

# Community Highlights from Care Suites

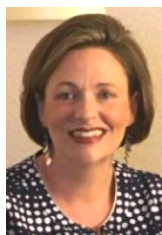


**June 2021**

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

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Amanda  
Pitsenbarger

## From the Executive Director

Dear Residents, Families, Friends and Staff,

June is Busting Out All Over! I feel the excitement in the air as we are enjoying beautiful sunny days on our front porch and garden. What a difference a year makes. Although we are not completely back to the way things were, we are so close. Residents are out and about, we are adding more and more activities and groups to the calendar, and families and friends are back inside with regular visits. It feels great!

I have the honor of introducing 2 new staff members this month. Lola Amendt and Jill DeVoll. Lola is embarking on an adventure with Walker Methodist as she fills the roll of a new position. Her title is the Kaleidoscope Director of Resident Services. Lola comes to us with many years of experience working with residents and families living with dementia and Parkinson's Disease. She has worked for Walker Methodist for 5 years and we are lucky to have her as a part of our family. Lola is helping with developing our Memory Care program. This will include fine tuning some of the services we currently offer as well as creating new ways to serve residents and families living with dementia. In addition, Lola will also work closely with some of our Care Suites enhanced care families and residents. Lola will provide support and care to the Memory Care and Care Suites residents in a similar way that Teresa Kocher has been serving. Teresa is not going anywhere! We are adding this new position to our community to be able to offer more support to residents, families, and training to staff. In the next month we will be connecting with many families as we introduce you to Lola. Please join me in welcoming her.

- Continued on page 2 -

Hello  
**JUNE**

## **From the Executive Director - Continued from page 1**

Jill DeVoll has also joined the team as our new Health Services Director. Jill oversees all of the nurses and resident assistants/nursing aides at Care Suites. Jill comes to us with 22 years of nursing experience. She has worked as a nurse's aide, LPN, RN and has her master's degree in Healthcare Ethics. Jill is new to Walker Methodist and will spend the next month in training onsite to lead her new team and to serve our residents and families. We are excited to have her expertise. Please join me in welcoming Jill.

As always it is an honor to serve all of you. Please let me know if there is anything we can do to improve our community as we work hard to be the best place to live and work.

Thank you, Amanda Pitsenbarger-Executive Director



Lola and family

Hello! My name is Lola and I'm your new Director of Kaleidoscope Resident Services. I'll be working along with Teresa to make certain residents have what they need to live their best life.

I'm married to Trent and we have two teenagers, Aaron and Peter. We love the outdoors and often go camping together. I also enjoy riding my bike, reading and gardening.

I'm looking forward to getting to know everyone!

## **Caregiver Education – Watch for upcoming mailed information to be sent soon.**

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms. Memory loss is an example of just one symptom that can occur. Join us as we begin to understand dementia, discuss causes of the disease, and consider how to keep persons with dementia whole.

We will also be sharing a new opportunity for caregivers who are looking for mutual support and social interaction, to exchange coping skills with one another in matters related to caring for a loved one who has dementia. Learn what to expect to determine if a support group will suit your needs.

You may participate by either zoom, or in person. In person participants must show proof of vaccination. Direct questions or request the zoom link from Lola at 952-230-1322 or [lamendt@walkermethodist.org](mailto:lamendt@walkermethodist.org)

## Event Photos



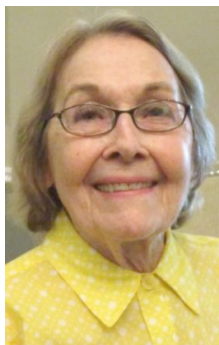
After many years at Walker Methodist Care Suites as Director of Nursing, we want to wish Vicki a happy retirement and a Thank You for your time and wonderful service.

Above photo of Vickie celebrating with staff this past May with an outdoor farewell picnic.

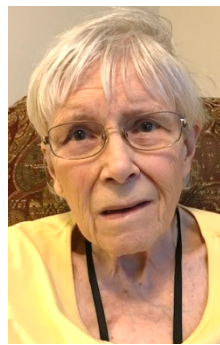
## Resident Birthdays



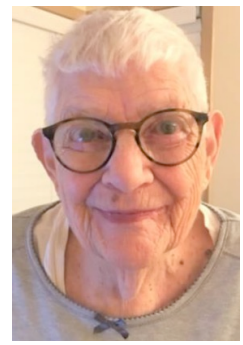
Anna H.  
June 9



June R.  
June 11



Marilyn L.  
June 15



Pat P.  
June 16



Blossie B..  
June 25



Mary C.  
June 25



Frances C.  
June 28







# Chaplain's Pen



Chaplain Karl

## **"But one thing I do ..."**

**Philippians 3:13**



God is the same yesterday, today, and forever. Amen! However, the COVID protocols we're following here within our specific community can change frequently, even day to day. We see, and hear, and read in the news what the CDC says and then what the MDH says, and soon it feels like we're swimming in bowl of alphabet soup.

One of the pastors at the church where my wife and I attend, shared some of the following thoughts. I felt they were so appropriate that I wanted to share them with you as well, along with some of my own inclusions.

In Philippians 3:13 the Apostle Paul uses this remarkable phrase "... But one thing I do." And then he describes what it means to acknowledge the past, but move into the future pressing on toward the goal, the calling he has in Christ Jesus. His circumstances may change, but his calling does not. His personal situations in life may ebb and flow, but the "one thing" remains, living for Jesus remains.

The same is true for us. The situations in our life may ebb and flow, but the "one thing" remains, living for Jesus remains.

So ... live for Jesus.

Whether you choose to wear a mask or not ... live for Jesus.

