

# Community Highlights from Walker Place



November 2022

A newsletter for the residents, family and friends of Place

## Expression of Community: Walker Place Art Exhibit

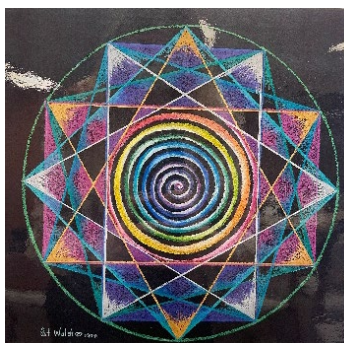
Walker Place is home to a population of seniors who have vast worldviews. Throughout their lives, they have learned, loved, explored, and inspired the world around them. The Walker Place Art Exhibit is designed to showcase these worldviews in the form of art. Many of these artists have experienced their lives through the lens of art, so as the viewer walks through the Activity Room, they might get a glimpse of who that resident is and what their life looked like before Walker Place. Learn, love, explore, and be inspired by these extraordinary artists. Visit the Activity Room to see the full exhibit, and if you would like to show your art, please contact Jo Specht – 612.827.8525.



Alice Boudreau's Mixed Media Paintings



Lynn Anderson's Quilts



Pat Walsh's Mandala Art



Mavis Voigt's Photographs



**IMPORTANT!**  
November 8 is Election Day! Walker Place is in the 13<sup>th</sup> precinct, and **our voting location is the Health Center Chapel.**

# Staff Spotlight: Chatunyun “Chat”

Chat moved at age nine from Missouri to Minneapolis and attended the Minneapolis Public Schools until her graduation from Southwest High. She has worked at Walker Place as a Resident Assistant for seven years, and this year was chosen as the Servant Leader of the Year. This award is given to one person from all Walker locations. Her cheerful smile, positive attitude, and nursing skills have endeared her to all of us. Chat enjoys her job at Walker Place, especially when residents tell a story from their own life history. “That’s real history,” claims Chat, “when you can fill in the history you learned in school with the actual stories of the folks here at Walker Place.”

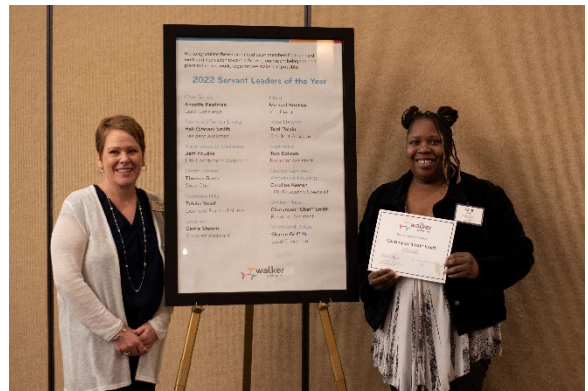


Deidre, Chat, & Paula

Since she lives only one block away and walks to work each day, she has time for other activities besides her job at Walker Place. Her kids and grandkids often come to visit her and love to go camping with her during the summer months. For her own vacations, she enjoys cruises in the Caribbean, and closer to home she likes to fish in Lake Minnetonka or any other Minnesota lake where the fish are sure to be biting.

Chat follows all sports as a big fan, but she is especially interested in basketball since she played on the team in her high school years. Chat explains that she may have been short, but she was quick.

Let’s all join in giving a big cheer for Chat, our own “Outstanding Staffer”.



## Staff Contact Information

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### **Kasey Gray**

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### **Joni Cummings**

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### **Ben Lee**

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### **Char Engen-Mangkau**

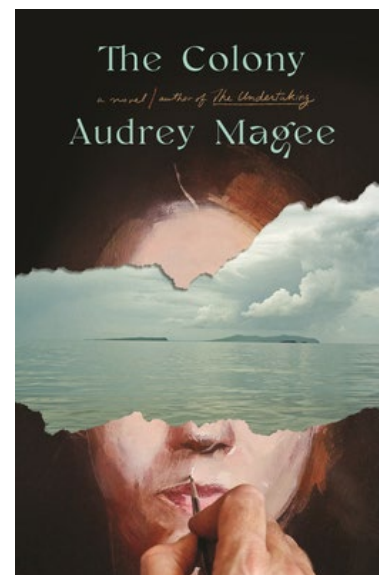
Life Enrichment Assistant  
cengen@walkermethodist.org  
612-827-8615

# November Book Club

## **BOOK CLUB DISCUSSES "The Colony"** **Thursday November 17, 2 p.m. in the Activity Room**

I need your help. I am leading the discussion of "The Colony," by Audrey Magee, set on an island off Ireland. The story is set against the violence of the "Troubles," the IRA wars. Brush off your history of this conflict to help us understand what happened. People on the little island live simply and some still speak the pure Irish language. In 1975 two outsiders---an English artist and a French linguist--visit the island to "save" the disappearing traditions. What happens is humorous as well as sad. I especially invite you men to come to the Book Club. You will enjoy it.

