 **Dimensions Minute:** Heartwarming Ways of Connecting to Your Loved One with Memory Loss

**Hello from our newly opened Dimensions Community!** Read below for an excerpt from Ebenezer's blog: Even when dealing with memory loss, it's still possible for you and your loved one to share some heartfelt connections and bonding moments. Here are some ways to help make that happen. The more you know about what your loved one is experiencing, the easier it will be for you to anticipate what sorts of conversations and activities will be positive, and which will hamper your connection. Especially if your loved one's memory loss is new, spend some time learning about what their diagnosis means. Focus on what your loved one is feeling, and what they might be worried about. Learn about next steps, and ways you can help. The more knowledge you have about what your loved one is going through, the more comfortable you'll be interacting with and connecting with them.


Practice Empathy: The best way to foster connection with anyone is to try and put yourself in their shoes. Try to remember where they're coming from and what they're experiencing. Just by practicing empathy, you'll likely feel a stronger sense of connection.

Take Action: Empathy plus action leads to compassion, so a key way to connect with your loved one will be to take action. Schedule time for activities you know you and your loved one will both enjoy. Try new methods of communication, like songs or activities. If you come up with a way to connect with your loved one, don't wait – turn your thought into action.

Stay Positive: Try to avoid getting angry or frustrated if your loved one doesn't seem to respond to what you're saying and remember that they are just doing the best they can.

If you're looking for a good way to inject some positivity into your interactions, try focusing on humor. Whether you're telling a simple joke, smiling more often, or coming up with activities that encourage laughter, any lift of the mood will help. There's no better way to connect with a loved one than by sharing a laugh or a good time.

Emily Petrick, Dimensions Manager


 **Activities Corner**


Hello 2023! I am so excited to start the new year with all of you here at Willows Bend Senior Living! For the month of January, we have scheduled outings for grocery runs on Thursdays to Bob's, Aldi, Target, and Cub. Other outings will include lunch at Route 47, and visits to Forgotten Star Brewery with the Brick Oven Food Truck, and High Pines Brewery/Tipsy Steer. Entertainment for the month includes MacPhail Hour, Gary LaRue, Michael Riddle, and Nate Hance.

We have added a few new activities to the calendar for the month of January. Starting on Tuesdays at 11am, Jackie Chattopadhyay will lead a Women's Bible Study. We are also going to have card games on the calendar. I have made a card player directory binder that will be located in the club room. It will have the names of people that are interested in playing various card games. If you don't have enough players, you can call anyone on that directory to see if they are available to play. If you have any suggestions of what you would like to see on the calendar, please let Kerri know or attend resident council.

Kerri Antonen, Activities Director

Don't forget to like us on Facebook! <https://www.facebook.com/WillowsBendSeniorLiving/>

 <u>Resident Birthdays</u>	<u>Staff Birthdays</u>	<u>Holidays and Fun Days in January</u>
1/1 Martin Schelde	1/1 Ragene Kluttz	1/1 New Year's Day
1/1 Raymond Usher	1/22 Tom Miller	1/4 National Trivia Day
1/19 Sandra Hosch	1/26 Pat Ogrin	1/16 Martin Luther King Jr. Day
		1/25 National Irish Coffee Day



# WILLOWS BEND WORD

MONTHLY NEWSLETTER

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

**Leadership Team**

**Executive Director**  
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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**WILLOWS**   
— BEND —  
SENIOR LIVING

*Resident Spotlight: Darlys Nelson*

Darlys Nelson was born on April 14<sup>th</sup>, 1936 to parents Leo and Gladys Windburn in Napoleon, North Dakota. She had two older sisters who have both passed. Darlys started school in Grand Rapids, North Dakota, but then moved to Minnesota when she was 8 years old. She attended school in Robbinsdale and graduated in 1954.

