

Community Highlights from Care Suites



May 2022

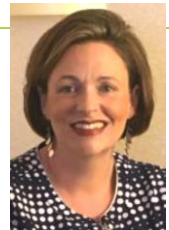
A newsletter for the residents, family and friends of Care Suites

WHAT'S INSIDE

- Event Photos
- Birthdays
- Chaplain's Pen
- Special Events
- Resident Profile

From the Executive Director

Amanda
Pitsenbarger



Dear Residents, Families, Friends & Staff,

April showers bring May flowers and boy do we hope that saying is right! April was cold, windy, and rainy and we really could use some May flowers. We are Minnesotans and this type of weather is not unexpected, but we will never turn away a day to feel sunshine on our faces.

This summer will be my eighth year with Walker Methodist and my sixth year at Care Suites. I really enjoy serving as the director of this community. I love coming to work in an environment where we feel like family. That point was driven home this month when resident, Bill Peterson approached me about wanting to say thank you to the staff. Here is what he had to say.

A Resident's Perspective

Bill is a resident living at Care Suites and he wanted to share his thoughts in a public way. I never grow tired of hearing the kind of comments that Bill had to share.

"I was a maintenance supervisor in Bayfield, Wisconsin for about 22 years. I worked in a school district, and I supported 4 buildings including a swimming pool. I took pride in my work. I loved my job. I even enjoyed tackling new tasks like maintaining the swimming pool, which I had never done before. I needed a certification to care for the pool and I finished 2nd in my class.

I am only telling you this story because I know how hard it is to maintain and run a building like ours. I also see the same kind of passion, pride, and hard work that I put into my own job, from the staff at Care Suites. The entire team puts their heart into their work and I want everyone to know how grateful we are. I especially want to sing the praises of the maintenance team, housekeepers, laundry team, servers and dish washers. These are unsung heroes. I respect the pride they take in their work.

- Continued on page 2



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I wanted them to know that we see the great things they do and their dedication to making our days better and our surroundings comfortable. Hey, team if you need a hand, I'm your guy!"- Bill Peterson

Wow Bill, thank you for taking the time to recognize the team here at Care Suites. We are honored and grateful for the opportunity to serve the residents in our care. We are so happy that you noticed.

Warmly, Amanda Pitsenbarger- Executive Director



Bill

Bake Sale a HUGE success!

Thank you to all the bakers (and those hungry to eat) who helped to support our bake sale on April 14th. We raised \$731 to donate to the Parkinson's Foundation. There was a wide variety of delightful treats to choose from. We are immensely grateful for your support.



Thanks!

Bake
Sale



Event Photos



Top – Geometric
Painting Group



Right – Piano
music by Gary



Top Chef Demonstration

Resident Birthdays

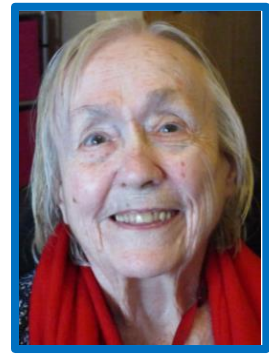


103 Years

Florence H.
May 2



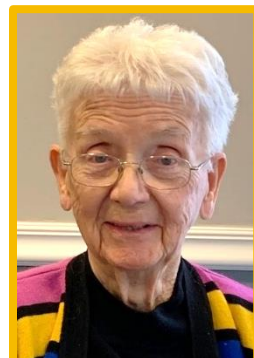
Cha R.
May 11



Carol W.
May 19



Joan J.
May 20



Marion T.
May 31



Lorraine K.
May 31



Chaplain's Pen



Chaplain's Pen
Rev. Karl Kruse, M.Div.



"Take it to the Lord in Prayer"

In Psalm 65, verse 5, it says: "You faithfully answer our prayers with awesome deeds, O God our savior." The wonderful news is that you have a God who not only actively listens to you, but also genuinely wants and desires to hear from you, so that he can answer your prayers, and touch your life in awesome ways. God wants to bring his best into your life, and the lives of your family, friends and loved ones. In fact, God promises to provide even more than you can actually ask or imagine. The challenge is that we often overlook one important detail, and that is to ask. In the New Testament book of James chapter 4, and verse 2 it says; "you don't have what you want because you don't ask God for it."

