

Community Highlights from Care Suites



August 2020

A newsletter for the residents, family and friends of Care Suites

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From the Executive Director



Amanda
Pitsenbarger

Residents, Families, Friends and Staff,

I can't believe it is August already! I have cherished seeing the sunny days and I know many of you have too as I have seen you on the front porch or enjoying the patio garden. Let's really enjoy these days as much as we can. Getting outside often helps to lift the spirits and feeling sunshine on your face is a good thing.

I wanted to take a moment to update you on the status of Covid-19 at Care Suites. We have tested all of the staff and residents three times and we are excited to announce that we are virus free! This was accomplished by staff and residents being careful to wear masks, wash hands, socially distance, and stay home. This is not an accident that we are virus free and it is not true for many other communities serving older adults. Thank you for being part of this plan to keep each other and ourselves safe.

Because we are virus free, we will be moving forward with expanding the definition of essential caregiver to allow more people to enter to our community. Families and advocates will be allowed to request being included as an essential caregiver. This request will be reviewed by the Incident Command Team that was formed when we began following restrictions. The Care Suites Incident Command Team is comprised of the following Leadership Team members, Kim Rendahl-Business Office Manager, Joe Hanson-RN Nurse Manager, Vicki Rorie-Health Services Director, and Amanda Pitsenbarger-Executive Director. All essential caregiver requests will be reviewed and approved by this team prior to entry. All people entering the building will be screened for signs of infection and will need to wear mask and eye wear. We are excited to carefully welcome some families/advocates back into the building. – *Continued on page 2* -

From the Executive Director - Continued from page 1

We are also starting to have a few group activities. Each week we will be increasing our programming. We are making plans to be able to go out for drives. We can't get off the bus, but I bet we might be able to stop for a little ice cream. Our salon is open, you can use the Nu-step exercise equipment, and our outside visits have our patio and garden area being used often. I know that it is not the same as when we had no restrictions, but we are slowly and safely bringing back more offerings. If we do have a new case of coronavirus or if we suspect exposure, all programming and additional visits will stop and the salon will close. That is why I am asking all residents and staff to wear masks and wash your hands frequently so we can keep moving forward.

I know this time has been tough on many people, but I have also seen great strength and resilience amongst the people living and serving here. I am grateful for all of you and consider myself lucky to be part of this family.

Sincerely,

Amanda Pitsenbarger-Executive Director



Health News

Vicki Rorie, Director of Health Services, R.N., D.H.S.



Heat related illness can be serious. The heat index is the temperature you feel when the effects of heat and humidity are combined. When it's over 90 degrees F, there's increased risk for heat-related illnesses, including heat exhaustion and heat stroke.

Signs of heat exhaustion include faintness; nausea, ashen appearance: rapid heartbeat; hot, red or sweaty skin; and low grade fever.

Heat stroke is similar but much more serious. The main sign is elevated body temperature, more than 104 degrees F. Heat stroke can cause dizziness, disorientation and even death. Immediate medical attention is needed.

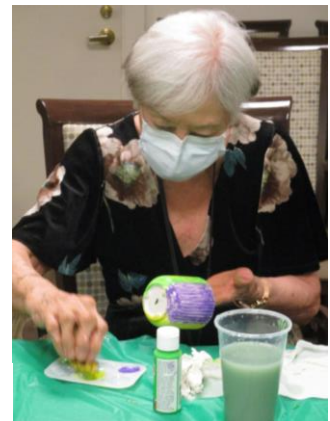
The best medicine is prevention. When the heat index is soaring, drink plenty of water, exercise cautiously and find ways to keep cool. Enjoy a healthy summer.



Art Class



Sponge Painting



David and Chiyo work on their projects.

Event Photos



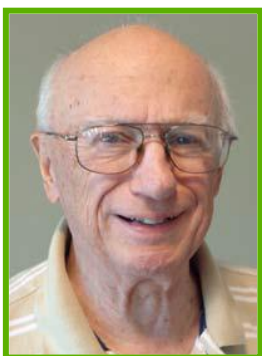
Pet Therapy

(Left) Haley's dog "Aspen" visits with Patricia and Janice in their apartments.



Shirley holds her two family pets during an outdoor visit.

