



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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MANAGED BY The Goodman Group



THE LAKES
AT STILLWATER

Senior Living

107 Bridgewater Way, Stillwater, MN 55082
651-439-8200 | thelakesatstillwater.org



Good Life NEWS

at The Lakes at Stillwater

MARCH 2024

MARCH ACTIVITY CHALLENGE!

During the month of March, Mary in life enrichment is hosting an activity challenge. Within your newsletter this month is a sheet with activity squares on it. If you attend the activities listed, Mary will initial your page at the end of the event. Those who complete the whole sheet will be entered into a drawing for a grand prize! The drawing will take place on April 3 at the New Resident Happy Hour in Shoreline Lounge at 3 p.m. We hope that this encourages some of you to attend more events and even to try something new!

Haley Brandes, CTRS
Life Enrichment Director

TEAM MEMBER SPOTLIGHT: SUZANN

Congratulations to Suzann B., our February Team Member of the Month! Suzann is a life enrichment assistant who spends her time at Birchwood Landing, in our Pearls of Life® neighborhoods and in Rock Steady Boxing. She is a woman of many talents, and her passion for this community is easy to see. Her calm presence and encouragements to others are just a few of the things that make her a valuable team member. She embraces our motto which is “putting you at the heart of everything we do” every day.



Suzann is an active listener and prioritizes the needs of others. She gives 100% in everything that she does, and this pushes those around her to strive to do their best as well. She is an example of the Platinum Service® that we strive to provide, and she does it with ease. Thank you, Suzann, for all of your hard work. We see you, appreciate you and are so happy to have you on our team.

ATTENTION RESIDENTS

If you place an order for delivery of groceries, outside meals, etc., please ensure that your order specifies your apartment number. It is important to the business that items are brought to your apartment. This is to ensure that you know your order is complete, as well as to avoid perishable items from sitting out. Thank you.

TEAM MEMBERS

Executive Director
Julie Kelly

Interim Director of Nursing
Tracy Field

Director of Sales & Marketing
Jill Theirl

Life Enrichment Director
Haley Brandes

Spiritual Care Director
Jessica Derx

Business Office Manager
Rebecca Kraftson

Director of Culinary Services
Bethany Peppin

Director of Maintenance
Daniel Clark

Housekeeping Director
Cassie Kenton

**Rock Steady Boxing
Program Director**
Beth Dempsey



IN LOVING MEMORY

We remember our dear friend who has passed in the last month:

- Kevin C.



BIRTHDAYS

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

- Mary K. - 3/9
- Jackie B. - 3/20
- Glorian A. - 3/27
- Cathryn H. - 3/10
- Karen M. - 3/21
- Pat E. - 3/17
- John H. - 3/23



RESIDENT COUNCIL

Copies of the meeting minutes can be found in the mailroom. Meeting dates and times are posted in the monthly calendar and the GiGi Assistant® mobile app.



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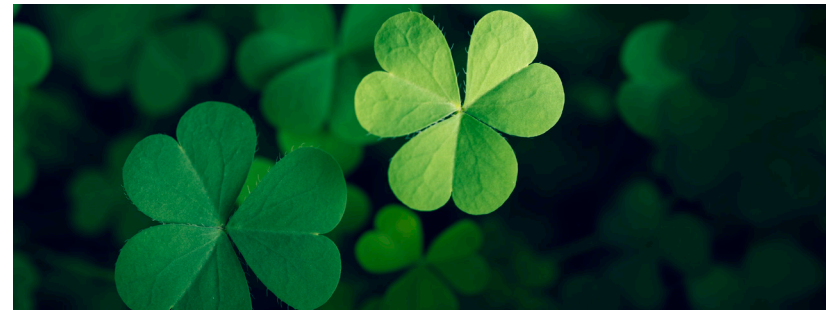
St. Patrick's Day Trivia Answers:

1. Four-leaf clover
2. Blue
3. A pot of gold
4. The holy trinity
5. By making and mending shoes
6. USA
7. Britain
8. Faith, hope, love and luck
9. 1962
10. Corned beef and cabbage

ST. PATRICK'S DAY TRIVIA

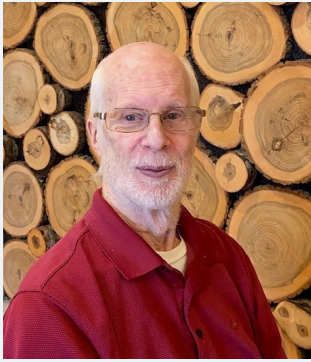
1. What object is associated with St. Patrick's Day?
2. What was the original color associated with this day?
3. What is to be found at the end of a rainbow?
4. What did St. Patrick use a three-leaf clover to explain?
5. How do leprechauns earn their gold?
6. Where was the first St. Patrick's Day parade held?
7. What country was St. Patrick born in?
8. What four things do the leaves on a shamrock represent?
9. When did Chicago first dye the river green for St. Patrick's Day?
10. What is the trademark meal for St. Patrick's Day?

