



THE PILLARS OF PROSPECT PARK

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

SEPTEMBER 2023

EXPERIENCE SENIOR LIVING LIKE NEVER BEFORE

Happy September! We are thrilled to announce that it's time for our annual Homecoming celebration here at The Pillars – a highlight of the year for many of us. This year, we are embracing the theme of celebrating community, because that's exactly what we are—a vibrant, interconnected, intergenerational community. Our residents have consistently expressed their love for their neighbors in our satisfaction surveys, highlighting the stimulating conversations, shared experiences, and fun they enjoy together.

As our community continues to grow, we are excited to welcome six new students who will be joining us as residents for the upcoming school year, along with ten returning students. This expansion further enhances the intergenerational nature of our community, which brings forth a multitude of benefits for individuals across different age groups. Living in an intergenerational community fosters a sense of connection and understanding between generations. Through regular interactions and shared experiences, older adults have the opportunity to pass down wisdom and life lessons to younger generations, while younger individuals can offer fresh perspectives and technological expertise. This exchange of knowledge and support promotes mutual learning and personal growth. Moreover, intergenerational communities provide opportunities for social engagement and companionship, reducing feelings of isolation and loneliness among older adults. The presence of younger individuals brings energy, vitality, and a sense of purpose to the community, while older adults offer guidance, mentorship, and stability. In addition to these benefits, intergenerational communities promote empathy, tolerance, and respect for people of all ages, fostering a more inclusive and compassionate society. By breaking down age-related stereotypes and promoting intergenerational relationships, we create a supportive environment where individuals can thrive and age gracefully.

Furthermore, living in a community, regardless of age, offers numerous advantages that enhance one's quality of life. It provides a sense of belonging and connection, fostering social interactions and support networks. Collaboration and cooperation among residents allow for the pooling of resources, skills, and knowledge, leading to increased efficiency, improved problem-solving, and a stronger sense of unity. Overall, the benefits of living in a community, especially an intergenerational one, encompass social, economic, and environmental aspects, making it an appealing choice for many individuals. We are proud to be a community that celebrates and embraces the diverse experiences and contributions of all our residents, from the children in our child care to the college-age students and our long-standing residents. Thank you for being a part of our wonderful community. Let's continue to cherish and enjoy the connections we have with our neighbors as we celebrate Homecoming this month.

Warm Regards,

Jay Benedict & Kristen Edson
Sales and Marketing team



"Sometimes, in the simple act of holding a child's hand, we find a connection that transcends words. It is a reminder that we have the power to shape their future and make a lasting impact. So, let us cherish these moments, for in holding a child's hand, we hold the promise of a brighter tomorrow."

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PILLARS PEACE PROJECT

"Every month, our community takes great pride in celebrating the diverse backgrounds and cultures of our staff and residents. This month, we are thrilled to honor one of our resident assistants, who hails from the beautiful country of Kenya. As we come together to commemorate their heritage, we embrace the spirit of unity and inclusivity that defines our community. In the words of a Bahamian proverb, 'We may be different islands, but we are all part of the same ocean.' This sentiment resonates deeply as we extend a warm welcome to Niqua, an exceptional resident care attendants from The Bahamas. To mark this occasion, we eagerly anticipate a delightful community meal, filled with authentic flavors and shared stories, as we celebrate the richness of our global community."



NIQUA

RESIDENT ASSISTANT



WALK IN THEIR SHOES!

Do you know someone who is isolated or perhaps wrestling with dementia? You try to engage but don't know how? Let us help. Following the walk, Brooklyn our director of active living will teach you how to ask beautiful questions and invite someone to imagine, using words, sounds, movements and images. Shift away from the expectation of memory — toward the freedom that imagination can bring. During your time here you will first try to walk in the shoes of those living with dementia through this simulation course that allows you to experience firsthand what it is like to live with the challenges that brain changes bring into our lives.

"Living with dementia is like navigating a world where memories fade and moments become fleeting. It's a journey filled with challenges and uncertainties, where familiar faces become strangers and cherished memories slip through our fingers. But amidst the confusion and frustration, there is still beauty to be found. Each day is an opportunity to embrace the present, to find joy in the simplest of moments, and to cherish the love and support that surrounds us. Walking in the shoes of someone with dementia reminds us of the importance of empathy, patience, and understanding. It teaches us to appreciate the power of connection and to treasure the moments of clarity and happiness that shine through the fog. Together, let's create a world where those living with dementia are seen, heard, and valued for the incredible individuals they are."

