

# WILLOWS BEND WORD

MONTHLY NEWSLETTER

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

## Leadership Team

### EXECUTIVE DIRECTOR

KATELYN MROZEK  
763.308.2889

### DIRECTOR OF HEALTH SERVICES

JENNIFER DAU  
763.308.2891

### SALES & OUTREACH DIRECTOR

JERAMY CAIN  
763.308.2890

### CULINARY SERVICES DIRECTOR

BRANDON DUSTERHOFT  
763.308.2897

### ENVIORN. SERVICES DIRECTOR

TOM MILLER  
763.308.2929

### DIMENSIONS MANAGER

EMILY PETRICK  
763.308.2905

### LIFE ENRICHMENT DIRECTOR

KERRI ANTONEN  
763.308.2893

### WILLOWS BEND SENIOR LIVING

6455 UNIVERSITY AVE. NE  
FRIDLEY, MN 55432

*Earth Day is coming up. What's The History of the Day?*

Kate Kealey, Des Moines Register March 26<sup>th</sup>, 2024

Now that Saint Patrick's Day is over, it is time to focus on a different kind of green. With Earth Day just around the corner, here is everything you need to know about the day celebrating green initiatives.

#### When is Earth Day 2024?

Earth Day is Monday, April 22. The day of environmental activism is always celebrated on April 22 in the United States, but other parts of the world celebrate it on the day of the spring equinox, according to National Geographic. The first Earth Day in America was in 1970.

#### Why do we celebrate Earth Day?

The history of Earth Day is rooted in politics. Millions of people across the country attended the first Earth Day in 1970 to advocate for environmental conservation. The movement wanted to strengthen legislation such as the Clean Air Act (updated in 1970) and the Endangered Species Act (1973), according to National Geographic.

#### How is Earth Day celebrated today?

Earth Day is still a time for activism and education around sustainable development. Some organizations offer volunteer activities including litter cleanups or tree planting to celebrate the day.



## Dimensions Minute: 10 Healthy Habits for Your Brain (by the Alzheimer's Association)

Positive, everyday actions can make a difference in brain health, even lowering the risk of cognitive decline and possibly Alzheimer's and dementia. Try to incorporate some of all of these habits into your life can help maintain a healthy brain.

1. Challenge your mind: Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.
2. Stay in School- Education reduces the risk of cognitive decline and dementia. Continue your own education by taking a class at a local library or college, or online.
3. Get Moving- Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body.
4. Protect your head- Help prevent an injury to your head. Wear a helmet for activities like biking and wear a seatbelt. Do what you can to prevent falls.
5. Be smoke free- Quitting smoking can lower the risk of cognitive decline back to levels like those who have not smoked. It's never too late to stop.
6. Control your blood pressure- Medication can help lower high blood pressure. And healthy habits like eating right and physical activity can help as well. Work with a health care provider to control your blood pressure.
7. Manage diabetes- Type 2 diabetes can be prevented or controlled by eating healthier, increasing physical activity and taking medications if necessary.
8. Eat right- Eating healthier foods can help reduce your risk for cognitive decline. Include more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat.
9. Maintain a healthy weight- Talk to your health care provider about weight that is healthy for you.
10. Sleep well- good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. (Article from <https://www.alz.org/help-support/brain-health/10-healthy-habits-for-your-brain>)

Emily Petrick, Dimensions Manager

## Activities Corner

In April, there's a vibrant array of outings and entertainment options for everyone to enjoy. Whether it's restocking groceries at Bob's, Target, or Aldi's, engaging in a spirited game of Bingo at the Senior Center, or immersing oneself in the breathtaking beauty of the Como Park Sunken Garden Spring flower show, there's something to delight every taste. For those craving culinary delights, lunch at Carol's and breakfast at Fat Nat's promise satisfying meals in warm and inviting atmospheres. Additionally, those with a creative flair can participate in a tie-dyeing session in Dimensions. Odom Therapy is extending a welcoming hand with a meet and greet on April 4th, followed by free consults on April 11th, offering opportunities for individuals to explore wellness and therapeutic options.

