

Event Photos



WISHING YOU A RAINBOW
FOR SUNLIGHT AFTER SHOWERS-
MILES AND MILES
OF IRISH SMILES
FOR GOLDEN HAPPY HOURS,
SHAMROCKS AT YOUR DOORWAY
FOR LUCK AND LAUGHTER TOO,
AND A HOST OF FRIENDS THAT NEVER ENDS
EACH DAY YOUR WHOLE LIFE THROUGH!

Irish Blessing for a Friend



Community Highlights from Westwood Ridge



APRIL 2022

A newsletter for the residents, family and friends of Westwood Ridge

WHAT'S INSIDE

- Cover Page
- Resident Profile
- Chaplain's Pen
- Resident Birthdays
- Event Photos

WWRI (1 Thompson Avenue Building)
WWRII (61 Thompson Avenue Building)

1 & 61 Thompson Ave.
West St. Paul, MN 55118
Phone: 651-455-3999
Fax: 651-259-2724
Website: www.walkermethodist.org

Questions, email dcross@walkermethodist.org

Welcome our new Chaplain



Hello! I am Kellan Weyer. I was born and raised in Sauk Centre, Minnesota. I studied at Concordia College where I received my B.A. in Philosophy, as well as at Luther Seminary, where I received my Master of Divinity. I currently live in Eden Prairie, MN with my wife, Whitney. In my free time I enjoy hiking, visiting museums, and watching movies with my wife. We also love to go to the Duluth area and enjoy spending time on Lake Superior. I have worked in various roles in ministry, including as a pastor and chaplain in both a hospital and hospice setting. Far and away my biggest passion is providing spiritual care to seniors, and I look forward to serving you all with a compassionate and joyful spirit. I am very excited to be joining the team here at Walker Methodist!

Resident Profile

THOMAS JAMES LOONEY "T.J."



Born: April, 9th 1949 in St. Paul, MN

Parents: Tiny and Luella Looney

Siblings: Sharon, Burton, Jackie, Deborah, Marilyn, Rose, Kenneth, and Barb

Education: Graduated from Central High School in St. Paul.

Degree in Technical Vocational Institute for watch and clock repair in St. Paul.

First Job: Paper Route

Favorite Job: Railroad for 40 years,
Telephone Communications

Faith: Baptist

Person who influenced your life the most:

Mother and Dad, encouraged me to be my best.

Family Traditions: Holiday family dinner

Favorite Food: Fried Chicken

Favorite Dessert:

Sweet Potato Pie

Favorite Beverage: Coke

Favorite Restaurant:

River Room at Dayton's

Favorite Sport:

Track & Field

Favorite Music:

Jazz and Gospel

Favorite Song: Amazing Grace

Favorite T.V. Show:

Wheel of Fortune

Favorite Movie: Roots

Favorite Season: Spring

Favorite Holiday: Christmas

First trip: Oklahoma

Favorite trip: Vegas

Moment in history you remember most vividly:

Assassination of President Kennedy and Martin Luther King Jr.

Something you are good at: Singing

Favorite Pastime: Singing, Talking to people

Most proud of: Myself and others that have helped me along the way.

Best piece of advice: Enjoy the moment

What do you most enjoy doing at Westwood Ridge: Everything!



Event Photos



Event Photos



"My projects bring back memories," he said, "and working with my hands keeps me busy. There are all kinds of templates online that I can make. I like finding new designs to create."

For Tom, the best part of his new hobby is that he can do it all from the comfort of home. But when he leaves his apartment, he finds a welcoming, friendly community.

"I'd have to look really hard to find something to complain about at Walker Methodist. It's exceptional. The people and team are great," he shared. "From life enrichment and activities to housekeeping, everyone is kind and has a smile. I'm so glad I'm here."



Chaplain's Pen



Chaplain, David Cobb

In her autobiography *Reason for Hope*, the ethnologist Jane Goodall identifies four sources of hope: the human brain, nature's resilience, the energy and creativity of young people, and the indomitable human spirit. Her study of chimpanzees and great apes bore out how closely related we are, and how important hope is to all that lives.

Surely, she is right. Our *brains* have produced the most extraordinary inventions, solved the most difficult problems, and shaped our lives around the most meaningful stories. *Nature* bounces back time and again, not just in the world around us, but even in our own skin as antibodies protect us from infections and skin cells reproduce to close a wound. Spend any time around *young people* truly listening to them, and you can't help but come away in

awe of the possibilities, creativity, and passion they bring. Set a challenge before any of us, and *our spirit* rises to the occasion, and we won't give up until we've stretched our limits, discovering something new.

Still, the picture feels incomplete. I believe that's because hope also comes from a fifth source, one Goodall would likely agree defies expectation and goes beyond reason. Hope also comes, as the apostle Paul wrote to the community of Christ-followers in Rome, through *suffering*.

