

Community Highlights from Care Suites



November 2022

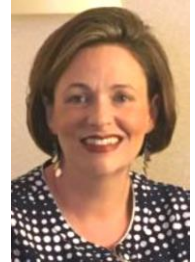
A newsletter for the residents, family and friends of Care Suites

WHAT'S INSIDE

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From the Executive Director

Amanda
Pitsenbarger



Dear Residents, Families, Friends and Staff,

It makes sense that November is National Gratitude Month. When I was a child, my parents taught me to be grateful for the things I had. I am thinking that many of you also had parents that talked about being thankful for a warm home, plenty of food, and family that loved you. What I am learning is about the benefits that being grateful can have on your health. This attitude of gratitude is contagious and just the type of thing we are happy to share!

A famous singer once said, "When I started counting my blessings, my whole life turned around." *Willie Nelson*

At first, I thought being grateful was a good way to conduct one's life, but I found out that grateful people are healthier people. As always, our parents were right. The people who practice gratitude experienced the following health benefits:

- They tend to be more active and take better care of themselves.
- Their immune systems are stronger.
- They have lower blood pressure.
- They sleep better and longer.
- They are less bothered by aches and pains.

This same grateful bunch also reported psychological benefits. They report the following:

- They are more optimistic and happier.
- They report feeling more joy and pleasure.
- They are more alive, alert, and awake.



NOVEMBER

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As a result, this group reported an overall benefit to their lives:

- They are more forgiving.
- They are more outgoing.
- They are less lonely.
- They report feeling more generous and helpful.

Wow, this a great result for being mindful of the blessings in our lives. I look at all of you, The Greatest Generation, and many of you lead by example when it comes to living a life gratitude. When I count my own blessings, being able to come to our community each day ranks high on the list of things I am thankful for. As we celebrate another Thanksgiving together, I know that we will come up with a long list that would make our parents proud. And we will be better for it! Happy Thanksgiving.

Gratefully,

Amanda Pitsenbarger-Executive Director



Allina Health Hospice

Join us for a special celebration of our Veterans

Presenter: Carla Simeone, Allina Hospice Education Specialist
Music Provided By: Megan Druckrey, Allina Hospice Music Therapist

As a tribute to those who served, we will have a presentation that looks back at our 20th century wars and the conditions our brave troops faced.

We will also honor each Veteran currently living at Walker Care Suites.



Date: Friday, November 11, 2022

Time: 2:00 PM

Walker Care Suites Dining Room

Event Photos



Oktoberfest



Resident Birthdays



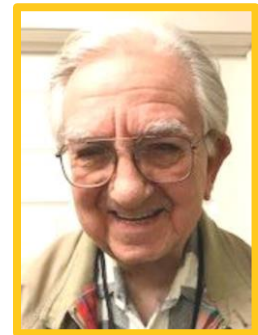
Virginia S.
November 3



Marilyn L.
November 5



Marge J.
November 15



Leonard W.
November 16



100 Years!

Marilyn R.
November 21



Jean Y.
November 21



Ellen I.
November 22



Nora P.
November 25



Chaplain's Pen



Chaplain's Pen

Rev. Karl Kruse, M.Div.



"A Thanksgiving Q & A with Billy Graham"

Q: Why aren't more people grateful every day – not just on Thanksgiving?

A: We certainly should be thankful all the time, not just once a year. After all, God's blessings surround us every day of the year—so why shouldn't we be grateful to Him every day of the year?

Why aren't we more grateful? Why do we find it easy to ask God for something when we pray—but never utter a word of thanksgiving or praise? One reason, I suspect, is because we become overly absorbed in ourselves and our problems, and that's all we think about. But when we do this, we lose sight of all the good things God has done for us—especially our salvation in Christ.

Don't misunderstand me; God wants us to bring every burden and every concern we have to Him in prayer. God loves us, and everything that concerns us also concerns Him. This is why we can bring our problems and burdens to Him, instead of trying to carry them ourselves. The Bible says, "Cast your cares on the Lord and he will sustain you" (Psalm 55:22).