As the month unfolds, entertainment abounds with a diverse lineup of performances to enchant audiences. From Dale Martell's engaging presence to Tara Brueske's piano and vocal harmonies, there's no shortage of musical talent to enjoy. For a touch of nostalgia and charm, Joey Clark and Jennifer Eckes bring "With a Wink and A Smile" to life, while Wes "Squeazy" Miller serenades with lively accordion tunes. Embracing the spirit of lifelong learning, the MacPhail Hour and MacPhail Unwrapping Music offer enriching experiences for those eager to deepen their appreciation of the arts. April is not just a month of rejuvenation and blossoming; it's a time to come together, explore new avenues of interest, and celebrate the vibrancy of community life.

Kerri Antonen, Life Enrichment Director

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

## Resident Birthdays

4/2 Marcie Johnson  
4/10 Lee Hitzeman  
4/17 Jackie Chattopadhyay  
4/24 Norma Peterson  
4/25 Sonny Roberge  
4/28 Walt Wenzholz



## Staff Birthdays

4/15 Catherine Page  
4/23 Janet Sarjoh

## April Holidays and Fun Days

4/1 Sourdough Bread Day  
4/10 International Day of Pink!  
4/22 Earth Day  
4/24 Administrative Professionals Day  
4/30 National Tie Dye Day

## Recipe for the Month: Honey-Glazed Asparagus Prosciutto Puff Pastry Wraps

### Ingredients:

- 1 tablespoon Butter
- 12-16 Medium asparagus
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 1 sheet puff pastry, thawed
- 4 slices prosciutto
- 6 ounces white cheddar cheese (divided into 8 slices)
- 1 large egg
- 1 tablespoon honey
- freshly ground black pepper



### Instructions:

1. Preheat oven to 400° and line a 12x18-inch sheet pan with parchment paper. Remove egg from the refrigerator and set out to warm up a bit.
2. Melt butter in a small microwave safe bowl or measuring cup. Set aside.
3. In a small bowl, combine melted butter, honey, and salt.
4. Lay out the asparagus on plate and drizzle with the olive oil. Sprinkle with the kosher salt and toss with your fingers to coat.
5. Lightly flour a work surface. If puff pastry is not square, roll it out a bit to form a square. (Each sheet of Pepperidge Farm Puff Pastry is right around 9x9-inches.)
6. Cut the puff pastry in 4 equal size squares. (If using Pepperidge Farm Puff Pastry, each square will be around 4½ inches on each side.) Rotate the squares with a corner facing up and down (like a diamond).
7. Prepare the egg wash by adding the honey and egg to the bowl with the melted butter. Stir well to combine. Don't worry if there are some small bits of unmelted butter. Set the egg wash aside.
8. Top each diamond with a slice of prosciutto, folding as needed to fit over the surface. Top with a 3-4 spears of asparagus and two slices of cheese. (I like to place the cheese so that some of it will peek out once the pastry is folded.)
9. Fold the left side of the pastry over the asparagus and cheese and brush with the egg wash. Fold the right side over the first side. Brush the top and sides of the pasta with more of the egg wash, being careful not to use too much. You don't want it to drip onto the parchment. Sprinkle with fresh ground pepper.
10. Bake until pastry is golden, and cheese is nicely melted, 14-18 minutes.

## Community Updates

We are delighted to share some thrilling news with you all! On April 9th, Willows Bend Senior Living will host the Senior Living Bus Tour. Our guests will arrive at approximately 10:55 AM to indulge in a short tour of our beloved community, followed by a delightful lunch experience. This is a wonderful opportunity for them to experience the warmth and charm of Willows Bend firsthand.

