

NEWS



Hudson
Menomonie
Chippewa Falls
Baldwin
St. Croix Falls
River Falls



Mendota Heights
White Bear Lake
Blaine
Inver Grove Heights
Cottage Grove
Fridley



St. Paul (Highland Park)
Maplewood
Champlin
Hugo
North Branch
Lino Lakes

“Spring has Sprung and Sunny days have begun”

April/May/June 2017

News From Champlin

Happy Spring! The days are finally getting warmer and the residents are helping themselves to as much sunshine as they can get. Our winter snowball dance in January was a blast. The residents looked wonderful all dressed up. We had a family make each resident a boutonniere or a corsage to go with their fancy clothes. They really enjoyed the swing music and snacks. We also started a small book club that meets 3 times a week. We really like books by Fredrick Backman and are on his 3rd book at this time. We enjoyed green beer and live Irish polka music for St. Patty's day this year.



The residents love to sing and dance. Gracewood Champlin will be adding a Thirsty Thursday Happy Hour a few times a month, which we will be serving wine, beer and maybe even a drink of the day. On Friday April 7th, we'll have Bobby and Christina out to play music for us at 1pm, they are new to most of the residents here. We also have polka music by Jerry Biersbach at 5:30 on Friday July 7th, he is also new to our building. We look forward to hearing birds singing again, planting our gardens and socializing on the patio. We wish everyone a Happy Spring season.

News From Mendota Heights

Spring is finally here! Our community has enjoyed adding some spring decorations and being able to finally use our outdoor patio again! We had a lot of crafts and games this month relating to St. Patrick's Day. Our activities department has been purchasing some new items as well. We now have new instruments for musical activities for our residents! We are excited to start incorporating the warmer weather to our activities schedule in weeks to come. As many of you know, some of the staff have had their babies and the residents have enjoyed spending time with them! We have been incorporating our new life program using essential oils for some aromatherapy, and allowing residents to help us complete tasks. The life program and the aromatherapy has been a huge hit so far! We look forward to continuing our efforts towards our new life program to truly embrace the resident's independence and enhance their quality of life.

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



News From River Falls

Spring has finally sprung here at the River Falls Campus. The introduction of the new Life program seems to be going well throughout our campus. There is pet therapy every Friday here at the Falls. We have a volunteer who brings in two Sir Charles Cavalier dogs for our tenants to enjoy. Music is playing all day in each of our buildings, along with daily exercise in all our buildings. Also, there was an introduction of Avery, the therapy doll, when she visited The Falls on her way to her new home in Menomonie. We kicked off spring with our annual community Easter egg hunt which included a buffet brunch, kids coloring, music and of course the Easter Bunny for pictures with families. The egg hunt itself consisted of 300 hidden eggs throughout our campus. Thankfully the weather had cooperated perfectly.

During our summer months ahead we are looking forward to a May Day get together, our 2nd annual car show in June and the River Falls Days parade. Finally, to end the summer we will host an outdoor concert featuring our hometown favorite- Colleen Rae.

Our River Falls campus is full of fun events lately and we are so excited to keep the trend going and growing closer with all our residents and their families!

News From Maplewood

Greetings from Gracewood of Maplewood. These past few winter months we've had several busy days at Gracewood from baking some goodies to crafts and games. We have had a variety of entertainers come to Gracewood, we have had music from many different eras from Polka to the Golden Oldies. Everyone really enjoys all our entertainment. Martha's Exotic Animals came to our building, it was a lot of fun to see all the different kinds of animals such as a Chinchilla, Armadillos and a Hedgehog. They brought our residents some Pearson candy salted nutroll and nut goodies, which was a fun treat. One of the most exciting things is that we have started to organize going into the community which everyone really enjoys. We have gone to Osaka's for lunch and to a local bingo hall – great fun for everyone! We are looking forward to getting out in the sunshine and planting some flowers and a few tomatoes and peppers, and just relaxing in the sun. We hope everyone has a wonderful spring!



News From Blaine

Spring into SPRING!

