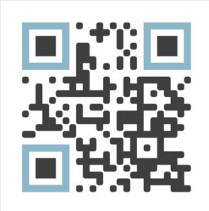




DOWNLOAD
GiGi Assistant®
TODAY

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!



Scan to Download



THE LAKES
AT STILLWATER

Senior Living

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



MANAGED BY  The Goodman Group

TEAM MEMBERS

Executive Director
Julie Kelly

Director of Nursing
Buffy Reinmuth

Campus Director of Sales & Marketing
Dana Bergerson

Business Office Manager
Stacy Fehrman

Life Enrichment Director
Haley Brandes

Spiritual Care Director
Jessica Derx

Director of Culinary Services
Bethany Hagle

Director of Maintenance
Daniel Clark

Housekeeping Supervisor
Angie Orlawski

Rock Steady Boxing Program Director
Beth Dempsey



IN LOVING MEMORY

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

- Dee N.



NEW RESIDENTS

We would like to welcome our newest residents!

- | | | |
|-------------|------------|--------------|
| • Tom A. | • Dick J. | • Evelyn S. |
| • Marian A. | • Dick N. | • Patrick S. |
| • Minda H. | • Karen N. | |



BIRTHDAYS

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

- | | | |
|----------------------|--------------------|-------------------|
| • Bill J. - 7/1 | • Sandra S. - 7/14 | • Lloyd H. - 7/26 |
| • Jerry B. - 7/8 | • Ed H. - 7/15 | • Sandy W. - 7/27 |
| • Marlene C. - 7/8 | • Tom A. - 7/20 | |
| • Margaret R. - 7/11 | • Muriel D. - 7/25 | |



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.



LIKE US ON FACEBOOK
visit facebook.com/TheLakesatStillwater



Good Life NEWS

at The Lakes at Stillwater

JULY 2025

UNDERGROUND PARKING UPDATES

Just a reminder that all vehicles renting a spot in the underground parking garage at The Lodge must be properly licensed and have updated license tabs. Please verify that your vehicle is in compliance.

If you haven't submitted a copy of your driver's license and vehicle insurance to the reception desk, please do so at your earliest convenience. Individuals requesting a waiver (e.g., family-only drivers) must also have valid driver information on file. Contact Julie Kelly if you have any questions.

The Lodge is working to lower temperatures in the garage by relocating condensers. This is an ongoing project, and renters will be notified if their vehicles need to be moved temporarily. Thank you for your patience as we improve this amenity.

Julie Kelly, LALD
Executive Director

SUMMER BARBECUES

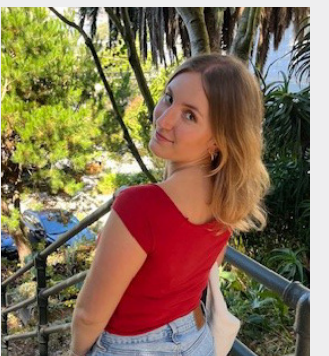
We are blessed with beautiful spaces for picnics, and we're excited to showcase our talented culinary team. Mark your calendars!

- Noon luncheon: Wednesday, July 16 in the Sandhill Shores outdoor patio and indoor areas. *For Sandhill Shores and Birchwood Landing residents only*
- Evening meal: Wednesday, Aug. 13 in Goodman Family Hall. *For Pearls of Life® residents (Garden Level and 2nd Floor) – families invited!*
- Evening meal: Wednesday, Aug. 20 in Shoreline areas, Goodman Family Hall and outside patios. *For residents of The Lodge residents – families invited!*

**RSVPs are appreciated for meal planning.*

TEAM MEMBER SPOTLIGHT: KENDAL

You may know Kendal from the culinary team, as she has been a server here since the summer of 2021. This summer, Kendal is also completing an internship in our Rock Steady Boxing program! Kendal is currently studying rehabilitation psychology at the University of Wisconsin-Madison. She hopes to become an occupational therapist specializing in geriatrics.



What she finds most rewarding about her culinary role is building connections with residents and learning how to communicate with different generations. In Rock Steady Boxing, she loves the tight-knit community and learning about Parkinson's through personal connections and hands-on experience.

Outside of work and school, she enjoys working out, cooking, trying new teas (she's a self-proclaimed tea connoisseur) and spending time with her cats. Make sure to say hi to Kendal the next time you see her in the dining room or the gym!

MONTESSORI MOMENTS

Thank you to the Stillwater Spikes & Houles for donating all of the beautiful annuals, herbs and vegetables to our garden for the fourth year in a row. These residents got to go shopping and pick out all of the individual plants. Both neighborhoods worked together to design and plant all of their goodies. Residents have taken ownership of their space and are maintaining it beautifully. We can't wait to see it grow all summer long!



