

## Highview Hills

## Highlights

November 2021

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



## From the Desk of the Executive Director

November is our nationally recognized month of gratitude. I would like to take a moment to thank you for choosing our community here at Highview Hills and continuing to choose us each day. I also want to take a moment to recognize those that are family caregivers and all our caregivers here at Highview. Thank you for all you do and will do, please know that your actions, kind words, and kindness do not go unnoticed. Please feel free to recognize family, friends, and team members by writing a thankful leaf in our lobby.

We have some exciting plans for the upcoming year! Please remember to attend our community update meetings to get more information! There is news to come about our pendant/call response system, carpeting, and our Fob access system!

Regards,

Sara Lundberg

*Executive Director*



## Upcoming Events

11/1 Community Update Meeting & Method Rehab  
by Walker Presentation  
11/2 Outing: Harry's Kitchen\*  
11/2 Women's Bible Study  
11/9 Zoom Art & Coffee: Dance  
11/10 Jack & Lucy's 70th Wedding Anniversary  
Celebration  
11/11 Veterans Day Program w/ Music by All Saints  
Catholic Church  
11/11 Outing: Lakeville North High School  
Presents—Annie the Play\*  
11/15 Outing: Eagan Outlets\*  
11/17 Women's Breakfast  
11/17 Heritage Library at Highview  
11/18 Sweets with Shelley

11/20 Pastimes Café  
11/22 Outing: Misfits Collective Food Hall\*  
11/24 Happy Hour with Entertainment f  
rom Michael Riddle  
11/24 Safe Cares Resident Advocacy  
Group with Sara  
11/25 Thanksgiving  
11/29 Outing: Mystic Lake  
11/30 Outing: Mini Nutcracker at Lakeville  
Art Center  
11/30 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

## Edward Langan

Edward Langan was born on November 5, 1923 to his parents Margaret and Ed Langan Sr. He grew up with three sisters in Marshall, MN. After Ed graduated from Marshall High School in 1941, he worked at the First National Bank of Marshall for 2 years. He was then inducted into the Army with his best friend Jerry. They planned to stay together, but both ended up in different countries!

Ed's first Army assignment was to Ft Sheridan, IL, just outside of Chicago. Ed decided to attend a USO Dance at Ft. Sheridan, and it was there he met the love of his life, Lillian. Ed often says that was the best day of his life! When Ed got transferred, he and Lillian agreed to write each other during these 2 years. She agreed to wait for Ed until the war was over. Ed ended up in Europe guarding airfields along the southern coast of England. He then went on to France, Belgium, Luxemburg, and Germany as part of the sixth Armored Division, part of Patton's third army. Ed says, "We chased Hitler around until he finally quit and gave up." When the war was over, he got discharged from the Army. Not long after, he and Lillian were married in Chicago June 8, 1946.

They moved back to Ed's hometown of Marshall, MN to raise their family. They had eight children, 3 daughters and 5 sons. Ed worked as an accountant during these years. They spent fun times traveling the United States together as a family.

As empty nesters, the couple loved exploring the United States and going overseas to Ireland and Europe. They spent the cold Minnesota winter months at their place in southern Texas. In addition to traveling, they both had a love of music and ballroom dancing. They often attended the Aragon Ballroom in Chicago.

Ed and Lillian were very dedicated trustees of Holy Redeemer Parish in Marshall, MN. When Ed retired from his 27 years there in 1991, he received a special blessing from Pope John II himself, bestowing his blessing upon him for his service to the Parish.

Lillian passed away in 2018 and Ed greatly misses his beloved wife and looks back on their 72 years of marriage fondly. They are blessed with 24 grandchildren and 22 great-grandchildren (so far!). He is very proud of his family and enjoys seeing them whenever he can.





