

# NEWS



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“Spring is here Welcome all the new beginnings.”

April/May/June 2016

## News From White Bear Lake

Happy Spring from White Bear Lake! With such a mild winter we have all been excited to spend time outside and on the three season porch and enjoy the fresh spring air. Our winter brought many celebrations and time to celebrate with our friends. Besides the fun winter celebrations of Valentine’s Day and St. Patrick’s Day we had special birthdays to celebrate. One resident celebrated her 101st birthday with us in January and another turned 100 in March! They both celebrated with friends and family in our building. We are blessed to have three Centurions living here! We look forward to planting outside and enjoying the outdoors as the weather gets warmer. We all are wishing you a delightful Spring!



## News From Inver Grove Heights

Spring is finally peeking around the corner here in Inver Grove Heights. We enjoyed our winter season and will cherish the memories made. We had some exciting events for Christmas while enjoying the delightful music of a harpist. On Valentine’s Day we celebrated love and enjoyed our special party, and on St. Patrick’s Day we were blown away by the outstanding music from a bag pipe player.

The residents are really looking forward to getting out and having fun in the sun. soon it will be time to plant our flowers and we are happy to announce that our residents will be adding a vegetable garden this summer season. Our agenda for the spring and summer months is looking very exciting. The annual spring fling in May and Hawaiian Luau in June.

Wishing all of you a very happy and joyful spring season.

If you would like to submit anything for the Newsletter, please call us at 800/920-4725.

## News From Hudson

Happy New Year from everyone here in Hudson! The last couple of months have been exciting and busy as we celebrated four Holidays. New Year's was celebrated with hats, blowers, sparkling juice and wine toasting to a healthy, happy New Year! Valentine's Day was all about the chocolate and flowers. Green beer, shamrock cookies, leprechaun hats and Irish music made St. Patrick's Day a very festive day here in Hudson. Last but not least Easter started off with coloring eggs and then an Easter egg hunt...when our residents want to move, they can move...especially when candy is involved! It was an exciting race to see who would find the 'winner' egg, which the lucky one who found it received a very cute Easter Bunny. Spring is coming and all of us here in Hudson are anxiously awaiting spring so we can get out and plant flowers and a vegetable garden! We hope everyone has a wonderful spring watching the trees and flowers bloom, and enjoying each and every day to its fullest!

## News From St. Croix Falls

Happy Spring Everyone! The spring flowers are coming up nice!

January residents enjoyed making snowmen, rice socks and their own decoration of choice. Valentine's Day we had fun making wind socks, and enjoyed the fruit pizzas. St. Patty's Day everyone enjoyed their shamrock shake and residents enjoyed making decorations. Carol's coloring clan meet frequently and do adult coloring, great activity for everyone. We had a loss of a few resident who have been with us for about 8 to 10 years, deepest sympathy to Dorothy Edgell and Margie Olson.

Happy birthday to the following residents: Marilyn Rimestad, Gloria Grote, Richard Hanson, Inez Williams, Elaine Krueger, Bernice Eldridge, Marjorie Armstrong, and Carol Pool.

If anyone is interested in joining us for our monthly music or activities please contact the House Manager or Activity Director. Until next time enjoy spring, wish everyone good health and happiness.



## News From Lino Lakes

Spring has sprung and summer is right around the corner! Lino Lakes is looking forward to planting flowers, getting out on the patios, going for walks and BBQ's!! We are going to be making bird feeders to bring wild life closer to home.

In the last quarter we have been welcoming new residents and growing our community. We are in awe with how much of a tight knit group we have here.

We dyed eggs for Easter weekend and well, let's just say, that the eggs weren't the only thing that were getting stained that day. The residents enjoyed bringing out their inner child and getting to dunk the eggs in coloring again. Many of them walked away with orange, pink and blue fingers.

Looking forward, we are teaming up with our Fridley location and Blaine campus to start a grief support group hosted by Grace Hospice. We hope that this can reach the families and public that are going through the tough transition of dealing with a loved one with dementia.