Plant pickup

AUTHOR DAVID MCNALLY
PRESENTATION AND BOOK
SIGNING

Thursday, July 31 at 1 p.m. (Goodman Family Hall)

Book signing after presentation at Sandhill Shores

Join David McNally, author of the groundbreaking new book “If You’re Alive: Your Mission on Earth Isn’t Finished” for a presentation aimed at those who, at 60-plus, are entering a new phase of their lives, If You’re Alive is an inspiring guide to answering the questions: What’s next? What is my purpose now? Will I grow or decline? Will I expand or contract?



Presentation Objectives:

- **Mindset Shift:** Participants will leave with a fresh, life-enhancing perspective on aging, seeing it as a time of growth and opportunity.
- **Inspired Action:** Participants will be motivated to lead a more purpose-driven life by contributing their gifts, talents, and wisdom to others.
- **Strategies For Well-Being:** Participants will gain actionable insights on how to successfully navigate life’s challenges.
- **Enhanced Resilience and Adaptability:** Participants will learn how to embrace life with courage, optimism, and confidence.

David McNally has always been fascinated by human potential—the possibilities, no matter who we are or where we started in life, for soaring to new heights of achievement. He believes in the transcendent nature of the human spirit. No matter our age, we can stay engaged in life in a way that ensures living is always meaningful and fulfilling. These are the lessons and wisdom to be encountered in his groundbreaking new book: If You’re Alive – Your Mission on Earth Isn’t Finished.

DINING SERVICES UPDATE

We’re excited to introduce a new menu software program to enhance your dining experience. This new system allows us to create seasonal menus in real time, giving us more flexibility and variety. Our meals will continue to feature fresh ingredients and remain thoughtfully balanced to support your nutritional needs. We look forward to bringing you even more enjoyable dining experiences.

SOARING®: SUPPORTING
THE SPIRIT



Earlier this summer, I had the privilege of being the maid of honor in my best friend’s wedding. My friend had spent a full year preparing for her big day – a perfect backyard wedding at her sister’s house. Decorations were handmade, a creative BBQ-style menu was planned, and twinkling lights and wedding bubbles were purchased.

Well, in true Minnesota fashion, as the day approached, the weather was not cooperating. Of course, we had just gotten through a stretch of beautiful, full-sun, blue-sky weather. But now, the temperature plummeted, and the wind picked up. We made it through the rehearsal with the wind blowing, but it was drizzling, and we were freezing. We prayed the rain would stop and the wind would die down. Maybe the sun would peek out.

The wedding day arrived, and we checked the forecast. It looked like we were at least clear of rain, and the wind was supposed to die down. Good! But as the day began, the wind was howling, it was gray and cold, and things were looking grim. Setup began, and before you knew it, decorations were flying, and nothing was staying put. We pivoted and moved the reception into the garage. A very unideal situation.

The ceremony was still held outside. Guests arrived in winter attire, the wind did not die down, and in fact, it seemed to get worse. The temperature dropped even more. The music started, the bride and groom were ready, and after a beautifully windy ceremony, they were finally married. They did it! After all, that was the most important part of the day.

Later that night, while pondering the day’s events, I thought to myself: Why did my best friend have this type of day for her wedding? I wished she could have had that perfect weather we’d just had days ago. Why weren’t our prayers answered?

Here’s the answer I got: While chatting with the beaming bride at the end of the night, she said, “Did you hear what the flower girl said?” I hadn’t. She went on to tell me that earlier that day, when everyone was frantically setting up in the wind and cold, the flower girl told her, “I think God’s doing something.” My friend asked her, “What could He be doing?” She responded, “Testing you.”

I was shocked. My friend went on to say, “She was right, you know.” I learned a good lesson. I had to rely on so many people and trust that it would all go well – and it did. When plans changed, so many people jumped in to help and still made it the perfect day. It’s not easy to give up control and rely on others when you’re always the one in charge.

All this to say – when a situation is unideal, and we wish it were different, we don’t know what lesson will come from that trial. Sometimes, we so badly want a different outcome for ourselves or someone we love. But if it were that way, a very important lesson – and possible blessings – might be missed.

Despite all the challenges of the day, the wedding was perfect, the reception was a blast, and we were toasty warm in the garage. My friend and her husband had the most perfect wedding crafted just for them. I was amazed at their character. They never complained, took it all in stride and remained positive through the whole day.

