

Community Highlights from Care Suites



May 2021

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

WHAT'S INSIDE

- **Event Photos**
- **Birthdays**
- **Chaplain's Pen**
- **Special Events**
- **Resident Profile**



From the Executive Director

Amanda
Pitsenbarger

Dear Residents, Families, Friends and Staff,

Springtime brings change. We see it all around us. The beautiful pansies blooming in the front of the building, the birds chirping, and the grass growing so fast I sometimes think we could hear it. We are also seeing some changes happening here at Care Suites.

At the April Resident Meeting, we announced the retirement of Vicki Rorie our Director of Health Services. Vicki oversees all of the nursing department at Care Suites, that department is 80 people strong. She has lovingly and competently served the residents and the staff of Care Suites for 8 years. Vicki started as a nurse in 1979 and I have come to believe that there isn't anything she hasn't seen. She is the calm in a storm, dedicated, loyal, honest, fair and firm. I remember a few literal snow storms when Vicki would drive staff to and from work. She's been seen helping with more than one dead car battery for a resident family or staff member. She drove to a resident's family's home to check on a loved one we were concerned about. She has made numerous calls to assist staff with school, counseling, and housing. She does this job because she has a servant's heart. We will miss Vicki, but we are happy that she gets to take time to see her family, visit the lake, and spend time with friends and neighbors. We can't thank Vicki enough for her years of service. Her last day at Care Suites will be May 21st.

-Continue page 2



Vicki with Employee of the Year, William in 2019



May

-Continued from page 1

Another change we are seeing at Care Suites is allowing friends and families to come back to the dining room to eat with residents. Friends and families eating with resident's in the dining room must be fully vaccinated. To celebrate this change, we will be offering a Mother's Day Lunch. Reservations must be made and we will offer 2 seatings. Visitors are permitted to bring food and share it with residents if the visitor is fully vaccinated. We are still asking that all visitors wear masks and eyewear until they are seated at the table for the meal. Please call the front desk to make reservations for the Mother's Day meal.

We continue to make progress toward a more normal way of living. Thank you to all residents and visitors who are faithful and understanding about the need to wear masks and eyewear. We are all in this together.

Thank you,

Amanda Pitsenbarger-Executive Director

Health News

Stay Active, Healthy, and Strong



We all know that exercise is a key component of good health. But some people think that the older we get the more we should slow down to prevent injury and accidents.

Nothing could be further from the truth. According to the Centers for Disease Control and Prevention (CDC), physical activity offers older men and women significant benefits, including helping to control arthritis and maintain healthy bones, stamina, and muscle strength, all of which help prevent falls. It also reduces the risk of dying from heart disease, colon cancer, and type 2 diabetes.

You may wonder, though, if you can really manage a fitness routine at your age. You may think that you're too out of shape, too sick, or simply too tired to give it a go. Sure, your body may have changed over the years, but there's no question that you can become stronger, more agile, and healthier than you are today. If you have a chronic condition or haven't had a physical in years, check with your doctor first. They can tell you if you are able to do any activity you want or if you need to stick to certain activities that are safe for you.

In any case, keeping fit comes down to you and what you're comfortable with, says Carol Ewing Garber, PhD, a professor of movement sciences at Columbia University's Teacher's College in New York City and a registered clinical exercise physiologist who researches the role of exercise in senior health.

-Article information from Every Day Health by Dennis Thompson, Jr

Event Photos



**U
M
B
R
E
L
L
A
S**



Whether rain or sun, residents take time to decorate their personal umbrellas during a recent art class held in April. Top left is Cha, Bill & Betsy work together, and above is Marge and Chiyo showing their creations.



Renee

Suncatcher Bead Crafts
taught by Anne



Jannie

Joanne

Resident Birthdays



102 Years!

Florence H.
May 2



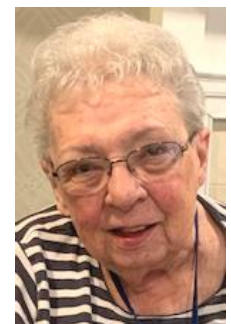
Cha R.
May 11



Carol W.
May 19



Joan J.
May 20



Shirley A.
May 20



Chaplain's Pen



Chaplain Karl

BEFORE WE WERE **SO RUDELY INTERRUPTED ...**



Before COVID so rudely interrupted our lives and our routines, we kind of knew what to expect from day to day ... hour to hour ... mealtime to mealtime. But then suddenly everything changed overnight. Not only did your personal routines and schedules change, but also our community routines and schedules, right here at Care Suites.

For the longest time, it seemed like everyone was isolated in their own apartment. Since we couldn't gather together in groups, a lot of people here worked really hard in bringing programming, activities, and even your meals, your mail and other deliveries, right to you where you were. I am so grateful for Life Enrichment and **ALL** of our other Care Suites team members who did this, and who continue to make our life together enjoyable and meaningful.

