

# Community Highlights from Plaza



March 2021

A newsletter for the residents, family and friends of Plaza

## Inside This Issue

- Resident Birthdays
- Staff Birthdays
- Department News
- From the Foundation
- Chaplains Pen
- New Faces
- Educational Article
- Resident Profile
- Staff Profile
- Event Photos
- Just for Fun

**Happy Spring everyone!** Over the summer, the Life Enrichment team received a grant to become DrumFIT Certified by an Anoka County organization called SHIP. This evolved into what you all know and love today, Cardio Drumming!

Anoka County even featured our community in their newsletter, and we wanted to share it with our community!

## Walker Methodist Plaza: DrumFIT

Fall 2020

*Bringing community together during challenging times*

Walker Methodist Plaza is an independent living retirement community located in downtown Anoka. In Spring 2020, they were awarded a SHIP mini-grant to train four staff as facilitators in DrumFIT, as well as purchase the accompanying equipment.

DrumFIT is a fun, upbeat, choreographed workout to music in which participants pound drum sticks on exercise stability balls. The workout improves cardiovascular fitness and can be performed seated or standing.

Walker Methodist Plaza started offering DrumFit classes to residents in August 2020. They limited class size to ten participants to allow for proper social distancing and were at maximum capacity nearly every session. After just five weeks, there were 120 total participants. "I just had a gut feeling it would be something our residents would love," said Cindy Jacobson, Life Enrichment Director.

Check out a video of DrumFIT at Walker Methodist Plaza [here](#).

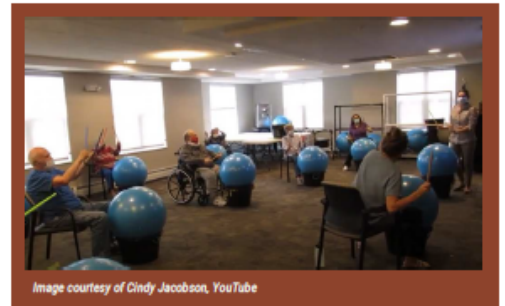


Image courtesy of Cindy Jacobson, YouTube

***"I am so grateful for this grant!  
These past five months have  
been rough for our residents and  
at this time to have the  
opportunity to bring them  
something new, fun and exciting  
has been priceless!!"  
Cindy Jacobson,  
Life Enrichment Director  
August 2020***



Anoka County  
MINNESOTA  
Respectful. Innovative. Fiscally Responsible





# Department News

## Sales & Marketing

Have you heard about our resident referral program? If someone you refer to us moves into the community, you'll receive a \$500 check or credit towards your next statement!

We currently have availability in our independent living and assisted living. Please let us know if you know someone that would benefit from having access to our great caregivers and numerous resident resources such as healthy & balanced meals, laundry & housekeeping, engaging activities, and more!

~ Plaza Sales & Marketing Team

**Jen Foehse: 763-453-7008 Korinne Cummings: 763-453-7034**

## Life Enrichment

As our activities continue to thrive at Plaza, we want to give you all a few friendly reminders:

- You must sign up for your activities a week in advance by calling or telling Cindy, Jo, Dan, or Mandi. Spots have been filling up fast, so it is important that you do this every week, on time.
- Please arrive at least 5 minutes early for each activity. Failure to do this may result in your spot being given away to someone on our waitlist. If you know you are going to be late, please let our team know ahead of time!

We will be hosting several fundraising events leading up to our annual 5k/10k run in June. Our fundraising event this month is on March 18<sup>th</sup> in the form of a March Madness Shootout! A \$5 donation will be requested for each contestant, and the winners will receive fabulous prizes! Cupcakes will be available to purchase for \$1 as well! Look for flyers around our community for more information.

Cindy Jacobson: **763-453-7013**

Jo, Dan and Mandi: **763-453-7036**

## Culinary

Starting March 1, the kitchen will be charging a \$6 fee for all deliveries. Thank you for your understanding.

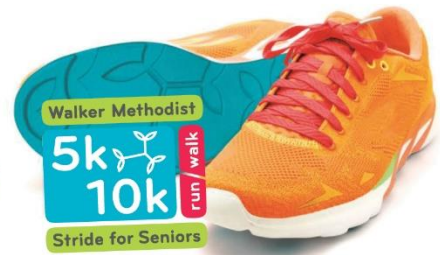
# From the Foundation

## 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.

Registration is open! Residents and team members can sign up 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.