Spring has arrived at White Pine Senior Living and we are looking forward to a season filled with sunshine and smiles. Many of our residents will soon take advantage of the beautiful weather by taking an afternoon stroll along our walking path, relaxing on the patio, or visiting the pond to see all the wildlife. The Geese, ducks, and other animals are slowly returning to us again as the weather has been warming up. Let us awe in the natural beauty all around us!

April brings great fun with family and friends at Easter time! From coloring eggs to Easter Celebrations we look forward to all the fun. The Easter Bunny himself may pay us a visit! Music Andy with his toe-tapping music will be here to play our favorite tunes at our April Birthday Party. In Memory Care we are having a wonderful time with Aromatherapy. Spa Hour is filled with Lavender and Chamomile hand massages, stretches for relaxation, and of course lots of laughs! We also have been trying out new recipes each week, baking up tasty treats for all to enjoy. Make sure you stop by on Fridays for a taste! From all of us at White Pine we wish you a wonderful spring season!

News From Inver Grove Heights

Inver Grove Heights has been busy this winter! Music groups, happy hour, a new club, and volunteerism! The duo B Cause and solo artist Monroe Wright entertained us during the dreary winter days. Our new Knitting Club has been a hit on Saturday mornings. Some of our residents attended a Feed My Starving Children event at a local church as well. We love giving back to our community! We are excited to get our garden growing and get outside this spring!



NEWS



News From Lino Lakes

We are fortunate to have had a mild winter, but have certainly been looking forward to Spring arriving. We've got the patio furniture out, and are ready for some warm days! In March, we had some St. Patrick's Day fun in our community. We are excited to welcome new residents, as well as new team members. We are planning a family barbecue in June, which should be a great time!



News From St. Croix Falls

Hello from St. Croix Falls. March came in like a Lion and hoping that April will go out like a Lamb. Happy Spring Everyone! Happy birthday to the following residents Inez Williams, Beverly Cebery, Dolores Riegel, Gloria Grote, Ben Anderson, Maurice Andersen, Bernice Eldridge, Barbara Peterson, Elaine Krueger and Carol Pool. Happy Birthday to you all, we are looking forward to spring coming and flowers blooming before we know it. Want to say a huge Thanks to activities gal Stacy, residents are enjoying a variety of activities and different ideas and more to come. Thanks for the great job and putting together Life boards. Stacy and Janet had fun getting the ideas together with great team work. Stop by and look. We are doing resident of the month. Wanting to welcome newest addition to our home here Jen Beauvais. She is a Nurse Practitioner from St. Croix Regional Adult and Gerontological and will be doing rounds. We welcome her and our newest Comforts of Home House Nurse Jen Weber. Quote – A great Attitude becomes a great day, which becomes a great month, which becomes a great year, which becomes a Great Life.



News From White Bear Lake



Hello Spring! Here at White Bear Lake we are eagerly anticipating all the upcoming warm weather and preparing to dig in and plant some beautiful flowers for the season. We are looking forward to getting outside and onto the patio to soak up the rays! Recently we had a wonderful donation of babies for our Memory Care and our ladies have taken to them like ducks to water. It is so fantastic to see the residents enjoying life skills and being able to relive some of the happiest times of their lives caring for our new additions. We will also be welcoming a fantastic new Activities Director who is very enthusiastic about jumping in and setting up some wonderful events for our residents here. Looking forward to everything to come!

News From Hugo

Gracewood of Hugo has been happy to welcome many visitors and special guests to our home in the past months. The New Year brought Marcia back from her travels in Europe to lead Bible study for us. The residents enjoy listening to what she has brought to share with us every week. Lisa M has been giving of her time once a month to lead the residents in a sing-a-long on the piano and guitar. Stefanie and her four children have been volunteering their time once a month to spend a morning visiting and doing activities with the residents. The residents of Hugo faces light up when they interact with the small children.

The residents celebrated Valentine's Day with a special Valentine's Day dinner and music. Residents and family enjoyed a fancy meal followed by Steve Rosa leading us in a sing-a-long on guitar of all our favorite music.