TimeSlips™



TUESDAY, SEPTEMBER 19TH

RSVP BY THURSDAY, SEPTEMBER 14TH | 612-623-7007 | JAY.BENEDICT@FAIRVIEW.ORG

3:30 p.m. – 5:00 p.m.

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SEP. 25 - 30

2023 PILLARS HOMECOMING

CELEBRATING COMMUNITY



MONDAY

JOIN OUR TEAM - SPORTS DAY

TUESDAY

ADVENTURING TOGETHER - JUNGLE

WEDNESDAY

**BUILDING COMMUNITY -
CONSTRUCTION**

THURSDAY

AMONG THE STARS - HOLLYWOOD

FRIDAY

CELEBRATING COMMUNITY - PILLARS

SATURDAY

GAME DAY - GO GOPHERS!



THE PILLARS
OF PROSPECT PARK

WWW.PILLARSENIORLIVING.COM

SEP. 25 - 30

SCHEDULE OF EVENTS

MONDAY

- 10:30AM HOMECOMING! PUP/PEP RALLY
- 2:00 PM TEAM PILLARS POUND FITNESS
WITH MIKE
- 3:30PM HOMECOMING WEEK - TAILGATE &
ALZHEIMER'S' ASSOCIATION
FUNDRAISER
- 6:45PM GOPHER GOLF SESSION

WEDNESDAY

- 2:00PM BEATS & BONDS POUND FITNESS CLASS
WITH MIKE
- 3:00PM TED TALK WITH JULIE WALLACE -
PROSPECT PARK NEIGHBORHOOD
- 4:15PM UMAA MEET & GREET
- 5:00PM BUILDING COMMUNITY DINNER

FRIDAY ♦

- 10:45AM HOMECOMING 2023 PARADE,
- 3:30PM HOMECOMING MATINEE -
MIRACLE (2004),

TUESDAY

- 10:00AM JUNGLE JAB & FLOW WITH ERIN
- 11:00AM SAFARI SCAVENGER HUNT WITH
CHILDCARE
- 2:00PM TED TALK - BAT CHAT WITH UMN
PROFESSOR CHRISTINE SALOMON
- 3:00PM EXOTIC ANIMALS VISIT,
- 7:07PM OUTDOOR MOVIE & SMORES - JUMANJI

THURSDAY

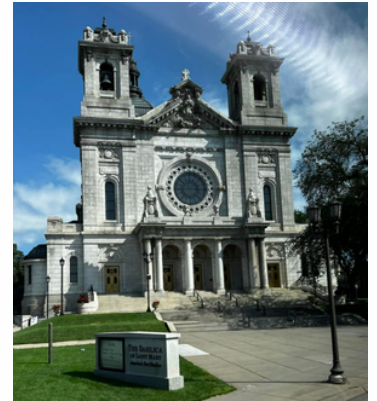
- 12:00PM HOLLYWOOD LUNCH
- 1:00PM UMN THEATER MAKE-UP DEMO -
HOLLYWOOD HORROR
- 2:30PM MACPHAIL UNWRAPPING MUSIC WITH
ANDREA LEAP - HOLLYWOOD MUSIC
- 6:45PM HOMECOMING DANCE WITH BOBBY
& CHRISTINE QUARTET

SATURDAY

- 7:45AM SKI-U-MANIA AT MCNAMARA
ALUMNI CENTER
- 9:30AM COFFEE SOCIAL,
- 10:45AM UMN GOPHERS AT HUNTINGTON BANK
STADIUM - KICKOFF 11AM

OUT ON THE TOWN FUN!

We had an amazing day exploring Minneapolis with Gray Line bus tours! We truly felt like tourists in our own city and learned so much about its rich history, both the highs and lows. From the fascinating stories behind iconic landmarks to the hidden gems we discovered along the way, it was an eye-opening experience. To top it all off, we enjoyed a delightful picnic at the breathtaking Minnehaha Falls, surrounded by the perfect picnic weather day and nature's beauty. And let's not forget the awe-inspiring homes on Summit Ave and the Capital that left us in awe of their architectural grandeur! Gray Line bus tours provided an exceptional experience, with knowledgeable guides and a comfortable ride throughout the day. Whether you're a local or a visitor, this is a must-do activity to truly appreciate the wonders of Minneapolis we hope you can join us next time as we explore our city together! Trust us, it's a 10/10 experience you won't want to miss!