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](http://www.walkermethodist.org/runwalk)



# 2021 5k/10k Race Registration

## June 5, 2021



9:00 am 10k start | 9:05 am 5k start  
4135 W Lake Harriet Parkway  
Minneapolis, MN 55419

### Registration Fees:

Walker Methodist team members, patients, or residents (+1 other) pay \$20 for any option (\$25 on June 5) All others pay \$35 for 5K, \$40 for 10K through March 31, \$40 for 5K, \$45 for 10K through June 4.

Fill this form out for any option. One form per participant.

### Five Options for Participating:

5k Walk/Run in person                      5k Walk/Run virtual                      T-shirt only  
10k Run in person                              10k Walk/Run virtual

**In Person:** Choose this option if you plan to be at Lake Harriet on June 5 and you will run or walk. You will receive a t-shirt, chipped running bib and refreshments after the race.

**Virtual:** Choose this option if you are not able to be at Lake Harriet on June 5, but still want to participate in your own way. You will receive a race box ahead of the race with t-shirt, running bib and more.

**T-shirt only:** Choose this option if you only want a t-shirt. Cost is \$20 for adult sizes, \$10 for youth sizes.

**What if I don't want to walk, run, or get swag, but want to support Walker Methodist?** Please donate online at [www.walkermethodist.org/give-now](http://www.walkermethodist.org/give-now) or mail a donation to the address below. Feel free to designate which Housing Community should receive the donation.

### Payment selection:

- Cash                       Check                       One Time Payroll Deduction of \$ \_\_\_\_\_
- Credit Card – sign up online at [www.walkermethodist.org/runwalk](http://www.walkermethodist.org/runwalk) click on Register, contact Foundation for employee promo code- [mnelson@walkermethodist.org](mailto:mnelson@walkermethodist.org) or 612-827-8538

**Send registration & payment to:** Walker Methodist Foundation | 3737 Bryant Ave South | Minneapolis, MN 55409

**Questions?** [race@walkermethodist.org](mailto:race@walkermethodist.org) or to donate, visit [www.walkermethodist.org/runwalk](http://www.walkermethodist.org/runwalk)

---

### REGISTRATION FORM – 2021 Walker Methodist 5K/10K Stride for Seniors

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender:  Male  Female Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Housing Community Name \_\_\_\_\_ Preferred t-shirt size: (Youth M-L, Adult XS – 4XL) \_\_\_\_\_

Select one:  5K in person  10K in person  5K virtual  10K virtual  t-shirt only

**Waiver:** I understand that participating in this event is a potentially dangerous activity. I certify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate. I do hereby waive and release any and all claims for damages that I may incur as a result of my participation in this event against the organizers, sponsors, promoters, municipalities, volunteers, and officials of these organizations. I grant full permission for the organizer to use photographs of me in legitimate accounts of the event. In the event the race is shortened or cancelled, all entry fees are nonrefundable.

\* Each participant receives a high-quality, unisex, t-shirt. Due to ordering deadlines, we cannot guarantee you will receive your requested shirt size unless you register by 4/16/2021.

Signature \_\_\_\_\_ Co-Signature \_\_\_\_\_

Co-Signature required by parent or guardian, if registrant is under 18 years of age.

# Chaplain's Pen

## Chaplain's Pen – March 2021

### A Different Kind of Lent

Lent sits differently with me this year. After nearly 12 months of giving up so many of the things I value most due to covid – family gatherings, holiday celebrations, date nights with my husband, my kids' extracurriculars – the idea of giving up something else for Lent, as is traditional, feels almost oppressive if I'm honest. How can we be expected to give up *more* when we are already grieving the loss of so much?

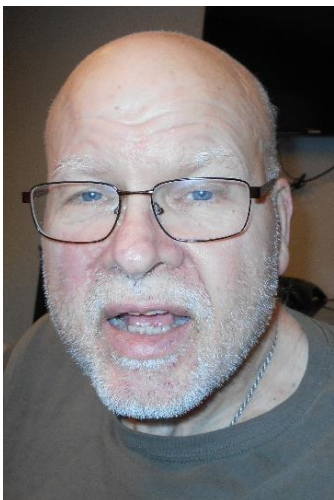
Others may feel differently than me, I'm sure. For some, giving up something for Lent may feel like some semblance of normalcy in an otherwise strange, unfamiliar existence...and that's wonderful!

But for those who feel like me, I invite you to consider a different kind of Lent this year. Instead of giving something up, I invite you to join me in *adding* something meaningful to your life. Start a new devotional. Call a loved one every day. Add a prayer into your daily routine. Maybe these additions will remind us of what Lent is all about in the first place – our constant dependence on our holy, gracious, and compassionate God!

