

Event Photos



Community Highlights from Westwood Ridge



MAY 2021

A newsletter for the residents, family and friends of Westwood Ridge

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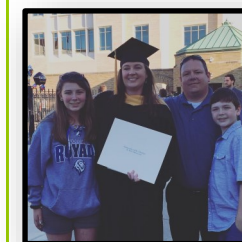
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Greetings Westwood Ridge Residents! I'd like to take a moment and introduce myself; my name is Joe Amend-Marshall and I am very excited to serve Walker Westwood Ridge as Campus Administrator. I have worked in senior services for over 20 years now, most recently serving as Executive Director with The Waters Senior Living. I hold a master's degree in Health & Human Service Administration from St. Mary's University of Minnesota and a bachelor's degree in music therapy from The University of Evansville.

I am originally from Southern Indiana, Evansville to be exact, and just completed my 21st winter in Minnesota! I have two sons, Max (16) and Clark (15) that keep me busy with helping them stay on top of homework, chores, and sports. In my free time I enjoy travelling, spending time with family, reading whatever I can get my hands on, and all kinds of music.

My leadership philosophy is really based on how we can get to "yes." And COVID has made that very difficult! Regardless, I am excited about the changes 2021 continues to bring and how we can serve Westwood Ridge to keep this such a great place to live and work. I look forward to meeting all of you!



Hello! For those of you who may not know me, my name is Catherine Bergler. I was recently promoted from Resident Services Manager to Director of Housing. I have been with Westwood Ridge for almost 3 years and I love this community. I will continue to office in the lobby of WWRI but my job duties have shifted a little bit. I will

still be available to residents and family members for any questions or concerns but more of the day to day things will be handled by our Resident Services Manager. I am hopeful this change in the leadership of our campus is going to lead to some exciting things and provide enhanced support to the Assisted Living side of our campus. Please know that you can reach out to me at any time via email or phone. I look forward to continuing to serve WWR in this new role.

Resident Profile

Mary Topritzhofer

"Mary Rose" "Grandma Cookie"

Born: Thursday, May 7th, 1936 in St. Paul, MN

Parents: John and Letitia Kennedy

Siblings: Dolores, Patty, Kathleen, John (deceased)

Education: Graduated in 1954 from St. Joseph Academy

College: St. Catherine's University-Nursing Degree, Registered Nurse for 33 years

First Job: Brokerage House-Marketing Chalkboard with latest stock information

Favorite Job: Night Nurse at St. Joe's Hospital in Oncology Unit.

Faith: Roman Catholic

Spouse: Married Richard on October 11th, 1958. Met Dick while having lunch with girlfriends. Dick knew one of my girlfriends and started chatting with them.

Children: Teresa, Mary, Pat, Colleen

Person who influenced your life the most: My mother was the biggest influence.

She was only 49 years old when she lost her husband. She was the chief breadwinner from then on. My Aunt Mame cared for us when we were young.

My friends thought she was my Grandma, because she was the oldest of 17 children, and my mother was the youngest of the 17 Tracy Family.

Family Traditions: Big backyard family parties.

Many wonderful occasions—Birthdays, Weddings, etc.

Moment in history you remember most vividly: When President Kennedy died and 9/11 are big events where I remember what I was doing.

Favorite Food: BBQ Ribs

Favorite Dessert: Apple Pie ala mode

Favorite Beverage: Brandy and 7-up

Favorite Restaurant: Degideo's Restaurant on West 7th and Cherokee Sirloin Room

Favorite Book: Anything written by Maeve Binchy

Favorite Sport: Tennis

Favorite Music: Pop, 50's and 60's

Favorite T.V. Show: "Coach"

Favorite Movie: "On The Gold Pond" "Meet me in St. Louis"

Favorite Season: Spring; Favorite Holiday: Christmas

First trip: North Dakota—Williston went on train

Favorite trip: Ireland, Florida

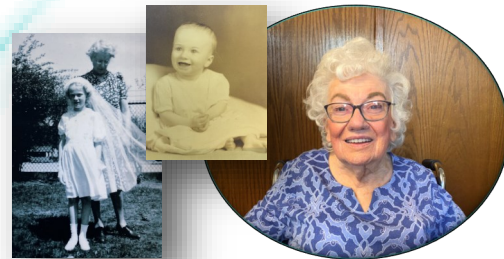
Favorite Pastime: Cooking and Baking—Grandchildren nicknamed me "Grandma Cookie" for this.

Most proud of: Baking skills

Really good at: Caring for my patients and family

Best piece of advice: Treat everyone as you would like to be treated yourself

What do you most enjoy doing at Westwood Ridge: Going out on patio to enjoy gardens planted and weight training with Samantha.