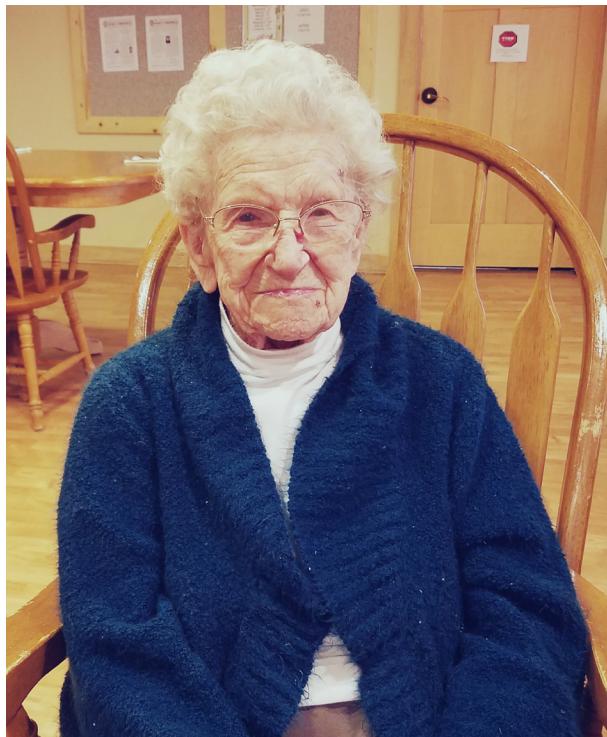
The Yes-U-Can Cloggers were here to perform for us on St. Patrick's Day. It's always fun to see what new show that the Cloggers have prepared for the year.

With the weather getting warmer and spring around the corner, we are looking forward to the return of a therapy horse coming to visit in April and Easter activities. We also look forward to planting flowers with a group of girl scouts and honoring Mothers and Fathers with celebrations. Please look for upcoming announcements of Mother's Day and Father's Day celebrations. Happy Spring!!



News From North Branch

Gracewood of North Branch is hopping into Spring. The residents and staff are cheering on the sun! There is a lot going on this month. We have four new residents joining our Gracewood family and could not be happier to have more smiling faces to greet each day! This week we will be having a traveling play called "Deck Chairs" come to our beautiful home. Everyone is looking forward to a few belly laughs and something new to start off our Spring season. In the picture, you will see that our residents and staff all had many laughs over the new Nerf guns we have been playing with. Our precious Rockensock family volunteers were here to help us take aim and fire! There were smiles ear to ear and a few giggles when caregivers would walk through and they had moving targets. Thank you to Marvin Blomquist's family for bringing in the Nerf guns. This month on April 27th, we will host a "Caregiver Essentials" class for anyone caring for seniors in their home. This class will give support and also let people know about the resources in the area that may make life easier. Family Pathways will be providing a speaker. Please RSVP if you would like to join us. The class is free to the community. From all of us at Gracewood in North Branch, have a wonderful Spring and a very Happy Easter!



News From Menomonie

Spring is a time of renewal, rebirth and opportunity. Our residents & care team are looking forward to all the excitement that this season brings. We are really looking forward to getting outside and joining walking club, planting flowers, bird watching, and some great events coming up the next few weeks. The Easter bunny will be here again this year, all are welcome to bring your little ones in for an egg hunt! Be on the lookout for his tracks and treats!

We would like to send a special shout out to Helen Salow, who will be celebrating 106 wonderful years this April. Helen, you are such a joy to have around, your positive outlook and go-getter attitude is something to be admired. Happy Birthday Helen, thank you for spending it with us!

News From Chippewa Falls

We are very happy to announce that all our snow is gone! Now, hopefully it will stay that way. Tenants are really excited to start planting our spring flowers. Our wildlife visitors have been coming around more and more! Our turkey flock has gotten up to 14 full grown and 1 baby!

Tenants enjoyed a very filling St. Patrick's Day dinner which included; corn beef, cabbage, potatoes, carrots, and a pistachio dessert. Lets just say, after lunch everyone had to take a nap to rest their full bellies. We also would like to thank Cheryl for coming so we could do some St. Patty's days crafts!