Ask God to make you a truly grateful person every day—and you will be, as you turn regularly to God's Word, the Bible, and discover just how much God loves you. Even when hard times come (and they will), we still can thank God for giving us the hope and strength we need. Don't let gratitude become the missing ingredient in your life. Instead, focus on Christ and the hope we have in Him—and thanksgiving will fill your soul. The Bible says, "Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful" (Hebrews 12:28).



Months' Happenings & Special Events

Highlighted Events

- 7th Communion Service with Chaplain Karl
- 9th Poppy Flower Craft 
- 10th Perkins Lunch Outing
- 11th Veteran's Day Program
- 16th Community Update Meeting
- 18th Morning Star Singers
- 21st Thanksgiving Worship 
- 22nd November Birthday Party
- 24th Thanksgiving Day Lunch
- 30th Ice Cream Treat Outing

November Employment Anniversaries

Maritha Jonah-Ngamoh	RA	8 years
Patricia Laumann	Sous Chef	10 years
Sheillah Marwa Harris	RA	1 year
Adrian Mitchell	Cook	17 years
Rosemary Okwara	RA	4 years
Sue Stenberg	Dir. of Marketing	8 years
Lucy Wasim	RA	1 year
Cynthia Weiss	Staffing Supervisor	49 years

Congratulations

THANKSGIVING LUNCH AT WALKER CARE SUITES

Thursday, October 24, 2022
11:30-1:00 PM



Menu

Turkey
Mashed Potatoes & Gravy
Stuffing
Green Bean Casserole
Dinner Roll
Cranberry Sauce

Adults \$16
Children \$12 (10 yrs. & under)

RSVP at front desk
or call: 952-835-8351

Care Suite Services



Bus Outings: Check your Monthly and Weekly Enrichment Calendars to view outing schedule. Sign up by seeing one of our Life Enrichment Staff.

Bus Appointments: Doctor, Dentist, or other appointments may be schedule at the front desk. Available days are Tuesday afternoons until 4:00 PM or Wednesday mornings starting at 9:00 AM. Please check with the front desk for availability.

Essential Beauty Hair Salon (Tuesdays)
Phone # 651-302-5644

Our salon in found in the lower level basement, just south of the elevators.



Happy Feet Foot Care:
Call Teresa at 952-230-1304



Event Photos



Marilyn is our recent Bowling Champion!



Dancing at Octoberfest



Judd - Care Suite resident and recording artist sings in October.



Halloween with a Western Theme



From the Foundation



Together we do more!

Support our communities, team members,
and residents today.

<https://bit.ly/WalkerGTTM>



Scan this QR code with your phone camera
and click on the link to donate online.

give TO THE **MAX** Nov. 17, 2022

walker
methodist
Foundation



Spotlight on Karlynn

Karlynn was born April 4, 1958 and was an identical twin. She and her sister were born on Good Friday in Sleepy Eye Minnesota. Her twin sister died due to an accident at a young age. She married her first husband June 26, 1978 and they lived in New Ulm. They had two children, Rebecca and Angela, and two grandchildren, Jonah and Miriam.

She met her second husband Steve while working for the DNR. Karlynn has a stepson name Steven as well. They lived in Centerville Minnesota. Karlynn worked for the Minnesota Department of Natural Resources for 28 years. Her job was to run the data base for the fleet invoices involving all state vehicles including outboard motors, tractors, skid loaders, trucks, and almost anything with a motor.

Karlynn really liked traveling to different destinations. Some of her favorite trips were to Mexico. Her most memorable vacations were in Savannah, Georgia because of the history and beauty of that area. She said the reason they wanted to go to Savannah the first time was to go to Paula Deans Restaurant but were disappointed to not get in. They continued to go back because they loved it and all the good food.

She and her first husband enjoyed couples country western dancing to songs by George Strait, Allen Jackson, and Garth Brooks to name a few. They would dance at the Mankato Ballroom and entered into many competitions around the country. One fond memory was winning 1st place in a two step contest in St. Paul. She was also a country western dance instructor.

In her spare time Karlynn likes to sing, watch TV, and go to craft groups. She is also talented at crocheting. Another past hobby remembered is camping with her children and girlfriends, which brings back memories of having a lot of fun laughing and joking around campfire.

Favorites:

Food: King Crab Legs

Music: Country Western

Sports Teams: Vikings & Twins

Color: **Baby Blue**

Holiday: Christmas



Karlynn