children Patty, Mike, Terry and Gina. They raised their kids in Madison, WI, Richfield, St. Paul and South St. Paul, MN. Bill started out his career as a Physical Education teacher and coach. Later he became a beer distributor for Hamm's and Miller Beers for the northern parts of Dakota, Scott and Washington counties.

Bill and Ginny retired to Rio Verde and Sun City West, both in Arizona. He loved to roller blade and in fact, continued to do so until he was 75 years old. When asked if there was anything he always wanted to experience but didn't, he replied, "No, I think I've done just about everything I've wanted to do." Now he says he is anxiously looking forward to meeting Ginny his sweetheart in heaven.





Resident of the Month

Prairie Suites

Richard (Dick) Neu

Dick was born on August 30th, 1948 in Milwaukee, Wisconsin. His parents Leo and Rose had three boys, Dick, Bob, and George. He attended Mesmer High School in Milwaukee. After high school he earned his associate degree at the technical college. He also served his country in the U.S. National Guard for two years, but not deployed. Dick met his wife Therese and they were married for twenty years before divorcing in the early 2000's, they continue to be involved with their children, grandchildren, and each other over the years. Together Dick and Therese have three beautiful girls, Natalie, Hillari, and Alyssa along with six wonderful grandchildren. Dick raised his family in Greenfield, WI, a suburb of Milwaukee. He worked as a grocery sales manager and distributor. Dick has special memories of his trips up north with his family on Pickeral Lake. He enjoys spending time outdoors in the sun and it's even better if he can be fishing! He also loves all kinds of music, including rock n roll, country, and some of today's hits too. Fun fact: Dick has a 2nd cousin who played lead guitar in Huey Lewis and the News, so he got to see many concerts and go backstage to hang out with the band! One of his favorite place's he traveled was to Biloxi, Mississippi for a gambling trip. Dick loves to socialize with his friends and family, he has a quick wit and sarcastic sense of humor. Dick's happiest days are when he gets to spend time with his family and grandchildren.





From the Fitness Center

March is Sleep Awareness Month!

Sleep is such a vital part of our lives, but often people do not focus enough on it. We only start to pay attention to our sleep habits when we are waking up tired or struggling with falling asleep. Sleep is as important as the food we eat, water we drink, and the air we breathe. As we shift back into Daylights Savings Time (March 8th), we will be "springing ahead" losing an hour of sleep. Below are some helpful tips to focus on for the month of March.

Sleep Hygiene

What is it? --- Sleep Hygiene is a term to describe good sleep habits. These tips and guidelines will help improve your own sleep hygiene.

Get Regular

Try setting a firm sleep schedule. Getting up and going to bed at the same time each day, including weekends!

Sleep when sleepy

Go to bed when you begin to feel tired. Avoid just going to bed and laying there awake.

Bed is for sleeping

Try to avoid relaxing too much in bed. The occasional reading of a book or nap is okay. Trying to limit the time we spend just watching T.V. or general lounging. This will help train you mind that bed=sleep

Find Sleep Rituals

Discover a personal routine you follow before bed. Some ideas: Washing your face, using a relaxing facial mist spray (Caudalie Beauty Elixir or Mario Badescu Lavender), Aromatherapy lotions, pillow sprays, guided imagery or meditation (I suggest Michael Sealey on YouTube or Apple music)

Exercise and Eat Right

Regular exercise and a complete, well balanced diet both improve your overall sleep function and quality. Paying close attention to how close to bedtime you are eating food and drinking liquids!

Sources: <https://www.cci.health.wa.gov.au/>

<https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>



Resident Birthdays

3/3	Willard North	3/24	Darold Stuewer
3/9	Audrey Fox	3/27	Jody Olson
3/12	Betty Combs	3/27	Nancy Sidor
3/13	John Degelau		
3/17	Judi Bolitho		
3/18	Millie Gunderson		
3/19	Larry North		
3/23	Bev Acton		



Winter Carnival 1st Place Poetry Winner

Highview Hills My Home by Bud Alich

While sitting in my chair with no place to go I looked out the window to see all the snow.

I could see there was drifts piled so high while the snow was still falling down from the sky.

I said to myself what a beautiful sight it was the makings from God from morning through night.

With His endless duties you will find all the beauty on earth that can blow your mind.

So be thankful for everything that you can see for it was God's plan for both you and me.

So I'm sitting in my chair with no place to go just looking out the window watching it snow.

So wait just a minute to my surprise it's the winter carnival and you might win a prize.

So get out of that chair to join the fun let God be your helper so you don't have to run.

You will never be sorry that you got out of that chair to be with all your friends to show that you care.



Chaplain's Pen

Reverend Karl Kruse, M. Div.



The Times They Are A Changin'

Don't worry. I'm not going to break into the 1963 song by Bob Dylan. But I am excited to share that starting in March, because we're able to start meeting in larger groups, that we're going to be modifying our weekly worship times, and starting a new weekly Bible Study time. We still can't invite outside pastors or other groups in quite yet ... but we do have the opportunity to expand what we can offer in-house.

Although we still need to keep our group gatherings socially distanced, we can now remove the tables in the Event Center and set up more chairs so larger groups can gather. We can now seat approximately 20 people in the Event Center. This will allow us to move from having two smaller worship gatherings on Wednesday and Thursday, to a single larger gathering on Wednesday. Then on Thursday afternoons, we will now have an opportunity for Bible Study or other spiritual groups. The Rosary Prayer time will remain the same for now; Wednesday and Thursday mornings at 10:45 a.m.