—Mavis Voigt



# Thanksgiving

## Thanksgiving at Walker Place

WEDNESDAY, NOVEMBER 23

Thanksgiving Luncheon  
1st seating at 11:00a  
2nd seating at 12:30p

\$16.50 per meal

Reservations are required -  
Contact Jo @ 612-827-8525

THURSDAY, NOVEMBER 24 (THANKSGIVING DAY)

Breakfast and Lunch served as usual  
Dining Room Closes at 1pm  
Box Dinners will be delivered from 1-2

\$16.50 per meal

Sign up is Required for Box Dinners -  
Contact the concierge at 612.827.8500



# Outing Information



## **Friday, Nov. 4** – Minneapolis Gift & Art Expo at the Convention Center @ 11:45

Prepare and celebrate the holidays with a dazzling array of homewares, holiday décor, jewelry, accessories, sculptures, textiles, and so much more. Start your holiday shopping now with gifts from accomplished artisans and unique boutiques from across Minneapolis!

## **Wednesday, Nov. 9** – Outing to Birchbark Books and Lunch at the Kenwood @ 10:30

Birchbark Books is a local bookstore that offers a wonderful selection of books to its customers – used and new. Following the bookstore, the bus will stop at the Kenwood for a nice lunch! Residents are to pay for themselves.

## **Tuesday, Nov. 15** – Guided Tour of the State Capitol @ 9:15

Take advantage of this free guided tour of our Minnesota State Capitol building! The tours last roughly 45 minutes and are accessible for all.

# Green Committee Update

On the 18<sup>th</sup> of November, Lianna Golstein presented a program about recycling in Hennepin County. Did you know black plastic is not recyclable? Size does matter, even if the material of the item is generally recyclable. For example, a can lid, or a plastic bottle cap are too small. The general rule is if the item is smaller than your fist, do not put it in the recycle bin. For more information about what can and cannot be recycled, check the resident bulletin board. You can also check the website: [hennepin.us/recycling](http://hennepin.us/recycling) or call 612.3483.3777.



The feasibility of composting in Walker Place is being investigated. Watch for more information

# 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 **MAX**  
Nov. 17, 2022

walker  
methodist  
Foundation

# Chaplain's Pen

Happy Thanksgiving everyone! As we become immersed in the holiday season, I would like to invite us to experience a Spirit and heart of thankfulness. In these seeming uncertain and uncomfortable times, being thankful may be difficult. A thankful attitude gives access to endless blessing. When we are thankful "IN" all things, the windows of heaven are opened wide for us to get a glimpse of the glory of God, and we can experience the goodness of God like never before. Being thankful is not a trick! The mystery of thankfulness expresses love that creates space for intimacy with God and others. During our inevitable daily trials and tribulations, we can experience the joy and peace of God through thankfulness. Thankfulness is not an accident. It is deliberate and intentional. The effort and energy required to be thankful can be exhausting yet worth it. Purposefully being thankful to God is in fact a demonstration of worship and praise. Like the psalmist writes, "Enter into God's presence with thanksgiving and into God's courts with praise! Be thankful to the God that gives us life and bless the name of the Lord!"



All are invited to come have "Coffee with the Chaplain " on Tuesdays at 3:30p.m where you are encouraged to participate in authentic and respectful conversation about life in community with others. Bible Study meets on Fridays at 3:30p.m where our focus study is the gospel of John, but sometimes we engage whatever the Spirit of the Lord places before us. We have had some great conversations and discoveries of faith in each setting, respectively.

Let us all focus the month on the word "GRATEFUL". Whatever it is that you believe, we all experience undeserved goodness, love, unexpected leniency through an unknown source that I refer to as God. For this reason, I am compelled to be grateful and invite you into the space of gratefulness as well. Gratefulness is an action. It shows an appreciation of kindness and thankfulness. Being grateful expresses gratitude, which unlocks unearned favor. That's right! When gratitude is demonstrated the door of generosity swings wide open in response. Being grateful can be difficult. Humanity often forgets what it has as we desire to have more. Gratefulness challenges our ability to reflect and be content in whatever situation or circumstances we may find ourselves. Especially during this season, do not let greed grind away your activity of gratefulness through comparison and want. Instead, let being grateful allow you to experience the extraordinary power of the favor of God. The word for the month is "GRATEFUL".

Reverend Michael Rivera  
The Chaplain

## Winding Road to Minnesota: Bob Carman

It's a long way from India to Minnesota, but Bob and his wife, Lucile, found their way. Bob was born in 1931 to missionary parents serving in Vellore, India. His father was a doctor and director of the hospital in Vellore in the state of Tamil Nadu. During World War II the family was on furlough in the U.S. They lived in Upstate New York for three years then returned to Vellore.



