



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 you to download the app and get connected!



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TEAM MEMBERS

Executive Director
Jodi Saeko

Director of Nursing
Candace Renken

Director of Sales & Marketing
Danielle Lloyd

Life Enrichment Director
Lori Ronchak

Dining Services Director
Coty McLaughlin

Resident Care Coordinator
Amanda Walker

Maintenance Director
Greg Nonweiler

Staffing Coordinator
Michelle Curry

Human Resources Coordinator
Ella Dold



Resident Referral Perk

Residents who refer a friend who moves in will receive one month free rent!*

Family Referral Perk

Family members who refer an individual who moves in will receive a \$2,000 referral fee!*

*Additional terms may apply. Contact our community for more information.

Share Your Experience!

We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones. Help us continue providing exceptional care by sharing your story on Google, Facebook or Yelp today!



Scan to Review Us



Good Life NEWS

at Stonehaven Senior Living

MAY 2026

CELEBRATING ST. PATRICK'S DAY

We enjoyed St. Patrick's Day with much celebration. We were even visited by our very own leprechaun!



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Vera F.
- Eric G.
- Cris R.



NEW RESIDENTS

We would like to welcome our newest residents!

- Julie H.
- Irene K.



BIRTHDAYS

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

- Dick F. - 5/3
- Jan N. - 5/19
- Gordy H. - 5/30
- Ardelle G. - 5/7
- Karen P. - 5/24
- Charlotte S. - 5/14
- Jim L. - 5/29

Our monthly birthday party will be held on Friday, May 1 at 2 p.m. in the main dining room. Music will be provided by Kent Appledoorn.



RESIDENT COUNCIL

- **President:** Gerrie K.
- **Treasurer:** Jan S.
- **Vice President:** Solveig V.
- **Secretary:** Helene H.

MEET THE EXECUTIVE DIRECTOR

I am so excited to have this opportunity to be the executive director at Stonehaven Senior Living. I come to you with 23 years in this type of role and, prior to that, many years as a culinary director.



My husband and I have three children and seven grandchildren, ages 4 to 15. I have been married for 43 years and reside in Brooklyn Park. My husband is from Thailand and came to the United States at age 20.

My husband and I owned a Thai restaurant for 10 years, where our teens worked for their dad. I grew up in South Minneapolis and come from a family of eight children who were born one year apart.

I have been with The Goodman Group for a total of 15 years and have never been happier with this company. I am excited to get to know residents, team members and families so I can make a difference. I have an open-door policy and hope we can get to know each other very soon. Let me know how I can help!

Jodi Saeko
Executive Director



STONEHAVEN

Senior Living

1000 Station Trail, Eagan, MN 55123 | 651-686-4366 | stonehavenseniorliving.com



MANAGED BY The Goodman Group



LADIES' TEA

We look forward to hosting our Ladies' Tea on Wednesday, May 13, at 2 p.m. Cathy V. will be back to entertain us with her beautiful harp music. Please sign up at the front desk if you plan to attend.



WELCOME, NEW TEAM MEMBERS!

Danielle L.

We would like to welcome Director of Sales & Marketing Danielle L. With a passion for building meaningful connections and helping individuals find the right place to call home, Danielle looks forward to serving our residents, their families and guests with integrity and heart. She prides herself in compassionate communication and creating a welcoming environment where residents can thrive. Outside of work, Danielle loves spending time with her son, daughter and dad, who will turn 87 this May. Together, they enjoy family dinners, golf, football and animals. She also has two cats and a dog.



Marcella

We would like to welcome Marcella to our nursing team. Marcella was born and raised in Brazil and currently lives in Apple Valley. She enjoys hiking, going to the gym and watching movies. Marcella loves to travel to Brazil and Florida and now enjoys exploring Minnesota and Wisconsin. She has been a nurse for seven years and has experience working in hospitals and assisted living facilities.



CASINO PARTY

We held our first casino party in March. There was lots of fun, especially at blackjack. John, Lee and Margaret were our big winners!



MONTESSORI MOMENTS

Ring Toss is one of the favorite Saturday afternoon activities in our Pearls of Life® neighborhood.



RESIDENT OF THE MONTH

Meet Cheryl H.