So, since my schedule allows me to be here with you on Wednesday and Thursday, here's how we're going to be moving forward for the time being, because "the times, they are a changin'."

Praying the Rosary:	Wednesday and Thursday at 10:45 a.m.
Worship (Ecumenical):	Wednesday at 2:00 p.m.
Bible Study / Group:	Thursday at 2:00 p.m.

Look for information in the mailroom and on the table by the Prayer Wall about upcoming Bible Study opportunities.



Staff Birthdays

3/8	Jasmin Lotton	3/17	Cynthia Morrow
3/10	Wendy Mahal	3/19	Wioletta Migdal
3/15	Hodo Abdullahi	3/21	Amber Blaker
3/16	Marlee Williams	3/23	George Onchiri
3/16	Kiley Zilm	3/28	Patra Walters
3/17	Amanda Hafstad	3/30	Reva Azure
		3/31	Emily Foster



Staff Anniversaries

Tshibola Ngalula	8 years
Ruth Okindo	5 years
Navindra Bhola	2 years
Lindsey Hiller	2 years
Makenzie Teague	2 years
Hailee Unruh	2 years
Anthony Donovan	2 years
Clemencia Michael	1 year
Miguel Moncayo	1 year
Debra Unruh	1 year
Verah Mochama	1 year
Taylor Fohr	1 year
Madison Woody	1 year



New Faces



Mary Urban
Apartment 239



Pat Zenner
Apartment 327



Bev LaCasse
Apartment 356

Not Pictured:
Helen Bots
Apartment 242



From the Foundation

Cathy Schutt, Walker Methodist Foundation

16th Annual Walker Methodist 5k/10k Stride for Seniors

Registration is open! Residents can sign up for \$20.

Register online with a credit card with promo code TEAM at bit.ly/walkerrace2021 or ask the front desk for a paper registration form to pay with cash or check.

This year, you can participate **in person** or **virtually**! Either way, you receive a t-shirt and more. Virtual participants will receive a race box delivered to them and can participate however they wish.

Families can register during the month of March for \$30 with code SENIORS.

Funds raised through your community, stay within your community.

More information at www.walkermethodist.org/runwalk

Stride for Seniors

16th Annual 5k/10k

Lake Harriet Bandshell Park or virtually
June 5, 2021 | 9 a.m.



Life. And all the living that goes with it.



Photo Gallery



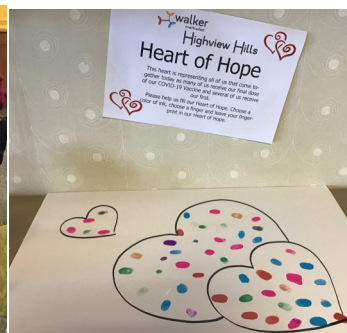
*Craft Club No Sew
Heart Pillows*



Winter Carnival Jigsaw Puzzle Contest



Prairie Suites February Crafts



*Those that got vaccinated helped us fill our
Heart Of Hope with a
finger print*



Highview Hills Second COVID-19 Vaccine Clinic



February Birthday Dinner!



*Resident, Ed Langan, received
certificate for 75 years in the
American Legion!*



Staff of the Month

Jasmin Lotton

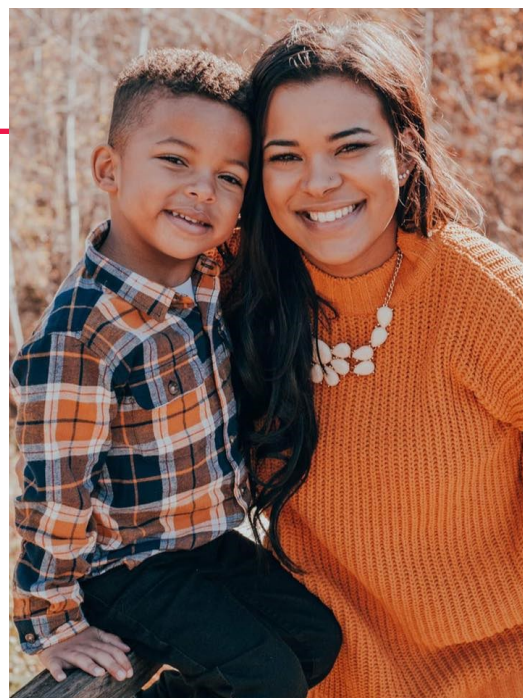
Jasmin is new to the Highview Hills team, joining us in October of 2020. She initially started with our housekeeping team, and then transitioned to our Health Services team as a Resident Assistant in December of 2020!

Jasmin's role as a Resident Assistant is not her first go at caregiving; she has previously worked as a Daycare Teacher, as well. Jasmin's other trade includes retail. Jasmin's enjoys coming to work every day and having hundreds of Grandma's and Grandpa's.

Jasmin graced this world with her presence on March 3rd, 1994, to Stacy Lotton and Deon Sanders. She was born in a hospital in Minneapolis, and moved quite a bit during her childhood, however Mankato is the town she calls home. Jasmin is the middle child of 5 children, with older brother Deon Jr, older sister Amber, and younger brothers Deonjai & Donell.

Jasmin is a graduate of Lakeville South high school. While in school, Jasmin played basketball. She continues to be particularly fond of this sport, and considers herself a fan of the Los Angeles Lakers.

Jasmin is the proud mother of 5 year-old Trenton. They share a pet fish named Olaf. (Named because what 5 year-old doesn't love Frozen & he's white with a red/orange head.) Jasmin also spends time with her significant other Deandere Larson, and still-best-friends-since childhood BFF, Andrea.



Highview Hills

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