Rev. Erin Hurley Robinson, Staff Chaplain

## New Faces

### Residents:



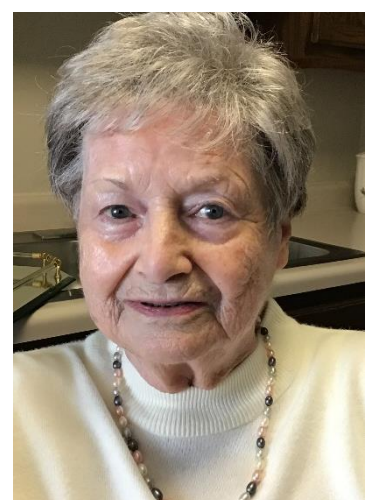
**Bryan Dahl**  
403 CV



**Teresa Jackson**  
325 CV



**Suzanne Swanson**  
336G



**Harriet Snell**  
406CV



# New Faces

## Residents:



**Patricia Sabourin**  
*117CV*

Please give a warm,  
Walker welcome to all our  
new faces this month!

## Staff:



**Kaitlin Spleiss**  
*Resident Assistant*



**Akana George Ngulefac**  
*Resident Assistant*



**Jamie Levens**  
*Resident Assistant*



**Zoe Nygaard**  
*Resident Assistant*

welcome

# Resident Birthdays

June Benjaminson	3/4	Sammy Abernathy	3/16
Ann Booth	3/7	Helen Graham	3/17
Liane Rock	3/8	Jack Adair	3/23
Dori Bailey	3/10	Dave Orescanin	3/26
Clara Weymier	3/15	Gary Carroll	3/30

# Staff Birthdays

Clara Williams	3/4	Kelly Lundeen	3/20
Nicole Bendickson	3/10	Cindy Jacobson	3/25
Megan Lund	3/10	Joselyn Specht	3/25
Breana Stang	3/13	Musah Abubakari	3/29
Alec Hoffman	3/15	Jen Foehse	3/30

## **Anniversaries:**

Pam Erickson – 8 years  
Corey Trembath – 5 years  
Kelly Lundeen – 2 years

Christian Costello – 2 years  
Ali Soderman – 1 year  
Scott Hultman – 1 year



# Happy Birthday

# Educational Article

## Happy National Girl Scout Month!

To celebrate the history and tradition of Girl Scout Troops around the country, this month's educational article will contain an excerpt from the Girl Scout's webpage.

*The Vision of Juliette Gordon Low*

Juliette Gordon Low envisioned an organization that would prepare girls to meet their world with courage, confidence, and character.



In 1912, in the midst of the Progressive Era—and at a time when women in the United States couldn't yet vote—this nearly deaf 51-year-old sparked a worldwide movement inspiring girls to embrace, together, their individuality, strength, and intellect.

Juliette, affectionately known as “Daisy” by her family and close friends, gathered 18 girls in her hometown of Savannah, Georgia, to share what she had learned abroad about a new outdoor and educational program for youth, and with this, the Girl Scout Movement was born. Along with Juliette, these first Girl Scouts blazed trails and redefined what was possible for themselves and for girls everywhere.

"Truly, ours is a circle of friendships,  
united by our ideals."

— Juliette Gordon Low



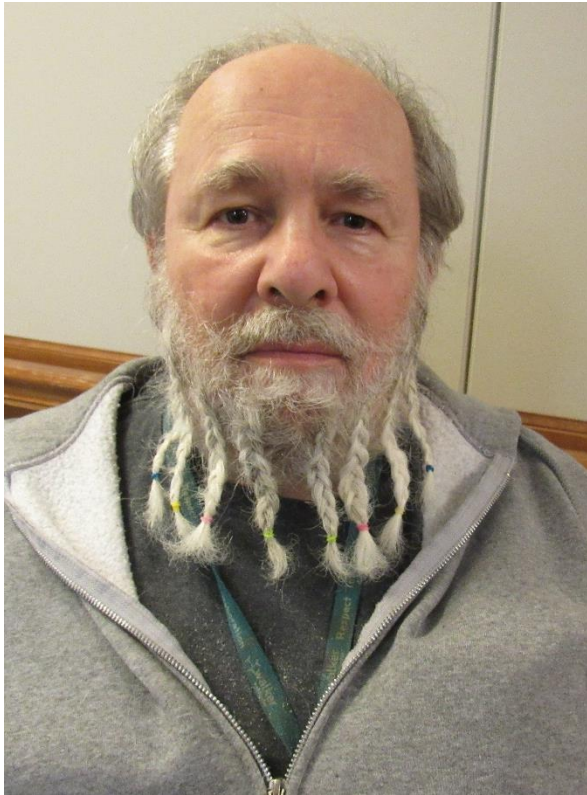
They played basketball. They hiked, swam, and camped. They learned to read the world around them—for instance, by studying a foreign language and telling time by the stars. They shared a sense of curiosity and a belief that they could do anything.