In addition to the tour and lunch, we have a special presentation planned at 11:55 AM by Elder Law Attorney Riley Sullivan from Bolt Law Firm. Riley will share valuable insights and information that our guests find immensely beneficial. We look forward to making this visit memorable for our guests and fostering meaningful connections along the way.



We are thrilled to announce a new addition to the Willows Bend community! As part of our ongoing commitment to providing comprehensive care and support to our residents, we are delighted to partner with Odom Rehab to offer senior therapy services right here at Willows Bend.


Here's what you need to know about Odom Rehab & Sports MD:

- **Senior Therapy Services:** Specialized physical, occupational, and speech therapy tailored for older adults.
- **Physical Therapy:** Evidence-based care for improved mobility and well-being.
- **Occupational Therapy:** Assistance in achieving optimal function and engagement in meaningful activities.
- **Speech Therapy:** Diagnosis and treatment of communication and swallowing disorders.
- **Falls Risk Reduction:** Screening and treatment to enhance mobility and confidence.
- **Pain Management:** Techniques to relieve acute and chronic pain, supporting joint health.
- **Strength Training:** Personalized programs for improved movement and performance.



Jeremy Cain, Sales & Outreach Director





# OPERATION BEDTIME STORIES

Help children in need, by helping us  
donate books to children at locate  
hospitals around the  
Twin Cities Metro.

DONATION DROP BOXES WILL BE AT THE



In response to resident request at monthly resident council meetings, we have opted to discontinue the use of paper coffee cups at the coffee bar.

If you would like a cup of coffee, please bring your own coffee mugs with a lid. Willows Bend can provide a coffee mug if you don't have one. Please go the front desk. Once you are done using our coffee mug, please return it to the front desk to be washed.



Thank you!



## MINNESOTA WILD HOCKEY

### SCHEDULE

DATE	TIME	OPPONENT	LOCATION
4/2	7:00p	Senators	Home
4/4	7:00p	Avalanche	Home
4/6	3:00p	Jets	Home
4/7	2:30p	Blackhawks	Away
4/9	8:30p	Avalanche	Away
4/12	9:00p	Golden Knights	Away
4/13	9:30p	Sharks	Away
4/15	8:30p	Kings	Away
4/18	6:00p	Kraken	Home



## MINNESOTA TWINS BASEBALL SCHEDULE

DATE	TIME	OPPONENT	LOCATION
4/2	3:10p	Brewers	Away
4/3	12:10p	Brewers	Away
4/4	3:10p	Guardians	Home
4/6	1:10p	Guardians	Home
4/7	1:10p	Guardians	Home
4/8	6:40p	Dodgers	Away
4/9	6:40p	Dodgers	Away
4/10	12:10p	Dodgers	Away
4/11	12:10p	Tigers	Home
4/12	5:40p	Tigers	Home
4/13	12:10p	Tigers	Home
4/14	12:40p	Tigers	Home
4/15	5:35p	Orioles	Home
4/16	5:30p	Orioles	Home
4/17	12:05p	Orioles	Home
4/19	7:10p	Tigers	Away
4/20	1:10p	Tigers	Away
4/21	1:10p	Tigers	Away
4/22	6:40p	White Sox	Away
4/23	6:40p	White Sox	Away
4/24	6:40p	White Sox	Away
4/25	12:10p	White Sox	Away
4/26	8:38p	Angels	Home
4/27	8:38p	Angels	Home
4/28	3:07p	Angels	Home
4/29	6:40p	White Sox	Home
4/30	6:40p	White Sox	Home



# APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-1R Exercise Gym CL Club Room 1st Floor CR Community Room 2nd Floor DM Dimensions DR Dining Room 1st Floor LIB Library 2nd Floor T/C Theater/Chapel 2nd Floor WFE Willows Front Entrance WL Willows Lobby	10:00 Coffee & Chat (CL) 10:30 Resident Ambassador Meeting (DR) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB) 6:00 Fun with Girl Scout Troop 18675 (CR)	1 9:30 Shuttle to Bob's Produce (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:00 Life-long learning: MacPhail Hour (CR) 3:30 TED Talk: An Israeli & a Palestinian Talk Peace, Dignity, and Safety (T/C)	3 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Farkle! Dice Game (DR) 2:00 History of Japan with Kerri (CR) 4:30 Puzzle Club (LIB)	4 TWINS Home Opener 9:15 Outing: Senior Center to play Bingo (\$1 a card) play from 10:00a-11:15a (WFE) 10:00 Coffee & Chat (CL) 11:00 Meet & Greet with Odom Rehab (CR) 2:00 Entertainment: Dale Martell (CR) 3:00 Happy Hour: Twins Home Opener!-wear your twins gear (CR)	5 10:00 Coffee & Chat (CL) 10:30 Bible Study: Proverbs (CL) 11:00 Exercise with Kerri (-1R) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 4:30 Puzzle Club (LIB)	6 10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:00 Willows Saturday Matinee: Anatomy of a Fall (on Hulu) (T/C) 4:00 Puzzle Club (LIB)
7 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Respect (on Peacock) (T/C)	8 9:30 Shuttle to Target (WFE) 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)	9 10:00 Coffee & Chat (CL) 10:30 Catholic Communion with St. Williams (T/C) 1:30 Outing: Como Park- Sunken Garden Spring Flower Show (WFE) 1:30 500 Card Club (DR) 2:00 Movie Matinee: Dune (on Disney) 6:00 Men's Night- Twins baseball vs. Los Angeles (CR)	10 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Farkle! Dice Game (DR) 2:00 Entertainment: Tara Brueske (CR) 3:00 National Cinnamon Crescent Day 4:30 Puzzle Club (LIB)	11 9:15 Outing: Senior Center to play Bingo (\$1 a card) play from 10:00a-11:15a (WFE) 10:00 Free Consults with Odom Rehab 10-12pm and 1-2pm (sign up at the desk) (CR) 10:00 Coffee & Chat (CL) 1:30 Hand & Foot Card Club (DR) 3:30 Happy Hour (CL)	12 10:00 Coffee & Chat (CL) 10:30 Bible Study: Proverbs (CL) 11:00 Exercise with Kerri (-1R) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 4:30 Puzzle Club (LIB)	13 10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Poor Things (on Hulu) (T/C) 4:00 Puzzle Club (LIB)
14 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: The High Note (on Peacock) (T/C)	15 10:00 Coffee & Chat (CL) 10:30 Resident Ambassador Meeting (DR) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)	16 9:30 Shuttle to Aldis (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:30 Trivia Tuesdays: Jeopardy Trivia (CR) 3:30 TED Talk: The transformative power of classical music (T/C)	17 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:00 Entertainment: Joey Clark with Jennifer Eckes present "With a Wink & a Smile" 2:30 Farkle! Dice Game (DR) 4:30 Puzzle Club (LIB)	18 9:15 Outing: Senior Center to play Bingo (\$1 a card) play from 10:00a-11:15a (WFE) 10:00 Coffee & Chat (CL) 1:30 Hand & Foot Card Club (DR) 3:30 Happy Hour (CL)	19 10:00 Coffee & Chat (CL) 10:30 Bible Study: Proverbs (CL) 11:00 Exercise with Kerri (-1R) 11:40 Lunch Outing: Carols (WFE) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 4:30 Puzzle Club (LIB)	20 10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: A Beautiful Day in the Neighborhood (on Hulu) (T/C) 4:00 Puzzle Club (LIB)
21 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Life of Pi (on Hulu) (T/C)	22 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)	23 9:30 Shuttle to Bob's Produce (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:00 Life-long learning: MacPhail Unwrapping Music (CR) 6:00 Ladies Night (CR)	24 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Farkle! Dice Game (DR) 2:00 Resident Council (CR) 3:00 Ice Cream Social: After Resident Council (CR) 4:30 Puzzle Club (LIB)	25 9:15 Outing: Senior Center to play Bingo (\$1 a card) play from 10:00a-11:15a (WFE) 10:00 Coffee & Chat (CL) 1:30 Hand & Foot Card Club (DR) 3:30 Happy Hour (CL)	26 8:00 Breakfast Outing: Fat Nats (WFE) 10:00 Coffee & Chat (CL) 10:30 Bible Study: Proverbs (CL) 11:00 Exercise with Kerri (-1R) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 4:30 Puzzle Club (LIB)	27 10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The Favourite (on Hulu) (T/C) 4:00 Puzzle Club (LIB)
28 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: The Marsh King's Daughter (on Hulu) (T/C)	29 10:00 Coffee & Chat (CL) 10:30 Resident Ambassador Meeting (DR) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 2:00 Entertainment: Wes Miller (CR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)	30 9:30 Shuttle to Target (WFE) 10:00 Coffee & Chat (CL) 1:30 Tie Dye Tuesday (in Dimensions)- bring your own tshirt to tie dye (DM) 1:30 500 Card Club (DR) 2:30 Trivia Tuesdays (CR) 3:30 TED Talk: What it's like to be a Muslim in America- Dalia Mogahed (T/C)				

