



## Upcoming Events

### HAPPY MAY!

#### Weekly Programs on Chapel Channel 52

##### Mondays

10:15 Pipe Organ Music

2:30 Guest Artist Concert

##### Tuesdays

10:15 Lectio Divina

##### Thursdays

2:30 Guest Artist Concert

##### Friday

10:15 Great Poetry with David

2:30 Guest Artist Concert

##### Sunday

10:15 Worship Service

1:30 Rosary (all four sets of mysteries)

#### Daily Movies on Chapel Channel 52

3:30 Movie Matinee

6:30 Evening Cinema



#### Check your weekly calendar for : Small Groups on Your Unit When Available

Bingo

Spiritual Care

Music Groups with Julie, Carol and more

Resident Council

Bible Stories via Zoom

Zoom SooVAC Art Classes and Gallery Tours Trivia,  
Travel, and more!

1:1s

Virtual Tours/Virtual Reality

Games

#### In-Room Activities:

Word Puzzle Packets, Puzzle Books

Art/Craft Projects, Coloring Supplies

Walker Library Books

### **VISITATION EXPANDED!**

General Visitation is now open at the Health Center. General Visitation may be suspended if there is  
a case of COVID-19 in the building.

We are also offering expanded Essential Caregiver Visitation. Please see your Social Worker if you wish  
to add an Essential Caregiver.

Your friends and family have received this information and are welcome to visit you!

More information is available from your Social Worker and Nurse Manager.

Volunteers will also be welcomed back soon.

# 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

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 TR Coordinator for more information on how you can get involved.

Sign up for a virtual race box for the June 5 Stride for Seniors! 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 TR Coordinator. More information at [www.walkermethodist.org/runwalk](http://www.walkermethodist.org/runwalk)

## Announcements

### MAY MESSAGE FROM AUXILIARY PRESIDENT Susanne Mattison 2020...A Challenging Year

In this year of Challenge, I share with pride, how the Walker MHC Auxiliary Volunteer Board has worked to follow their Mission Statement.

The Auxiliary's Mission Statement... "shall be to aid in serving the physical, social, emotional, and spiritual needs of the Walker Methodist Health Center Residents".

Although volunteers have not been allowed in the Health Center until recently, the Auxiliary has kept in touch with residents and staff throughout the year by sending cards and notes, and writing articles for the Health Center newsletter.

The Auxiliary expressed their gratitude for exceptional work of staff workers on the "frontlines" with donations to the "Well Wishes" website. In May, a \$2000 donation from the Auxiliary to the Walker Foundation helped support "May Free Meals Fund," providing free meals to all staff members during their shift and food to bring home to their families.

In June, the Auxiliary purchased two registrations to support the Virtual "Stride for Seniors" Annual Foundation fundraiser.

As we neared holiday shopping, the annual Craft/Vendor fundraiser became virtual. The sale had limited success, but as the Auxiliary Board said, "Worth a try". Monies raised went to the "Bus Fund" to maintain operation of the Walker MHC bus.

Spirits of the Health Center's hard-working, dedicated staff were lifted with a holiday pizza party (including fresh baked chocolate chip cookies) funded by the Auxiliary.

To help relieve the isolation residents have been experiencing in 2020 and as we continue to live with Covid guidelines in 2021, the Auxiliary purchased a virtual reality entertainment program.... MyndVR. Residents wear "googles", select from a variety of travel, art or nature themed programs, then sit back and enjoy their "escape" into this virtual "time away".

The Board has met virtually since June 2020, to continue the Auxiliary's support of the Health Center. and to fulfill our Mission Statement. In that time the Auxiliary has been aware of the loss of a major service to residents, staff, and guests....the Gift Shop. Within the talent of our board, a creative member has suggested a way to safely provide some Gift Shop services to residents. Details are being worked out for "curbside pickup" of gift shop merchandise. The Auxiliary is very excited to begin preparation for re-opening one of highlights of the Health Center.

Donna White, Director of Therapeutic Recreation Services, works closely with the Auxiliary Board and other volunteers to keep us informed of services, activities, and opportunities participation in the lives of residents. The "Good News" as noted in another article in the newsletter... volunteers are being gradually welcomed back to the Health Center. For the Auxiliary.... we may have an "in-person" Board meeting in June!