At Care Suites, we have a Prayer Wall, just around the corner from the mail boxes, where you can bring your prayer concern or request to God. Simply write out your prayer on the small slip paper ... fold it up, and place it in one of the slots in the wooded Prayer Wall.

The idea for this Prayer Wall is patterned after the Western Wall or "Wailing Wall" in Jerusalem, where people place their written prayers into the crevice's of the stone wall which was part of the Temple over 2,000 years ago.

The prayer slips that are placed in our own Prayer Wall are then collected by myself on a monthly basis. Since the prayers are private between you and God, I will gather them and then collectively pray over them, before taking them to our main Walker Methodist Health Center Chapel, where they are combined with the Prayer Wall slips from all of our other Walker Campuses, and then offered up to God every month, as part of a Sunday morning worship service.

Your personal prayers are important and are heard by God. At the same time, having others pray in agreement with your requests is additionally powerful. God knows what you have written on that prayer slip, even if I or other people don't. As a community of God's people, we stand in support of one another by bringing these prayer requests together, lifting them up to God, and praying that God's kingdom would come and God's good, perfect and pleasing will would be done. And so, as the song says: "Take it to the Lord in prayer."

Months' Happenings & Special Events

- | | | | |
|---|--|-------------------------------------|--|
| 4 th | Ladies Day - Music by Mary Hall | 6 th | National Nurses Day |
| 8 th | Mother's Day  | 11 th | Monthly Birthday Party |
| 18 th | Community Update Meeting | 19 th | Bloomington Singers |
| 20 th | Minnesota Arboretum Trip | 24 th | Top Chef Demo – Fruit Pizza |
| 26 th | Leann Chin Order-In Food | 30 th | Memorial Day  |
| 3 rd , 17 th , 31 st | Beatitudes Bible Study | 11 th , 27 th | Morning Star Singers |

Mother's Day Lunch



Sunday, May 8th from 11:30-1:30

7400 York Ave. S., Edina, MN 55435

Adults: \$16 Children (10 and under): \$12

Please RSVP by Tuesday May 3rd to the Concierge Staff at 952-835-8351

Menu: Asian Ginger Entrée Salad
Choice of Salmon or Chicken
Dinner Roll
Triple Chocolate Mouse Cake

Care Suite Services

Available Bus Service for Appointments:

Tuesday afternoons from 12:00-4:00

Wednesday mornings from 8:00 am-10:00 am



Essential Beauty Hair Salon

Tuesdays - Phone # 651-302-5644

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



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

LOST
AND
FOUND

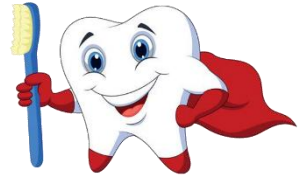
There are many items in our Lost and Found that have not been claimed. We will hold these items until **5/31**. After that time, items will be donated. Please see Sue or Annette at the front desk to go through items.



Health News



The Power of Fluoride



Is fluoride still necessary when you're an adult? In one word, YES!

It's widely accepted that fluoride is one of the most important weapons for fighting cavities in children's teeth but don't discount its power and continued benefits as we age.

Fluoride is important when teeth are developing but it's also important for adults as we age especially older adults at higher risk for cavities such as those that suffer from diabetes, heart disease, periodontal disease and Xerostomia (dry mouth).

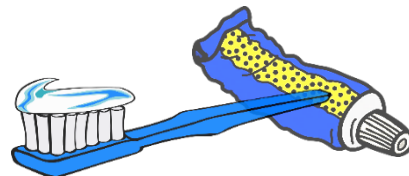
Acid, plaque and oral bacterial remove important minerals away from teeth. Although we benefit from fluoride in our water and toothpaste, many adults need more fluoride. Older patients could benefit from more robust amount of fluoride by getting a topical fluoride treatment, using a prescription toothpaste or simply adding a daily fluoride rinse to their daily oral health routine for added protection. Fluoride remineralizes the outer surfaces of our teeth which helps to harden and strengthen enamel and reduce tooth decay.

Numerous studies have proved that these treatments work. In fact, more than 65 years of studies have shown that fluoride is safe and effective and helps to protect our teeth.

