

Community Highlights from Care Suites



July 2021

A newsletter for the residents, family and friends of Care Suites

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From the Executive Director



Amanda
Pitsenbarger

Dear Residents, Families, Friends and Staff,

Happy 4th of July. I am excited to celebrate with you this year! We have so much to enjoy. Time with family and friends has always been so precious, but this rings especially true this year. Being able to sit outdoors, take a walk, or drive has been so nice. Freedom in all circumstances is always welcome.

Care Suites is always a busy place and this month is no exception. On August 1st, all Assisted Living communities will be transitioning to a new set of regulations under the Minnesota Department of Health guidance as dictated by our legislatures. These changes were made to help consumers understand the cares that are offered in this type of setting. It will allow for closer monitoring from our regulators. It will ensure that residents continue to be treated fairly, safely, and are well cared for. As a part of this process, the new guidance states that each resident will sign a new contract. We will no longer have a leasing document, but a contract signed by each resident or resident advocate. We are in the process of reaching out to residents and families to sign this contract so we are prepared for our August 1st new rules. We are asking that these documents be returned by July 17th. Please don't worry about this step, we will help you.

Although we have come so far in the fight against COVID-19 we are not done with this pandemic yet. Families no longer need to wear face shields or goggles when they come to visit, but are still required to wear the face mask. I am asking all

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residents to please wear a face mask when you come to activities and when you come into the dining room. You can remove your face mask after you are seated for your meal. It is recommended that residents wear face masks whenever they are in common areas. I know that this requirement has gone on for so long and I thank you for your attention to this. We are excited to report that we have 93% of our residents fully vaccinated and 83% and climbing for staff that are fully vaccinated. Walker Methodist is committed to helping all staff and residents who want to be vaccinated achieve this. Each month a specialty team comes to our site to vaccinate residents and team member who are wanting the protection. Please let us know if you have questions about this program.

As always, we are looking for ways to improve our service to you, our residents. In an effort to focus on residents wants and needs surrounding our dining program, we will be hosting a monthly food committee meeting. In addition, we are providing a way to communicate your desires on a written form. It is important to us that we are offering the things you want. Please watch your calendar if you would like to be involved in this committee.

Each day I am grateful to come and work in a building with an extraordinary team serving wonderful people like you. Thank you!

Amanda Pitsenbarger- Executive Director

Health News

Walker Methodist Dental Clinic Now Available

The Walker Methodist Dental Clinic is dedicated to providing the finest dental care to older adults, including those with special needs, in an environment of comfort and convenience.

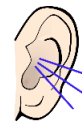
It is the only full service clinic in Minnesota specially designed for adults 55 and older. Their facilities include spacious treatment rooms and the convenience of wheelchair access, airlift dental chairs and mechanical lifts for those with limited mobility. All major dental insurance and state health plans are accepted.

If you are interested in utilizing the walker Methodist dental clinic, located at the Walker Methodist Health center in Minneapolis, please contact Lola to learn how to arrange your first appointment.



Hearing Aid Service

All Sound Hearing will be onsite monthly for hearing aid cleaning and minor adjustments. If you would like to schedule an appointment to see a technician, please contact the front desk. Their first visit will be Thursday July 15th. Please note that while they can provide advice on adjustments to hearing aids, a diagnostic visit will have to be scheduled at their main office located on France Ave in Bloomington and will have a small fee. If you have questions, please contact Lola Amendt 952-230-1322.



Event Photos



Morning Star Singers



Volunteering their time for the past few years, the Morning Star Singers have brought much joy and comfort to our residents at Care Suites. They returned to us this June and shared a number of songs at a parking lot gathering. Many residents enjoyed the music and the beautiful weather. Singers plan to join us 2x each month including July 6th & 21st.



Resident Birthdays



Karen S.
July 2



Bea B.
July 10



Richard S.
July 14



Maralyn F.
July 15



Chaplain's Pen



Chaplain Karl



A Prayer For America

Psalm 33:12, 18 "Blessed is the nation whose God is the LORD. Blessed are the people he chose to be his own. The LORD looks with favor on those who respect him. He watches over those who put their hope in his faithful love."

We Pray for America

Father, through trials and tears, through victories and challenges, you have guided this nation. We pray today for your hand to guide us. Your Word has said, to whom much is given, much will be required. O Father, how you have blessed us! Our soil can feed the world. Our strength can secure justice. Our dreams can heal nations. But without You, we can do nothing.

We Pray for Strong Churches.

We pray for America, that we'll never forget the price that was paid, the foundation that was laid and the blessing we enjoy in this land of plenty. Give us courageous hearts, and hands that bind up, strengthen and heal that which is diseased or broken within our society. We pray for strong churches in the United States that can and will do infinitely more than any law, bill or political platform could ever do. May our hope be even greater than our heritage.

We Pray for a Spiritual Awakening.

We confess our utter helplessness to impact the world eternally without the work of your Spirit. For this reason, we ask you Lord, for a spiritual awakening that gives life to our land. Call us once again in this time of great challenge to honor you with great vigor. Teach us how to love one another. Help us to see injustice and right it. Help us to see their pain and with Your heart, heal them. Help us to see hopelessness and like the Samaritan, sacrifice, respond, heal and restore.

We Pray for Radical Love.

