



# Good Life

## NEWS

at The Lakes at Stillwater

JANUARY 2021

### EXECUTIVE DIRECTOR

Happy New Year!

This past year has posed the greatest of challenges to all of us at The Lodge — limited access to loved ones, intense infection control measures (wearing masks, using hand sanitizer and quarantining), as well as constant monitoring of vital signs. This has certainly led to a drain on morale and energy levels. Yet, we have all worked hard and made it through to a new year. We are one step closer to regaining some of the normal daily activities that we have always taken for granted — visiting with loved ones, eating together, shopping and attending group activities.

With this New Year, we hope to move forward with vaccinations against the symptoms of Covid-19. Details are still developing, but please know we are preparing for the day when the vaccination process will begin here at The Lodge. What we do know, from our statewide advocacy group known as Care Providers of Minnesota, is:

1. **Fact:** Covid-19 vaccines will not give you Covid-19
2. **Fact:** Covid-19 vaccines will not cause you to test positive on Covid-19 viral tests
3. **Fact:** People who have gotten sick with Covid-19 may still benefit from getting vaccinated

We also know the vaccination process requires two shots scheduled 3-4 weeks apart. In order for the vaccination to be successful, you will need both shots.

We will continue to keep you informed as more information becomes available regarding the vaccination. If you have questions or concerns about the vaccination, please do not hesitate to contact your primary care physician's office.

### SUPPORTING THE SPIRIT

#### A New Year's Blessing

As the dawn breaks upon a new year, let us give thanks for all we hold dear; our health, our family, our co-workers and friends.

Let us release our grudges, our anger and our pain. Let us live each day in the most loving ways. Let us serve those in need, regardless of race, color or creed.

Let us keep God of our own understanding in our hearts and speak God's name each day. Let us lead the world from darkness to light.

Let us treasure the earth, and affirm the worth of every human being.

Let us remember that we are not alone. We are interconnected and better together. May God's love shower upon us!

—Rev. Marcy Sheremetta

Cathy Nordheim

Spiritual Care Director

### TIPS FROM TARA

Stretching is for everyone!

Research shows that those who stretch at least 2-3 times each week experience range of motion improvements. Stretching has also shown to decrease risk of injury, especially in older adults. Stretches are most effective when our body is warmed up but can also be performed gently without warming up. Stretching should be completed following an exercise routine or to break up sedentary time. If you elect to add stretching to your activities of daily living, incorporate these tips:

1. Hold each stretch for 10-30 seconds
2. Stretch to the point of tightness and slight discomfort. Do not stretch beyond that.
3. Repeat each stretch 2-4 times.
4. Keep a steady inhale and exhale. Avoid holding your breath while stretching.
5. Stretch all parts of your body: legs, arms, low back, core, neck, etc.

We also offer FIT to Stretch™ and Balance on Mondays and Wednesdays. This class is an excellent opportunity to build up flexibility and reduce risk of disease.



## RESIDENT SPOTLIGHT

You will often see Bill and Linda in our Fitness Center at The Lodge, dedicating themselves to daily workouts. We are pleased to recognize this couple in our newsletter.

Bill was born Aug. 2, 1946, in Los Angeles, Calif. His father was a “jack of all trades,” as he worked in various citrus orchards. His mother had the distinction of being a “Rosie the Riveter” during World War II, working alongside thousands of women in the U.S. aircraft industry. Bill has a younger sister, Linda, born Aug. 3, 1947, in Santa Paula, Calif., was the youngest of three children. Her parents owned and operated Handrock’s Jewelry Store.

The two of them met in junior high in the Santa Paula schools and spent their teenage years living a couple of blocks apart. Bill played football in high school, working summers spraying citrus trees. Linda focused her energies on business classes, developing her skills at typing and shorthand. They graduated in 1965 and were married April 3, 1966. Right after their wedding, Linda and Bill drove their packed car to North Carolina, where Bill began his service in the U.S. Army. Later, they were stationed in Handorf, Germany, for two years, where Bill worked as a personnel clerk. “It was a NATO forces unit. Our son, Chuck, was born in the nearest American Army hospital in Bremerhaven.” Linda states, “We were such a young couple with a new baby, and we had great German and American neighbors who took us under their wing.”

When they moved back to Santa Paula, where their daughter, Donna, was born, Bill began working for 3M Company as a draftsman. In 1974, he was transferred with 3M to Oakdale, Minn., and continued there until his retirement in 2004. “My profession changed greatly over the years. Early on, everything was hand-drawn at a drafting table. With the invention of computers, technology took over. After I retired, I had my own business, using a laptop.”

Bill and Linda made their home in Stillwater, living across from The Lodge near Long Lake. Linda worked for Northwest Bank that became Wells Fargo Bank. She spent many years working in the offices of the Minnesota Correctional Facility of Oak Park Heights, a maximum security prison. “I worked in payroll and assisted the prison warden,” says Linda.

Bill and Linda spent many vacations in the outdoors with their family; tent camping, canoeing in the Boundary Waters, fishing and traveling on the West Coast. Bill is also a telescope enthusiast. Linda has enjoyed weaving as a hobby. Their son lives in St. Paul with his wife and works in Prosthesis and Orthotics. Their daughter has a special talent in encaustic painting; using heated beeswax and colored paints to create portraits and landscapes. She lives in Stillwater with her husband and three children.

Linda and Bill view the importance of fitness in their daily lives. Linda says, “It helps me with my fibromyalgia. Bill had a heart attack while mowing the grass in 2014, and his cardiologist is so supportive of his exercise routine. We plan to keep on moving!”



## CULINARY

Happy New Year from the culinary department! In the month of January when it is always snowy, soups are a staple in my house. I make a good hearty soup at least twice a week. Below is one of my family’s favorite soups that I always make a big batch of to last us for a few days. I hope you will enjoy.