## News From Champlin

Spring has arrived! Our Residents have already been able to enjoy some sun and hear the birds chirp. Soon we will be planting our garden with fresh vegetables, and beautiful flowers. We look forward to our Hawaiian party and resident photoshoot coming up. Gracewood of Champlin has many wonderful volunteers to thank, with bingo, catholic services, and bible studies. Also everyone received an Easter basket this year with coloring books, body wash, lotion, puzzles, and much more. Another big hit was coloring Easter eggs and making our spring wreaths. We are ready for the sunshine and outside activities!

## News From Maplewood

Hello from Gracewood of Maplewood. Many great things have been going on in Maplewood. We have a wonderful daycare that lives right across the street and they come over every week. We will do a craft or play a game with the children and everyone enjoys the time we spend together.

We have enjoyed live entertainment! Earl, who lives in our assisted living, invited his family, The Brady Band, to perform at Gracewood. The residents enjoyed the Jazz music.

On St. Patrick's Day everyone enjoyed their Shamrock Shake and St. Patty's Bingo. The residents also enjoyed making center pieces for the tables and coloring Easter eggs.

We are looking forward to a wonderful spring so that we can enjoy the weather, plant our garden and take a trip to the Como Conservatory.

We wish everyone a wonderful spring and good health!



## News From Mendota Heights

Greetings from White Pine Senior Living of Mendota Heights! What a great start we've had to 2016! We have so much to be excited about! As most can agree, we are ready for spring to be here! With a short winter it seems this year our residents have kept their spirits warm through our fun events. In February, we celebrated our Valentine's Day Sweethearts with a romantic dinner and music. It was such a delight to celebrate the ones we love with our residents and their families. In March we got a little pep in our step with an Irish/Celtic celebration. We enjoyed some traditional Celtic music along with some corn beef to get the real feel of the Irish. We have so much to be thankful for here in Mendota Heights and we are blessed with great staff and amazing residents. We look forward to the warmer seasons full of sunshine and smiles.





## News From Chippewa Falls

News from Comforts of Home-Riverside in Chippewa Falls!

Spring is in the air! Our thoughts turn from cold and snow to sunny warm showers and summertime flowers!

Tenants have spent the winter months enjoying the many, many cardinals and squirrels as they feed from our feeders. The turkeys have returned now too! Along with animal watching, tenants enjoy bingo at Joy Day; movie day at Micon Cinema's and Music Mary! They feasted on corned beef and cabbage for St. Patty's Day and Easter dinner of ham and all the trimmings!

They are looking forward to warmer, sunny days and getting outside and enjoying the springtime weather!

We welcome new tenants Sandy, James, Mary and Jackie!

## News From Hugo

These past winter months have brought many visitors and entertainment to Gracewood of Hugo!

Back to the 50's day brought Elvis to our building in January. He sang a wide variety of his hits. The ladies swooned as he dropped to one knee, took their hands and sang to them as he looked into their eyes.

In February, we had our first Valentine's dance. A wonderful meal was prepared by our chef. Following dinner, Joe played accordion music so the residents and their family could dance to many polkas and waltzes.

This month we had music performed by Strings and Things, a band from Wilson Tool. They performed for us for an entire hour. Wilson Tool also brought us flowers for our table, set up a sundae bar for everyone to enjoy, and gave every resident a sun catcher for their room. Also, during the month of March, we have the Yes-U-Can Cloggers coming to perform. We all will be toe tapping to their music.

In the coming months, we are looking forward to music performed by the CD choir, a visit from a therapy horse, and a Girl Scout troop helping us plant flowers. Please watch for announcements of Mother's Day and Father's Day celebrations. We wish everyone a happy spring as we head into the warmer months!





## News From Frederic

Spring is here in Frederic! We have welcomed new residents, celebrated birthdays and sadly had to say good-bye to a few. We brought in 2016 with a New Year's Party, celebrated Valentine's Day, and enjoyed Easter with family and friends. Some of the residents and staff attended an Amish Haystack Supper in March – the residents enjoyed the supper but really enjoyed the homemade desserts. The patio set has been dusted off and on nice days residents enjoying the sun, the birds, and having lively conversation with each other and community members. Soon the grill will be busy with brats, hamburgers and hotdogs! We are excited to see what Spring 2016 brings.

