

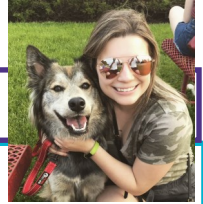
Highview Hills

Highlights

October/
November 2022

A newsletter for the residents, family, and friends of Highview Hills

From the Desk of the Life Enrichment Director



Greetings Highview Hills Community! My name is Haley Engler, and I am the new Life Enrichment Director here. I want to thank you all for making me feel so welcome here— and for sharing your positivity with me.

I look forward to these next couple of weeks as I continue to meet and get to know you all. While I am new to Highview Hills, I am not new to Walker Methodist. I have been with the company for 4.5 years, and have thoroughly enjoyed working for a company where I can provide enriching activities to seniors.

I have a Siberian Husky Mix dog named Aspen (who will likely come and do visits with you soon). I enjoy spending as much time with my family as I can— and am looking forward to being a first time Aunt in the very near future! I enjoy doing craft projects, going shopping, traveling when I am able, and watching a good TV drama. Feel free to stop by my office located on the 2nd floor in the Art Studio to introduce yourself— I look forward to getting to know you all!



Upcoming Events

- 11/3** Mamma Mia Play Outing at AVHS
- 11/7** Community Update Meeting
- 11/8** Voting Day!
- 11/8** Memoir Class Live Presentation
- 11/11** Veteran's Day Program
- 11/15** New Resident Social
- 11/16** Artist of the Month Presentation
- 11/21** Christmas Card Making
- 11/22** Life and Times of Jaqueline Kennedy
- 11/28** Mike Henry—"Christmas Moments to Remember"
- 11/29**— Historical Society Presentation on the History of Antlers Park , and Treats

The Covid 19-Booster will be available to be administered here at Highview Hills on Friday November 11th from 9am-1pm.

If you would like to receive this vaccine— you will need to turn in the form to the front desk by Monday Nov.7th.

The vaccine will be hosted by Thrifty White Pharmacy.

If you have questions feel free to contact Wendy, Kayla, Lola or Kim.

In the month of November, we will be hosting a Food Drive here at Highview Hills to "The Open Door" Food Shelf. This will go from

November 1st-December 1st. Drop off food will be in the lobby.





Resident of the Month

Harriet Becker

Harriet Becker was born September 25th, 1942, in Minneapolis to her parents Harry and Charlotte. She had a great childhood with her two younger sisters, Susie, and Evelyn. When she was 16, Harriet started working at a phone company. She was only expecting to work there for 3 months to earn some money for Christmas. But they had such good benefits and were accommodating with her school schedule, that she decided to stay.

She went to South High School in Minneapolis where she met her future husband, Jack. They were high school sweethearts and ended up getting married June 16, 1961, when Harriet was 19. They both attended University of Minnesota together where Harriet received her 2-year Associate degree.

Harriet continued to work at the phone company for over 30 years! The name changed several times, but Harriet continued to enjoy her job. When she first started there, she worked as an operator on the cord boards. The longer she stayed, she was able to switch departments if she wanted, and the company allowed her to do so, because of her seniority there.

Harriet and Jack have 3 children Kim, Pam, and Lance. When the children were young, the family bought open land in Northwest Wisconsin. They stayed in tents for the first 5 years until Jack built a cabin. Harriet made sure the first building he built was the outhouse, though! The cabin is still in the family, and they still enjoy having family functions there.

Jack and Harriet bought a motor home and traveled to Arizona every winter for 3 months. They even coincidentally reconnected with Jack's cousin who happened to be staying at the same campsite! Harriet said one of her favorite trips was a 3-week tour of Egypt! She was also able to experience a trip to Norway with her 2 women cousins to meet family and write down the stories they learned. This led to Harriet discovering she loves to write memoirs and stories. Other hobbies she enjoys are reading and playing piano.

Sadly, Jack passed away January 2022, and even though Harriet greatly misses him, she loves to spend time with her friends at Highview Hills and her children and 7 grandchildren.





Resident of the Month

Judy Tatge

Judy Tatge was born October 2nd, 1938, in Minneapolis, MN to her parents Howard and Winona Johnston. She is the middle child, with one older brother, Ronald, and one younger brother David. She had a lovely childhood, growing up on Lake Minnetonka. In the summertime, she and her brothers would wake up, put on their swimsuits and swim, water ski and be outside all day long. Her best friend growing up, Beverly, lived on a raspberry farm. Judy loved to visit and ride their horses. She also thought it was neat to spend the night because Beverly's family did not have indoor plumbing or running water, so it was an exciting and different lifestyle she enjoyed experiencing.

Judy attended St. Cloud State University for 2 years until her friend mentioned that she was loving her time at Mankato State. Judy decided to transfer to be with her friend. Her first day in biology class, she could feel someone looking at her. As she was walking out of the class a student approached her, asking her to attend a free event that evening. This was how she met her future husband, Don! They both graduated in 1961 and were married that year in Excelsior, MN. They have three sons, Steve, Scot, and Shawn.