Cheers!

*Heather Swan*

### Tortellini Soup

*Serves 6*

#### Ingredients

- 1 Tbsp olive oil
- 1 lb. lean ground beef (you can use ground turkey or chicken as well)
- 1 1/2 cups chopped yellow onion
- 1 cup diced celery
- 1 cup diced carrots
- 1 Tbsp minced garlic
- 3 (14.5 oz) cans low-sodium chicken broth
- 1 (14.5 oz) can petite diced tomatoes
- 3 (8 oz) cans tomato sauce
- 1 Tbsp Italian seasoning
- Salt and freshly ground black pepper
- 1 (9 oz) pkg. cheese tortellini
- 2 cups (2 oz) spinach, roughly chopped
- 3 Tbsp minced fresh parsley

#### Instructions

1. Heat olive oil in a large pot over medium-high heat. Crumble in beef in chunks and let cook until browned on bottom, about 3 minutes.
2. Turn and break up beef and continue to cook until no longer pink. Transfer beef to a paper towel lined plate while leaving 1 1/2 Tbsp fat in pot (or add 1 1/2 Tbsp olive oil and drain off fat).
3. Add onions, carrots, and celery to pot. Saute until starting to soften, about 7 minutes.
4. Add garlic and saute 1 minute longer.
5. Pour in chicken broth, tomatoes, tomato sauce, cooked beef, and season with Italian seasoning and salt and pepper to taste.
6. Bring to a simmer, then reduce heat to medium-low. Cover and simmer, stirring occasionally, until veggies are nearly soft, about 15 minutes.
7. Add tortellini and let simmer according to time listed on package (usually about 4-7 minutes).
8. Stir in spinach and parsley. Serve warm.

## EMPLOYEE SPOTLIGHT

**Name:** Thom Davis

**Title:** Cook

**How long have you worked here?**

Six weeks

**What is your favorite color?**

Green

**What is your favorite food?**

Japanese Food

**Hobbies?**

Kayaking, Jujitsu, Hiking and Drawing

**What is one thing you can’t resist?**

Swimming in crystal clear water.

**If you won the lottery what would you purchase first?**

Pay off my parents’ mortgage and then a house for myself.

**What is something about yourself few people know?**

I try to make people laugh when I’m in an uncomfortable situation.



## MARKETING

To our residents and residents-to-be:

Certainly the new year provides us 365 new days with at least 365 new chances to make a fresh start to make this the year to get your viewpoints clear. Happiness is achieved by taking each day as a new opportunity to keep moving towards what you want. Concentrate on what you will do each day. Be awake to change and get ready to move forward and put things into action.

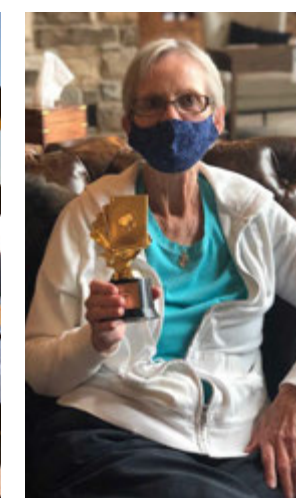
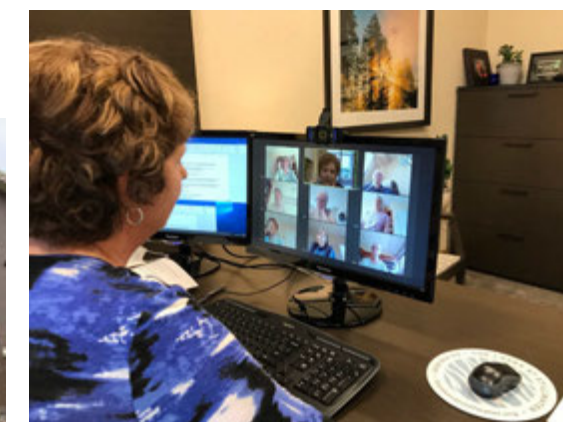
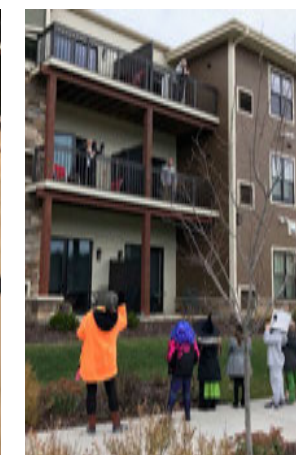
Perhaps that something would be inviting your friends to become your neighbors here at The Lakes at Stillwater. Encourage just one of your friends to contact us to learn more about the lifestyle you enjoy here. If your friends move in, you will benefit from a referral bonus of a \$1,000 credit off one month’s rent.

One thing that will remain the same is the promise of The Lakes at Stillwater to continue to provide a comfortable senior living community for all, and most importantly, we want you to know we are here for you; that will never change.

Best wishes of good health and happiness.

*Hope Summers and Beth Dempsey*

## REFLECTING ON 2020







**THE LAKES**  
AT STILLWATER

Senior Living

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651-439-8200 | thelakesatstillwater.org



MANAGED BY



The Goodman Group

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### Business Office Director

Kristin Tooze

### Director of Culinary Services

Heather Swan

### Spiritual Care Director

Cathy Nordheim

### Rock Steady Boxing Program Director

Tara Shafrath

## RESIDENT BIRTHDAYS

Janice P., Jan. 2

Larue, Jan. 5

Bette R., Jan. 14



## NEW RESIDENTS

- Chuck and Peggy A.
- Ron and Jackie B.
- Paul and Susette B.
- Floyd C.
- Jan K.



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