# Resident of the Month

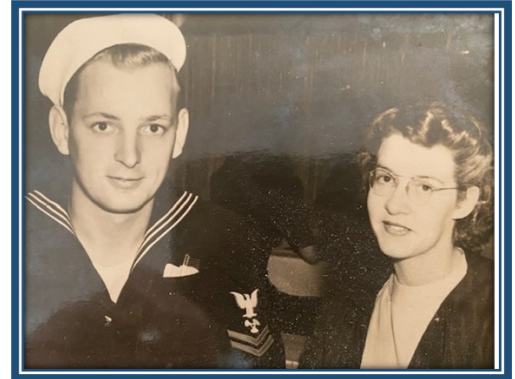
## Prairie Suites

Ann Aaseby

Ann Aaseby was born in Pierre, South Dakota on November 6, 1922. Her father, Halvor Nesland and mother, Clementine Marie Goulet, had four kids; Ann has an older half-sister, Lea, and two brothers, Eugene and Vern. They moved to Grygla, Minnesota. In order to attend high school 40 miles away from their home, Ann and her brothers roomed with relatives in Thief River Falls.



Ann met her future husband Hjalmar Aaseby ("Jolly") while attending high school. Ann was quite independent and Jolly was a handsome young mechanic and musician. As the story goes, she and her friends would attend his dances where she would ignore him while the other girls flirted shamelessly with him. As a shy person he was relieved and intrigued by her dismissal, and soon learned if he wanted to get to know her he had to pursue her, which he did. The couple fell in love and were married on July 28, 1940, in Red Lake Falls, MN and were together until his death in 1995.



As a young wife, with her husband overseas in WWII, Ann worked for Elosen's Jewelry Store in Thief River Falls. She had many friends in the jewelry business and learned to identify and appreciate fine jewelry, crystal dishes and silverware as well as beautiful clothing and had exquisite taste in all. Jolly and Ann moved to Thief river Falls in 1948, where they lived on a farm for 42 years. Ann and Jolly have 5 children (whom they often referred to by their birth number): #1 Gail, #2 Linda, #3 Vern, #4, Ramona and #5 Lorette. She has 16 Grandchildren and 60+ great-grand and great-great grandchildren!



You might be surprised to know that she was fearless in her younger days. She would climb a ladder onto the roof to fix a shingle or help re-shingle an entire house. She could ride a motorcycle. She would jump in the car with one of her kids and meander off on a side road just to see what was out there. And while Jolly played the steel guitar or violin, she would dance with her kids around the living room.

Ann loves to sew and bake but what she loves most are her books, which she lovingly refers to as some of her best friends. Ann has always been an avid reader and prefers "immense quiet" and a good book to any other form of entertainment. Ann has a deep faith, her favorite bible verse is Psalm 30:5, "For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning." God is a God of Joy. She is extremely well read, intelligent, and is the foundation of faith for her entire family. She is by nature a good listener, and would pray always and fervently for her family.





# From the Fitness Center

## Alzheimer's Awareness Month--- November

### Facts:

- Alzheimer's is a progressive brain disorder, not a part of the normal aging process
- More than 6.2 million Americans are living with this disease
- With that number only going up, it is estimated that 13.6 million Americans will be living with the disease by 2060
- Estimated economic toll in 2020 was 300 BILLION dollars

### Alzheimer's and Exercise

- Physical inactivity is the most referenced preventable risk factor for preventing Alzheimer's disease and other forms of dementia
- Physical exercise is effective in improving several neuropsychiatric symptoms, most notably is cognitive function
- Studies have shown that physical exercise can reduce the likelihood of dementia and Alzheimer's- even at mild to moderate levels of activity
- This study concluded that: the risk of developing dementia or Alzheimer's can be lowered by 45% with exercise as an intervention
- Groups that included exercise in their treatment saw improvement in, attention, processing speeds, executive function, and memory improvement
- A recent study on the exercise induced membrane protein- FNDC5, has shown there is a benefit from a natural peptide Irisin. This small peptide has shown benefit in cognitive function even after severe development of Alzheimer's. Irisin is responsible for protection against neuroinflammation as it acts directly on glial cells in the brain.



## Resident Birthdays

- 11/5 Edward Langan
- 11/6 Ann Aaseby
- 11/7 Mary Urban
- 11/8 Claudia Oliver
- 11/9 Lucille Atwood
- 11/10 James Wilde
- 11/10 Matthew Cramer



- 11/12 Patricia Getchman
- 11/16 Emily Cummins
- 11/19 Kathleen Isaak
- 11/24 Helen Pence
- 11/24 Agnes Anderson
- 11/25 Nancy Fales
- 11/26 Mary Walker
- 11/28 Frank Rivers



# Chaplain's Pen

Reverend Karl Kruse, M. Div.



