

WILLOWS BEND WORD

MONTHLY NEWSLETTER

Ebenezer Values: Dignity, Integrity, Service, Compassion, Innovation

Resident Spotlight: Nancy Delp

Nancy was born on September 5th, 1939 to parents Margaret and Lewis Muller in Chicago, Illinois. Her brother Robert was 4 years older than her. Nancy attended school in Chicago at Austin School District where she graduated in 1957.

After graduation, Nancy went to a junior college for a year, and then began work at Aetna, an insurance company in downtown Chicago. After a couple of years Nancy then went on to work at Motorola. She was a secretary and did the bookwork for a certain department. While working at Motorola, Nancy was introduced to her husband Don through his sister. During this time Don was on a 30 day leave from the Air Force. When his 30 days were up, Don went to Iceland for a year. They continued to stay in touch by writing letters to each other.

When Don returned to Chicago, he worked for Grey Line Sightseeing, which his father owned. Also, during that time, he was attending school. Nancy and Don got married on September 2nd, 1961. They were married for 60 years! Together they had two children, Don Jr. and Joni. They lived in the suburbs of Chicago for a while. When the children were born, Nancy quit working for a little bit. After Don's father sold the business, Don worked for Jockey International.

Nancy and Don moved to Minneapolis for a couple of years, then to Albert Lea for a couple of years, then to Des Moines, IA. They moved so much because of Don's job. Nancy went back to work when they moved to Des Moines at Farm Bureau Insurance. Nancy retired in 2001 and Don retired in 1992.

When Nancy retired, they began looking for a new home in Florida. Somewhere there was no more snow! They moved to Ocala, FL in 2004. Nancy got involved with a group called the Women of the World, they would collect things for charities and hospice.

After her husband passed, Nancy returned to Minnesota. Her family found Willows Bend and she decided to move here. Nancy is a big Green Bay Packers fan but will root for the Vikings this year since the Packers aren't going far! She even has a picture of herself with Bart Starr! A fun fact about Nancy is at her and Don's 1st Year Anniversary they went to the Palmer House in Chicago. Tony Bennett was there and sang a song especially for them!



Leadership Team

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KATELYN MROZEK

Outreach & Sales Director

PATRICK OGRIN

Director of Health Services

JENNIFER DAU

Assistant Director of Health Services

LEAH OKERSTROM & THERISA PUERTO-TAGGERT

Culinary Director

SCOTT LOGELIN

Senior Chef

NATHAN ERVIN

Environmental Services Director

TOM MILLER

Dimensions Manager/Interim Resident Services Coordinator

EMILY PETRICK

Activities Director

KERRI ANTONEN

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What to Give a Person Living with Dementia This Holiday Season

by Marysue Moses, December 10th, 2021

Is there anything better than fully being with another person, in a relaxed, fun, comfortable way? How can we give more of that to our loved ones who are living with dementia? Let me count the possibilities! 1. We can step out of our comfort zone a tad to communicate more effectively. We may simply need to be a bit louder, to utilize more gestures and to add a little more energy and expression into our words and our tone of voice. 2. We can avoid arguing with the person about their view of reality. We can practice recognizing and acknowledging whatever emotions the person is expressing 3. Sometimes a simple apology is validating. Validation opens up some space. In that space, you can then change the subject to something else that is meaningful to the person. 4. If the person is not averse to being touched, we can use gentle touch to connect, reassure, and to express affection. As dementia progresses, the person may crave good, solid, sincere, gentle touch, as opposed to a cursory pat on the back or a brief hug. Might the person enjoy a little longer hug or a touch on the upper arm that lingers? 5. We can think out of the box to try new ways of communicating and spending time together. Especially if conversation is becoming more of a struggle as dementia progresses, how about keeping conversation to a minimum in favor of doing things together? • Sing your person's favorite song(s)? • Read and discuss favorite holiday recipes? • Read a short poem out loud. • Remind them of a favorite or funny holiday memory? I don't expect every idea here to be an ideal fit for you and your loved one, but I do hope this grab bag will inspire you to explore what will work for you both, so that you can more successfully share YOU, your PRESENCE with them, during this holiday time and beyond! Blessings to you and yours.