But most importantly, just like Girl Scouts across the country and around the globe today, they offered a helping hand to those in need and worked together to improve their corner of the world.

That small gathering of girls Juliette Gordon Low hosted over a century ago has grown into a global movement in which all girls can see themselves reflected—and that today includes 2.6 million Girl Scouts (1.8 million girls and 800,000 adults) in 92 countries and more than 50 million alums, united across distance and decades by lifelong friendships, shared adventures, and the desire to do big things to make the world a better place.



## Resident Profile



**Jarko Meineke**  
*312G*

**What is your favorite part of living at Walker?**

Getting my beard braided, playing cards with other residents, and cribbage with Dan

**What are your hobbies?**

Collecting DVDs

**What is your proudest accomplishment?**

I enjoy calling Bingo!

**What is your favorite family tradition?**

Most of the family traditions were dropped when my mother passed

**Fun fact about yourself!**

First Job – Dishwasher at Wig & Bottle

Worst Job – Automation at the Post Office

Best Job – Nixie Clerk

Longest held Job – Flat Sorter Machine Operator at the P.O

## Staff Profile



**Hellen Nakibuuka**  
*Resident Assistant*

**What is your favorite part about working at Walker?**

Working in Memory Care and laughing with bco-workers.

**What are your hobbies?**

Praising God and testifying God's goodness

**What is your proudest accomplishment?**

School!

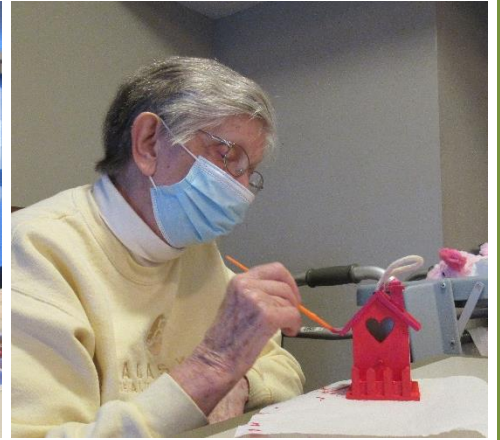
**What is your favorite family tradition?**

Eating meals together

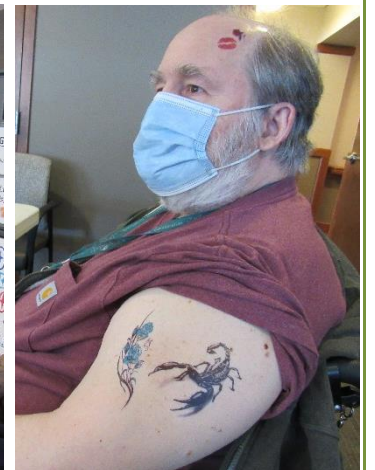
**Fun fact about yourself!**

I have a daughter and family in Africa.

# Event Photos



Sweetheart  
Bird Houses



Booze  
and  
Tattoos!