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MAKING YOUR NEW SENIOR LIVING APARTMENT FEEL LIKE HOME

Whether moving yourself or helping a loved one move into a senior living community, you may feel overwhelmed or anxious about making such a big change. Here are a few tips to make your senior living apartment feel like home and help to make it a smooth transition for everyone involved. By bringing personal touches and cherished mementos of home into your new residence, you or your loved one will quickly feel more settled and comfortable in a new place to call home.

1. Choose a community that makes you feel at home. When looking at different senior living options, be sure to observe how friendly the staff and residents are and how they interact with each other. If it's the right fit, you'll feel warmly welcomed and at ease.

2. Learn what you can and can't do to customize your apartment.

After you've selected the ideal community, the next important step is to gain an understanding about any rules or recommendations the community may have regarding personalizing to your apartment home. By knowing about any guidelines or restrictions up front, you'll be able to plan how to make your apartment as homey as possible. For example, will they allow you to change the paint color on walls, or add drapes on windows?

3. Plan the placement of furniture according to the layout and square footage of the apartment home.

Using unit floorplans provided by the community, you can measure furniture and decide what pieces will best fit in your new space. You can also decide if it makes sense to bring any new furniture upon move in.

4. Make your new home familiar in surroundings to make for a smoother transition.

You may be able to set up certain areas in a way that resembles your former home. Take special care in the bedroom by using familiar bedding, furniture, and décor. This will help you or your loved one find greater comfort and relaxation upon turning in each night.

5. Add photos and other memories. Every home needs some special keepsakes to make it unique.

Framed photos of family, you, but can also serve as conversation starters with new neighbors.



6. Make new connections. After you or your loved one have moved in, it's time to enjoy all the social opportunities that come with living in a vibrant community like Pillars of Prospect Park. Take advantage of the great dining options and participate in community activities as well as visiting with new neighbors.

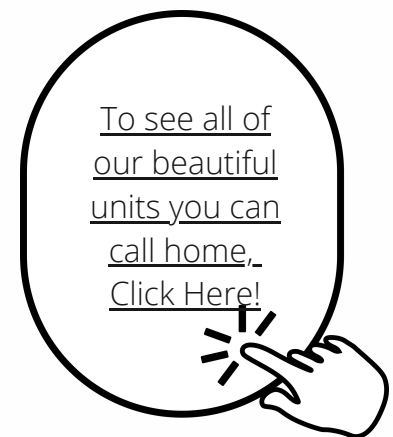
7. Stay in touch with old friends and family members. Even as you begin meeting new people, make sure to keep in communication with friends and families outside of your new community. Once you're settled in, invite visitors your new home and offer to show them around the community. And don't forget to introduce them to all your new friends and neighbors!

8. Make room for new memories. You'll soon be living life to the fullest in your new community and that means making plenty of new memories and sharing meaningful experiences with others. Whether creating new décor in art class, adding new photos to your collection, or engaging in new interests to incorporate into your daily activities— the more involved you become in your new home, the more at home you will feel.

If you decide to make The Pillars of Prospect Park your next home, the team here is always willing and eager to do whatever it takes to help you or your loved one feel at ease. Once you've made the decision to move and put your plan in motion, it will only be a matter of time before you feel right at home in your new surroundings and start enjoying your next life chapter.



At The Pillars of Prospect Park, we're dedicated to providing a senior living experience that's truly golden. Our community offers a warm and welcoming atmosphere, exceptional care, and a range of engaging activities and amenities designed to make your golden years shine. We're proud to partner with the University of Minnesota to offer our residents unique experiences and opportunities that enhance their overall quality of life.



CURRENT AVAILABILITY

We still have studio, one bedroom and one bedroom + dens available with no rent due for the first two months on select apartments!

Not quite ready to make a move? Come visit us to learn more about how to plan a future move into our community! Jay and Kristen are more than happy to tour you around the community and answer any questions you may have about senior living!



October 12

Come Taste &
See you you'd
love living here!

Open House & Festival



3:00 P.M. - 4:30 P.M.

