

Spirit of Walker

Fall / Winter 2020



A newsletter for family and friends of Walker Methodist

MISSION STATEMENT

Life. And all the living that goes with it. Enhancing the lives of older adults through a culture of care, respect, and service.

VALUES

Respect.
Imagination.
Collaboration.

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Dear friends of Walker Methodist,

"When the root is deep, there is no reason to fear the wind."

We've each faced strong winds this year, and sometimes we may even have found ourselves swept up in winds of our own fears—fears of disease or illness, change, or simply the unknown and uncertain. But while we continue to face the winds of COVID-19, I am convinced we'll withstand any strong wind that comes at us, so long as we remain rooted.

I, personally, have withstood strong forces because of firmly rooted faith in God and His Word. Throughout this year I've come back to a passage for comfort and assurance that we're never alone and will find the strength and courage we need in every situation. Psalm 46 says, "God is our refuge and strength, an ever-present help in times of trouble. Therefore, we will not fear."

As for Walker Methodist, we continue to remain strong because of deep roots in our faith traditions. The faith background of our founders continues to permeate our work, driving our compassion and care for our residents.

We also find deep, strong rooting in our mission: *Life. And all the living that goes with it. Enhancing the lives of older adults through a culture of care, respect, and service.* This mission guides our decisions, and, ultimately, reminds us why we do what we do—caring for those we serve. Never has the work of our teams been more important than it is now.

Walker Methodist, and all senior living organizations, still face strong winds. But we'll keep standing firm in our mission and faith so we can continue our vital work of caring for our residents.

Sincerely,

Scott Riddle
President and CEO, Walker Methodist



Residents enjoy art, dance, and more in a new virtual world



When Walker Methodist team members or instructors from partner organizations lead art or dance classes for residents, they hear things like "I've never seen something like this...I love it" and "I used to dance when I was younger, so this class is really fun." Our communities regularly offer enriching programs, but, since March, COVID-19 has temporarily limited visitors, including instructors. Following guidelines from the Centers for Disease Control (CDC) and the Minnesota Department of Health (MDH), those activities were canceled for the safety of residents and team members. Canceling in-person classes, though, has not stopped residents from doing what they love.

Still dancing

Near the end of a series of grant-sponsored

dance classes with Kairos Alive!, Walker Methodist Health Center in Minneapolis canceled the remaining sessions, including an intergenerational dance hall. But because of a generous offer from the Metropolitan Regional Arts Council (MRAC), the grant was extended. Then, teams from Kairos Alive! and Walker Methodist re-imagined art programming in the age of the coronavirus.

Thanks to the teams' collaboration and creativity (as well as Zoom), Health Center residents enjoyed virtual dance programs in July to August. Residents gathered in small groups, wore masks, and socially distanced while interacting with dance instructors, creating a fun, engaging, and interactive environment.

Artistic expression

Dance classes aren't the only way residents express their creativity. In Cambridge, Walker Methodist Levande received a grant through the East Central Regional Arts Council (ECRAC) for a watercolor class starting in June. Because of restrictions, the class was postponed while team members and our art partner, COMPAS, developed a new plan. Since COMPAS had already begun looking into virtual programs and Zoom classes, the next step was to implement technology at Levande. At the same time the team was looking for necessary equipment, Aroha Philanthropies (a funder that has supported art programs at Highview Hills in Lakeville) reached out with an offer. They wanted to learn how they could help during this new challenge. Thanks to their support through a \$10,000 grant, the Foundation purchased 20 iPads to use for virtual art programs at our communities.

The first innovative virtual art class was Thursday, July 9. Before the class, teaching artist Anne McFaul-Reid designed, assembled, and delivered watercolor art supply kits for each art student at Levande. Then, life enrichment team members helped residents log into Zoom to join the

group. Memory care residents were able to follow a pre-recorded lesson in a one-on-one setting. (Learning new things is important for seniors, especially those with memory loss.) At the end of the nine-week series, all participants painted beautiful watercolor art. "I'm going to frame my art," said a resident named Ron. "It speaks to me. Every time I look at it, I see something new."

Virtual programs, real lives

Walker Methodist will continue enriching the lives of residents through virtual art programming as long as the pandemic continues. The Walker Methodist Foundation received two more grants to continue these activities: Levande received another \$15,000 grant from ECRAC to start four more art residencies during the next year, and Aroha Philanthropies provided \$3,000 for a pilot program to develop of virtual art programming. In addition, four more classes—memoir writing, nature art, drumming, and songwriting—were offered to residents.