# Event Photos



Valentines  
Cookie  
Decorating



Price is Right:  
Valentine's  
Edition



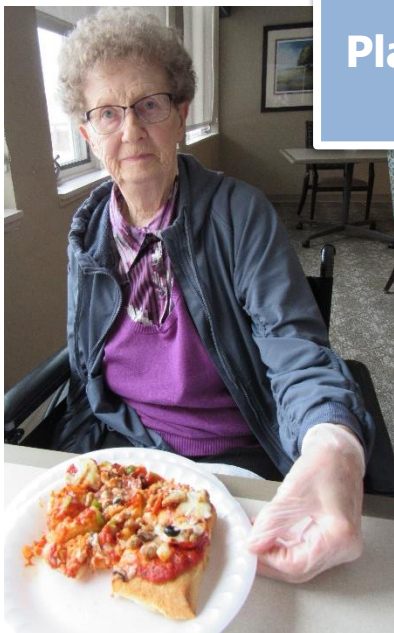
Mardi Gras  
Happy Hour



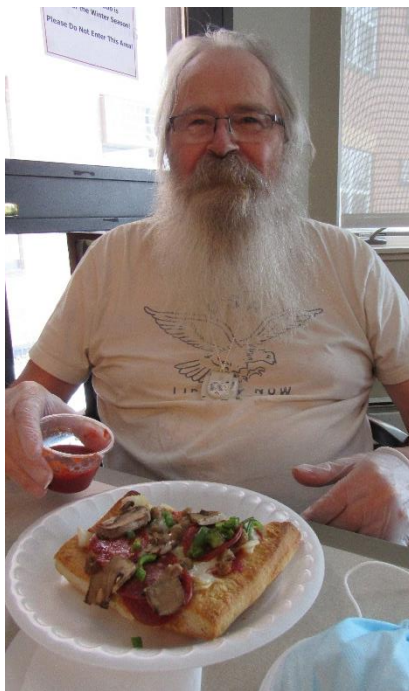
# Event Photos



Painting and Planting w/ Mandi



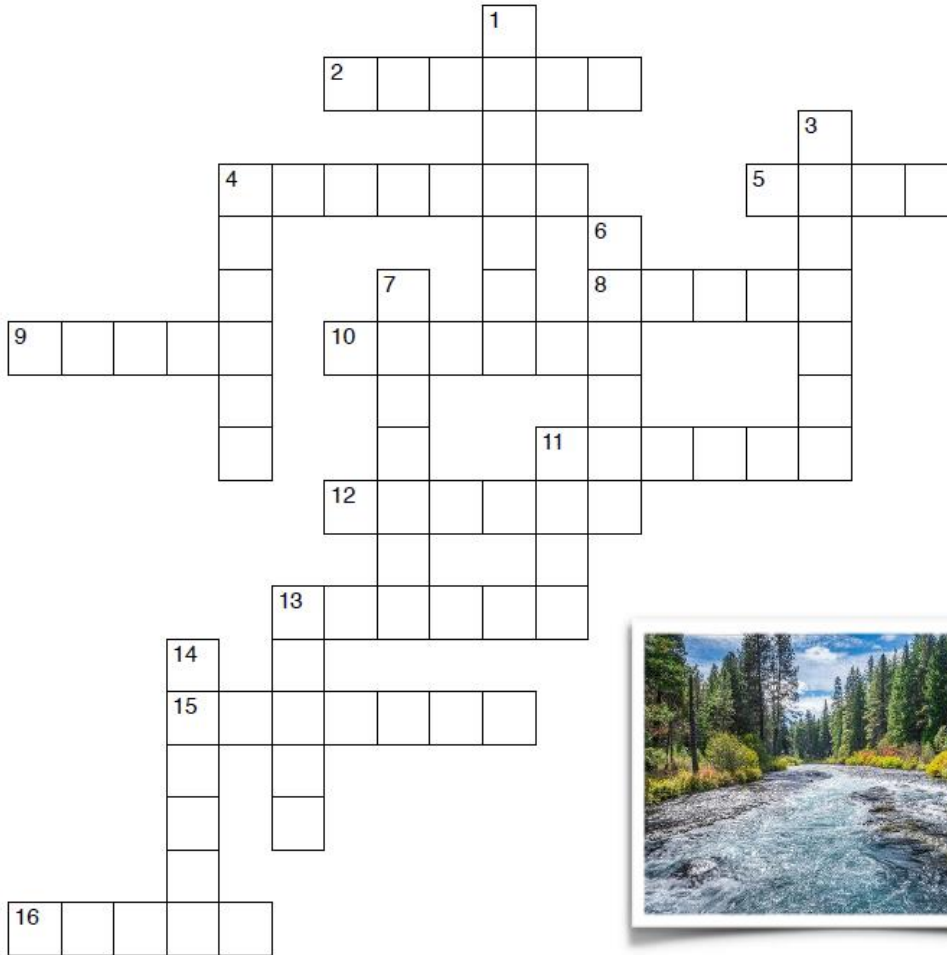
Pizza Party!



# Just for Fun ...

## Mother Nature

Use the clues to fill in the crossword.