## *Environmental Services Updates*

### SEVERE WEATHER AWARENESS

April 8-12 is Severe Weather Awareness Week in Minnesota. If a Severe Weather Watch is posted, we should monitor the local weather news and be prepared to react if weather worsens. Staff has weather alerts activated on their phones so they will receive any watches or warnings in our area.

During a tornado warning, everyone stays indoors and should seek shelter in a room without windows. In your apartment, close all windows, drapes, and blinds, and go to your apartment bathroom and shut the door. If you are not near your apartment, the common area safe spaces on each floor are the public restrooms, trash rooms, laundry rooms, 1st floor spa, interior offices near the lobby, and the garage. The staff will direct you and will let everyone know when the threat is clear. Please note that elevators will be turned off during a local tornado warning (when the sirens are sounding).

### SINK STOPPERS:

A few residents have asked about the bathroom sink stoppers. These are “pop-up” stoppers. To close them, just push down on top and they will “click” closed. To open them up, push down again and they will pop up.

### REMINDERS:

#### FIRE DRILLS

Willows Bend runs a fire drill every month, and notices are posted 2-3 days in advance in the elevators and at the mailbox areas. Be aware and ready. When a drill is scheduled, please **DO NOT** reset fire doors if they are closed after the drill. The Maintenance Manager needs to verify that the doors are working properly (seeing them closed), and he will reset them. You can walk through the doors, but please do not reset them. If you would like a full copy of the fire drill procedure, please see the front desk or the Maintenance Manager.

### SERVICE CALLS

If you need service in your apartment, or see an area of concern, please call or come to the front desk. There is a Service Request form at the desk that you can fill out and leave for the staff. Your request will be added to the list of maintenance projects. For an “emergency” (flood, electrical/heat/cooling system failure, smoke alarm going off), call the main office number (763-308-2888) to let any staff member know, or go to the front desk and they will get in touch with me. After normal business hours, that number will be answered by the on-duty staff members.

Tom Miller, Environmental Services Director

## *Welcome to Willows Bend, Sandy Patton- Receptionist*

Greetings, I am a retired grandmother, blessed with eight wonderful grandchildren. Four reside in Minnesota, while the other four call Florida home. Six years ago, I made the decision to relocate to be closer to my son's family. In my cozy abode, I share my days with my cherished companions, Trixie, my faithful 14-year-old dog, and Rosie, my playful 4-year-old cat. Originally hailing from a quaint town in Georgia where I raised my children, I have found a new sense of belonging in Minnesota, despite my aversion to its snowy winters. The warmth and hospitality extended to me by both the residents and staff have truly touched my heart, convincing me that I have found a place that I am going to love working!

Sandy Patton, Receptionist

