

# Spirit of Walker

Spring 2021



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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## What can a kaleidoscope of butterflies teach us about memory care?

*By Sarah Benbow, Director of Communications*

Did you know that a group of butterflies is called a Kaleidoscope? What a perfect description! Just like kaleidoscope toys we've all looked through, a group of butterflies in flight is a mass of swirling colors, moving and creating new and beautiful patterns.

My three-year-old nephew and I once went to a butterfly house together. There were butterflies flying all around us, and my nephew was laughing and jumping with excitement. And then, a large purple butterfly landed on his arm, and he was mesmerized. He couldn't take his eyes off of it. So much intricate detail on just one insect.

We all know the butterfly on his arm had once been a caterpillar. It had undergone a significant transformation and came out the other side a new, amazing creature.

For us at Walker Methodist, this transformation represents what we see in our communities every day. Families come to us because their loved ones are undergoing changes in memory and cognition. These shifts can be scary and profound, but we take joy in helping everyone find beauty in this stage of life.

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We've re-named our memory care program Kaleidoscope, a fitting name suggesting metamorphosis, vibrancy, and life. At Walker Methodist, we don't just take care of people with memory loss or dementia. We see their value and recognize their worth in this stage of their lives. We not only meet their physical needs, but we care for the needs of people as whole beings.

Our care givers don't just assist a resident with grooming. They know which side grandpa likes his hair parted. Our chef doesn't just make sure a resident is fed; she knows grandma loves her morning toast slightly burnt and her eggs a little runny. We know our residents, and we love them like family.

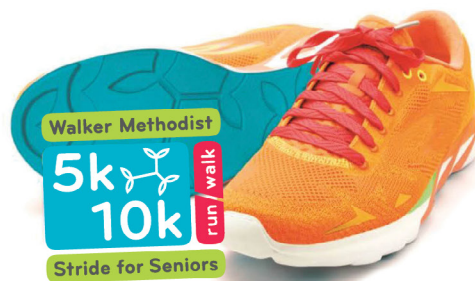
As residents undergo memory changes, they are never making their journeys alone. That is why we've chosen to name our memory care communities not after a single butterfly but after a group of butterflies. Because we are all part of a family, a kaleidoscope journeying through life together. ■

Learn more at [www.walkermethodist.org/memory-care](http://www.walkermethodist.org/memory-care).

## Stride for Seniors

16th Annual 5k/10k

Lake Harriet Bandshell Park or virtually  
June 5, 2021 | 9 a.m.



Join us on June 5, 2021, to have fun while supporting our residents! Proceeds from this event go toward life-enhancing programs, like Music & Memory™ and aromatherapy. Sign up today at [www.walkermethodist.org/runwalk](http://www.walkermethodist.org/runwalk). Virtual and in-person options are available.

# The power of home-cooked meals



When Jackie Von talks about her job as director of culinary services at Havenwood of Minnetonka, her passion is instantly evident. What may not be as noticeable, at least at first, is the story behind her dedication.

After serving in the military, Jackie moved back to Minnesota. Her dad had cancer, which led to dementia. Soon she discovered a unique way for her father and family to enjoy their remaining time together: food.

Food helped her dad remember what dementia tried to forget. When she'd grill, he'd talk about Father's Day barbecues. Wild mushrooms reminded him of weekends at the cabin. So after her dad passed away, Jackie saw the director

of culinary services position at Havenwood of Minnetonka and applied.

Now when Jackie cooks cheeseburgers for resident Lois, she

hears stories about Lois' memories on the lake. When she made a pie for a bake sale, a World War II veteran

bought the whole pie because it reminded him of eating his mom's canned peaches at his family's farm. ■

**"I realized food does more than nourish someone physically. It brings back memories. It creates happiness."**

Read the rest of Jackie's powerful story at [www.walkermethodist.org/jackie](http://www.walkermethodist.org/jackie).

# Music brings back memories



Music brings back memories—for everyone. That's why we offer Music & Memory™ at Walker Methodist. Since 2014, we've been creating personalized playlists for our residents. Tom's story shows just how powerful music can be...

Tom wasn't able to tell team members his favorite music. Ages 15 to 25 are formative years for developing music taste, so they added popular singers from Tom's youth, like Frank

Sinatra, to his playlist. Almost instantly, Tom threw his iPod in the trash. Later, they discovered from Tom's family that he loved classical music. Once his playlist was filled with new songs, Tom would sit, close his eyes, and feel the music. With his headphones on, Tom experienced peace and joy through his favorite songs.


Some residents' favorite songs are surprising, too. Esther, when moving into a Walker Methodist community, was asked about her favorite songs. Her list included Lady Gaga! Even though she was 95 years old, Esther had a memory associated with the pop star. She once dressed up as Lady Gaga for a Halloween party, where she won the costume contest.

Memories of all kinds—new, old, happy, sad—are vital to our lives and beings. Whether or not residents can say those memories out loud, they keep them deep within their souls. And, sometimes, just the right song can bring them back to one of those happy memories. ■


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### Mobile

- 1 Download the Amazon Shopping app on your phone. 
- 2 Open the app and go to **Settings** in the main menu.
- 3 Tap on **AmazonSmile**. Follow the instructions and choose **Walker Methodist**.

### Desktop

- Sign into **smile.amazon.com** in your browser. 
- Go to **Your Account** and click **Change Your Charity**.
- Select **Walker Methodist** as your organization to support.

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