### ACROSS

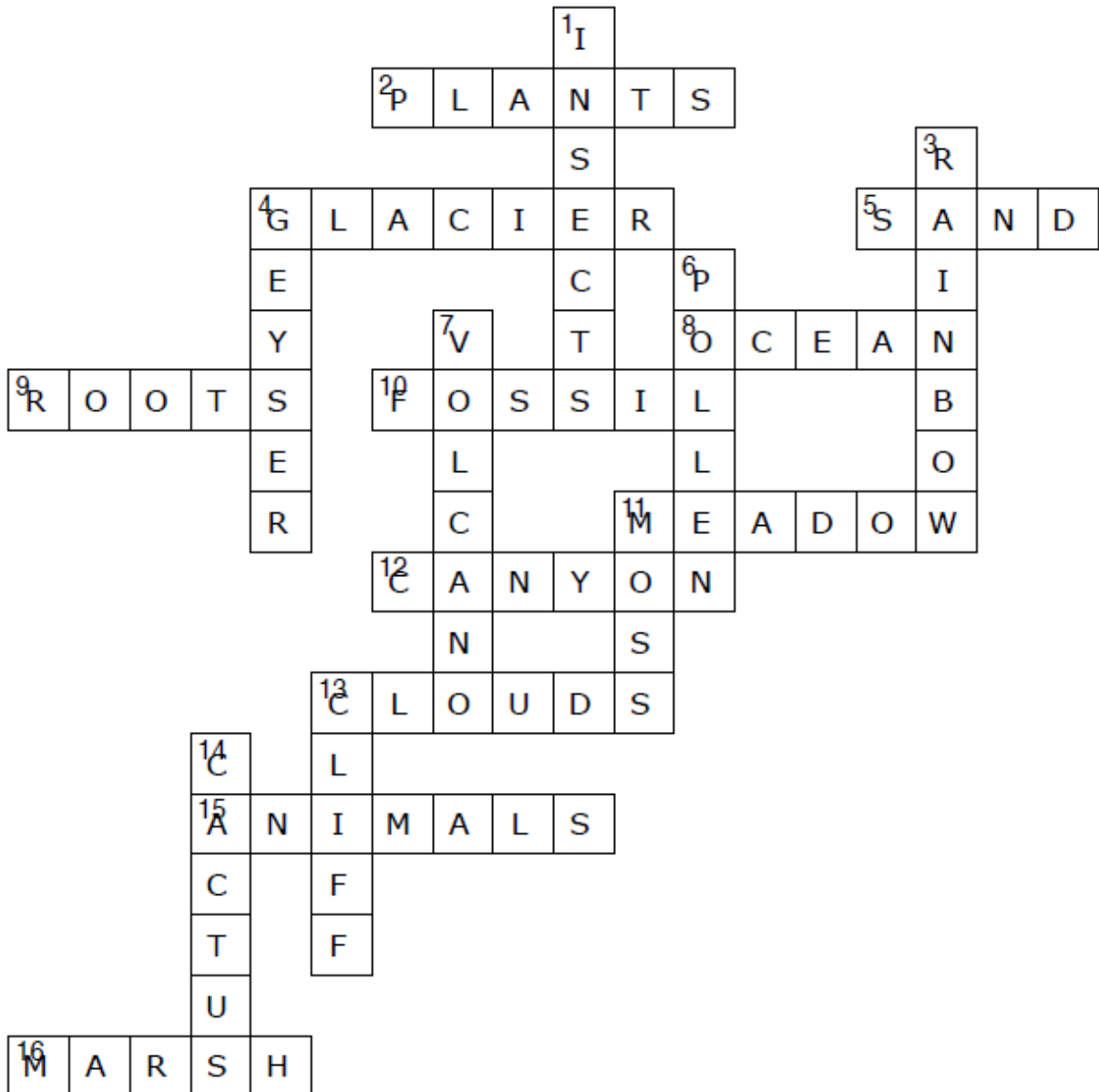
2. Botanist's concern
4. River of ice
5. Dune makeup
8. Vast body of water
9. Plant anchors
10. Dinosaur remnant
11. Grazing ground
12. Deep valley
13. Sky sights
15. Fauna
16. Swampy area