# Months' Happenings & Special Events

## MAKE YOURSELF HEARD IN MAY!

Resident Council will be held on each LTC unit in May.

On Saturday May 15th:

10:00 in the 4G Dining Room

11:15 in the 5G Dining Room

On Wednesday May 19th:

2:00 in the 6G Dining Room

3:15 in the 7G Dining Room

Check Your Calendar for New Broadcast Programs on Channel 52!

Guest Artist Concerts on Mondays and Thursdays:

Lori Ronchak, David St Charles, Julie Osmonson, Malcolm Anderson

And please welcome to your floor:

Weekly music programs with Music Therapist Julie Osmonson and others

Sunday Piano Music with Carol Crosby

## Updates from The Kitchen



April showers are bringing May flowers! Spring is in the air! You all can actually get out and enjoy the beautiful days! We are so happy for your new mobility!

In the month of May there are a few special days we want to highlight and share with all of you. May 5<sup>th</sup> is Cinco de Mayo and we are planning a fun Mexican dip to enjoy as you celebrate. National Buttermilk Biscuit Day is May 14<sup>th</sup> so I think it's time for some Biscuits and Gravy once again. On May 19<sup>th</sup> we have a treat because it is National Devil's Food Cake day! May 26<sup>th</sup> will bring a very rich dessert for you all with a yummy National Blueberry Cheesecake Day!

As always if you ever have a question or suggestion, please call the front desk and have them transfer you to the kitchen.

## Event Photos



Left:  
Dot travels back to  
New York City  
with  
Virtual Reality  
goggles.

Right:  
Janice in Arts  
and Crafts class.



Jen and Christine  
accepting Girl Scout  
cookie donation. See  
page 4 for more.





# Chaplain's Pen

This weekend I get the honor and privilege to don my uniform, strap up my boots, and serve my country once again. And because I'm a chaplain, I have the distinct privilege of serving my God as well. Since I just returned home from a year long deployment to Iraq and Syria, I have been on excused leave from my duties as a National Guard Chaplain. I'm excited to once again fulfill one of my calling to serve soldiers, the young men and women of the Minnesota National Guard. Women and men who have sacrificed much to serve our country, many who have multiple deployments under their belt, which equates to many missed birthdays, anniversaries, baseball games, and gymnastic meets. Many who suffer from crushing disabilities, post-traumatic stress, and moral injury, my heart breaks for the soldier, and their families.

At the end of this month our grateful nation will once again celebrate Memorial Day, a day that is set aside to remember, and honor, our brave soldiers who have given their lives to protect our land and keep us free. It began as a day to honor our Civil War dead, but after World War I, it was expanded to include our war dead from all the wars in which America was involved. Our country has fought in 13 wars, including the Afghanistan War. In every one of these cases, we have asked the young people of our nation to be willing to give their lives in the name of freedom (for us and others in foreign lands.) The sacrifices these young men and women have made can never be totally comprehended nor can they be repaid by us.

We can never begin to understand what they went through, and the few that do understand, it haunts them. It seems as if saying "Thank You" just isn't enough. On this Memorial Day weekend, in the midst of barbequing, going to parades, and days spent at the lake, take a moment to visit a cemetery, walk amongst the tombstone and pray. Pray the soldiers, pray for the families, and pray for peace.

## THE SCRIPTURE:

"This is my commandment, That ye love one another, as I have loved you. Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you."

Kevin Coder, Director of Spiritual Life

## GIRL SCOUT COOKIES!

Daisy Girl Scout Troop #27526 chose Walker Methodist residents as the recipients of their donated Girl Scout cookies this year! The troop consists of 6 Kindergarten girls from the Shakopee, MN area. It is all of their first year as a Daisy Girl Scout. The girls worked very hard during their cookie sale this year and shattered all their goals! The troop collected over 170 boxes of cookies to donate to the residents at Walker Methodist. They received the donations from their family, friends and put out a donation box at any booths they hosted at Cub Foods, Lowe's and other locations. They were very excited to bring the cookies to Walker and meet a few of the residents who would be able to enjoy the cookies!