Now, things are slowly starting to return to the way they were before. We are worshiping together as a whole community on Mondays at 2 p.m., and we now have opportunities for community Bible Study again, as well as those periodic Services of Remembrance. Hopefully soon, we can even start having hymn-sings, as well as other cherished activities. Just like you, I'm chomping at the bit.

Before COVID so rudely interrupted us last year, we had just started a Bible Study called "*ALPHA: Exploring the Meaning of Life.*" I am excited to say that we are going to restart that course again, from the beginning! Starting in May, and continuing through August, we will plan to meet on Tuesday afternoons at 1 p.m. in the Community Room for this exciting course.

Here's what we'll be talking about in this ALPHA course:

1) Is there more to life than this? **2)** Who is Jesus? **3)** Why did Jesus die? **4)** How can I be sure of my faith? **5)** Why and how do I pray? **6)** Why and how should I read the Bible? **7)** How does God guide us? **8)** Who is the Holy Spirit? **9)** What does the Holy Spirit do? **10)** How can I be filled with the Holy Spirit? **11)** How can I resist evil? **12)** Why and how should I tell others? **13)** Does God heal today? **14)** What about the Church? **15)** How can I make the most of the rest of my life?

"How" we have carried out our Spiritual Life programming over this past year, and "how" we move forward into the future, may still look a little different from "when before we were so rudely interrupted" by COVID. But the good news and the truth is, the Word of God is the same yesterday, today and forever! We are moving into a new season, once again, where God is making all things new!

Months' Happenings & Special Events

Month of May

1st



May Day

2nd

Sibling Appreciation Day

2nd

World Laughter Day

5th

Cartoonist Day

7th

Tuba Day

9th

Mother's Day & V.E. Day

10th

Windmill Day

13th

Tulip Day 

14th

Stars and Stripes Forever Day

15th

International Day of Families

15th

Armed Forces Day

18th

International Museum Day

22nd

National Maritime Day

31st

Memorial Day



Your Siblings



MOTHER'S DAY LUNCH



Sunday, May 9th
11:30-12:15 or 12:15-1:30

Strawberry Spinach Salad with
Candied Pecans &
Balsamic Vinaigrette
Braised Short Ribs
Horseradish & Chives
Mashed Potatoes
Dinner Roll
Raspberry Cheesecake

Care Suite Services

Bus Outings: Check with the Life Enrichment Department to find out when and where 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



Renee is with Aspen during one of our therapeutic dog visits held each Tuesday afternoon with owner, Haley



Ann works with residents on their Artist of the Month projects featuring Dutch artist Piet Mondrian

Baseball Day!

Residents gathered to watch an early season baseball game between the Twins & Tigers. Many claim to be great fans of the Minnesota Twins Baseball Club.



Jack & Maria shared some of their memorabilia during our Baseball Day at Care Suites.

Go Team!

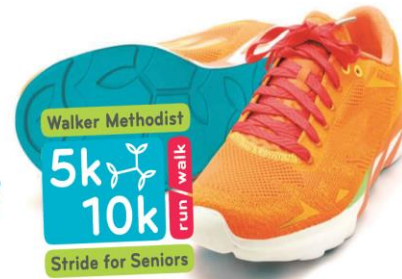


From the Foundation

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



Have you signed up yet? Residents can register 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. Our in person race takes place at Lake Harriet in Minneapolis.

Funds raised through your community, stay within your community.

More information at www.walkermethodist.org/runwalk



Kids of Care Suites

We are asking for people to share photos of the kids in their life. Children, grandchildren, great- grands, nieces, nephews, and fur babies. Hey some of the kids in your life might be grown. You get to decide who you consider to be "kids". This is a resident and staff display that is in the front lobby for everyone to see. If you have an original photo, bring it to the front desk and we will make a copy. We do want to know who is in the photo. Stop by and take a peek!

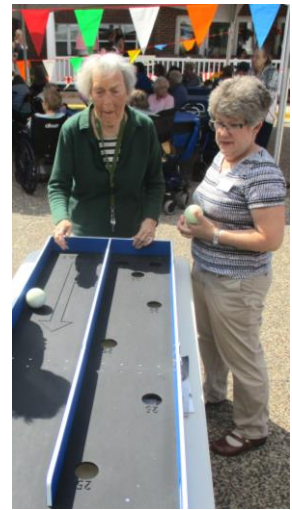


ANNE

THANK YOU

WE WILL MISS YOU!

Anne has dedicated her time to Walker Methodist Care Suites for the past five years. She is moving on to other wonderful things but her service to our residents, staff, and life enrichment program has been extraordinary! We will certainly miss her. Here are a few fun photos that demonstrate the many wonderful ways she has touched the lives of our Care Suite family.



Anne Enriching Lives



Wishing You Happy Trails Ahead!

