

Community Highlights from Care Suites



March 2021

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

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well hello,
march

From the Executive Director

Amanda
Pitsenbarger



Dear Residents, Families, Friends and Staff,

I don't know about you, but I am feeling the Luck of the Irish. We are seeing so many positive changes around us and I am grateful. We are heading into March which is always an adventure when it comes to weather. In like a lion, out like a lamb. Even if we see a few flakes, I don't think anything will be able to dampen our spirits.

Did you know? Almost every resident has received both vaccine dosages to combat this crazy Covid-19 pandemic. We will continue to need to follow mask wearing protocol and social distancing guidelines. Although we are heads and shoulders safer than we were before being vaccinated, we will continue to adhere to guidelines while the rest of the community outside of Care Suites has the opportunity to receive medication.

Did you know? Over 70% of the Care Suites staff have been vaccinated. Most organizations are reporting 50%-60% of staff are accepting offered vaccine dosages. We are doing great helping people get vaccinated if they are wanting it. We are being asked if we will make the vaccine mandatory. We can never require vaccination. March 10th will be our 3rd and final vaccine clinic onsite.

Did you know? On Monday March 1st, Care Suites will open our doors to visitors again. We will be doing this in a very controlled and safe manner. All guests are required to notify the front desk of their desire to visit ahead of time by making a phone call. We are asking that visitors come between 10:00am-2:00pm or 3:00pm-8:00pm any day of the week.

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We will not be able to accommodate walk ins as we are being asked to limit the number of people in the building at a given time. It is a generous amount and should not be an issue for those wanting to visit. We are asking that no more than 2 visitors come in at each time. We don't need to know specific times, we only need to know if they will be coming for the day visit or the evening visit. All visitors will be required to wear a face mask and eyewear. Eye- glasses do not meet this need. The visitor must wear both eyewear and mask the entire time. If guest are unable to follow the protocol we will assist with setting up window visits or virtual visits.

Did you know? We are offering so many more activities, the dining room is open, and a few shared common spaces are being set up for you to come out and relax in a different space. Like by the fireplace on first floor.

It nice to see so many of you about and about being safe wearing your masks while visiting with your neighbors! As always it is an honor to serve all the residents, families, friends, and staff of Care Suites.

Thank you,

Amanda Pitsenbarger – Executive Director



Health News

Vicki Rorie, R.N., Director of Health Services

Before you have your blood pressure checked...

How can you get the most accurate blood pressure reading? Recently, new (and lower) guidelines have come out that lowered the threshold of hypertension. So, it is more important than ever to do whatever you can to ensure the reading is as accurate as possible. The National Heart, Lung and Blood Institute suggests the following:

Before the Check:

- Avoid coffee or cigarettes for 30 minutes before.
- Go to the bathroom; a full bladder can change your reading.
- Sit for five minutes with your back supported and your feet flat on the ground, rest arm on a table at the level of your heart.
-

Other Advice:

- Wear short sleeves.
- Get tow reading, taken at least two minutes apart.
- Ask for readings in numbers.

Event Photos

Mid-Winter Mini Golf Championship



2nd Place - Lorrayne



Chiyo



Nora – 1st Place



Leonard (left) and Cha (right) take their turns during the mini-golf tournament.



Resident Birthdays



Helen L.
March 9



Don C.
March 11



Harriet N.
March 21



Virginia T.
March 27



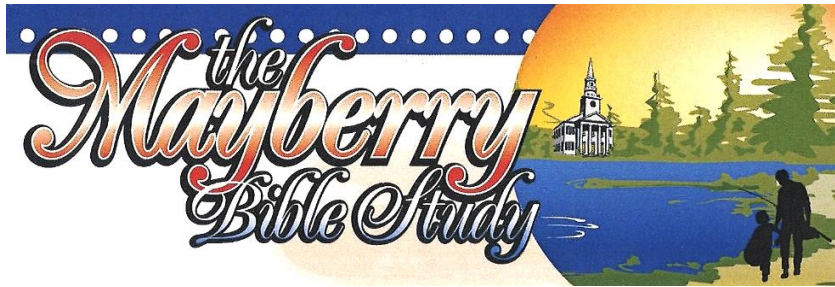
Joanne G.
March 28



Chaplain's Pen



Chaplain Karl



Are You Ready For Some Fun?

Although we are still dealing with the limits we can have on the size of groups, we are ready to start offering some additional programming. All the way back in October and November of 2019 we offered Volume 1 of a fun and relaxed Bible Study experience based on episodes of the Andy Griffith Show. Now it's time to come out of hibernation and share with you Volume 2 of "The Mayberry Bible Study." This 4-week series will begin Tuesday, March 2nd at 2:00 p.m. in the Community Room (Basement).

To teach a lesson, Jesus often told a parable – an earthly story with a heavenly meaning. By using situations from everyday life, parables make spiritual truth more relevant to listeners.

