

Community Highlights from
Plaza



A newsletter for the residents, family and friends of Plaza

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October



Department News

Life Enrichment

Coming up in October we are excited to announce several special guest speakers coming in throughout the month! Check out the **Upcoming Activities** list on page 5 for the dates and locations for the speakers.

Angie Williams: **763-453-7013**

Angie's Office: **Floor P1 of City View**

Mike, Bethany, Hannah, and Payton: **763-453-7036**

Resident Council Committees

President

Teresa Phelps

Vice President

Leslie Hansen 612-803-3842

Secretary

Marge Anderson 763-421-5205

Culinary

Arlene Swenson 763-453-7099

Marcy Johnson 763-755-9511

Life Enrichment

Marilyn Washburn 763-421-3100

Nursing

Lois Newell 763-257-6845

Marge Anderson 763-421-5205

Housekeeping/Maintenance

Jean Hiltz 763-422-8027

Nominating Committee

Diane Kerr 612-669-3214

Susan Kimball 763-421-5574

Leslie Hanson 763-803-3842

If you have any concerns regarding Culinary, Life Enrichment, Nursing, or Housekeeping and Maintenance, please contact the respective committee member.

Upcoming Meetings:

October 4th

1:00pm

Monroe Room

From the Foundation

The Foundation was established in 1975 to raise money for residents living in Walker Methodist Communities as well as team members who work in Walker Methodist Communities.

The Foundation raises funds through grants, individual giving, and through events such as the Stride for Seniors which takes place annually the first Saturday in June.

If you have any questions, want to be on a mailing list, or are interested in supporting the Foundation through a one time, recurring, or planned gift donation, please contact Marilyn Nelson at 612-827-8358 or mnelson@walkermethodist.org



Chaplain's Pen

A Break from the Norm

Usually, I use this space to share reflections on a topic, quote, or scripture, but this month, I'm going to shift gears and use it to share some exciting news – my family is expecting a new baby!

For those who may have lost count, this will be our fourth child, as we have an 11-year-old son, 9-year-old daughter, and 2-year-old daughter. And before you ask, no, we do not know if this one is a boy or a girl; we're going to wait to find out until birth. My husband is hoping for a boy to even the score, so we'll see if he gets his wish!

For the time being, I am feeling well, and everything is going smoothly, but if I slowdown in the coming months or need to take more breathers than normal, now you'll know why...though I supposed the expanding belly would have eventually given it away 😊

We are thrilled to welcome this new little blessing to complete our family, and we are all thankful for the prayers and well-wishes we have already received. I look forward to overloading you all with pictures of a sweet newborn early next year!

Happy Halloween!



New Faces

Residents:



Rolph Grupp
211 G

What is your favorite part of living at Walker?

What are your hobbies? *Watching sports*

What is your proudest accomplishment?
Was on the ship when the peace treaty was signed by Japan

What is your favorite family tradition?

Fun fact about yourself! *I love to tell jokes*



Carol Sather
124 G

What is your favorite part of living at Walker?

What are your hobbies? *Having fun*

What is your proudest accomplishment? *My house*

What is your favorite family tradition? *Christmas Dinner*

Fun fact about yourself! *I was a Physical Education Teacher*



New Faces

New Staff

Layee Sanoe – RA
Kamaria Smith – RA
Lisa LaPanta – RA

Resident Birthdays

Curtis Lund	10/2	Curtis Johnson	10/18
Barb Holm	10/6	MaryAnn Moline	10/25
Faye Culbertson	10/28	Jean Hiltz	10/25
Marie Snyder	10/14	Arlene Mootz	10/27
Duane Widmark	10/17	Sue Swanson	10/27
Lorraine Dye	10/18	Carol Sather	10/30

Staff Birthdays

Staff:

10/6- Lucas Auguston
10/13- Cecelia Saylee
10/15- Raquel Van Norman
10/16- Jaylee Tucker
10/22- Michael Snelson
10/22- Kassidy Webb
10/26- JoRae Michira
10/26- Molly Ruhoff
10/29- Jasmine Cheneau
10/29- Jade Cheneau
10/29- Jamilla Jama
10/31- Lainie Ouellette

Work Anniversaries:

10/1- Vasily Vlasyuk-2 years (Culinary)
10/11-Bethany Swan-1 year (Life Enrichment)
10/14-Musah Abubakari-3 years (Culinary)
10/18-Vera Gartei-1 year (Health Services)





Upcoming Activities

We will be having some special guest speakers for the month of October!

