

# The Pillars Press

December 2023



## LEADERSHIP TEAM

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STACY WIHLM

Outreach and Sales Director  
LISA SANDMANN

Director of Health Services  
INTERIM

ASSISTANT DIRECTOR OF  
HEALTH SERVICES  
HEIDI LOHRE

Life Enrichment Director  
HEATHER BALLMAN

CULINARY DIRECTOR  
ERNESTO LOPEZ

DIMENSIONS MANAGER  
ERIN JOHNSON

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TOM REHNELT

Resident Services  
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PILLARSSENIORLIVING.COM/  
MANKATO

## DECEMBER RESIDENT SPOTLIGHT: JIM AND SUE BROZIK

Our resident spotlights for December are Jim and Sue Brozik. Jim was born in Waseca, MN and graduated from Fairfax High School in 1953. Sue was born in Mankato, MN and graduated from Mankato Loyola in 1953. Jim served in the United States Army from 1954 – 1956. After his discharge from service, he attended Mankato Teachers College. It was during his time in Mankato that he met Sue. They were married May 3<sup>rd</sup>, 1958 in Mankato, MN. Jim began his career teaching at Claremont, MN for two years before working for Blue Cross Blue Shield of Minnesota for four years and Ziebart Rust Proofing where he worked for over 20 years. Sue began working for the telephone company in Mankato after high school and worked there for 30 years. They have two children Brad and Brenda, 3 grandchildren and 9 great grandchildren. During their 65 years of marriage they have had many adventures together including traveling to 13 different countries and many trips exploring the United States. They especially enjoyed celebrating their 50<sup>th</sup> and 60<sup>th</sup> wedding anniversaries aboard Viking River Cruises in Europe. Jim has been a longtime advocate and volunteer for several organizations including: Kiwanis of Mankato, St John the Baptist Catholic Church, Knights of Columbus, Mankato Police Department and Vine. Sue also volunteered at St John the Baptist Catholic Church and VINE. Jim and Sue enjoy going on the bus outings with the other Pillars Residents, as well as the music and comradery at The Pillars Happy Hour events.

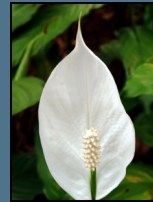




Happy Birthday  
Parker  
Celebrate Parker's  
4th Birthday  
December 11th at  
2:30 pm  
Community Room



Marianne Funk  
Paul Wilmes  
Chuck and Audrey Schubbe



*We Remember*

Richie Howard  
Delbert Conrad



**Christmas Day Menu**

**December 25th at 12:00pm**

**Soup: French Onion**

**Salad: Garden Salad**

**Entrée: Prime Rib Roast, w/ Garlic Butter Mushrooms,  
Roasted Rosemary Fingerling Potatoes, Green Beans**

**Dessert: Pecan Pie**

**RSVP by Dec 15th**

**Limit of 2 guests per Resident due to limited  
seating in the dining room.**



**New Years Day Menu**

**January 1st at 12:00pm**

**Soup: Loaded Baked Potato**

**Salad: Garden Salad**

**Entrée: Honey Glazed Ham, Mashed Potatoes & Gravy,  
Roasted Baby Carrots, Cranberry Sauce**

**Dessert: Raspberry Shortcake**

**RSVP by Dec Dec 22nd**

**Limit of 2 guests per Resident due to limited  
seating in the dining room.**



## DECEMBER STAFF SPOTLIGHT: CODY INGLE

**Favorite Color:** Maroon

**Favorite Food:** Scalloped Potatoes and Ham

**Favorite Beverage:** Cherry Coke

**Favorite Movie:** Gangs of New York

**Favorite Hobby:** Playing Board Games

**If I could learn to do one thing:**

I would learn to do brain surgery!

**Three traits that define you:**

Charismatic, Kind, and Goofy

**Favorite Thing about The Pillars of Mankato:** Working with Ernie and the residents

Our Staff Spotlight for December is Cody Ingle. Cody is a lead culinary assistant and has worked at The Pillars for a year. He lives in Janesville with his girlfriend Sydney and daughter Scarlett Rose.

### Dimensions Minute—

The Holidays and Alzheimer’s – from The Alzheimer’s Association

Adjust expectations – give yourself permission to do things different than the usual traditions and consider celebrating in the mornings to avoid sundowning in the evenings

Connect through technology – consider making video holiday cards or connecting with your loved ones caregivers to utilize available technology

Familiarize others with the situation – connect with family and friends to let them know how your loved one is currently doing prior to them visiting

Involve the person living with dementia - focus on the things that bring happiness and let go of activities that seem overwhelming, stressful or too risky

Adapt gift giving – simplify gifts and consider photo albums or books

For more information, visit The Alzheimer’s Association’s website at [www.alz.org](http://www.alz.org).



### Blue Christmas

**A Service of Remembrance**

**December 12th**

**2:30 pm**

**Blue Earth Dining Room**

### Resident Birthdays

December 6—Gene May

December 7—Lois Willmert

December 9—Lyle Kettner

December 11—Jan Strobel

December 13—Jim Pfeffer

December 16—Mae Singer

December 26—Jan Ellis

December 26—Arlene Neilsen

### Staff Birthdays

December 31—Beza B.