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GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

We encourage residents, guests, caregivers and families to download the app and get connected!



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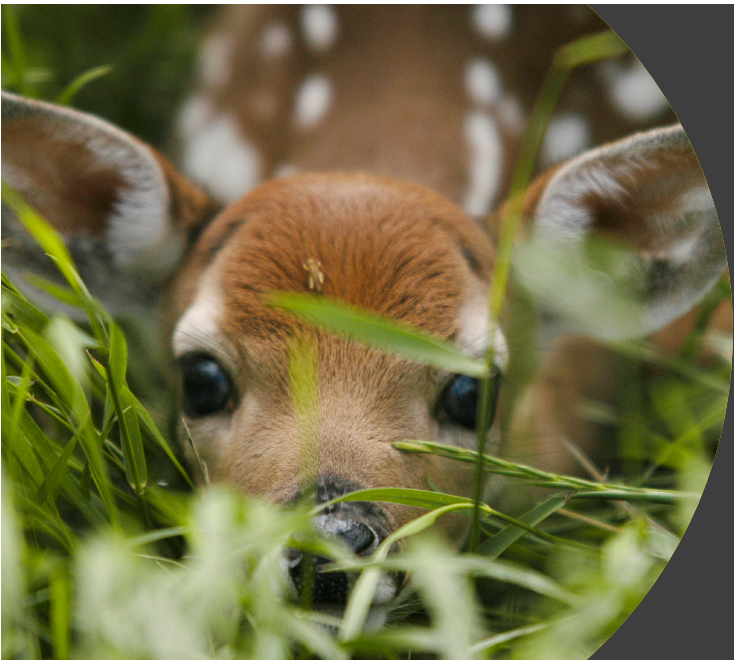
Lisa Ramdin



**STONEHAVEN**

Senior Living

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# Good Life NEWS

at Stonehaven Senior Living

MAY 2025

## WELCOME, SHAWN!

### Meet Stonehaven Senior Living's New Spiritual Care Director

Please welcome our new Spiritual Care Director, Shawn Latourelle, to Stonehaven Senior Living! Shawn will be starting a weekly worship service here on Fridays at 11 a.m. in our Chapel.



Shawn lives in Bloomington with his wife, Loren; son, Jack; daughter, Norah; and mother-in-law, Paula. Shawn has worked at The Commons on Marice for seven years.

His hobbies include biking, golfing, yardwork, cross-country skiing, napping in a hammock, painting, playing music and singing. Shawn really enjoys being outdoors, taking in the peaceful scenery and wildlife. He may often be found biking along the Minnesota River or skiing at Hyland Lake in Bloomington.

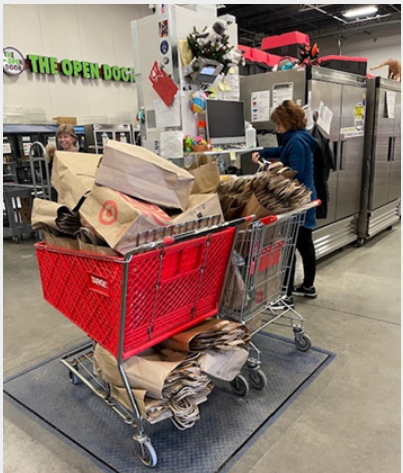
"I enjoy slowing down to take in the journey even more than the destination. As I bike or ski, I'm enjoying the surroundings in the open views of meadows but also in the small details of the grass dancing in the wind," he shared.

Shawn often finds himself contemplating and seeking connection and wisdom with God through nature. When asked what one thing can make his day better, he responded, "Picking up the guitar and singing a song, either alone or with others. Playing and singing music draws up a deep well of joy and satisfaction."

Lastly, he shared, "My biggest passion lies at the intersection of spirituality and the arts. The artistic process of creating in order to express a spiritual truth or concept is very meaningful."

## RESIDENTS CONTRIBUTE TO OPEN DOOR PANTRY

Many thanks to our residents for all your donations of grocery bags and egg cartons to The Open Door Food Pantry since August 2023. On the latest delivery, April 8, 2025, it was 119 pounds—our largest amount so far! The Pantry shoppers use 2,000 grocery bags a week, so it's a great need.