After high school, Darlys attended the University of Minnesota. There she met her husband to be Williard, they were in school together. She graduated in 1958 with a degree in Education. After school they got married on August 15, 1959. They had 5 children together: Sieglinde, Shawn, Shantel, Sheil, and Sabrina. They also have 23 grandchildren, 5 of them are great grandchildren. Darlys taught kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> grade for 30 years! Most of those years were with the Robbinsdale school district but then went to school district 16. Darlys was also lead on Title One (Chapter One) literacy program and won a presidential award.

Darlys loves all kinds of music! She used to play the trumpet and her husband played the trombone. They were both first chair and would march in the Aquatennial every year. Darlys said that she and her family loved to roller-skate and would go all around Minneapolis. Some other things Darlys enjoys are baking brownies and pies and watching hockey and baseball. Darlys also lived a mile from here in the Melody Manor neighborhood!



Welcome to Willows Bend Darlys!

## *Cooking with Culinary*

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.

Remember that coffee and water are available throughout the day at the coffee station. We also have fresh fruit and cookies 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*

HAPPY NEW YEAR! The question was recently brought up at Resident Council on how to deal with an accidental smoke alarm when cooking in the apartments. This is a great question and the more that we ask, share, and participate in the Willows Bend meetings & drills, the more prepared we all will be.

If you do happen to burn something, please do NOT open the front door to your apartment; that may allow smoke to enter the main hallway and set off the Main Fire Alarm for the entire building. I recommend turning on the bath fan (with doors open) and open the windows (and patio door if applicable) to bring fresh air in; you can also turn the stovetop fan ON to help circulate air. Next, call down to the front desk to make the staff aware; if maintenance personnel are in the building, we will assist you. Even after business hours, the reception phone and press 1. Lastly, there is a “hush button” on the smoke alarm; you can push and hold it, but the alarm will not silence if there is still smoke in the apartment. ALWAYS, make sure the staff is aware of ANY fire alarm sounding. Please remember, this is ONLY for small/accidental “burnt offerings” as I call them. If you do have a fire emergency in your apartment, exit your apartment and call 911; then make your way to the main entrance and pull the red Fire Pull Station in the vestibule (obviously, alerting any staff members and residents that you may see). The priority is to vacate the affected apartment and call 911, then for someone to pull the Fire Pull Station so the entire building can be alerted. If you are not directly neighboring the fire, stay in your apartment unless our staff or the fire department tells you otherwise. Please let me know if you have any further questions or suggestions.

Tom Miller, Environmental Services Director

## *Recipe for the Month: Chicken Pot Pie Hotdish*

### Ingredients

- \* 4 tablespoons butter \* 8 ounces sliced mushrooms \* 1 cup sliced celery \* 5 tablespoons all-purpose flour
- \* 1/2 teaspoon dried thyme \* 1 tablespoons all-purpose seasoning (salt-free) \* 1 teaspoon garlic powder (optional)
- \* 2 cups milk (or half and half) \* 1 1/2 cups chicken broth \* 2 1/4 cups cooked shredded chicken (or turkey!)
- \* 1 (12-ounce) bag EACH: pearl onions AND crinkle cut carrots, defrosted
- \* 1 cup peas, defrosted \* 1 1/2 cups shredded cheddar cheese \* 1- 1 1/2 (18-ounce) bag frozen tater tots

### Instructions

1. brown the veggies: Melt the butter in a 4-quart dutch oven (use oven-safe if you don't want to transfer to a casserole dish) over high heat. Add the mushrooms and allow them to brown, about 5 minutes. Add the celery and let it cook for about 3 minutes or until slightly softened. Sprinkle the flour over the veggies and stir to coat evenly. You'll notice it starts getting dry and crumbly, let cook 1 minute. Season with the dried thyme, all-purpose seasoning, and garlic powder (if using).
2. make the base: slowly stream in the milk while you use a whisk with the other hand to work out any lumps. Add the chicken broth and allow the soup to reach a simmer, this will take 8-12 minutes. While the soup reaches a simmer, position a rack in the center of the oven and preheat the oven to 425°F. Once the soup reaches a simmer, add the shredded chicken, onions, crinkle cut carrots, and peas. Stir and allow the mixture to come back to a simmer.
3. bake: Spray a 9x13 baking dish with nonstick spray. Transfer the prepared chicken mixture to the dish. Top with the shredded cheese and the tater tots. You'll need more if you're using a baking dish and less if you're using a dutch oven. Bake for 27-32 minutes or until the tots get nice and golden brown. I like to turn the broiler on for the last 1-2 minutes just to give them a little more of a crispier texture. Let cool slightly before serving.