May we say to a world ravaged by disease, starvation and discord: "Rise up! Take heart!" Teach us how to have an unquenchable passion for your mission. Show us how to stop violent intentions with radical love. Lord, we look forward to the day when our swords will be beaten into plowshares; when your kingdom will come and your will is be done in America as it is in heaven. Give us the bread of reconciliation and the cleansing water of forgiveness. For Yours is the kingdom, power and glory, forever! **Amen.**

Months' Happenings & Special Events



It's a BBQ!!



Come join us here at Care Suites on the 4th of July for a BBQ
11:30am - 1:00pm

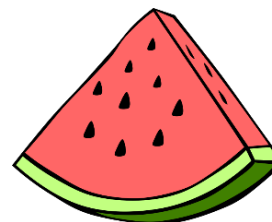
Outside guests may contact the front desk to RSVP at 952-835-8351

Adults: \$15 Kids (10 & under) \$10



MENU

- BBQ Ribs
- Potato Salad
- Baked Beans
- Watermelon
- Dinner Roll
- Angel Food Cake with Fresh Berries & Whipped Cream



July Special Holidays

4th Independence Day - USA

7th World Chocolate Day

10th National Kitten Day



11th Cheer Up the Lonely Day

17th World Emoji Day

23rd Gorgeous Grandma Day

24th Amelia Earhart Day



25th National Parents' Day

Care Suite Services

Bus Outings: Check with the Life Enrichment Department and your weekly calendar to find out when group outings and bus transport will take place.

Essential Beauty Hair Salon (Tuesdays)

Phone # 651-302-5644

Our salon is found in the lower level basement, just south of the elevators.



Happy Feet Foot Care:

Call Teresa at 952-230-1304



Event Photos



Painters Helen and Karlynn



Artistic Fish Paintings



Father's Day Cards



Marge, Cha, and Betsy take time to decorate distinctive paper folded Father's Day greeting cards.



CeCe, Lori, and Esther plant seeds during a garden group.



Maria leads Summertime Words Games



Relaxation Time with Aspen, Dick & Rosemary

From the Foundation

16th Annual Walker Methodist Stride for Seniors

On the second of eight 90-degree days in Minneapolis, people in green shirts gathered outside at Lake Harriet. Why? To take part in the 16th annual Walker Methodist Stride for Seniors 5k/10k.

After a fully virtual event in 2020, the Stride for Seniors was back in person for 2021, while still offering a [virtual option](#). Of the 483 people who signed up this year, 32% were virtual participants, joining in from all over the country. Race boxes were mailed to 17 different states, taking the green shirts all across the country, from New Hampshire to California to Hawaii.



For the first time in more than a year—but for the same great cause—families, friends, and community members came together to walk or run around the lake. From the eldest (91 years old) to the youngest (10 months old), all participants were in stride together. Those who came to watch also cheered on 37 kids under 18 years old, as well as 24 racers older than 80 years old.

This fun event is always a highlight of each year, but its purpose makes it extra special. All proceeds from the race, hosted by the [Walker Methodist Foundation](#), support our communities. The support of everyone who registered, as well as those who support the Foundation, really does make a difference. Last year, Walker Methodist raised more than \$100,000 for older adults and team members affected by the pandemic. And, our 23 generous sponsors donated \$56,000 toward this event.



Four Walker Methodist communities celebrated with their own 1k walks, offering residents, families, and team members who couldn't make it to Lake Harriet a way to join the fun. Thank you to everyone who supported the race. We can't wait for the 17th annual Stride for Seniors in 2022!



Resident Profile



Spotlight on Marilyn

Marilyn was born and raised in north side of Minneapolis in a large family – there were 10 girls and 3 boys. Her Mother could do everything! Knitting, sewing, cooking and caring for all those children. Her father was a truck driver. Marilyn explained that while she went to Franklin Jr. High, she didn't like school very much and dropped out as soon as she could when she was 16. She worked in factories, and did cooking and was a dietary aid in nursing homes.



At age 18 she fell in love and married Winde Lawrence Sr. who was serving in the Air Force stationed at Fort Snelling. They met at a party of a friend. In the Air Force, Winde worked in the motor pool and drove around high ranking officials. He was very handy, and after serving 4 years in the military, worked different jobs repairing cars. They eventually moved to Massachusetts where they had their first two children, and then Pennsylvania, to a small town just outside of Boston. Marilyn has five children, 4 girls and 1 son. You might notice all of the graduation photos of her grandchildren which adorn her walls. She is proud of all of them, many whom she helped raise. But her greatest achievement was obtaining her own GED at age 40!

Marilyn and Winde moved to Richmond VA (which is where Winde was originally from) after he had a stroke. They thought the weather would be better for him. Marilyn had to make a difficult decision to move him into a nursing home just before he died. She is grateful that her son Winde Jr. was willing to bring her closer to him back in Minnesota.

Marilyn doesn't like to be alone and is cheered up with visits, especially from her grandson, Ivory. Her favorite TV program is the Christian Channel SBN, and she enjoys listening to popular music. Marilyn is looking forward to making friends here at Walker Methodist Care Suites.

Welcome Marilyn! We are glad to have you join the Care Suite Family!

States Marilyn Has Lived In:

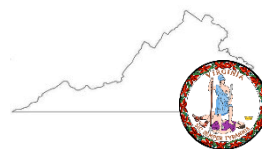
Massachusetts



Pennsylvania



Virginia



Minnesota