## "Thank God for the People in Your Life"

It is so easy to take people for granted, or even to complain and become angry because they do not meet our every wish. But we need to give thanks for those around us—our spouses, our children, our relatives, our friends and others who help us in some way.

In addition to me working here as your chaplain, my parents (in their 90's) also live in another Independent/Assisted Living community, and because I know about all that's involved, I am so thankful for the people who care for them. In the same way, I am so thankful for the people here at Highview Hills ... for you – the residents, the housekeepers and maintenance team, the waitstaff, cooks and kitchen team, the resident assistants, the nursing team, the life enrichment team, the health & fitness team, the office staff in all their capacities, the outside caregivers and hospice providers, the volunteers. I am so grateful, because it doesn't take long to see that we are part of very special community with very special people.

Billy Graham once said, "I once received a letter from a woman who began by telling me how fortunate she was to have a kind, considerate husband. She then used four pages to list all his faults! How many marriages and other relationships grow cold and eventually are shattered because of the sin of ingratitude?"

Do you let others know that you appreciate them and are thankful for them? The Christians in Corinth were far from perfect, but Paul began his first letter to them by saying, "I always thank God for you" (1 Corinthians 1:4, NIV). When a group of believers (whom Paul had never met) came out to greet him as he approached Rome, we read that "at the sight of these men Paul thanked God and was encouraged" (Acts 28:15, NIV). Thank God for those who touch your life.



### Staff Birthdays

- 11/6 Emma Swedberg
- 11/7 Giselle Lumantas
- 11/9 Jeannie McGath
- 11/11 Joleen Phelps
- 11/12 Mary Kay Woehrlé
- 11/17 Jane Ngugi
- 11/21 Jorge Barbecho
- 11/29 Clemencia Michael
- 11/30 Audrey Beagle



### Staff Anniversaries

- |                  |          |
|------------------|----------|
| Alice Ogeto      | 11 years |
| Hawa Arita       | 9 years  |
| Ide Tchoumi      | 7 years  |
| Barbara Ellefson | 5 years  |
| Jack Giebel      | 3 years  |
| Dule Deriba      | 2 years  |

*Happy Anniversary*



## From the Foundation

*Cathy Schutt, Walker Methodist Foundation*

Since 1945, Walker Methodist team members have been providing compassionate care and enhancing the lives of older adults. Though the last 18 months has given us unexpected and profound challenges, we're still committed to our mission of life, and all the living that goes with it. Because of our team members dedication to their work and love for our residents, we want to provide a big thank you to each of them.

We can't do this alone. On Give to the Max Day we're asking our friends, neighbors, and partners to help us give back to our team members so they can continue serving the best people we know: our residents.

You can donate by going to [bit.ly/wmgttm](https://bit.ly/wmgttm) or by leaving a check with the concierge.

### Heroes work here.

Support our dedicated, compassionate teams by donating today at [bit.ly/wmgttm](https://bit.ly/wmgttm).



## Announcements

### Customer Satisfaction Surveys

Don't forget that we have resumed customer satisfaction surveys and are partnering with a new vendor: ServiceTrac.

On your birthday month, residents will receive a paper survey to complete and return to ServiceTrac in the mail. For resident computer users, your survey will offer you the option, along with instructions, to complete the survey online if you want to.

Family members will also receive a survey to complete on your birthday month. This survey will come in an email from [surveys@practicemax.com](mailto:surveys@practicemax.com). Please make sure to add this email address to your inbox, we want to hear from residents AND families!

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 Walker Methodist Highview Hills. I'd like to thank you in advance for sharing your feedback. If you have any questions, please reach out to Sara Lundberg.



# New Faces



**Len & Barbara (not pictured)  
Huberty**  
Apartment 107

**Warren & Sandra Porter**  
Apartment 217



**David Page**  
Apartment 209

**Rosella Nelson**  
Apartment 121



# Photo Gallery



*Highview Hills  
Side by Side  
Choir Returns  
to Tuesday  
Mornings!*





# Photo Gallery



*Residents enjoying Arts and Craft Projects with Life Enrichment*



*Visit from Gideon the Comfort Dog and Tori*



*Halloween Sweets with Shelley*



*October Men's Breakfast*



*Cupcakes by the lake!*



walker  
methodist

# Highview Hills

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