

Spirit of Walker

Summer 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.

WHAT'S INSIDE

- Bowlers find community 1
- Exercise machine gets residents moving 2
- Chords of comfort: New donated organ 3
- Soft-serve ice cream brings smiles to all 4

Meet the Ladies of the Afternoon: Highview Hills' Wii bowlers



Every Thursday afternoon, Evelyn, Maureen, Carol, and Jo gather at Highview Hills to bowl. This group, self-titled the "Ladies of the Afternoon," is no ordinary group of bowlers... The Ladies of the Afternoon are competitive Wii bowlers.

When all four women moved to Highview Hills in 2018, they met at an event hosted by fitness technician Nick. He was setting up Wii bowling teams, and they each decided to sign up. "Nick is a cheerleader," said Evelyn, "and it sounded fun." Carol, Maureen, and Jo all agreed: this seemed like a great way to meet people and make friends. Turns out they were right.

Continued on next page...

Ladies of the Afternoon, cont.

Three years later, the ladies have their own bowling shirts and compete in a national league. "We've all become friends," explained Carol. "People even come to watch and cheer. Whether you bowl 135 or 200, we have fun." ("Sometimes it's loud," added Evelyn, with a smile.) Even without a crowd, the women hold their breath for an attempt at a spare. They cheer for their friends, whether they bowl a strike or miss every pin.



The Ladies of the Afternoon compete in a national league, bowling against teams from across the country—Florida, Georgia, and even another team from Minneapolis. After bowling, they send their scores to Nick, who submits them. "The team members at Highview Hills are fantastic. They keep our minds and bodies active, and they find things we can do safely," Carol said. Thanks to Nick's help, the Ladies won their division in 2018. The highlight, according to Jo? A special banquet. For them, though, Wii bowling isn't about winning awards or getting recognition. It's about staying active and building community.

The Ladies of the Afternoon aren't the only Wii bowling team at Highview Hills. Other groups reserve time slots throughout the week to connect, bowl, and laugh. "Some people think they can't bowl or won't be any good, but they give it a try or come to watch," said Maureen. "They want to be part of something. And Highview Hills is a place where people can belong." ■

Stepping toward health with HUR



by Aaron Aslakson, director of fitness centers

More than a decade ago, Walker Methodist first purchased Helsinki University Research (HUR) resistance training equipment from Finland, specifically designed for older adults. Now, HUR equipment is a staple at our fitness centers, and their technology continues to advance. These improvements create an even better user experience for members of our fitness centers, promoting cognitive function and reducing the risk of falls.

Enter the new Senso Balance Trainer... This machine, as described by HUR, is a "scientifically based dual-tasking fall reduction and cognitive training platform designed to support independence." I like to describe it as "Dance Dance Revolution" for older adults.

Havenwood of Buffalo is the first Walker Methodist community to try the new trainer.

Continued on page four...

A new organ brings chords of comfort

Do you ever hear a sound that instantly transports you to another time or place? Maybe hearing a sprinkler brings you back to running through the yard with your friends as a child. The sound of bacon sizzling on the stove might stir up memories of sitting in the kitchen with family.

Sunday mornings bring a familiar sound to the Bryant Campus (Walker Place and the Health Center in Minneapolis): the pipe organ. A stunning organ in a senior living community is a rare sight (and sound). Many Walker Methodist residents reminisce about hearing organs on Sunday mornings at church. Some even say it sounds like home; one resident said it provided "a feeling of being at home with the Lord."

So, when chapel musician Malcolm Anderson noticed the old organ was losing its luster, he knew a solution was needed. Malcolm heard dead notes on keyboards and pedals, and one Sunday morning he even saw smoke. After many decades, the time had come to make a change.

Thanks to generous donors, the Walker Methodist Foundation purchased a new digital organ. The new instrument requires minimal



maintenance yet still creates a pleasant sound. Speakers behind the new instrument give the illusion of sound coming from organ pipes.

Though gathering together in the Chapel each Sunday is on pause, the familiar, rich music brings normalcy to residents through a television broadcast. Every Sunday morning, Malcolm plays notes that create chords of peace and comfort. ■

Stride for Seniors

16th Annual 5k/10k

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

Join us to have fun while supporting our residents! Virtual and in-person options are available. Sign up today at www.walkermethodist.org/runwalk.



Thank you to our 2021 sponsors!



Mortgage



BREMER
BANK

Ultimate
SOFTWARE
People first



CAPTRUST
Roers Companies
HUR USA
Vye
Zellner Senior
Health Consulting
BIND

Stepping toward health, continued

Resident Joanne said, "The trainer makes me use my brain and feet. I have to coordinate, which is all about balance. It's fun! I enjoy it!"

Marilyn, another resident, enjoys the variety of programs available with the Senso trainer. Choosing from more than 25 assessments and games, users can train at different levels and for specific movements. Members complete games using weight shifting, directional steps, and stepping speed based on what they see on the screen.

Games simulate everyday movements and abilities that impact daily living, such as walking, range of motion, reaction time, and awareness of movement. And, since results are saved to individual profiles, users can track and celebrate their progress.

Janelle, fitness specialist at Havenwood of Buffalo, said, "We feel fortunate to have this equipment. Members who utilize it seem to really enjoy it, and it gives us the opportunity to measure improvement and discuss goals. It's another way for us to demonstrate that physical activity and fitness are important to everyday life. The exercises they complete truly help improve their lives outside of the fitness center." ■



A sweet legacy at Walker Methodist Plaza

Kay (not pictured) loved living at Plaza in Anoka. When she passed away, her son and daughter-in-law, Mike and Jayne, wanted to thank those who cared for Kay so well. They wanted to treat the team to Kay's favorite dessert: ice cream. Corey, executive director, had a bigger dream. He looked into purchasing a soft-serve ice cream machine, but he was disappointed by the high cost. What happened next took him by surprise...

Kay's family donated more. Others heard about this endeavor and donated to honor their loved ones, too. One family member said, "My uncle loved ice cream. I hope this helps others enjoy a sweet treat."

Now, Plaza has a shiny new ice cream machine. So far, residents and team members have enjoyed a variety of flavors: strawberry, vanilla, chocolate, raspberry, and pistachio. Community members and visitors can buy ice cream sundaes, cones, or floats. Corey even hands out coupons to thank the team and welcome new residents.

Making others smile doesn't take much. For the community at Plaza, thanks to families' generosity, it's often as simple as an ice cream cone.

WALKER METHODIST BOARD OF DIRECTORS

Jon Tynjala, Chair

Gaylen Harms, Immediate Past Chair

Michael Finn, Vice Chair

Lori Ackerson

Sue Bergstrom

Bob Hakes

Phil Hanson, Secretary

Lynn Swon, Treasurer

Scott Riddle, CEO and President

EMERITUS DIRECTORS

Bruce Dreblow

Patricia Robinson