## News From River Falls

Hello from River Falls Campus.

Happy Winter or Spring or Winter or Spring! Well, the weather can't make up its mind, so we are just going to create our own bit of happiness no matter what!

We can always find a reason to throw a party and celebrate over good food and fantastic company! With Al's charming musical melodies, our tenant's homemade tasty food, and our own in-house party designer, sounds like we have it made!

We do have a lot of fun in our big "extended" family, sharing laughter and memories which are the sweetest things to be thankful for.

Our Easter Campus Event was open to the community drawing in lots of eager children to find all the hidden eggs and the special golden eggs. Children bring so much delight, it was fun to see Tenants and children interact. The Easter bunny hopped in to say hello and take pictures of all ages. It was a "hopping" success!

The tenants have been busy creating and celebrating our many themed Holiday parties including Valentine's and St. Patrick's Day. Bingo always brings a big draw even when the final jackpot is under \$5.00. Then it's a tough competition at our dominoes games, sometimes it feels more like a poker game. Happy Spring!



## News From Blaine

At the White Pine campus in Blaine, we are very excited to announce we are teaming up with Grace Hospice to host a six-session educational series on Grief Support. As families cope with the changes of their loved one, this will be a wonderful resource of support. We are looking forward to working with Gracewood of Lino Lakes, and White Pine of Fridley to learn more about the reactions of grief, the factors that affect grief, and re-investing in your life.

Our community garden will be re-opening come May. Staff, residents, and families are getting excited to take part in the 'Plant the Seed' program. All are welcome to work in the garden and watch the vegetables grow. As the weather warms up, Blaine II is looking forward to the opening of the dock that is currently being built. Soon residents will be able to sit on the dock and enjoy the beautiful scenery of the outdoors.

As the seasons change so does the welcoming of new entertainers into our community. One of our resident's favorites has been the - Yes You Can! Cloggers group. They sure do put on a great show! During the winter season, this entertainment has helped us look forward to a beautiful spring! From everyone at White Pine we wish you a spring filled with health and happiness.



## News From Baldwin

Greetings from Baldwin!! A new year has brought many new changes our way. A newly decorated fish tank, new residents, new staff and new beginnings!!

Winter has moved on (for the most part) and spring is here. We are looking forward to planting our garden soon and being able to eat the goods we've worked so hard to grow.

Residents have kept busy with things such as puzzles, board games, social hours and activity hour filled with crafts and light duty building.

We've had some very nice entertainment guests that have been here to visit and brought lots of smiles and laughs to everyone's faces.

In March for St. Patty's Day we had an open house and invited all families and friends of the community to join us for a cookout and celebration with cake and lots of goodies. We look forward to what the next few months will bring us and can't wait to share more news with everyone soon!!



## News From Menomonie

Spring has sprung! Here at our Menomonie campus we are anxiously waiting to get outside and, plant flowers and vegetables in our beautiful raised flower beds, go for walks around the campus, have lemonade on our patios, watch the birds and the squirrels and of course soak up some sunshine!

We have celebrated a few holidays since our last newsletter, and want to share some of those experiences with you. For Valentine's Day we had a wonderful sweetheart dinner for all with a tasty dessert. On St. Patrick's Day we enjoyed a traditional meal of Corned Beef, Cabbage, and Carrots and lots of GREEN! For Easter we had our annual Easter egg hunt with a local daycare, so many happy faces and excitement finding those candy filled eggs. Our Easter meal was delicious as always, a big thank you to our cooks!

We were lucky to have a special belly dancing performance by two of our very own employees in our Assisted Living building. This was such a unique experience, thank you ladies for sharing your talent with us! We are wishing you all a very happy and healthy spring 2016!