Answers can be found on the back of the newsletter.



RESIDENT SPOTLIGHT: MYRON T.

Myron was born in Charlotte, North Carolina, and raised in Stillwater, Minnesota, graduating from Stillwater High School in 1962. Myron grew up with twin sisters just two years younger than him. He has fond memories of his childhood, especially his time spent up at the family cabin in Lutsen, Minnesota. He remembers going to the post office every day while up north to check the mail, since that was before the mail was delivered.



Myron was drafted into the Navy Reserve where he served for nine years. He served in the Caribbean during the Vietnam War and was a storekeeper. Myron was a warehouse worker for an office supply company for 27 years. This was only his “day job,” though his real passion is woodworking. He is highly skilled in his craft, and thoroughly enjoyed his large workshop of over 1,000 square feet. In his workshop he made many items over the years, including a raised flower planter, corn hole games, a coffee table, bookshelves, Adirondack chairs and more. He is also an avid gardener and enjoyed his sanctuary of a home in Stillwater for many years. Myron loved seeing a variety of wildlife and enjoyed tending to his yard on his John Deer tractor.

One of Myron’s best companions through his life was his beloved beige and white cat, Molly, of 18 years. When he wasn’t working at his day job or building something in his shop, he enjoyed keeping up his 1979 black Z28 Camaro. Myron is also a member of the St. Paul Osman Shriners Club and has been a Mason since he was 21 years old. He enjoys time with his family and friends as much as possible. His sister Joan lives in upstate Oregon and his sister Jean lives in Maine along with Myron’s two nephews. He is also a past president of the Eagles Club.

Myron has lived at The Lakes at Stillwater since Fall of 2022 and enjoys visiting with his neighbors, attending pedal class and staying active in the Stillwater community. If you haven’t met Myron yet, please stop and say hello!

HAPPY SPRING!

March 1 is the meteorological first day of spring, and I think it’s a reason to celebrate. We have much to celebrate in March: daylight saving time on March 10, St. Patrick’s Day on March 17, Palm Sunday on March 24 and Easter on March 31! Be sure to join us for some delicious meals.

We will be offering a traditional corned beef and cabbage dinner on St. Patrick’s Day and a lunch buffet on Easter Sunday. Sign up at the front desk starting Monday, March 18. From me and the whole culinary team here at The Lodge, we wish you a wonderful spring season!

Bethany Peppin
Director of Culinary Services

SOARING®: SUPPORTING THE SPIRIT

You might remember the song, “Turn, Turn, Turn.” It was originally written as a protest song by Pete Seeger in 1959, performed at folk venues in Greenwich Village, and became a #1 hit by The Byrds in 1965. A chorus of shaggy-haired musicians and activists pressed the nation to “turn, turn, turn”—to accept that change is inevitable, history is a cycle, strife is temporary, and to everything there is a season. The words are from Ecclesiastes 3:1-8, one of the Wisdom Books of the Old Testament. They still ring true.

As of March 1, I am entering the season of retirement. I have loved the work that I have been called to do in the fields of education and spirituality. I even had fun working at McDonald’s at age 16. I’ve been working for more than two-thirds of my life! Work can give a person value and meaning. Daily tasks and schedules define us, income is a motivator, and, if you’re lucky, you’ve been deeply enriched by the work and the people you have served. But there is another chapter ahead, and I find great joy in anticipating it. In my years of providing spiritual care with senior living residents, here’s what you have taught me about this “third act” of retired life:

- It is a time to look beyond the working surface of our lives and in to the deeper meaning that is a part of each of us.
- It is a time to gather the wisdom we have gained through the years and make it our own. A time to take what is valuable and leave the rest.
- Sometimes there is unfinished business. A trusted confidant can help us wade through those regrets and find inner freedom.
- There is a wellspring of creative work that can bubble up. It is never too late to learn something new or to enjoy developing an interest. Staying fit, in body, mind and spirit, is important, in whatever capacity we find ourselves.
- Multiple losses of family members and friends have taught us that love never ends when a person dies. These memories and treasures stay deep within our hearts.
- There is something, or someone, greater than ourselves, that can give us a source of guidance and courage. The love that God has for you, exactly as you are, is always available.
- We’re not meant to do this journey alone. We need others to bring us out of our own story, to mirror for us our strengths and gifts, and to show us that we still need to notice and care for the needs of our community, wherever we find ourselves.