Judy and Don moved to Lakeville, MN in 1964 and raised their sons there. Both Judy and Don were teachers. Don taught Biology in Bloomington and was honored to be the Minnesota Biology Teacher of the year in 1984! When they first moved to Lakeville, there were no preschools available. Judy and her neighbor decided to start their own school called Kindernook Preschool. They eventually opened another location in Farmington as well. They owned the schools for 25 years and loved it!

Judy and Don adored traveling. Her favorite trip was to the Holy Land in Israel. They traveled to Alaska twice. The first time was on a bus tour for almost a month. The second time they went with their whole family on an Alaskan cruise. They also traveled through all 50 states and 9 countries!

Sadly, Don passed away last year, and Judy misses him terribly. But she has many fun hobbies that include knitting, crafting, puzzles, fishing, and boating to keep her busy. She also enjoys spending time with her family which includes 6 grandchildren and 5 great grandchildren.





Exercise and the Fountain of Youth?

It might not actually be the Fountain of Youth, but exercise quite literally (physiologically) helps keep us young. As animals we all have what are called chromosomes. These chromosomes contain our genetic information that is passed down to us. On the ends of our chromosomes exist a protective cap much like a helmet for your head. These “helmets” are called telomeres. As we age, our bodies encounter many, many stressors. Stress to us includes everything from poor diet, lack of exercise, smoking, sleep issues and even threats to our safety or mental well-being. Stressors we encounter impact that protective helmet and it gets smaller or shorter. As that protection shrinks, our genetic information starts to be changed by the onslaught of stressors. That is the process of aging. Long story short...young people who have not encountered a life full of stressors have full sized “helmets” on, protecting their genetic information and keeping their cells young. There are definitely other factors involved in aging according to research but what is clear is that exercise and other healthy behaviors seem to have a protective effect on our natural aging defenses. So...take care of your telomeres and chromosomes and come exercise! Your body and mind will thank you for staying young!



Resident Birthdays

| | | | |
|-----------------|-------------------|------------------|----------------|
| 10/2 Judith T. | 10/16 Delores M. | 11/8 Claudia O. | 11/25 Nancy F. |
| 10/2 Len H. | 10/16 Dick S. | 11/9 Lou A. | 11/26 Mary W. |
| 10/9 Darlene E. | 10/21 Marjorie K. | 11/10 James W. | 11/28 Frank R. |
| 10/10 Irene C. | 10/23 Karyn H. | 11/10 Matthew C. | |
| 10/11 Roger S. | 11/5 Ed L. | 11/12 Pat. G | |
| 10/12 Brad P. | 11/6 Ann A. | 11/16 Emily C. | |
| 10/14 Bess W. | 11/7 Marcine N. | 11/19 Kathy I. | |
| 10/15 Sandy B. | 11/7 Mary U. | 11/24 Helen P. | |





Chaplain's Pen

Reverend 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).



Staff Birthdays

- | | |
|-------------------|-------------------|
| 10/10 Gadise M. | 11/7 Giselle L. |
| 10/14 Judson M. | 11/9 Haley E. |
| 10/15 Cassidy R. | 11/12 Mary Kay W. |
| 10/22 Emily I. | 11/13 Michelle B. |
| 10/24 Brynn L. | 11/17 Jane N. |
| 10/30 Samantha G. | 11/30 Audrey B. |



Staff Anniversaries

October

- Giselle L.– 8 years
- Jessica V.– 6 years
- Jerry K.– 5 years
- Viola M.– 5 years
- Lynn M.– 3 years
- Danyell J.– 3 years
- Joel C.– 1 year
- Braden L.– 1 year

November

- Hawa A.-10 years
- Barbara E.– 6 years
- Dule D.– 3 years
- Dina B.– 1 year
- Jennie T.– 1 year
- Miles S.– 1 year
- Saada A.– 1 year

Happy Anniversary



From the Foundation

Cathy Schutt, Walker Methodist Foundation

Partners in Excellence

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 lunch with Scott Riddle. What a great way to say thank you! Money donated through the Partners in Excellence program stays within our community. See your Executive Director or Concierge for a brochure.



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 **MAX**
Nov. 17, 2022

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Team Member Spot Light Julia Michelsen




Life Enrichment Assistant
Been at HVH Since May of 2022. She enjoys reading and writing poetry, playing music and spending time with her family. She has 2 sons, Conner and Kai and she is married to her husband Claus. Her favorite holiday is Christmas and her favorite season is Fall. She has enjoyed getting to know the Highview Hills community and is looking forward to the future working with the staff and residents.





Photo Gallery

Residents enjoyed planting some bulbs in the garden for spring! 



Oktoberfest



Staff pass out Pretzels and Root Beer to Staff and Residents to Celebrate Oktoberfest



Donut treat for a fall day bus ride!



Sweets with Shelley did a Halloween theme cupcake for the month of October!





Photo Gallery



Pumpkin Carving and decorating Halloween cookies to get in the Halloween Spirit!



We enjoyed seeing the fall colors at the Minnesota Arboretum



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