RSVP by Oct 8 to Jay.Benedict@Fairview.org

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PARTNERSHIPS HIGHLIGHTS

OSHER LIFELONG LEARNING INSTITUTE

At the Pillars, we host and offer OLLI at the University of Minnesota (OLLI at the UMN) courses. OLLI is part of the University's College of Continuing and Professional Studies and belongs to a national network of 125 Osher Lifelong Learning Institutes established by the Bernard Osher Foundation. Learn more about OLLI on their website - ccaps.umn.edu/olli.

The upcoming virtual and in-person classes offered our Pillar's residents are African History 1800 to Present, What Caused the American Civil War? and A Concerto is a Conversation.



UNIVERSITY OF MINNESOTA PHYSICAL THERAPY PROGRAM

We are looking forward to welcoming back first year University of Minnesota (UMN) Physical Therapy (PT) Students this year. Throughout the 2023-24 academic year, 60 students will spend time in our community while they learn about the PT process and work with interested resident volunteers. Our residents are helping these students as they are on their way to becoming Physical Therapists. They are here under four preceptors. Our community partners with certified PT / OT groups when full certified therapy is needed in recovery. This partnership is strictly an educational series for students to learn how to work with the senior population. Our residents take pride in being their teachers and having a fun during a great workout!

Weekly UMN PT Sessions -

Session 1 - Assessments

Session 2 - Review of Assessment and Introduction of Exercises

Session 3 & 4 - Work on Exercises



DONNA ON PIANO



Donna Stoering is an internationally-renowned concert pianist, television host/performer and artist-teacher, an award-winning recording artist, keynote speaker, author and social entrepreneur, and the founder of the global music service organization, ListenForLife.org.

Donna has been the subject of one-hour specials on the BBC, PBS, NPR affiliates, RAI, Hong Kong Radio&TV, and the national networks of many other countries around the globe. She has judged international music competitions and given masterclasses at the major music conservatories of USA, UK, Russia, Ukraine, Republic of Georgia, Latvia, Estonia, Hong Kong, India, the Philippines, Turkmenistan, and many more.

A protege of the late Sir Georg Solti, Donna has performed in just about every country of the planet, as soloist with orchestras, in music festivals, and on their television and radio networks. A former Marshall Scholar, she has served as a Cultural Ambassador for the UK and USA to countries worldwide, and was appointed Artist in Residence at Oxford University, where she first began the ListenForLife Foundation to inspire and empower musicians worldwide to use their gifts in the service of others.

Donna also loves performing as a collaborative artist in chamber music concerts and in recitals with internationally known instrumentalists, art song specialists, master-musicians of other cultures, and opera stars of La Scala, the Met, Royal Opera, the Bolshoi, and more. She performed many concerts in past years with beloved superstar Frederica von Stade.

(Learn more about Donna's intriguing musical life and global performances at her website DonnaStoering.com, and watch performance videos on her two YouTube channels, or - just put her name into Google :)

Donna Stoering and her husband Andy Anderson just moved to the Twin Cities this summer and she is very excited to make this her "forever home". She has therefore offered to organize/perform in four monthly concerts here at The Pillars to help us fundraise for a new grand piano and a world-class cross-cultural concert series in a potential partnership with Listen4Life Foundation's award-winning "TravelsWithMusic" series.



PILLARS OF PROSPECT PARK

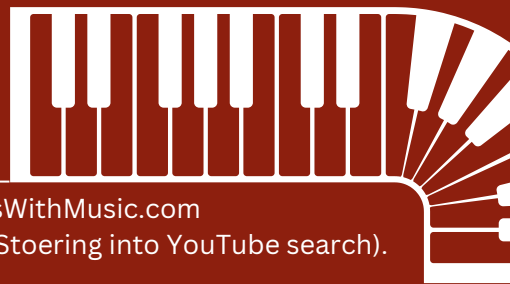


Tuesday, 9/5 at 3:30pm

MARK YOUR CALENDARS and invite your family and friends for these special events at The Pillars!

The 45-minute fundraising "Soirees" will take place at 3:30pm on the First Tuesday of each month in the Lobby!

We hope to see you there on Sept 5, Oct 3, Nov 7, and Dec 5 - Generous donations warmly appreciated!