Emily Petrick, Dimensions Manager

Activities Corner

Hello December! We have made it to the end of the year. Can you believe that we have now been open for 4 months? We have a lot of fun activities scheduled for the holidays and can't wait to share them with you all! On December 5th Joey Clark will perform a Holiday Ballyhoo cabaret show with stories, songs, and games for the audience! Educational speaker David Jones will be here December on 7th to give a presentation on Mount Rushmore: Carving of an Icon. Our monthly lifelong learning with MacPhail Hour continues December 13th with Steve Roehm: Holiday Vibes. On December 14th Tara Brueske will be here to play the piano and sing some Christmas cheer. Our Willows Bend Christmas Party is on December 21st from 5-7pm for families and friends with music provided by the Blue Ox Jazz band, more information to come. Finally, a few Christmas light outings will wrap up our holiday activities. Please sign up outside of Kerri's office on the 2nd floor!

Again, if you would like to see anything different on the Activities Calendar, please let Kerri know or attend resident council on December 28th.

Kerri Antonen, Activities Director



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Choices for vibrant senior living

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Choices for vibrant senior living

Cooking with Culinary

You have likely noticed the change in the menu design. As a reminder breakfast is continental on the weekends and we have a set menu for during the week. If you have any suggestions of what you would like to see on the menu, please give them to the reception desk or place them in the drop box. You can always let me know as well.

As a reminder is always coffee and water available throughout the day at the coffee station. We also have fresh fruit and cookies that are available. If there is something you would like to see at the coffee station, please let me know. Thank you!

Scott Logelin, Culinary Director

Environmental Services

HEATING SEASON: Winter is here again, and that means we can have very inconsistent temperatures outside.... You may have noticed that the common area thermostats have been changed over to “heat” to keep you comfortable, but the apartments are controlled by each resident via the thermostat in their apartment. Your thermostats have a cool setting and a heat setting, so if you have turned the thermostat to “heat” (or had me do this) that means your air conditioning will not run on the warmer temperature days. If you get warm, I suggest that you turn your thermostat down and temporarily open a window or patio door to help cool the apartment down. If it continues to be a concern, please contact me to discuss other options.

RECYCLING REMINDER: Please remember that the bins in the Trash Rooms are ONLY for RECYCLING items, and all food containers should be thoroughly rinsed before recycling them. Cardboard boxes should be flattened and stacked behind/beside the recycling container. ALL trash must be put in a closed (tied) garbage bag and put down the Trash Chute. If you have put your recyclable items in a plastic bag, it is no longer recyclable and must go down the Trash Chute.

Thank you!

Tom Miller, ESD

Recipe for the Month: Pumpkin Bars

Ingredients: 2 Cups Sugar, 2 Cups pumpkin, 1 cup oil, 2 cup flour, 4 eggs, 2 tsp. baking powder, 1 tsp. cinnamon, 1 tsp. baking soda, 1 tsp vanilla, and ½ tsp. salt. Mix all ingredients and pour into a sheet cake pan. Bake at 350 degrees for 25 minutes. Cool and Frost.

Frosting: 1 small package cream cheese, ¾ stick margarine, 1 tsp. vanilla, 3 cups powdered sugar, 2 tbs. milk, and chopped nuts if you desire. Mix by hand or with mixer to combine.



Resident Birthdays

12/12 Richard Jansen
12/20 Diane Cary
12/22 Carol Jansen
12/23 Roger Cropper

Staff Birthdays

12/16 Evahlynn Lee
12/20 Princess Gaye

Holidays and Fun Days in December

12/7 Pearl Harbor Remembrance
12/13 National Cocoa Day
12/25 Christmas
12/31 New Year’s Eve

Nursing News

Don’t forget about our COVID booster Clinic on December 8th at 1:30pm in the Community Room. If you have signed up, you can come to the community room starting at 1:20pm.
Jen Dau, Director of Health Services