### DOWN

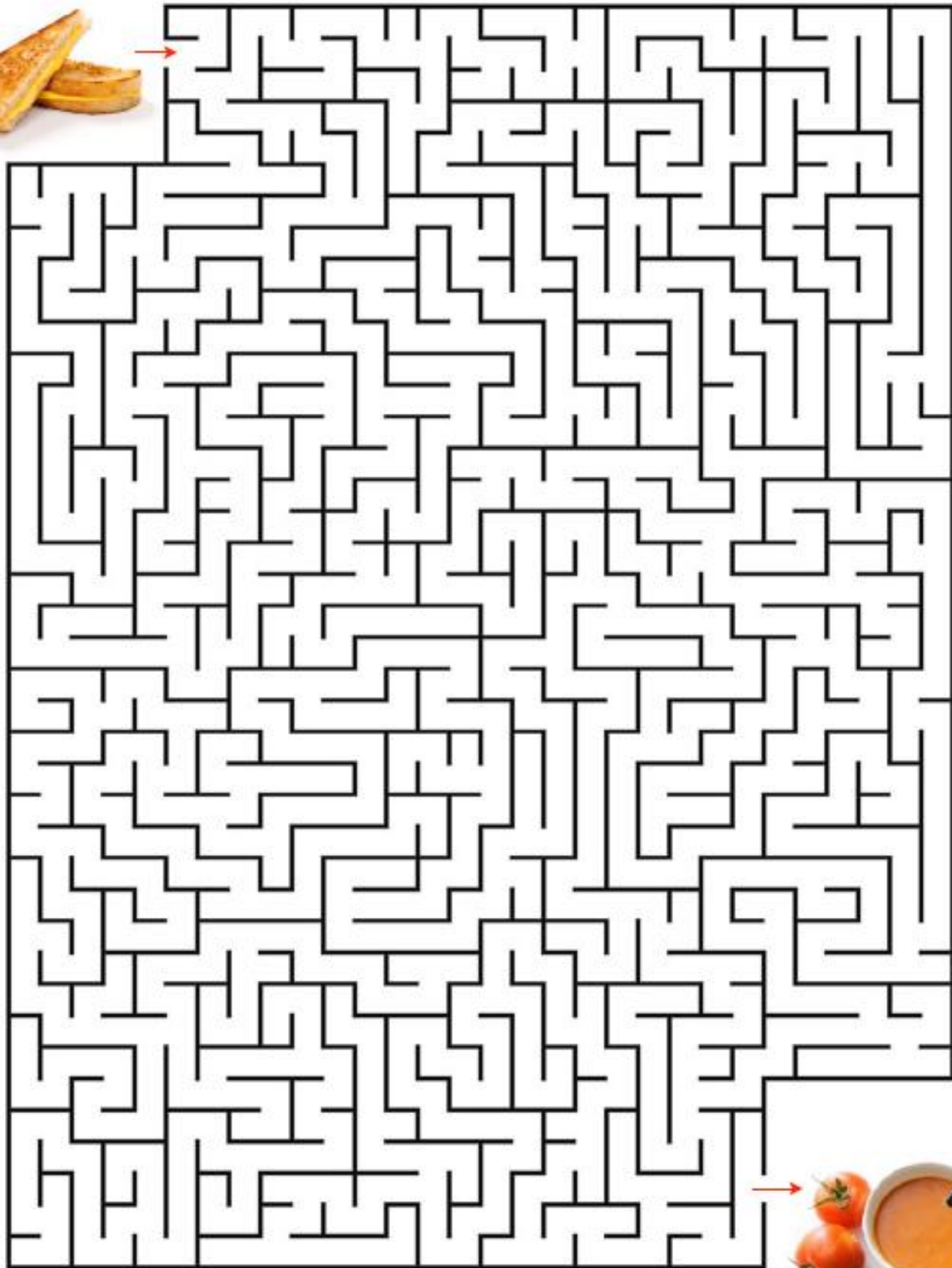
1. Mosquitos and bees
3. Rainy day delight
4. Yellowstone attraction
6. Allergy source
7. Source of lava
11. Forest floor growth
13. Steep rock face
14. Desert flora

# Mother Nature

(solution)