For the parables of Mayberry, each story was designed with a lesson in mind. Indeed, many stories that transcend social, racial and cultural barriers today do so because they contain spiritual truth for which all people have a God-given hunger. Accordingly, these Bible studies can not only provide a fun time of fellowship, but they also equip us with ways to impact the lives of people beyond us.

With the exception the week of March 23rd, we will have worship on Mondays at 2 p.m. and Bible Study on Tuesdays at 2 p.m. Here's what we can look forward to in the weeks ahead for "the Mayberry Bible Study."

DATE	EPISODE	THEME	SCRIPTURE
March 2	"The Big House"	Pride	Proverbs 16:18
March 9	"The Loaded Goat"	Accountability	Romans 14:12
March 16	"Mountain Wedding"	Trouble	Psalms 46:1
March 30	"Andy Discovers America"	Teaching	Psalms 143:10

Please talk with Jack Pickar or any member of our Life Enrichment Team if you want to sign up to share in this opportunity.

Let's have some fun!

Months' Happenings & Special Events

Month of March

- 2nd Texas Independence Day
- 3rd **World Wildlife Day**
- 6th National Oreo Cookie Day
- 8th **Napping Day** 
- 14th Daylight Savings Time Begins
- 17th **Saint Patrick's Day**
- 21st International Day of Forest
- 23rd National Agriculture Day
- 24th World Tuberculosis Day
- 25th **Greek Independence Day**
- 28th Palm Sunday
- 30th National Doctors Day
- 31st **Manatee Appreciation Day**



ST. PATRICK'S DAY MEAL

Roasted Corn Beef & Cabbage

Boiled Potatoes and Carrots

Irish Soda Bread

Mint Chocolate Chip
Ice Cream Pie



Care Suite Services

Bus Outings: Walker Care Suites bus transportation and outings are currently on hold while we follow current health recommendations.

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

Life Enrichment Resident Group Activities



Haley leads "Guess Your Best"



Betsy and Pictionary



Anne's history on First Ladies



Foam noodle exercise included participants Bill, Chiyo, Joan, and Bea

As we move toward Springtime, we look forward to increased large group activities and socialization with our residents at Walker Care Suites. With reduced restrictions, our life enrichment department has seen greater participation in recent weeks at exercise, games, worship services, and other Community Room programs.

During this past year we spent many hours visiting residents in their apartments and held numerous smaller group activities. Today, it is not uncommon for us to gather 10-15 residents for some of our groups. One of the most encouraging things to see is the many new residents joining in with our regular longstanding participants.

Having the opportunity to maintain as much consistency as possible is a joy for us during these times of adaptation. We all love our residents. Jack, Life Enrichment Dir.

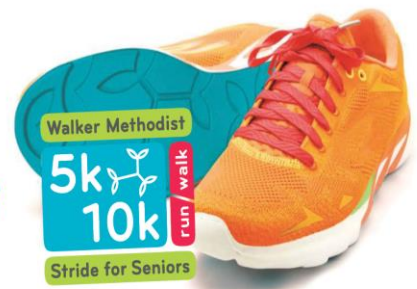
From the Foundation

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.

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

Friends and Family make the Best Neighbors!

We know how wonderful it is to live close to people you already know and care about. To encourage you to refer friends and loved ones, we've enhanced our resident referral program to include family and friends. It's simple! If you, a family member, or friend of yours refers someone to your Walker Methodist community and they move in, the referring person will receive a check for \$500. An added bonus? On the six-month anniversary of their residency, your referral receives \$500 too! To refer someone, provide their name, address, and phone number in writing, along with your name, to Sue Stenberg, Director of Sales and Marketing.



Resident Profile

Spotlight On Lorrayne

This month's spotlight is on Lorrayne! She is a South Dakota girl and a cheerful friend you will want in your life. Born in the small town of Britton, SD, Lorrayne had one older brother and one older sister. Her family lived there until she was fourteen. When her father opened another car dealership, they all moved Aberdeen, South Dakota. She has good memories of growing up with her family going on road trips to the Black Hills, Mount Rushmore, and Minneapolis.



After graduating from Aberdeen high school, she enrolled at the University of South Dakota in Vermilion. During her college years she lived in a sorority, PI Beta Phi, and graduated from the University in 1951. Soon after, she moved to Minneapolis where she married and put down roots. Her first job was working at Dayton's in the bath department. She later had a job that she really invested in, working in sales as a WCCO assistant.

She has two children, one boy and one girl both living nearby. A great memory with her son is of flying in their airplane to Aberdeen for a reunion. She enjoys attending her church each week and being a part of things that make a difference. Ever since high school she has had a great group of friends; she loves her Round Robbin group and they all stay in touch by sending letters to one another.

Her time is best spent being with her family and friends. Reading is also a passion of hers and she enjoys many different genres. All throughout her life she has had a dog or cat around; she has a big heart for furry critters. She likes to stay active and you can see her at many different activities going on in the building!

Favorites:

Favorite color: **Blue**



Favorite Flower: Daisy or Rose

Favorite Place Traveled: Cabin up North