## *Nursing News*

As you may have noticed, we have hired a few new caregivers since our Dimensions Community has opened. Please join us in welcoming to the Willows Bend Team:

Mercy Johnson, Edwina Johnson, Hannah Lorr, Ragene Kluttz, and Bonita Lee!

Welcome to WILLOWS BEND!

Jennifer Dau, Director of Health Services

## *January is National Blood Donor Month*

The month of January is usually a period of critical blood shortages. Please stop donating blood during the holidays and when they get sick, and blood drives also get snowed out during the winter months.

The President of the United States more than 50 years ago on December 31, 1969 signed a proclamation designating January as National Blood Donor Month. January is national Blood Donor Month; it is a time to celebrate the lifesaving impact of blood and platelet donors.

Every two seconds someone in the United States needs blood. And those needs do not diminish during disasters or pandemics. Through Red Cross's national inventory system, they have the ability to move blood around the country to wherever and whenever it is needed the most.

Health emergencies don't pause for holidays, game days or a pandemic! As COVID-19 cases have risen across the United States, so has the need for convalescent plasma. There are two ways those who have recovered from COVID-19 can make a big difference: 1. Convalescent Plasma Donation- The Red Cross is collecting convalescent plasma at over 170 locations throughout the country. 2. A Whole Blood Donation- plasma from whole blood donations that test positive for COVID-19 antibodies may be used to help COVID-19 patients. Please check with your local Red Cross to see if you can't give blood or plasma!

To find more information about donating blood, please go to [redcrossblood.org](https://redcrossblood.org). Right now, if you give blood you will be entered to win a trip to Super Bowl LVII!! The City of Fridley will be having a blood drive on January 11<sup>th</sup>, 2023 from 9:30a-3:30p. You can sign up for time slots on [redcrossblood.org/give.html/donation-time](https://redcrossblood.org/give.html/donation-time).