These program are occurring at several Walker Methodist communities: Westwood Ridge (West St. Paul), Highview Hills (Lakeville), Walker Methodist Place (Minneapolis), Plaza (Anoka), and Care Suites (Edina).



Residents at Walker Methodist Plaza in Anoka participate in DrumFIT exercise classes led by team members who earned the DrumFIT training certification. Read more about these classes at bit.ly/walker-drumming.

Residents at other Walker Methodist communities have enjoyed grant-funded virtual and small group classes. Here's a complete list:

- Dance (*Health Center*)
- DrumFIT cardio drumming (*Plaza*)
- Memoir writing (*Levande*)
- Nature-based art (*Care Suites, Place, and Plaza*)
- Songwriting (*Highview Hills and Westwood Ridge*)
- Watercolor art (*Levande*)



Resident Jean from Walker Methodist Place in Minneapolis participated in a nature art class.

culture of care, respect, and service, we are grateful for funders, partners, team members, residents, volunteers, and more. Thanks to their support, we are able to continue providing enriching programs that help residents be engaged and active—even if it might look a bit different than before.

The Walker Methodist Foundation raises funds to provide special programming for Walker Methodist residents, allowing them to engage in activities beyond what is provided through a community's life enrichment budget. The Walker Methodist Foundation team regularly writes grants to arts organization, allowing residents in our communities access to these amazing programs.

These activities are made possible by the voters of Minnesota through grants from MRAC and ECRAC, thanks to a legislative appropriation from the arts and cultural heritage fund.

When resident Thelma heard about these classes, she said, "This is wonderful, and I just can't believe it's all free."

As Walker Methodist strives to continue to enhance the lives of older adults through a



From the Foundation



Give to the Max Day 2020 was the best yet!

Thanks to people like you, we raised \$63,055 to support compassionate, personalized memory care at Walker Methodist.



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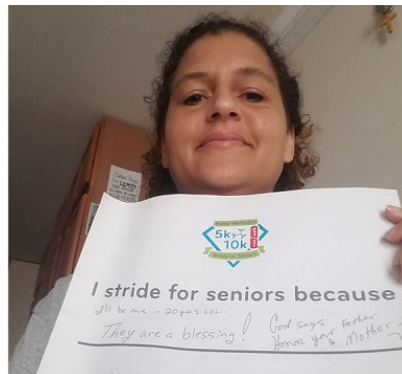
Thank you to our sponsors!



Gaylen and Julie Harms
Margaret A. Cargill Philanthropies

Our annual race was a virtual success!

Thank you to our valuable partners and all who participated.

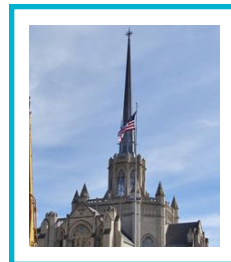


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Our Minnesota connections

Did you know Walker Methodist has connections to the Walker Art Center? Our history, founders, and roots have long-lasting connections to the greater Minneapolis/St. Paul area, as well as communities throughout Minnesota.

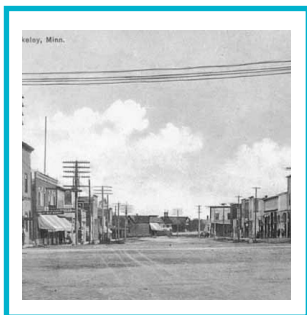
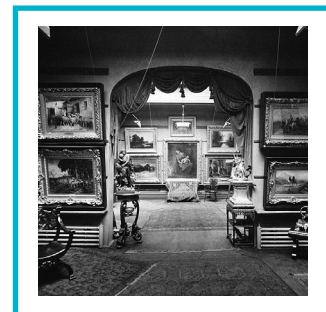
Hennepin Ave. United Methodist Church: T.B. Walker, a trustee, donated land to Hennepin Ave. Methodist Church. The church started in 1875 as Hennepin Ave. Methodist Episcopal Church with about 90 members. Walker also donated paintings that remain on the second floor.



Abbott Northwestern Hospital: Harriet Walker founded the hospital in 1882 and was president of Northwestern Hospital for Women and Children. She invited 44 Victorian women, including some doctors, for a "social event" but was planning a new hospital. She began by renting a small house on 3 1/2 Ave. S with 10 patients, two nurses in training, and maids.