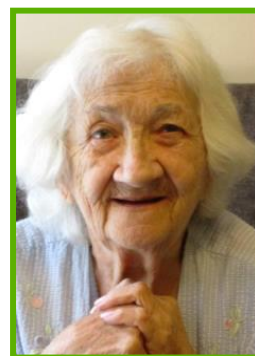
Resident Birthdays



Jack A.
August 3



Oscar B.
August 11



Ramona S.
August 11



Patricia T.
August 16



Maureen D.
August 22



Dimple M.
August 24



Chaplain Karl

Chaplain's Pen



"Blessed are the flexible ... for they shall not be bent out of shape."

It's August, and for about the past 5 months or so the COVID-19 pandemic has impacted everything we're so used to doing. Things that we've done all our lives, without giving them a second thought, are now needing to be thought about in new ways. Things I love and value have needed to change, and I've had to remind myself that "change is not a 4 letter word ... it's 6." (*Ok, that's a bad joke.*) Changes can feel challenging, daunting, confusing, and maybe even exciting in some cases. Whatever you may be feeling right now in the face of all the changes happening around you, please hear me loud and clear when I say, "Thank you very much for being flexible!"

Supporting and encouraging you in your faith relationship with God is very important to me, and I too have been forced to change the way I carry out ministry. I've had to set aside some of my old, familiar ways of doing things, and trust that God will help me to discover new ways to share the old, old story of His love. But this is just what God does, and so we don't have to worry. In the Bible, God says in Isaiah 43:19; "I am about to do something new. It's beginning to happen even now. Don't you see it coming? I'm going to make a way for you to go through the desert. I will make streams of water in a dry empty land."

Sometimes this pandemic can make us feel like we're living in a relational desert, or a dry empty land. And yet, even now we are busy working at creating new ways for us to experience the refreshing streams of worship, Bible studies, hymn sings, prayer groups, and other ways of experiencing God's grace. Going forward, some things may look and feel a little different on the surface, but the substance of God's love and grace is the same; yesterday, today and forever. Just one of the new things we are doing each week is providing a weekly set of daily devotionals, available either by email or by paper copy. You can email me at kkruse@walkermethodist.org to start receiving them, or simply talk with me or someone from Life Enrichment. Many other new things are coming as well – so stay tuned.

May God richly bless your flexibility, as He keeps you from being bent out of shape.

Months' Happenings & Special Events

Month of August

2nd National Ice Cream Sandwich Day

3rd National Watermelon Day



4th U.S. Coast Guard Day

4th Sisters Day

5th Work Like a Dog Day



9th Book Lovers Day

11th Son and Daughter Day

14th National Creamsicle Day



15th Relaxation Day

16th National Tell A Joke Day



17th National Thriftshop Day

19th Aviation Day

20th National Radio Day



21st Senior Citizen's Day

22nd National Tooth Fairy Day

26th National Dog Day



29th More Herbs Day

30th Toasted Marshmallow Day

August the Puppy

August was the name of a puppy who was always picking on larger animals. One day he got into an argument with a lion. The next day was the first day of September. Why?



Because that was the last of August.



Bus Outings & Other Services

Bus Outings: During this Covid period we will be conducting a number of scenic drive outings, with limited numbers on the bus. Face mask protection will be required and participation with these outings are subject to change based on current health issues within our community.

Essential Beauty Hair Salon (Tuesdays)

Phone # 651-302-5644

Happy Feet Foot Care:

Call Teresa at 952-230-1304



Kick Ball Bowling!



Winner Char



Joan kicks away!

From the Foundation

Thank a Team Member!

As stated by our CEO, Scott Riddle and fellow senior living CEO's, our team members have gone above and beyond during the COVID-19 pandemic. We hope you consider personally thanking one of the team members in your community. Our program, **Partners in Excellence** was designed just for this purpose. If you have a team member you would like to recognize for excellent service, ask the concierge for a **Partners in Excellence** brochure. With a \$25 donation to the Foundation, your favorite team member will be honored at a team meeting with a pin, and invited to meet with Scott Riddle. What a great way to say thank you! Money donated through the **Partners in Excellence** program stays within your community.

"We are awestruck by the sheer bravery and sacrifice we have witnessed by those who work in senior living. We witness the genuine love that our team members show to residents who feel alone. In the midst of pain, we see so much good."