October 3rd Medaria Arradondo (9:00 Coffee with Mike in (MR)

October 4th Jim Abeler (1:00 Residents Council guest speaker (MR)

October 10th Paul Talbot (9:00 Coffee with Mike in (MR)

October 17th Wade Kish (9:00 Coffee with Mike in (MR)

October 24th John Heinrich (9:00 Coffee with Mike in (MR)



At Walker Methodist, we are raising awareness this month by having a Resident drawing at all our communities for first aid kits or a hat/scarf/glove set for winter. It's easy.



1st, have fun testing your knowledge with the quizzes. Some are easy, some are challenging. Do one or do them all. How well did you do? 😊

Winners

Residents:

Don Newell

Marie Snyder

Jean Hiltz

Staff

Tiauna Treanor

Lori West

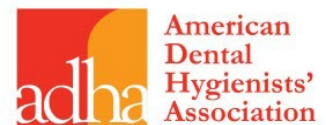


A little History.....

In 1948, the American Dental Hygienists' Association and the Wrigley Chewing Gum Company declared the month of October, National Dental Hygiene Month.

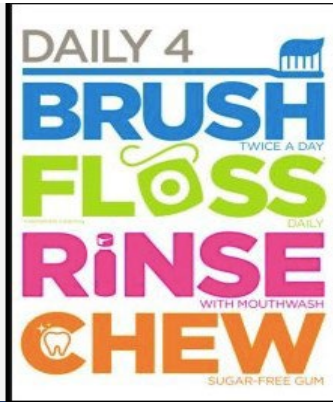
Both organizations recognized the importance of good oral health and have since been providing educational events, clinics and grants to build awareness and promote good oral health habits such as:

- Brushing twice a day with a fluoridated toothpaste
- Flossing once a day
- Using an antibacterial mouthrinse
- Eating a balanced diet



WRIGLEY

- As we age, oral chemistry can change so dental health plays a key role in maintaining overall health.
- The American Dental Association states that oral conditions are among the most common reasons people seek emergency medical treatment.
- It's vital for seniors to be proactive and stay on top of daily brushing and flossing.
- Also, stay away from tobacco, keep sugar intake low, boost hydration by drinking more water and practice good denture care.



By developing these healthy oral habits and getting proper dental care early, we can reduce future problems down the road.

Take good care of your oral cavity and thank your favorite Dental Hygienist today!

<https://meetcaregivers.com/dentalcare-for-seniors/>

Event Photos



October's
Birthday Party

HAPPY BIRTHDAY RESIDENTS!!!





Olive Garden Outing





Olive Garden Outing



Walker Plaza Bus Schedule

Please Sign up at the Concierge Desk, 763-453-7125

Please be at the Gardens front lobby 15 minutes before departure time.

Mondays

Shopping at Bunker Lake; Depart at 12:30 pm

Target, Walmart, Dollar Tree, Festival Foods, Walgreens, CVS

Tuesdays

Kaleidoscope Outings; Depart at 10:30 am

Kaleidoscope outings are planned with the assistance of staff

Wednesdays

Resident Outings; Depart at 10:30 am

Resident outings are planned by residents with the assistance of staff

Thursdays

Shopping at Cub & Walmart; Depart at 10:00 am

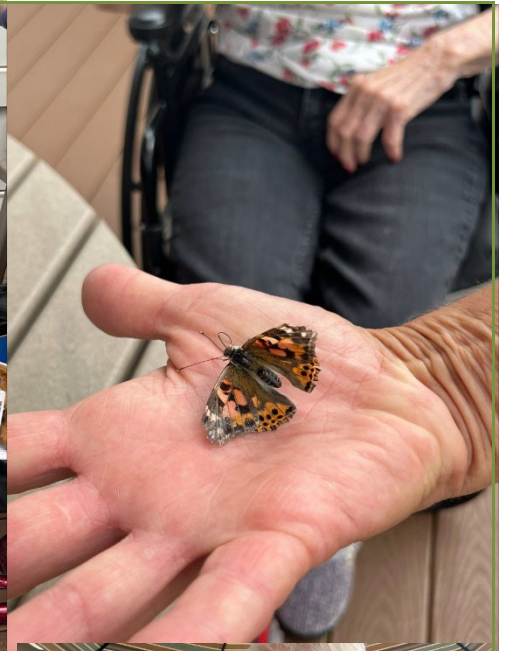
Cub or Walmart

Fridays

Shopping at Riverdale Crossing; Depart at 12:30 pm

Kohls, Costco, and Target

Butterfly Release



Pedicab rides with our Residents



Employee of the Year!