State Theater: In 1914, the Walkers' personal home was torn down at 803 Hennepin Ave. The State Theater opened in 1921 at the same site.

Walker Art Center: After T.B. Walker donated land at Lowry Hill, the Walker Art Galleries opened in 1927. In 1940, the Walkers opened their home for art as the Walker Art Center, allowing citizens to come enjoy art.

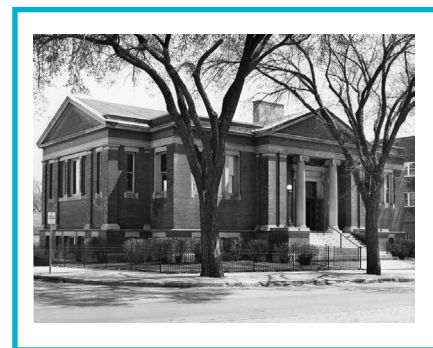


Walker, MN: This town was founded in 1896 by Patrick McGarry. He named the town Walker in hopes of luring T.B. Walker to construct his sawmill there. Walker chose nearby Akeley, MN (pictured).

St. Louis Park, MN: T.B. Walker was instrumental in the development of St. Louis Park in 1892. He helped lay out the city for industrial, commercial, and residential use.

Minneapolis Public Library: The library opened in 1885 with T.B. Walker sitting on the first library board.

The Walker Branch of the public library: This branch was named after T.B. Walker and is located in Uptown Minneapolis.



Photos from MapQuest, Allina Health, the Walker Art Center, the Minnesota Historical Society, and the St. Louis Park Historical Society.

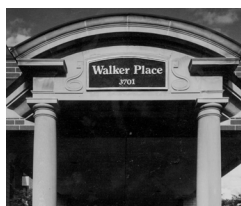
Celebrating 75 years of care and service

Walker Methodist has been enhancing the lives of older adults for 75 years. Learn more about our history—the foundation for the next 75 years and beyond.

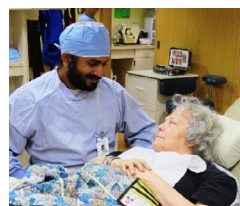
- 1876** Bethany Home for unwed mothers started by Harriet Walker, Euphemia Overlock, Charlotte Van Cleve, and Abby Mendenhall
- 1945** Walker Methodist Home opened in partnership with Hennepin Ave. United Methodist Church, Elim Home for the Aged, Archie Walker, and Bishop Richard C. Raines, marking the beginning of full-time dedication to serving seniors
- 1966** Health Center (Minneapolis) established (1)
- 1983** Chapel completed at Health Center
- 1985** Walker Place (Minneapolis) established (2)
- 1986** Kenzie (St. Anthony) established
- 1987** River (Anoka) established
- 1988** Westwood Ridge I (West St. Paul) established
- 1990** Plaza CityView (Anoka) established
- 1992** Care Suites (Edina) established
- 2005** Lyndale (Minneapolis) established
- 2006** First 5k/10k run/walk (now Stride for Seniors) hosted by the Foundation; Dental Clinic at Bryant Campus opened (3); Delirium Care opened at WMHC
- 2009** Highview Hills (Lakeville) established
- 2012** Westwood Ridge II (West St. Paul) established
- 2013** Rebranding from old to new logo (4)
- 2014** Music & Memory™ program started
- 2016** Plaza Gardens established
- 2017** Levande (Cambridge) established
- 2018** Walker Methodist officially adopted a core principle of Servant Leadership; began management of Pioneer Manor (White Bear Lake); started partnership with Roers Companies
- 2019** Havenwood of Minnetonka and Onalaska opened; began management of Rushseba Landing (Rush City)
- 2020** Havenwood of Burnsville and Buffalo opened; began management of Rushseba Station (Rush City) and Eastwood Senior Living (Mora)



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2



3



4



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in your year-end charitable giving...**

To donate, please use the enclosed envelope and
postmark on or before December 31, 2020. Or
visit www.walkermethodist.org/give-now.

Contact Marilyn Nelson to learn how you
can honor the memory of a loved one or
include Walker Methodist in your estate plans:
612.827.8538 or mnelson@walkermethodist.org.



**Save the date! 16th annual Stride
for Seniors 5k/10k | June 5, 2021**

Join us to support the more than
3,000 patients, residents, and
clients we serve annually. Early
registration incentives will be
announced after January 1.

www.walkermethodist.org/runwalk

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