Beaten, imprisoned, shipwrecked, chased out of town—he knew of what he spoke when he insisted, "suffering produces endurance." Those who endure the worst life has to offer will understand. "Endurance," he goes on, "produces character." When the pressure is at its worst, we discover who we truly are inside, and such honest self-assessment strips away our illusions, leaving us bare and vulnerable but finally knowing our deepest self. "And character," the self-awareness of our own values and integrity, "produces hope" (Romans 5.3-4).

We never wish suffering on anyone, of course, human, ape, or otherwise. Still, it comes to us all. And when it does, we discover not only *who we are* but *why we are here*. In that discovery, in the "why" that we live for, we may, in time, each in our own way, rediscover hope.

Resident Birthdays

Westwood Ridge I

4th– Mary Ellen Gutzmann
 9th– Michael Borgdon
 13th– Bernice Peine
 16th– Lorraine Flesher
 17th– Irene Anderson
 19th– T.J. Looney
 19th– Myrna Horsley
 21st– Dick Sack
 23rd– Marjorie Gelao
 25th– Thelma Yess
 27th– Frances Ertel



Westwood Ridge II

11th– Ginny Gibb
 14th– Dorothy Meier

Happy Anniversary

7th- Tony & Nancy
 Inserre
 8th– Lorraine Haney &
 Roxane Johnson
 21st– Doug & Marlys
 Tiedman



Westwood Ridge I
 Pete Soderberg

Registration is open!

You can register at www.walkermethodsit.org/runwalk
 use promocode TEAM for the \$20 cost.

**17th Annual Walker Methodist 5k10k
 Stride for Seniors
 Saturday, June 4, 2022**

Lake Harriet and Virtual Options available
 Residents can register for \$20

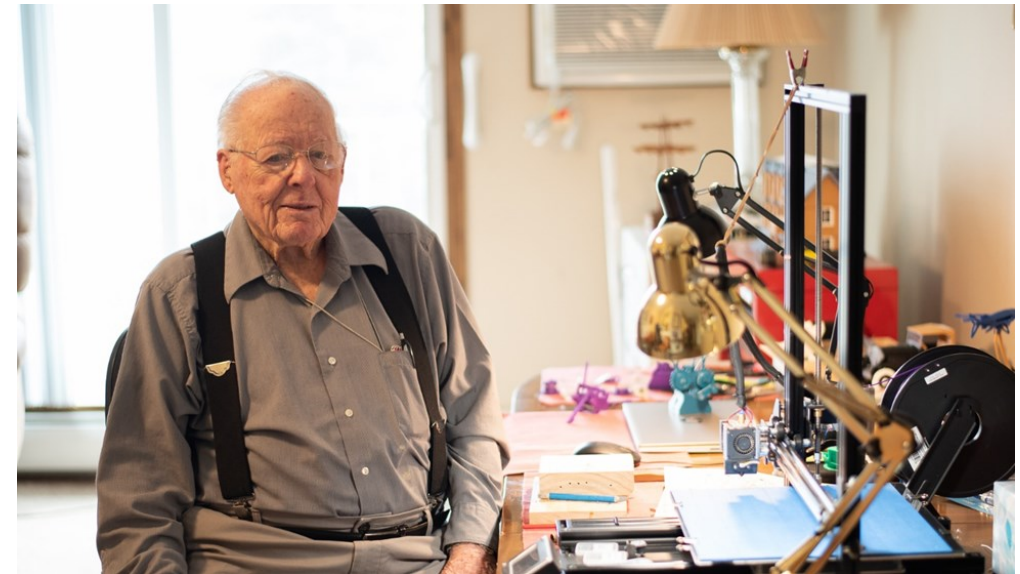
Paper registration forms available at Concierge desk



Event Photos

Tom Norman's New Hobby at Westwood Ridge

by Amy Weiss



For as long as he can remember, Tom Norman has enjoyed hobbies. From crafting clocks to building and flying ("and crashing," he added) remote-controlled airplanes, he has always liked to work with his hands. Once he discovered college wasn't for him, Tom spent decades as a professional carpenter, just like his father. Ever since he built his late wife a house in 1948, he had his own workshop in the basement to fix anything and everything around their home.

So, you can see why he thought moving to a senior living community in 2017 would be a big adjustment. Much to his delight, though, Tom found he didn't have to give up his hobbies when he moved to Westwood Ridge. In fact, Tom—at 92 years old—has found a new hobby: 3D printing.

It all started when his grandson, Charlie, came to visit Tom at Westwood Ridge. Charlie brought his 3D printer to demonstrate, but Tom was eager to get his own once he learned how to use the machine. Now Charlie visits once a week to work on projects with his grandpa.

"Charlie really helps me. We work well together," explained Tom. "He helped me learn, and he finds new projects for us to do. He was the one who introduced me to this hobby, so I'm glad we can still do it together."

Tom has made all kinds of things with his printer. Turtles, model houses, piggy banks, clocks... and even airplanes. His next goal is to make a model 1928 Ford, just like his friend drove during their senior year of high school.