Adult coloring is a new hobby a few tenants are starting to enjoy! Every day after lunch we get together and color for an hour, it is very relaxing. The staff members are enjoying it too. So much so, we are planning our first annual art show in May to show case our artistic abilities. Our artistic abilities range from coloring to crochet doilies. Everyone is looking forward to showing off their work.

We welcome to Comforts, Pat W., Marie W.



News From Baldwin

Greeting from Comforts of Home in Baldwin! Spring has finally arrived and we are loving it. We have some exciting activities going on around here including some of friends Shirley and Jeremy coming Wednesday afternoons to play BINGO with us! Our residents love when they come to visit. Another exciting activity is that we are finally able to get back out onto our front patio and enjoy some sun. Over the weekend, we even had a little picnic outside for lunch. We hope that the weather continues to stay beautiful so we can start up our annual garden again.



News From Fridley

Spring is in the air at White Pine Fridley! We have sure kept busy in the new year. In January, we welcomed in the new year with our countdown party complete with a photo booth, great food & music! January was a cold month but our baking club never fails to disappoint! They made all types of cookies and bars to keep our bellies full all winter long, while residents enjoyed indoor fun like puzzles & visits from little ones. In February, we jumped right into the season of love! Our Cook made us an amazing Surf N' Turf sweethearts dinner. We dined and enjoyed listening to Anna play and sing our favorite love songs from the past. One of our favorite things we did in February was write letters to James Wilitamaki who is a veteran at the St. Cloud VA hospital. He wrote a letter to the local paper asking for letters to keep him company because he has no family left. Our residents sent over 15 letters! That was truly amazing.

March came in so fast and had lots in store for us! Our Current Event Club Members really enjoyed reading and discussing the issues with the declining bee population and seeing the amazing response coming from the farming community! St. Patrick's Day was here before you knew it and we had the traditional corned beef and cabbage and watched the Tales of the Iris Castles while having green treats! One of the most important things we did in march was get our L.I.F.E. program up and running! Our memory care residents are sure benefiting from this. It truly restores meaning to their lives. At White Pine Fridley we love serving our residents better than anywhere else!



News From Hudson

Spring greetings from Hudson. We have had a lot going on around here that has kept us very busy! Our new Activity director, in the photo, is Sandy and she is wonderful and keeps our residents active! The snow is melted and there is talk about planting flowers and our garden soon. Easter is around the corner...will there be an Easter Egg Hunt and candy to find? We will anxiously wait and see. We hope everyone enjoys the spring and summer to come!



News From Highland

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 spring and summer!

We're excited that we will be starting our second year for "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. We've learned many "do's and don'ts" from last year so it's safe to say that we're prepared.

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. It's a blessing to get our residents and families together for some well-deserved fun!

We have exciting plans for Easter. We will be dying Eggs here at Gracewood to use them for our Easter Egg Hunt with the residents family and friends. On Easter Sunday, we will enjoy church service along with a dinner with family. May 12th at 12pm we will host our 2nd Annual Mother's Day Brunch for the Mothers in our community.

Lastly, we are patiently waiting for more warm weather so we can start planting beautiful flowers for the patio. We wish you all the very best and we hope that you and your community have a great spring!



News From Cottage Grove

Spring is here and we are looking forward to enjoying the outdoors again! We have sighted our 1st robins and watched the little bits of snow melt away. There is a hint of green grass and birds singing! We are making plans for our gardens 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 crowned a King & Queen at our Sweetheart Valentine Party, enjoyed green beer on St. Patrick's Day and a Cowboy Birthday Celebration! We had great entertainers including Shayla who plays the piano for us every Monday. We also welcomed our wonderful new RN Sara Fisher! She is settling in and a great addition to our team!

Memory Care residents have enjoyed many special moments throughout our days! Our favorites are bingo, arts & crafts, baking, balloon volleyball & music! Therapy dogs Cali Rose, Dempsey and Tank visit us weekly and bring us joy! One of our favorite entertainers Les Blake has come to swoon us with his country tunes and the Animal Ambassador's visited with their Armadillo, hedgehog and a few other not so furry friends! 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!