Cheryl was raised in Monticello, Iowa. She went to college in Greeley, Colorado, and taught in Tacoma, Washington, for two years before moving back to Iowa. Before Cheryl retired, she was a teacher of first and second grade. She and her husband, Fred, were married for 59 years. She is a proud mother of a son and a daughter and has five grandchildren. Some of the things Cheryl enjoys doing are playing bridge, playing games on her computer, reading and playing brain games. We are so happy that Cheryl chose to be part of our community.



A SAFER, SMARTER WAY TO CLEAN OUR COMMUNITY

We're excited to share that our community is introducing an enhanced, hospital-grade cleaning system from Viking Pure Solutions™, sourced through Cintas. This innovative approach strengthens our infection prevention practices while reducing exposure to harsh chemicals.

The disinfecting products contain no added fragrances, harsh chemicals, or strong fumes, making them especially gentle for residents and team members, including those with sensitivities. They are proven effective against bacteria, fungi, and viruses, including COVID-19 and norovirus. In addition, this environmentally responsible approach helps reduce plastic waste and supports our continued commitment to sustainability. We're proud to keep investing in thoughtful solutions that support a clean, healthy, and comfortable environment for everyone.

SOARING®: SUPPORTING THE SPIRIT



May brings beautiful signs of new life and growth. We see trees and flowers in all their glory, and we are awed once again. But what about our spirits? Winter's gray days can leave us feeling depleted of hope, joy and peace. So where do we turn to be restored? How can we be reminded that we, too, are an integral part of creation?

In her book, "Pocketful of Miracles," Joan Borysenko writes of May, "It is a call to gratitude that everything in the universe is continually being re-created, including ourselves." May we look at those new buds and blooms and offer thanks for what they teach us about renewal. May our spirits soar! Consider the following blessings for this month as we navigate life together and seek the new:

- Be present.
- Let the day flow with grace.
- Expect joy, and be positive.
- Serve with compassion.
- Speak only kindness.
- Impart only love.
- Never forget you are not alone.
- Give thanks for everything.
- See goodness in others.



Take a moment to celebrate who you are and where you are, knowing that you are OK. You are still capable of learning, growing and flourishing. Take time to notice the plants and animals that have emerged with spring. If you need a safe space to share or think out loud with someone from your heart, your spiritual care director is there to offer support and care for your spirit. Let them.

Lora Beth Reece
Spiritual Care Director
The Residence at Timber Pines (Spring Hill, FL)

MANAGING YOUR MEDICATIONS

Advances in medicine give us more options for providers, care settings, and treatments. New medications appear daily, some on a trial basis and others newly available.



It is common to have more than one provider. Many people see two, three, or even four physicians, including a general practitioner, cardiologist, orthopedic doctor, podiatrist, or other specialists.

Each provider may prescribe medications for different conditions, some short-term and others chronic. Your doctor reviews all medications at each appointment to avoid duplication, and pharmacists review them as well. Both help keep your medication regimen safe.

The danger may lie in keeping unused or expired medications. Surveys show many people never dispose of old medications. Over half keep unused or expired doses, and some save remaining medication after procedures for "future use."

Unused or expired medications pose risks, including accidental ingestion by children or pets, misuse by others, and ineffective or harmful treatment if potency is lost or chemicals change. Expiration dates guarantee a drug's strength and safety only up to that point. Liquids such as insulin and antibiotics degrade faster, and nitroglycerin tablets are unstable past the expiration date.

To dispose of medications, many hospitals and pharmacies have take-back programs. Kits are also available that destroy or deactivate medications; follow manufacturer instructions. Never flush medications, as this can pollute water, harm wildlife, and contaminate drinking water.

Dispose of unused medications when dosages change. Check expiration dates on all bottles, including vitamins and supplements, keep medications secure and out of reach of children, and review your storage cabinet periodically. If you are unsure whether medications should be discarded, call a pharmacist or health care team member.

Tammy Talley
Health Services Director of Survey Readiness
The Goodman Group

Tuesday, May 5: *Mama's Gifts*

Renowned storyteller Carrie Sue Ayvar draws from personal, historical and traditional tales to celebrate our Mama's gifts — their lessons, love, and even their mishigas, their unique quirks!
Presented by Carrie Sue Ayvar



Tuesday, May 26: *Heroic Leadership of WW2*

Heroism took many forms in World War II — from leaders like Roosevelt and Churchill, to ordinary soldiers, civilians, and wartime correspondent Ernie Pyle, who kept the home front connected to their heroes. *Presented by Elizabeth Stice*

See activity calendar for time and location