Be a part of the campaign to spread awareness for the need for blood.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00a Coffee & Chat- WL 11:00a Ebenezer Worship Service-T/C 1:30p Independent Card Games-CL <b>3:25p Vikings at Packers on CBS- CL and T/C with popcorn</b>	<b>1</b> <u>National Cream Puff Day</u> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Bridge Club- CL 2:30p Ladies Nail Painting & Men's MAN-icures-CR 3:30p Cream Puff Social-CR	<b>2</b> 10:00a Coffee & Chat- WL 11:00a Women's Bible Study-CL 1:30p 500 Card Club- CL 2:00p Baker's Table: Hot Chocolate Cookies-CR 3:30p Men's Group- CL <b>8:00p Gopher Basketball at Wisconsin-BTN</b>	<b>3</b> <u>National Trivia Day</u> Essential Beauty 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Popcorn Available-WL 2:00p Trivia Time-CR 3:00p Crafting Corner-CR 3:45p Hot Chocolate Social-CR <b>8:30p Minnesota Wild vs Tampa Bay Lightning</b>	<b>4</b> 10:00a Coffee & Chat- WL <b>10:00a Shuttle to Bob's Produce-WL</b> 11:00a Technology Help-CR 1:30p Hand & Foot Card Club-CL 2:30p Daily Devotional Video with Dr. Charles Stanley-T/C 3:30p Happy Hour- CL	<b>5</b> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Cribbage Card Club-CL 2:30p Trivia Time-CR 3:30p Puzzle Group-LIB	<b>6</b> 10:00a Coffee & Chat- WL <b>11:00a Gopher Basketball vs. Nebraska on BTN- CL and T/C</b> 2:30p Willows Saturday Matinee-T/C 4:00p Puzzle Group-LIB <b>6:00p Minnesota Wild at Buffalo Sabers</b>
10:00a Coffee & Chat- WL 11:00a Ebenezer Worship Service-T/C 1:30p Independent Card Games-CL <b>6:00p Minnesota Wild vs. Saint Louis Blues</b> <b>Vikings at Bears - CL and T/C with popcorn (TBD)</b>	<b>8</b> <u>National Law Enforcement Appreciation Day</u> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Bridge Club- CL 2:30p TED Talk: The Surprising Science of Happiness by Dan Gilbert-T/C 3:15p Ladies Nail Painting & Men's MAN-icures-CR 4:00p Homemade Smoothies-CR	<b>9</b> 10:00a Coffee & Chat- WL 11:00a Women's Bible Study-CL <b>11:30a Lunch Outing: Route 47-WFE</b> 1:00p Knit & Crochet Circle-CR <b>2:00p MacPhail Hour- CR</b> 3:00p Hot Chocolate Social-CR <b>6:00p Minnesota Wild at NY Rangers</b>	<b>10</b> Essential Beauty 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Popcorn Available-WL 2:00p Mexican Train Dominoes-LIB 3:30p White Wine Taste Testing-CL	<b>11</b> 10:00a Coffee & Chat- WL <b>10:00a Shuttle to Aldi-WL</b> 1:30p Hand & Foot Card Club-CL 2:30p Daily Devotional Video with Dr. Charles Stanley-T/C 3:30p Happy Hour- CL <b>5:30p Gopher Basketball at Ohio State on FS1</b> <b>6:30p Minnesota Wild at NY Islanders</b>	<b>12</b> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Cribbage Card Club-CL 2:30p Movie Matinee-T/C 3:30p Puzzle Group-LIB	<b>13</b> 10:00a Coffee & Chat- WL <b>11:45a Outing: Forgotten Star Brewery with Brick Oven Food Truck</b> 1:30p Cribbage Card Club-CL 2:30p Movie Matinee-T/C 3:30p Puzzle Group-LIB
10:00a Coffee & Chat- WL 11:00a Ebenezer Worship Service-T/C 1:30p Independent Card Games-CL 3:00p Willows Sunday Matinee-T/C	<b>15</b> <u>Martin Luther King Jr. Day</u> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Bridge Club- CL 2:30p Martin Luther King Jr. Day Discussion-CR 3:30p Ladies Nail Painting & Men's MAN-icures-CR 4:00p Homemade Smoothies-CR <b>5:00p Gopher Basketball vs. Illinois on BTN</b>	<b>16</b> 10:00a Coffee & Chat- WL 11:00a Women's Bible Study-CL 1:30p 500 Card Club- CL 2:00p Baker's Table: Strawberry Cheesecake Dump Cake-CR 3:30p Women's Group-CL <b>6:00p Minnesota Wild at Washington Capitals</b>	<b>17</b> Essential Beauty 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Popcorn