Event Photos



United in Marriage Lorraine and Roxane 04.08.21



In preparation for today, I turned on Sleepless in Seattle—the first movie that the two of you watched together. It's a gorgeous love story—one that portrays love in all its complexity. We see familial love unfold between father and son. We see the sorrow that comes from the loss of a life partner. We see friends extend compassion to friends. And, finally, we see two people find their way into a loving relationship on top of the Empire State Building. The end of the movie feels like one big "yes."

Today feels like one big "yes." I know it's been 32 years in the making. The two of you have spent over three decades building a life together. You've cared for parents together. You've loved grandchildren together. You've attended to nieces and nephews together. All along, God has smiled on the love that you've shared. It took the state too long to catch up with God's vision and your shared commitment, but a few years ago—Minnesota did. And now we get to say "yes" to the union that you share.

The scripture passages you chose are so filled with that sense of affirmation. The readings are dripping with delight. With joy. With gladness. With thanksgiving. In the midst of all that is difficult in life, we are reminded that good surrounds us, too. In good movies, in meals shared with family, in twinkling lights—the good gifts of God sustain us, lift us up, and give us strength for all that life may bring.

On December 17, Lorraine, you decided to lean into the good. Your building was in COVID-mode, so the special meal was delivered one course at a time to your apartment. Lorraine, you started fishing by the tree. Roxane didn't know what was going on; your behavior wasn't typical! Inside of the box was another box. And inside that box—a ring! Lorraine, you got down on one knee. Roxane, you stared in disbelief—and then forgot to answer, overwhelmed by this "grand gesture" after so many years.

Well, today, we ensure that you both answer when you exchange rings and promises to one another! Today, the church surrounds you with delight, joy, gladness, and thanksgiving, Lorraine and Roxane. And in the presence of God and in the presence of one another, together we say "yes."

Thanks be to God. Amen.

Event Photos



Chaplain's Pen



Chaplain's Pen (Walker Place)
April 26, 2021

These are serious times. We follow serious measures to keep ourselves and our neighbors safe. So it may sound counterintuitive, naïve, or a bit insensitive to prescribe a little laughter. After all, laughter won't stop the spread of SARS CoV-2. It's not going to protect like a mask or sanitize like that spray we use on surfaces all over the building.

But it does help in other ways. Whether they're belly laughs or giggles, quiet chuckles or loud guffaws, laughter actually does have physical effects that help us live more satisfying lives. IOT's good for mind, body, and spirit. The Mayo Clinic suggests both short-term and long-term benefits. Most immediately:

Laughter brings more oxygen into the bloodstream, stimulating your heart, muscles, and lungs.

It can release stress, lowering blood pressure and increasing, then decreasing your heart rate.

It soothes tension by stimulating circulation and muscle relaxation

Over the long term, it strengthens your immune system, releasing neuropeptides that fight stress. It relieves pain, increases personal satisfaction, and improves your mood.

Spiritually speaking, laughter feeds our appetite for joy.

Discovering humor in the middle of stressful and serious times can be an important part of your pandemic-relief medicine chest. Notice the little things that make you smile. And if your neighbor down the hall wonders why you're laughing, share the joy. It goes a long way toward making you and everyone around you feel better.

Resident Birthdays



Westwood Ridge I

7th—Mary Topritzhofer
14th—DeeAnn Simser
19th—Millie Devos
20th—Gene Salber
26th—Helga Borrmann
27th—Evelyn LaFontaine

Westwood Ridge II

30th—Jean Hansen
31st—Lonelle Crawford



Westwood Ridge I

Timothy Loosbrock

Westwood Ridge II

Janice Mohs
Louis Anderson

Department News

Tribute Signs for Sale for June 5 Stride for Seniors at Lake Harriet



The 16th annual Walker Methodist 5k/10k is happening Saturday, June 5 around Lake Harriet! This is our largest fundraiser of the year and all funds raised by your community STAY in your community. Tribute Signs will be on sale for \$25 from the middle of April through the middle of May. These signs will line the racecourse around Lake Harriet. What a great way to honor or memorialize someone important in your life! Ask your concierge, executive director, or life enrichment director for more information on how you can get involved.

Sign up for a virtual race box for the June 5 Stride for Seniors! Can't attend the race in person? Sign up as a virtual participant and receive a t-shirt and other fun items in the mail! Residents can register for \$20. Sign up with your concierge.

Stride for Seniors

16th Annual 5k/10k
Lake Harriet Bandshell Park
June 5, 2021 | 9 a.m.



Life. And all the living that goes with it.