Letter submitted to the Star Tribune
by Leaders of Minnesota's Senior Living Communities:
Bob Dahl, Cassia
Jon Lundberg, Ebenezer
Jim Bettendorf, Vista Prairie Communities
Dan Lindh, Presbyterian Homes
Scott Riddle, Walker Methodist



75th Anniversary Biography: Charlotte Van Cleve



Mrs. Charlotte Van Cleve on her 80th birthday (1899)

Charlotte Van Cleve was born on July 1 1819, in what is now Prairie du Chien, Wisconsin. In 1819, this was Michigan Territory. Charlotte's father was a Lieutenant in the Fifth Infantry, so as a child, she traveled from fort to fort, gaining the nickname "Pioneer Infant."

In 1833, Charlotte met her future husband, Lieutenant Horatio Van Cleve, in Fort Winnebago, Wisconsin. Three years later, they married. In 1856, the Van Clevés arrived in Minnesota Territory and in 1862, purchased a house in St. Anthony. That same year, Charlotte witnessed the first locomotive to operate in Minnesota.

As Charlotte's children grew older, she began working towards social justice for women and children. In 1874, along with Harriet Walker, Euphemia Overlock, and Abby Mendenhall, she started the Sisterhood of Bethany, which would eventually become present-day Walker Methodist. The Sisterhood's mission was to help women and children in need. Deeply invested in her community, in 1876, Mrs. Van Cleve became the first woman elected to the Minneapolis Public School board.

A few years later, in 1879, the Bethan Home was established in the same place Walker Methodist Health Center stands today. At the age of 60, Mrs. Van Cleve was the first President of the Bethany Home. The Home offered women a place to stay, rehabilitate, get back on their feet, and become independent. Residents committed to one year at the Home and in turn were offered a safe place to live and a chance to learn skills, such as cooking and sewing. Bethany Home had an agreement with the City of Minneapolis: women arrested for certain crimes could go to the Bethany Home instead of jail.

The History of Hennepin County Minnesota, published in 1881, said, "There is probably no woman in the State who has done more to lighten the burdens on the shoulders of the poor, the sick, the aged, and the distressed than Mrs. Van Cleve." Charlotte's impact and reputation was not limited to Minnesota, though. Just three years later, Charlotte was such a powerful voice for women's suffrage, that she was named an honorary vice president of the National Woman Suffrage Association, despite having no formal involvement with the organization.

In 1905, two years before her death, Charlotte experienced yet another first: riding in the first automobile to arrive in Minnesota, from St. Anthony to Fort Snelling.

Since her death in 1907, Charlotte and her husband's legacies still continue with Van Cleve Park and their home in Southeast Minneapolis, which is included in the National Register of Historic Places. In 1938, the Charlotte Van Cleve Good Citizens' Club was established and was active until 2003. The club carried out many projects, including camp scholarships for underprivileged children, donations to school libraries, and assisting residents of nursing homes – inspired by Charlotte's commitment, work, and life.

Mrs. Van Cleve's tireless efforts and her passion for enhancing the lives of those around her still ring true today in Walker Methodist's mission: "*Life. And all the living that goes with it.*"

Resident Profile



Resident Spotlight on Bill

Bill was born and raised in Minneapolis, he grew up with his older sister and their parents. He fondly remembers the days taking the street cars from place to place- specifically taking them to get to the annual state fair. During the summer time as a kid he would go visit his Grandma in Ashland, Wisconsin where his mother grew up. Some things never change- like Lake Superior being so cold!

He attended the Minneapolis Vocational School and took classes in Hotel and Restaurant training. He always had a love for cooking and baking. He knew though that he always wanted to work in a school and be a custodian. This became a reality for him later on in life.

He met his wife Barb, when they were young and he knew this was a once in a lifetime love. They will be celebrating their 58th anniversary this September! Along the way they had 3 children and now they have 7 grandchildren as well. You can see Bill's face light up when he talks about his family, it's easy to see that they really cherish one another.

Bill had moved several times in his life- He lived in Milwaukee and Ashland Wisconsin for a number of years before moving back to the Twin Cities. He made his dream a reality in Bayfield Wisconsin where he was the head custodian and also Supervisor of the grounds in Bayfield.

During his free time Bill enjoyed baking, watching a good old sports game and spending time with his family. We are so happy to have you here with us at Care Suites!

Favorites:

Music- Gospel or Old Country Western

Sports- Baseball and Football, MN Teams of course

Holiday- Christmas

Place to Travel- Montana to see the Mountains