Available-WL 2:00p Trivia Time-CR 3:00p Crafting Corner-CR 3:45p Hot Chocolate Social-CR	<b>18</b> <u>National Popcorn Day</u> 10:00a Coffee & Chat- WL <b>10:00a Shuttle to Target-WL</b> 11:00a Technology Help-CR 1:30p Hand & Foot Card Club-CL 2:30p Daily Devotional Video with Dr. Charles Stanley-T/C 3:30p Happy Hour- CL <b>6:00p Gopher Basketball vs. Purdue on ESPN2</b> <b>6:00p Minnesota Wild at Carolina Hurricanes</b>	<b>19</b> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:00p Cribbage Card Club-CL <b>2:00p Entertainment: Gary LaRue- CR</b> 3:15p Cheese Taste Testing Social- CR 3:30p Puzzle Group-LIB	<b>20</b> 10:00a Coffee & Chat- WL 1:30p Independent Card Games-CL 2:30p Willows Saturday Matinee-T/C 4:00p Puzzle Group-LIB <b>5:00p Minnesota Wild at Florida Panthers</b>
10:00a Coffee & Chat- WL 11:00a Ebenezer Worship Service-T/C <b>12:00p Gopher Basketball at Michigan on BTN- CL and T/C with popcorn</b> 3:30p Independent Card Games-CL	<b>22</b> <u>National Pie Day</u> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:00p Bridge Club- CL <b>2:00p January Birthday Social with Entertainment: Michael Riddle- CR</b> 3:30p Ladies Nail Painting & Men's MAN-icures-CR	<b>23</b> <u>National Peanut Butter Day</u> 10:00a Coffee & Chat- WL 11:00a Women's Bible Study-CL <b>11:30a Lunch Outing: High Pines Brewery/Tipsy Steer-WFE</b> 1:30p 500 Card Club- CL 2:30p Baker's Table: Peanut Butter Cookies-CR 3:30p Get to Know your Neighbor Social-CL <b>6:00p Minnesota Wild at Tampa Bay Lightning</b>	<b>24</b> <u>National Irish Coffee Day</u> Essential Beauty 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Popcorn Available-WL 2:00p Resident Council-CR 3:30p Irish Coffee Social- CR <b>8:00p Gopher Basketball vs. Indiana on BTN</b>	<b>25</b> 10:00a Coffee & Chat- WL <b>10:00a Shuttle to Cub- WL</b> 1:30p Hand & Foot Card Club-CL 2:30p Daily Devotional Video with Dr. Charles Stanley-T/C 3:30p Happy Hour- CL <b>8:00p Minnesota Wild vs Philadelphia Flyers</b>	<b>26</b> 10:00a Coffee & Chat- WL 11:00a Exercise with Kerri- 1G 1:30p Cribbage Card Club-CL 2:30p Movie Matinee-T/C 3:30p Puzzle Group-LIB	<b>27</b> 10:00a Coffee & Chat- WL <b>11:00a Gopher Basketball at Northwestern on BTN- CL and T/C</b> 1:30p Independent Card Games-CL 2:30p Willows Saturday Matinee-T/C 4:00p Puzzle Group-LIB <b>8:00p Minnesota Wild vs Buffalo Sabers</b>
10:00a Coffee & Chat- WL 11:00a Ebenezer Worship Service-T/C 1:30p Independent Card Games-CL 3:00p Willows Sunday Matinee-T/C	<b>29</b> <u>National Croissant Day</u> 10:00a Coffee & Chat with Croissants- WL 11:00a Exercise with Kerri- 1G 1:30p Bridge Club- CL 2:30p TED Talk: My Philosophy for a Happy Life- Sam Berns -T/C 3:15p Ladies Nail Painting & Men's MAN-icures-CR 4:00p Homemade Smoothies-CR	<b>30</b> <u>National Hot Chocolate Day</u> 10:00a Coffee & Chat- WL 11:00a Women's Bible Study-CL 1:00p Knit & Crochet Circle-CR <b>2:00p Entertainment: Nate Hance- CR</b> 3:00p Hot Chocolate Social-CR 3:30p Book Club- LIB	<div> <div>Room Key:</div> <div> 1G – Exercise Gym -1  WL- Willows Lobby  CL-Club Room 1<sup>st</sup> floor  DR- Dining Room 1<sup>st</sup> floor  CR- Community Room 2<sup>nd</sup> floor  T/C- Theater/Chapel 2<sup>nd</sup> floor  LIB- Library 2<sup>nd</sup> floor  WFE-Willows Front Entrance </div> </div> <div> <div>January 2023</div> <div>Independent/Assisted Living</div> <div>Activities are subject to change. See weekly sheet for up to date information.</div> </div>			<div>Activities Director: Kerri Antonen</div> <div>Phone# (763)308-2893</div> <div>Essential Beauty #(651)302-5644</div> <div>by appointment only</div>