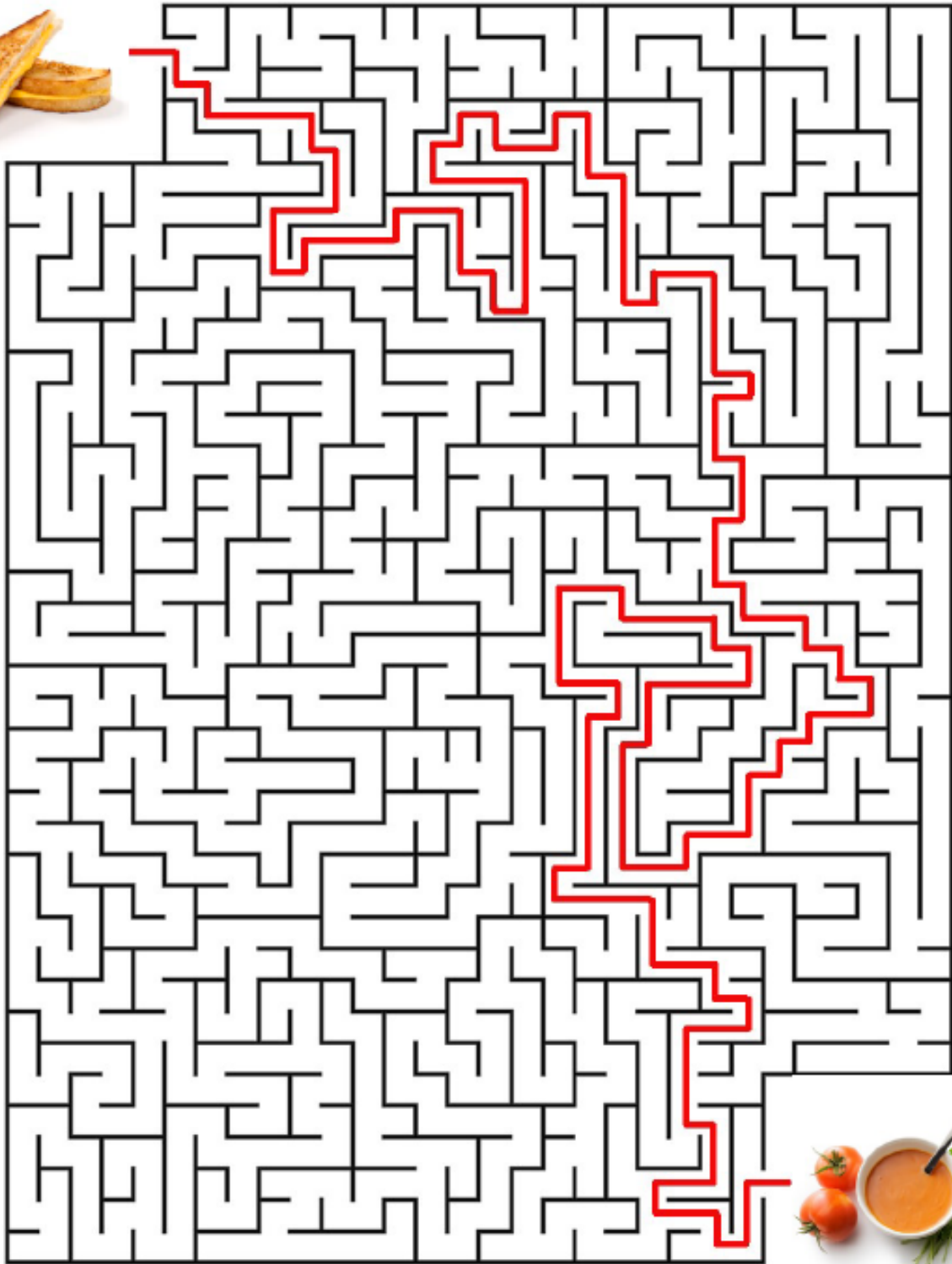


## A-Mazing Grilled Cheese



# A-Mazing Grilled Cheese

(solution)





# Just for Fun ...

## Music, Music, Music

Fill in the missing lyrics and then find the words in the puzzle.  
Search vertically, horizontally, diagonally, forward, and backward.

W K L I L H X G G W N D  
O M K E C X N G N O O T  
F P D I K I W Y I R E K  
K D S E H C Y G V A D D  
Y U A T A I I C O N O Z  
M L Y N U R L N L O L N  
L N A L C O W A N T E A  
A K I S S I N G B H K F  
V Y E E P V N X Q E C D  
Q G R O C Z A G I R I V  
Y D O L E M X W W D N O  
T E N L Z C E O Q G Q N



Put another \_\_\_\_ in

In the \_\_\_\_\_

All I \_\_\_\_ is having you

And music, music, \_\_\_\_\_

I'd do \_\_\_\_\_ for you

Anything you'd want me to

All I want is \_\_\_\_\_ you

And music, music, music

Closer

My \_\_\_\_\_, come \_\_\_\_\_

The nicest part of any \_\_\_\_\_

Is when you're \_\_\_\_\_ close to me

So, put \_\_\_\_\_ nickel in

In the nickelodeon

All I want is \_\_\_\_\_ you

And music, music, music

# Just for Fun ...



Put another **nickel** in  
 In the **nickelodeon**  
 All I **want** is having you  
 And music, music, **music**

I'd do **anything** for you  
 Anything you'd want me to  
 All I want is **kissing** you  
 And music, music, music

Closer

My **dear**, come **closer**  
 The nicest part of any **melody**  
 Is when you're **dancing** close to me

So, put **another** nickel in  
 In the nickelodeon  
 All I want is **loving** you  
 And music, music, music