Bob attended Bucknell University in Lewisburg, Pennsylvania, where he met Lucile ("Lu"). They have been married for 69 years. Bob went on to the University of Rochester medical school then spent two years at the University of Minnesota in lab medicine. (Coincidentally, for a year, they lived in the home of fellow Walker Place residents Vern and Khin Khin Jensen). India called, and the Carmans with three of their four children returned to work at the medical college in Vellore where his parents had served. A fourth child was born there.

They left India in 1993, and Bob became executive director of an organization based in New York that supported the medical college in Vellore. Four years later Bob retired, and they moved to Bloomington, Indiana, then to Ripon, Wisconsin and finally to Minnesota in 2006. A cabin on Leech Lake had been the summer home for the family and they lived there before buying a house in Golden Valley. They moved to Walker Place six years ago. Son Chuck, a biomedical engineer, and his wife, Susie, live in Victoria and help when needed, as does their widowed daughter-in-law, Karen, who lives in Linden Hills. The Carmans recently joined LifeSpark for extra assistance.

The Carman's apartment is bright with artistic creations from India. "We enjoyed collecting art," Bob said. He pointed out that, like the tapestry on their wall, most of the Muslim art in India has a planned flaw. "Artists leave a place unfinished or flawed because they believe only God is perfect." Bob and Lu enjoy music and established and sang in a choir in Vellore. They like the outdoors and have camped in India and in Minnesota. They continue to enjoy life at Walker Place.

# Community Leaders Update

## Community Updates –Paula Castle

- The Booster Clinic has been scheduled for November 28. More information will come out about this.
- Care Suites is soon to be finished – waiting on finishing aspects such as cabinets and counters.
- There will be a budget update meeting no later than Nov. 30

## Culinary – Joni Cummings

- Actively hiring servers and cooks
- Received feedback that the lunches are too heavy – lighter lunch menus are being created.
- Culinary meeting is held on the first Thursday of every month. Everyone is welcome!

## Resident Services Manager – Kasey Gray

- If you would like to participate in the podiatry clinic, Hearing of America clinic, dental clinic, or see Ovitsky vision specialists, please contact Kasey.

## Life Enrichment – Jo Specht

- Char will be on leave until November 7.
- Volunteers are needed – if you know anyone who would like to volunteer, contact Jo.
- If you would like swim at the YMCA, we have a bus available to shuttle you. Contact Jo for more information.
- Calendars and Newsletters will be hung on doors going forward.

## Nursing – Ernest Bishop

- Any questions regarding cares can be directed to Ernest. We *can* meet your needs.
- The hiring process for an RN and Resident Assistants for Care Suites is underway.

## Maintenance – Carter Gibbons

- The heat is on! If your heat is not working please submit a work order.
- As we go into the cold season, please let the concierge know of any safety concerns regarding ice or snow.

***Next Community Leader Forum will be held Monday, November 14 at 2:30 in the Activity Room***

## Bridge

The Bridge Group invites all to join their group. "You don't even have to be good," Pat Uglund chuckles, "you just have to be able to hold the cards!" The group meets Mondays and Thursdays at 5pm in the activity room. And if bridge isn't your thing, you are still welcome to join! You might find others who enjoy a different card game, and you can have your own group.



# Event Photos



Mary S, her son, and Al H. enjoying the balmy October day



Diwali Festival



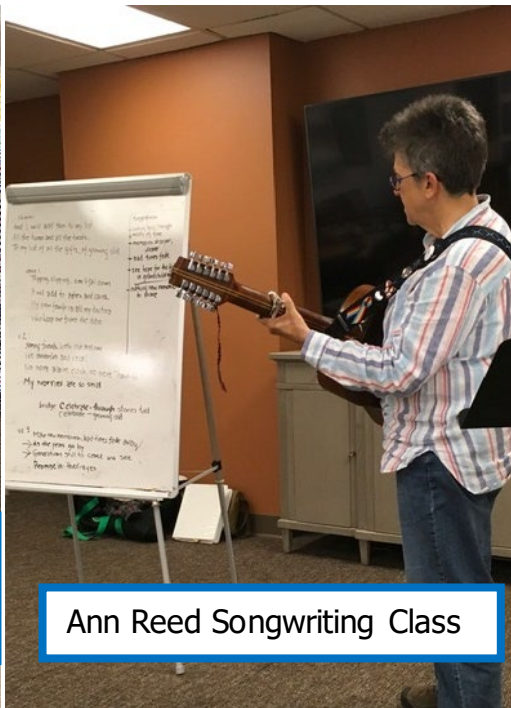
Barb M.



Grace H and Kathy E



Bill Bevis in Anne Reid's Watercolor class



Ann Reed Songwriting Class



Halima Cooking Indian Food