Sheryl B. will continue to collect egg cartons and paper bags, or she'll be glad to pick them up from you. A big thank you to Sheryl for collecting all the items and delivering them each month.



## BIRTHDAYS

We want to wish the following residents a very happy birthday:

- |                    |                       |                   |
|--------------------|-----------------------|-------------------|
| • Dick F. - 5/3    | • Charlotte S. - 5/14 | • Gordy H. - 5/30 |
| • Ardelle G. - 5/7 | • Jan N. - 5/19       | • Joan R. - 5/31  |
| • Lee W. - 5/8     | • Karen P. - 5/24     |                   |

**Our monthly birthday party will be held on Friday, May 2 at 2 p.m. in the dining room. Music will be provided by Slap Happy Drums.**



## LIKE US ON FACEBOOK

visit [facebook.com/StonehavenSeniorLiving](https://facebook.com/StonehavenSeniorLiving)

## LADIES' TEA

### Wednesday, May 14 at 2 p.m. (Dining Room)

We will once again welcome Cathy Victorsen, a local harpist, to perform for our residents. Cathy has played professionally for more than 30 years and is a seasoned performer on both concert pedal and Celtic harps. She frequently shares her lovely harp music at public, private, and corporate events, including weddings and the beloved "Music from the Porch" concerts. She is also at home on concert stages as a solo harpist, chamber musician, orchestral member, or accompanist for choral, operatic, and theatrical productions.



**Please sign up at the front desk if you plan to attend.**

*Harpist, Cathy Victorsen*



WHAT IS FIT FUNCTIONAL FITNESS®?

FIT Functional Fitness®, developed by The Goodman Group, is an exercise program designed to improve your overall well-being. Most importantly, it is an individualized “do what you can” program that helps seniors stay healthy and in touch with their bodies. From seated stretches to standing balance exercises and even strength training, our FIT classes are designed to help you feel your best.

FIT to Stretch®

FIT to Stretch® focuses on improving flexibility and mobility through gentle stretches performed while sitting. This class helps release muscle tension, increase range of motion, and improve joint health without straining the body. It’s a great choice for beginners or anyone looking for a gentle and effective workout.

Benefits of FIT to Stretch®:

- Increased flexibility and range of motion
- Reduced muscle tension and stress
- Enhanced circulation

FIT to Balance®

In FIT to Balance®, you’ll engage in a series of exercises designed to strengthen your core, improve posture, and boost coordination. This class can be adjusted to any fitness level, ensuring everyone can benefit from its focus on stability and balance.

Benefits of FIT to Balance®:

- Improved balance and coordination
- Enhanced core strength and lower-body stability
- Reduced risk of falls and injuries
- Better posture and alignment

FIT to Pedal®

FIT to Pedal® is a fun and low-impact way to boost your heart rate and improve cardiovascular fitness. Using a stationary adaptive cycle, FIT to Pedal® is perfect for building endurance, toning your legs, and increasing metabolism. The class is designed to be a low-impact way to get your heart pumping while keeping the workout gentle on the joints.

Benefits of FIT to Pedal®:

- Boosts cardiovascular fitness
- Strengthens leg muscles and tones the body
- Increases endurance and stamina
- Low-impact, joint-friendly exercise

FIT to be Strong®

In FIT to be Strong® you’ll use light weights to focus on building upper-body strength and muscle tone—all while sitting for added comfort and support. It’s an excellent way to improve strength without the risk of overexertion, and it’s suitable for all fitness levels, including those with mobility challenges.

Benefits of FIT to be Strong®:

- Builds upper-body strength and muscle tone
- Improves muscle endurance and stability
- Enhances overall body strength

FIT Chair Yoga®

In FIT Chair Yoga® you’ll explore gentle stretches and mindful breathing—all while seated—for a relaxing and accessible way to stay active. It’s a soothing way to stay connected to your body and enhance your overall well-being.

Benefits of FIT Chair Yoga®:

- Improves flexibility and joint mobility
- Supports mental focus and stress relief
- Encourages balance, stability, and calm

Whether you’re aiming to improve flexibility, strength, balance, or endurance, now’s the time to get started—and have fun while doing it! We can’t wait to see you in class.

RESIDENT SPOTLIGHT

Meet Ladonna V.!

