

From the desk of Katie Keogh, Executive Director:

York Gardens and 7500 York—A Legacy

History: Do you know the name, Russ Helgesen? Russ was a 7500 resident and innovator. He saw a problem and found a solution! Russ noticed that many of his friends and neighbors had to make the hard choice to leave 7500 to access higher levels of care elsewhere. Thanks to his work, York Gardens was built. 7500 York became the Big Sister to York Gardens Little Sister.

Amenities: York Gardens was created with input from 7500 York residents, who wanted similar amenities to 7500, with the addition of nursing services, delicious daily meals, laundry and house-keeping, and options like medication management or blood pressure checks. Conveniences and energy efficiencies in the plan included an enclosed walkway connecting 7500 to York, an onsite recycling center, and geothermal heating and cooling systems. Today, 7500 York Cooperative and York Gardens Senior Living continue the legacy begun by Russ Helgesen, of providing sister services in active, engaging, adjoining senior communities.

Here is how Russ made a difference in the lives of our communities:

- 1978—Ebenezer develops 7500 York—the Nation’s first Senior Cooperative.**
- 2006—Ebenezer board member and 7500 York Cooperative board chair, Russ Helgesen, approached Ebenezer and York leadership with the idea of developing an assisted living community on adjacent property. He envisioned sister senior communities.**
- 2007—Ebenezer embraced Helgesen’s vision. Plans were made to build a new state-of-the art 94 unit assisted living, care suite, and memory care apartment community.**
- 2010—Ebenezer breaks ground on York Gardens Senior Living.**
- 2011—Ebenezer’s board and leadership, 7500 York Cooperative board and residents, and community guests opened the doors to the first residents of York Gardens.**

Leadership Team Contact Numbers:

| | | |
|------------------|------------------------------------|--------------|
| Katie Keogh | Executive Director | 952-898-6721 |
| Jane Manske | Director of Health Services | 952-898-6718 |
| Maddy Artmann | Outreach and Sales Director | 952-898-6719 |
| Dave LaVoie | Director of Culinary Services | 952-898-6726 |
| | Director of Environmental Services | 952-898-6712 |
| Sarah Strandmark | Life Enrichment Director | 952-898-6720 |
| Kwanza Yu | Chaplain | 952-898-6738 |
| Cynthia Sharp | Administrative Assistant | 952-898-6700 |
| Alexia Johnson | Resident Services Coordinator | 952-898-6733 |
| Nursing | LPN on Duty | 612-398-6802 |



MONTHLY NEWSLETTER: AUGUST 2024



Resident Culinary Meeting



August 13th, 2024
10:30am-11:15am
In the Bistro with
Culinary Staff

PANINIS
(a grilled
sandwich)
Available in
the bistro



\$3.50 for half
\$7.00 for whole



Resident Birthdays

8/4 Maggie Schilke
8/6 Frank Porter
8/8 Barbara Lakey

Staff Birthdays

8/11 Michelle Prokes-Hricinak
8/19 Tequila Martin
8/25 Kara Larson
8/31 Pius Ohaegbulem

Resident Council



Thursday
August 15th
2:30pm-
3:30pm
In the THEATER

Please refer to your weekly
calendar & elevator posters
for any updates



Worship Services w/ Kwanza

Sundays at 10:00am
In the 2nd Floor Theater

Doug Ohman Presentation: Down the Mississippi River in MN (part 2/3)



Friday, August 30th

10:30am-11:30am

1st Floor Club Lounge

Enjoy America's best-loved river with
Doug as he paddles from Central MN
to St Paul.



**In Apartment Therapy Dog
Visits**

Mondays from 1:00pm-2:00pm
With Barb and Sully



We are honored to welcome
new residents to our community!

Raleigh Broman #319

Ruth Broman #319

Mavis Aas #307

Mary Knapp #402

BINGO!

