

# Pillars Press

June 2024 Vol. 3 Issue 6

THE PILLARS  
OF GRAND RAPIDS  
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE



Tiffany Johnson  
Executive Director

How can it be that we are already halfway through the year!? But here we are welcoming June. This month is typically full with graduation parties and weddings to attend (I know mine is!). But no matter what your month looks like we encourage you to take advantage of the beautiful weather that will be in store this month. It was great to see some enjoying the chairs on the patio in May. We also will have pickleball matches happening in the pickleball court throughout the summer, be sure to catch a match or two of those!

We will have a resident satisfaction survey coming out this month that I encourage all of you to participate in. We look forward to the feedback from these so that we can continue to improve our services for you. More details and dates will be put in your mailboxes on this in the coming week.

Thank you again for making The Pillars of Grand Rapids your home.

## Leadership Team

**Executive Director**

**Tiffany Johnson**

**218-999-4950**

**Resident Services Coordinator**

**Koby Broking**

**218-999-4952**

**Director of Health Services**

**Christina Wake**

**218-999-4953**

**Outreach & Sales Director**

**Sherry Frick**

**218-999-4951**

**Activities Director**

**Melissa Drake**

**218-999-4962**

**Culinary Director**

**Chris Giersdorf**

**218-999-4957**

**Dimensions Support RN**

**Laurie Root**

**218-999-4961**

**Asst. Director of Health Services**

**Kaylee Welenski**

**218-999-4953**

**Environmental Services Director**

**Ron Gustafson**

**218-999-4963**

# Activities

# June



## Monthly Outings

- 6/11 Aldi 9:45
- 6/19 Applebee's 11:00

## PILLARS SHUTTLE BUS

The Pillars Shuttle bus operates every Tuesday from 9:00am to 12:00pm, for those of you who have local doctor's appointment. Please remember the cut off for reserving your spot is 12:00pm by the Friday prior (no exceptions). You can leave a message 218-999-4962, the cut off time still applies.



We will be celebrating our dads with invite only event on 6/12 at 1:30 in our community room. All our resident dads are invited to sign up at the front desk.

We are starting something new in June Our Tuesday Social Hours at 1:00 will move to our community room and will be more of a nonalcoholic event. On Thursdays we will be having a cocktails and mocktails event in the Pub at 3:00pm. Please watch for specific flyers in your mailboxes.

For those of you that love to travel stop down and enjoy our armchair travel without ever leaving the building every Thursday at 11:00am. We always serve a delicious snack to go along with our travel destination. Our location for the month of June will be going between the Chapel and the theater so please refer to the weekly calendar in the elevator for location.

## Card Game Clubs

- Hand and Foot Sundays at 2:00 and Tuesdays at 6:00 in the community room
- 500 Thursdays at 6:30 in the community room
- Bridge Fridays at 1:00pm in the art studio



Resident led Happy Hours are  
Mondays, Wednesdays, and  
Fridays at 4:15pm in the Pub

# Garden time



Welcome  
TO



Laurie joined our team last month as a Support RN with a focus in our Memory Care. She was a certified surgical technologist for 20 years before going back to school to obtain her RN degree in 2023. She enjoys fishing, gardening, bow hunting, decorating, playing with her dog and helping others.

Laurie Root  
Support RN, Dimensions

# EDUCATION

## Virtual Educational Opportunities on Alzheimer's and Dementia

These no-cost sessions are open to the public



### ★ HEALTHY LIVING FOR YOUR BRAIN AND BODY

Learn about the latest research providing insights on making lifestyle choices to help keep your brain and body healthy as you age. Find out how to incorporate these recommendations into a plan for healthy aging.

Thursday, June 6, 2024 12 - 1 p.m.

Register at [bit.ly/June6\\_Healthy](https://bit.ly/June6_Healthy)

### THE 10 WARNING SIGNS OF ALZHEIMER'S

Learn to recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others.

Thursday, June 13, 2024 12 - 1 p.m.

Register at [bit.ly/June13\\_10Signs](https://bit.ly/June13_10Signs)

### ★ UNDERSTANDING ALZHEIMER'S & DEMENTIA

This session will help you have a better understanding of what Alzheimer's is and what dementia is and the stages with each, as well as the risk factors.

Thursday, June 20, 2024 12 - 1 p.m.

Register at [bit.ly/June20\\_UnderstandingAlz](https://bit.ly/June20_UnderstandingAlz)

### EFFECTIVE COMMUNICATION STRATEGIES

As individuals decline with the disease communication can become more difficult. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Thursday, June 27, 2024 12 - 1 p.m.

Register at [bit.ly/June27\\_Communication](https://bit.ly/June27_Communication)

### VIEWING EVENTS

Community members are invited to join in-person events to watch the presentations. A light snack and beverages will be provided.

★ Thursday, June 6 and June 20, 12 - 1 p.m. ★  
Pillars of Grand Rapids, 2060 SW 8th St., Grand Rapids, MN  
R.S.V.P. to [sherry.frick@fairview.org](mailto:sherry.frick@fairview.org) or 218-999-4951



**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

FLAG DAY

JUNETEENTH

ROSE

WEDDING