Ladonna and her husband, Floyd, moved to Stonehaven Senior Living in August of 2022. Ladonna was born and raised near Mankato, Minnesota. She met Floyd on a blind date when she was 17 years old. It was love at first sight. They dated for about two years before getting married. Ladonna and Floyd were married for 71 years, and she states that he was the love of her life. They raised one daughter and two sons. Ladonna has nine grandchildren and ten great-grandchildren. She states that her greatest reward in life is her family.

Being a stay-at-home mom until her kids were all in school

was important to both her and Floyd. Her past jobs included being a telephone operator and a secretary at a heart hospital. Ladonna and Floyd lived in multiple states and moved 16 times in 71 years. They lived in Alaska and Kentucky, to name a few. They later settled back in Minnesota.

Ladonna used to enjoy traveling, reading, decorating homes, cooking, gardening, and church has always been especially important to her. The advice she would like to pass along to others is to stay faithful to your maker and have God guide you throughout your life.



SOARING®: SUPPORTING THE SPIRIT



More than just small talk

Often people ask me what cultural differences I experienced when I moved to the United States many years ago, and the answer might surprise you. One of the biggest differences is small talk with strangers.

In my home country it’s considered strange and not appropriate to ask a total stranger, “how are you doing,” if you don’t know the person or don’t have enough time to listen to the answer. We even have a joke in my culture that you should be careful asking how someone is doing because you may end up listening to the person’s life story from birth until the present time.

There’s some truth in that joke. The deeper truth hidden in that joke is that if you are asking how someone is doing, you should have time to listen to the answer — that you are creating a safe, welcoming space for the person to share how they are really doing.

I am not against small talk — but we all could benefit from giving the person in front of us real time to answer, “how are you doing?” We can learn something new about the person when we listen deeply. We can realize that someone may be having a difficult time and be supportive. We can learn that someone has similar thoughts as us, despite perceived differences. We can create a unique connection when we just take time to deeply listen. People used to write letters to each other, making time to write and express their deeper thoughts. It also takes time to respond.

When someone gives us their time to listen, it makes us feel valued and seen. The best gift we can give to one another is the gift of time, to simply be with someone. I want to invite you, next time you ask how someone is doing, to give extra space and time for this person to answer. We all could benefit from that and discover something new.

Natalia Filimonova  
Spiritual Care Director  
West Hills Village Senior Residence  
(Portland, OR)

UPCOMING EVENTS

Paint ‘n Sip

Saturday, May 10 at 2 p.m. (Community Room)

This monthly class with Alyssa is for all levels, from beginner to advanced. Painting is free for residents and \$25 for guests. Please sign up at the front desk if you plan on participating.



TaylorMarie’s Shopping at Stonehaven

Tuesday, May 13 from 1 to 3 p.m. (Community Room)

TaylorMarie’s is a day at a boutique... right in your community! It’s a mobile retail clothing store that offers fashionable women’s clothing and accessories from respected, high-quality brands. Their goal is to recreate the total shopping experience of a department store without the hassle of leaving our community.

Andrea Leap - “Music & Water”

Thursday, May 15 at 11 a.m. (Community Room)



Andrea Leap is a teaching artist with many years of experience as a singer, arranger, and educator. A strong advocate for new music and a curious and versatile musician, Andrea works with composers at Nautilus Music-Theater, American Composers Forum, Outpost Words and Music, and MacPhail Center for Music. A three-time recipient of the Artist Initiative Grant from the Minnesota State Arts Board, she is an active producer and performer of chamber music concerts.

NOW OFFERING PEARLS OF LIFE® MEMORY CARE



We’re excited to share that our community is now embracing the Pearls of Life® memory care program, developed by The Goodman Group. This heartfelt approach recognizes the value of each individual and helps residents live dignified, well-rounded lives—rediscovering the treasures, or pearls, within.

At the core of Pearls of Life® is the Montessori Inspired Lifestyle®, a positive and engaging method of care for those living with Alzheimer’s or other forms of dementia. Based on the work of Dr. Maria Montessori and adapted for adults by Dr. Cameron Camp, this approach focuses on residents’ strengths and encourages meaningful activity, independence, and connection.

We’re proud to introduce this uplifting, person-centered care philosophy to our memory care neighborhood—and look forward to the positive impact it will have on the lives of our residents and families.