In situations where you are still required to wear a mask ... live for Jesus.

With your newfound freedoms and requested limitations ... live for Jesus.

In times of agreement and times of disagreement ... live for Jesus.

In celebration and grief ... live for Jesus.

Through worship and devotion and integrity and loving and servanthood and sacrifice ... live for Jesus.

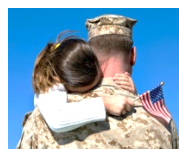
Frankly, when you keep Jesus as the "one thing" any sacrifice you make (even wearing a mask) really pales in comparison to the sacrifice he already made ... for you ... because of his great love ... even while we were sinners. (Romans 5:8)

God's richest blessings to you, as you live for Him!

# Months' Happenings & Special Events

## Month of June

- 1<sup>st</sup> Global Day of Parents
- 3<sup>rd</sup> **World Bicycle Day**
- 4<sup>th</sup> Hug Your Cat Day
- 6<sup>th</sup> World War II D-Day Anniversary
- 7<sup>th</sup> **Chocolate Ice Cream Day**
- 13<sup>th</sup> National Sewing Machine Day
- 13<sup>th</sup> Weed Your Garden Day
- 14<sup>th</sup> **U.S. Army Birthday & Flag Day**
- 16<sup>th</sup> Fresh Veggies Day
- 20<sup>th</sup> **Father's Day**
- 22<sup>nd</sup> World Rainforest Day
- 26<sup>th</sup> **Great American Backyard Campout**
- 29<sup>th</sup> International Mud Day & Camera Day



### FATHER'S DAY MENU



- \* *Grilled Beef Tenderloin*
- \* *Baked Potatoes*
- \* *Buttered Green Beans*
- \* *Watermelon*
- \* *Dinner Roll*
- \* *Root Beer Float*

### 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




Resident Char shares a light moment with Maria during our Norwegian celebration. Char brought in some of her Norwegian Rosemaling art pieces to share.



Diane tells family stories of Norway



Champion Joanne sits with the other top scorers Bill and Leonard.

BEAN BAG TOSS @ 									
NAME					NAME				
CHA	100	175	100	375	BILL	105	140	230	475
LEONARD	85	205	230	520	CHIYO	75	140	155	370
JOAN	150	55	175	380	LORRAYNE	120	80	180	380
HELEN	160	90	120	370	KARLYNN	80	160	210	450
JOANNE	185	205	230	620	CHAR	60	65	185	310
JANICE	180	185	60	425	FLORENCE	90	120	185	395
South = 2,690					North = 2,380				

Residents participated in a recent game of bean bag toss with the eventual winner, Joanne, scoring a 620 points!



Resident Artwork on display.



Residents gather round the fireplace for friendly conversations.



# From the Foundation

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

Last chance to register! Residents can register for \$20.

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

You can participate **in-person** or **virtually**! Either way, you receive a t-shirt and more. Virtual participants can sign up through June 30, will receive a race box delivered, and can participate in many ways. Our in-person race takes place at Lake Harriet in Minneapolis on June 5.

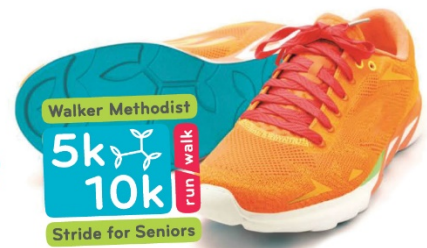
Funds raised through your community, stay within your community.

### 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.

## Health News



### Vision Care Service Information

Ovitsky Vision Care would like to introduce themselves as the new on-site eye-care provider at Care Suites. They provide top-of-the-line ocular care in the most efficient and convenient way possible to residents in communities just like ours! Come bring your questions, and learn if this eye care option will be a good fit.

~ June 10, 2-3pm in the Community Room ~



# Resident Profile



## Spotlight on Dick and Rosemary

Two of our newest residents at Walker Care Suites have quite the life story that needs to be shared. Richard- who also is known as "Dick" grew up in South Minneapolis. Rosemary grew up in Mystic, Connecticut. These two met each other in San Diego, where at the time they were both enlisted in the Navy.

From the day they met, they were pretty serious about one another. The time between the day they met and the day they were married was only 3 weeks! They got married in 1953- and have enjoyed the last 68 years of marriage together. Dick was deployed to Korea after they got married for 9 months. After the deployment, they moved to Connecticut in 1954, and later to Minneapolis/Richfield area in 1962.

They have 7 children together- Stephen, Theresa, Joanne, Paul, Faith, Tamora and Michelle. While Rosemary watched the kids, Dick worked for the post office as a mail carrier, supervisor, and manager for a total of 30 years. Rosemary worked as a Key Punch Operator for Honeywell after the kids were a little older. Dick enlisted in the Air Force Reserves after he left the Navy.

In 1989, they sold their home and traveled the country for the next 15 years in an RV. They have been to every state and enjoyed traveling out of the country as well. They would spend most of their summer at Mille Lacs, MN. Over the last couple of years, they resided in Richfield during the summer months and Harlingen Texas in the winter.

They have 13 Grandchildren, and 6 Great-Grandchildren together. In their free time they enjoyed traveling, fishing and Rosemary liked to Sew and Knit. One of Dick's favorite places they traveled to was to Ireland and Norway. Rosemary loved going to concerts- especially Country Western's. These two are like no other- and we are so glad to have you here with us at Walker Methodist Care Suites!

### Richards' Favorites

Animal- Dogs

Holiday- Christmas

Sport- Football



### Rosemary's Favorites

Season- Summer

Food- Mexican

Music- Country Western