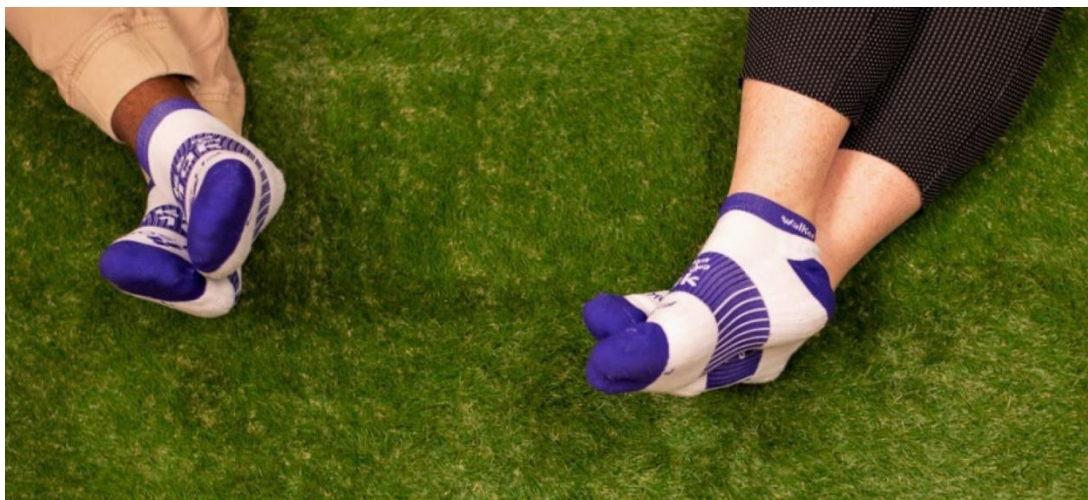
So the next time you see your dental provider, ask if you are a candidate for a topical fluoride treatment or prescription toothpaste and keep up with your daily oral care!

Courtesy of: [The Power of Fluoride | HMSA Dental](#)

[Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States \(cdc.gov\)](#)



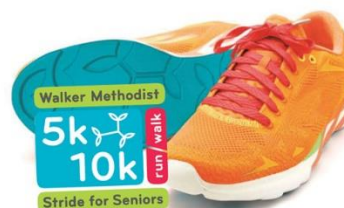
From the Foundation



Stride for Seniors

17th Annual 5k/10k

Lake Harriet Bandshell Park or virtually
June 4, 2022 | 9 a.m.



Lake Harriet and Virtual Options available

Residents can register for \$20

Paper registration forms available at your front desk

Every registration receives a Walker Methodist t-shirt and FITSOK socks!

The 17th annual Walker Methodist Stride for Seniors 5k/10k is happening Saturday, June 4 around Lake Harriet! This is our largest fundraiser of the year and all funds raised by your community STAY in your community. Tribute Signs will be on sale for \$25 through May 15. These signs will line the racecourse around Lake Harriet. What a great way to honor or memorialize someone important in your life! Ask your concierge, executive director, or life enrichment director for more information on how you can get involved.



Tribute signs for sale!

Honor your loved ones or remember those who have passed away

Resident Profile

Spotlight on Ken



Ken was born October 25th, 1928 in South Minneapolis to Evelyn and Casper. He was the oldest of their 3 children. He has spent most of his life in that area and graduated from Central High School in 1945. After high school Ken went on to study Chemical Engineering at the University of Minnesota and graduated in 1952. Ken went on to work is a Chemical Engineer at 3M and would later become the Vice President and later President of Hirshfield's Wallpaper and Paint. Ken also served as a Navy officer during the Korean War.

Ken married Ruth on December 27th, 1950. Their families were friends and that is how they met each other. They had 5 children together (Heidi, Gretchen, Katy, Frank, and Susie). Ken continues to be a Gopher fan and enjoyed going to the football games through the years, holding season tickets at times. He enjoys golfing and has always enjoyed being outside. He has been camping in Northern Minnesota and has spent some time on the lakes in canoes or sailing his sailboat.

Ken can be a man of few words but he has a quiet humor when you talk to him. He enjoys watching television especially Wheel of Fortune every night. When Ken isn't down at a group he enjoys doing puzzles (particularly sudoku) in his room. He enjoys being outside and likes going on drives. Ken has many grandchildren, and he likes to spend time with them and his children. Ken has become a regular participant in many of our activities at Care Suites and we are so happy to have him join us here!

Favorites:

Food- Steak and Potatoes



Color- **Red** 

Holiday- Christmas



Song- The Minnesota Rouser