Jessica Derx
Spiritual Care Director

RESIDENT SPOTLIGHT: PHYLLIS

Phyllis N. was born and raised in Alton, Illinois. She grew up as the middle child, with two sisters. She had an active and happy childhood and describes her parents as truly loving her well. In high school, she ran track and swam competitively.



This passion carried into adulthood and enabled her to compete in triathlons. She graduated from Alton Senior High School and went on to pursue a bachelor’s in nursing from Winona State University. Phyllis then went on to earn her master’s from St. Mary’s University of Minnesota in 1977.

Phyllis began her nursing career at St. Joe’s Hospital in St. Paul, Minnesota. This career path eventually led her to meet her husband, Tom, a doctor who worked at the same hospital. She remembers being able to read his handwriting and thought, “I need to meet this guy!” Tom worked as an anesthesiologist and was a rare find – a doctor with legible handwriting.

Phyllis and Tom married and put down roots in Mendota Heights, Minnesota. Together, they have two daughters, Allison and Emily. When their daughters were in high school, they built a home in Inver Grove Heights.

Phyllis primarily worked as a nursing administrator for 22 years at St. Joe’s Hospital. She retired from this work but later decided to switch careers, training to become an esthetician, which she loved. However, she soon returned to St. Joe’s Hospital as the executive lead during the construction of a new building. In total, she worked for St. Joe’s Hospital for 30 years, retiring in 2012.

In retirement, Phyllis moved to Englewood, Florida, which she thoroughly enjoyed. She has traveled extensively, both while working and in retirement. Notable trips include

New Zealand, where she went hiking with her best friend; Botswana, where she went on safari; Japan for a work trip to meet with pharmacists, with bonus time to explore; Italy for a special 50th birthday trip with five close girlfriends; and a pilgrimage to the Holy Land with her church in 2019.

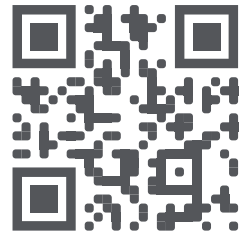
Phyllis has been active her entire life, from playing in pinochle tournaments in college to skiing, running, and swimming. A particularly notable achievement was qualifying for the Ironman World Championship in Hawaii after competing in a triathlon in Shoreview, Minnesota. Though she ultimately decided not to go, qualifying itself was a huge accomplishment.

Today, Phyllis has two grandkids whom she loves. She recently moved back to Minnesota in spring 2025 to be near family. Phyllis is a new member of Rock Steady Boxing. She enjoys getting her nails done at our in-house salon, loves Friday movies, and appreciates the walking paths and natural surroundings. If you haven’t met her yet, introduce yourself and say hello!

WE’D LOVE TO HEAR FROM YOU!

My name is Dana Bergerson, campus director of sales & marketing. I am new to The Lakes at Stillwater as of May 5, 2025. I thoroughly enjoy working here and feel a sense of belonging. I have been warmly welcomed by all the team, residents and dogs!

REVIEW US!



It is a privilege to meet each of you and hear your stories. This community shows deep compassion for others, which is so important in health care. I’ve seen it in every department – from enjoying the fabulous food at Sidney’s Bistro to hearing residents laugh during happy hour to watching caregivers make residents feel at home.

I’ve found my place here, and so many of you have, too. I hear it every day when I ask, “How do you like it here?”

Reviews are important because they show us how we’re doing as a community. Please share your experience! Let others know why you love The Lakes at Stillwater. We are a community that cares, and that’s what I love most.

Tips for writing a review:

- Keep it simple
- Provide an example
- Offer constructive feedback
- Be respectful
- Be honest
- Write from your perspective

To find our review pages, visit thelakesatstillwater.org/reviews or scan the QR code above. If you need help, feel free to stop by my office near the front reception desk. Thank you for your continued support.

Dana Bergerson
Campus Director of Sales & Marketing

PRESIDENTIAL PRECEDENTS:
THE ULTIMATE INFLUENCERS

Tuesday, July 15 at 3 p.m. (Goodman Family Hall)

A presentation provided by Adriana Collado

Which presidents have most influenced and expanded the role of chief executive? You might be surprised! Each occupant of the White House brings their personal insight (and baggage) to the office and makes decisions accordingly. Learn about the individuals who shaped the highest office in the land – for better or worse.



Adriana Collado is a respected defense attorney with over 20 years of experience in federal investigations and prosecutions. She has represented clients in federal courts nationwide, including Colorado and New York. Outside the courtroom, she educates on legal history, constitutional rights, and law’s intersection with pop culture.