Mondays & Fridays at
2:30pm-3:30pm
In the activity area

| BINGO | | | | | | | |
|-------|----|------|----|----|--|--|--|
| 7 | 26 | 40 | 58 | 73 | | | |
| 14 | 22 | 34 | 55 | 68 | | | |
| 4 | 24 | FREE | 46 | 72 | | | |
| 9 | 20 | 36 | 52 | 74 | | | |
| 6 | 28 | 35 | 49 | 64 | | | |

JAMES SHAW PIANO MUSIC



8/8 in Gardenview at 10:30am-
11:30am

8/19 in the Lobby at 10:30am-
11:30am

Monthly Birthday Party



Wednesday, August
14th 2:30pm-3:30pm in
the
Activity Area!
Serving sweet treats
ALL are invited

Sing Along w/ Music from Mary Franz

Thursday August 22nd
3:30pm-4:30pm
in the Bistro

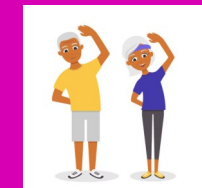


Monthly Blood Pressure Checks



Tuesday, August 20th
10:00am-11:00am
in the Club Lounge
with Amaka, RN

Exercise Classes



Mondays 1:30pm-2:15pm (Kristine)
Tuesdays 1:30pm-2:15pm (Kristine)
Wednesdays 1:30pm-2:15pm (Kristine)
Thursdays 1:30pm-2:15pm (Kristine)
Fridays 1:30pm-2:15pm (Michelle)
IN THE 1ST FLOOR EXERCISE ROOM

A Note from Pastor Kwanza Yu, Chaplain

We are in the season of Pentecost. For Christians, the season of Pentecost is often referred to as "Ordinary Time", for there aren't many major festivals or feasts. Just like life. Day after day of being in ordinary places: home, school, work. This is the character of "Ordinary Time"- not a time of celebration in the church.

Sunday worship attendance was up in June and July. Each week our prayers chain group receives prayer requests from staff/residents/friends and pray for them. And we call this "ordinary time"? Claimed as God's children there is simply nothing "ordinary" about our life together. We have been called into an uncommon, extraordinary life.

Worship is not something that we "do." Worshipping together is a visible reminder to the world of WHOSE we are. Together we have been called into this extraordinary life, and worshipping together gives us a reminder that we belong together, we believe together, and we serve together. Please be in worship and have your "spiritual batteries recharged." Come to our service and reconnect to other residents and be reminded that you are a child of God, loved and beloved.

Sunday Services with Holy Communion at 10:00am in August:

August 4th, 11th, 18th & 25th.

A special word of gratitude to:

Charlotte Schmidt (pianist) and Glen Nordgaard and Agnes Danzl (readers) who helped with Sunday worship services in July.

Minnesota History Center Outing



Thursday August 29th
9:45am-1:30pm

Explore Minnesota's past through exhibits that feature authentic historical objects, hands-on experiences, and multimedia presentations.

Residents will eat lunch in the Bistro upon return.

Annual York Gardens & 7500 York

Ice Cream Social



Thursday August 8th
1:00pm-3:00pm on the
front patio with music
from Coda!

Women of the Bible
w/ Agnes Danzl
August 7th at 10:30am
in the 4th Floor
Lounge



August Boat Ride on Lake Riley



LET'S GO
FISHING
Eden Prairie
Area Chapter

August 28th
5:00pm-8:30pm

Join us for a scenic boat ride and have the opportunity to fish! The boat is wheelchair accessible. Residents are encouraged to eat dinner in the main dining room beginning at 4:30pm or visit the Bistro in the afternoon to pick up dinner alternatives.

must sign up

NOTE ON OUTINGS: Priority is given first to those who have not attended an outing recently and then spots are given to residents by order in which the Life Enrichment received reservations.

David Jones Historical Presentation



Apollo:
Why We
Went to the
Moon

Thursday August 15th
10:30am-11:30am

In the 2nd Floor Theater

July of 1969 will be remembered for centuries to come as the first time that humankind ventured beyond the earth's boundaries and explored a new world. There were many forces, political, social and fiscal, at work that led us to the moon. Join us for a non-technical discussion about humankind's greatest technological achievement.



SHOPPING OUTINGS

Trader Joe's: Tuesday, August 6th from 9:45am-11:30am

Target: Tuesday, August 13th from 2:30pm-4:30pm

Target: Tuesday, August 27th from 9:45am-11:30am



SING-A-LONG

With Rosanne Halloran

Thursday, August 22nd

10:45am-11:30am in Gardenview

Scenic Bus Ride
Around the MPLS Chain of
Lakes



August 16th
10:00am-
11:30am
SIGN UP