## News From Cottage Grove



Spring is right around the corner and we are looking forward to enjoying the outdoors again! We have sighted our first robins and watched the snow melt away. There is a hint of green grass and birds singing! We are making plans for a garden for everyone to enjoy and share!

We have some new residents in the Assisted Living and everyone has settled in and making new friends and sharing stories and laughter! We celebrated Valentines and St. Patrick's Day and all of Birthdays! We had great entertainers including Folk Music, a Violinist, a Barbershop Quartet and a pianist who have displayed their talents. On Easter, family came to enjoy the holiday meal and spend quality time together. Never enough goodies!

Memory Care residents have enjoyed many special moments throughout our days! Our favorites are bingo, arts & crafts, baking, exercises & music! Therapy dogs Cali Rose and Dempsey visit us weekly and bring us joy! One of our favorite entertainers Les Blake has come to swoon us with his country tunes. We have spent time with our beloved families and are thrilled when the grandchildren and great grandchildren come to visit! We are ready for the warm weather so we can plant beautiful flowers and relax in the fresh air and sunshine!

## News From Fridley

Happy Spring from White Pine Fridley!

It has been a busy first quarter here with our holiday parties and get together. We celebrated New Year's with a visit from Bob the One Man Band who sang oldies and entertained the residents, after they enjoyed a prime rib dinner & champagne toast. We held a sweethearts dinner on Valentine's Day with music from Lara on the guitar. On St. Patrick's Day residents woke up to green pancakes for breakfast followed by a good ole Irish feast for dinner. Easter brought families together for egg dying and music along with a traditional Easter dinner. The residents enjoy getting together daily for coffee, exercise and card games along with our monthly birthday parties here at White Pine Fridley.

We are excited for spring and are looking forward to getting outside to do some grilling & gardening soon!



## News From North Branch

Hello from our North Branch Gracewood family. There has been a bustle of activity since our last newsletter. We got a little anxious for winter to be over so we had a Hawaiian Day to warm things up. Hawaiian pulled pork, a sweet salad, a fruity beverage for lunch and a wild game of volleyball to top it off made the day great. As we celebrated the resurrection and Easter, we had a hopping good time painting pictures of eggs with puff paint and coloring eggs with our faithful volunteers, The Rockensock Family. They are a family with four boys. The residents light up when the boys come for visits on Tuesdays. They all sang together for us in March and it was so beautiful. In the beginning of April we thought it was time for some new portraits on our walls, so we took a day to get in front of

the camera. Some were shy, some were hams, and some couldn't stop laughing. It will be fun to get some of them up in frames on our walls to show off the wonderful personalities of our residents. Joe Sausen brought a slideshow of his amazing photography skills called "Spring Birds". The residents and staff learned a lot about local birds and saw portraits of birds we didn't even know lived near our home. We are looking forward to getting out in the sunshine on our patio, taking walks over to Perkins and watching the beauty of God's earth start to grow and bloom. We hope that you all have a wonderful spring.



“The staff are great! My mom is always dressed appropriately and happy with the good food she is served. Her room is always neat. When asked for help, staff responds immediately. They are very friendly and caring.”-Family of Betty Salmi

## News From Highland Park

Whether Mother Nature is letting us believe it or not, spring is finally in the air and we couldn't be more excited here in Highland Park, we are in full preparation for a busy year!

We're excited to announce that we will be starting a program we're calling, "Plant a Seed" The purpose of this program is to plant a full garden and donate the harvest to our nearest food shelf. Our residents and staff are excited to get started, all we need is some more warm weather!

St. Patrick's Day was a treat for us. We were surely feeling the "luck of the Irish" and sporting our green attire proudly. From the corn beef and cabbage, to the live music we were blessed to enjoy the time with residents, families, friends and staff members. Unfortunately, we didn't find the pot of gold, those tricky leprechauns!

Our residents had a great time on Easter as well. They had their very own Easter egg hunt and a church service.

Lastly, we are excited to announce our upcoming Mother's Day brunch on May 8th at noon. We wish you all the very best and we hope that you and your community have a great spring!