I think it’s an incredible gift to be alive at this time in history. Thank you for modeling so well the “turning” of this season of retirement. May we all continue growing, learning and giving forward!

Cathy Nordheim
National Director of Spiritual Care
The Goodman Group



UPCOMING PROGRAMS

Dementia Support Group

March 16 at 10 a.m. (GFH)

We recognize the challenges surrounding caring for a loved one with dementia. These support group sessions are an opportunity to confidentially share feelings, offer workable suggestions to others, educational opportunities, or simply to know you are not alone. Attendees can participate, listen or have a respite from their caregiving responsibilities for even a few minutes. There are no RSVPs required for these initial sessions. We do ask that participants have a relationship with someone at The Lodge.

Senso: “Think and Move”

We are re-launching a “cognitive-motor” program called a Senso, located in the back of Generations Studio. This program is adaptable for each user and will exercise cognitive and motor skills. It has over 15 games that run between two and three minutes. Each game matches your individual pace and tracks your results. Life Enrichment Director Haley will be able to conduct initial assessments as well as follow up assessments every six months so you can see your progress. Use of the equipment requires an initial demo with Haley, so if you are interested in giving it a try please reach out. This was initially launched back in 2019 and we are bringing it back to life! We are excited to see how the benefits of these unique games develop with our residents. When you see times on the calendar for “Senso: Think and Move” that means Haley will be in Generations Studio and available to help you get started.

Memory Lane: A Free Trial!

Demo on March 5 at 2:30 p.m. (GFH)

Have you ever wanted to write an autobiography or find a way to write down important stories and memories from your life? Memory Lane is a new program that we get to trial at no cost to you! This program allows you to verbally share your stories, and the technology writes it out for you. It will also prompt you with follow-up questions based on the specific content that you provide. You just log in and it will prompt you every step of the way! You can include your family in this as well if you want them to listen to or read your content, or you can keep it private. All that you need to participate in this program is an electronic device such as a smartphone, tablet/iPad or a computer. On March 5 at 2:30 p.m., Haley will host a demonstration in Goodman Family Hall on how this works, and we will get you set up on your devices. This program also has a team that is available for technology support along the way. I highly encourage you all to give this a try, and you are welcome to stop at anytime. Be on the lookout for additional information on GiGi Assistant® as well as a brochure that will be delivered to your door.

DEEP DIVE INTO PARKINSON’S

Rock Steady Boxing and The Lakes at Stillwater will be hosting the second Deep Dive Into Parkinson’s event on Friday, March 15 from 10 a.m. to 3 p.m. This event features a full day of education and connection for Rock Steady Boxers and people with Parkinson’s in our community. There will be expert speakers and panel discussions on many issues regarding the physical, social and emotional needs of people who are living with Parkinson’s. The main hall of The Lodge will be lined with exhibitors who feature products, services and support.

Registration will open in mid to late February and is required to listen to the speakers and panels. Anyone can visit with the exhibitors during the day. If your life has been touched by Parkinson’s, this event provides an excellent resource and offers opportunities to get accurate information all in one place.

Beth Dempsey
Rock Steady Boxing Program Director



MONTESSORI MOMENTS

Both Pearls of Life® neighborhoods had a party to break the Minnesota winter blues. Life Enrichment Coordinator Becky R. planned a Fun in the Sun party for the residents to enjoy. Along with help from Life Enrichment Assistant Sarah D., both neighborhoods gathered for a photo booth, games and meaningful engagement. Residents prepared in their weekly cooking corner groups by making a special dip that they enjoyed with chips at the party along with refreshing lemonade. It was a blast for all in attendance. Well done team!

Haley Brandes, CTRS
Life Enrichment Director



Alice G.



Dr. Dale



Becky R. and Ms. Dale