CARE PARTNER SUPPORT GROUP

FOR PARTNERS & SPOUSES



TIME & PLACE

1st Thursday of the Month
10:15 AM
Club Room, 7th Floor

ABOUT THIS GROUP

Please join us for this open group - registration is encouraged but not required. The group will meet for 90 minutes and is intended for care partners who support their spouse, significant other or partner.

Meet your facilitator, Susan Hartman - Susan Hartman is a Family Life Educator and retired Licensed Psychologist. She received her BA from Brown University and holds two Masters Degrees: Family Social Science (University of Minnesota) and Counseling Psychology (St. Thomas University). As part of her professional experience, Susan developed and then trained others to facilitate programs for both the Multiple Sclerosis Society and the Lupus Foundation. She is a trained facilitator who has published several articles on her group work experience. She empowers each individual while guiding the group. In addition to her psychology career, Susan coo-founded and led a non-profit organization that developed programs with the countries of the former Soviet Union. She has three children and seven grandchildren.

If you have questions about the group, please contact Erin at
Erin.Erdahl@fairview.org or 612-623-7011

A large photograph of three seniors smiling and wearing colorful flower leis. A woman on the left wears a pink lei, a man in the center wears a purple lei, and a woman on the right wears a blue and white lei. They are seated at a table in a bright, indoor setting.

ENJOYING OUR

Tiki Together

A FEW SPECIAL HIGHLIGHTS OF THE DAY



In the old days of Hawaii, it is said that Aloha meant “what’s mine is yours”. Today our residents had a blast sharing with their friends because they love our community in our Tiki Together party! Building friendships brings joy, support, and a sense of belonging to our lives. We love to create opportunities for residents to connect, engage, and form lasting friendships, promoting a vibrant and fulfilling lifestyle all while living life as it should be! Keep up with everything going on at The Pillars of Prospect Park from our calendar of upcoming events and newsletters. We’re all about variety and trying new things at our Minneapolis senior living community, where the wonderful culture of the city meets unique individuals from all walks of life.

WHERE NO TWO DAYS ARE THE SAME!



Cleo's lunch outing with friends to The Block in St. Lois Park. These three are her hugest champions and dedicated walking buddies! Deb, Janine and Tom take a walk with our favorite girly everyday so today Cleo took them out as a small token of appreciation!! (She of course couldn't pass on the dessert menu!) Cleo belongs to the whole community but these three are so important in helping she is well cared for both physically and emotionally.

IN THE NEIGHBORHOOD

THE HARRIS MACHINERY BUILDING

This brick and timber industrial building was built in 1889 by the Peteler Portable Railway Manufacturing Co. whose patented side dump railcar and portable track system expanded rail access around the world. The Gray Tractor Company built farm tractors here starting in 1917. Then in 1928 the building became home to the Harris Machinery Company which specialized in reselling railcar damaged cargo. As the buildings fourth iteration in over 120 years, what remains today following hard use and a major fire. The Market at Malcolm Yards welcomes the neighborhood to revel in the history and enjoy our new path... in the making of a community centered urban food hall.

WHERE WE ARE TODAY

The Market at Malcolm Yards is dedicated to bringing Minnesotans back together. We're a community that treasures the tradition of getting together, not just for fun and community, but for a greater good. As a food hall with 9 separate food concepts, a bar with 17 batch cocktails and an innovative self-pour tap wall with beer, wine and non-alcoholic offerings, The Market at Malcolm Yards is definitely a place for people to congregate with friends and family, and find something that everyone can enjoy.

The Market is committed to the development and beautification of the Prospect Park neighborhood, through the revitalization of the historic Harris Machinery building combining the old and the new. We worked closely with the Prospect Park Neighborhood Association, the Towerside Innovation District, the City of Minneapolis and our Council Member, Cam Gordon, to build a thoughtful, safe, inclusive and resilient neighborhood gathering space. And most importantly, we're dedicated to helping talented chefs build their businesses with lower overhead costs- providing a launching pad for those who are ready to make their dreams a reality. By elevating fast casual, to gourmet, we're providing an opportunity for all to enjoy delicious food at an accessible price point.

YOGA EVERY SUNDAY AT 10:00 A.M. AT MALCOLM YARDS BEFORE THE CROWDS ARRIVE, THEN RECHARGE WITH SOME DELICIOUS FOOD, FRESH JUICES, COFFEE...OR SOMETHING A LITTLE STRONGER. THIS IS A NO JUDGMENT ZONE AND IS FREE TO ATTEND!

