

# The Pillars Press

October 2024



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## October Resident Spotlight: Sharie Arntz

Our October Resident spotlight is Sharie Arntz. Shari was born in Minneapolis and raised in Cambridge, MN, where she graduated from Cambridge High School. Her academic journey continued at the University of Minnesota, where she majored in Spanish and History. It was during her junior year of high school that Shari's world expanded dramatically when her family hosted the school's first-ever foreign exchange student from Finland. This transformative experience ignited her life-long interest in different cultures and travel. During her sophomore year of college, Shari met her future husband, Floyd, at a Lutheran Student Association gathering. Floyd, who was pursuing a Master's in Electrical Engineering at the University of Minnesota, was a strong supporter of Shari's travel ambitions. That summer, Shari worked at The Balsams resort in New Hampshire, embarking on an adventurous train journey through Canada. The following summer, Shari engaged in a research project in Spain with Student Project Amity Among Nations (SPAN), and traveled extensively across Europe, concluding her travels with a visit to Finland. Upon her return, she was welcomed by Floyd, who had graduated and accepted a position as an assistant professor at MIT. The couple married in July following Shari's graduation in June and settled in Cambridge, MA. Shari initially worked for New England Telephone but soon faced personal challenges as her mother fell ill and passed away. Shari returned to Minnesota to support her father, and then moved back to Massachusetts to complete her teaching certificate. She taught third and fifth grades in a low-income area of Boston public schools, which deeply influenced her decision to pursue a Master's in School Counseling. Although Shari earned her Master's in School Counseling, her plans changed with the arrival of her children, John and Alayne. During this time, her father also passed away. Shari then pursued a Master's in Business Administration, combining her expertise in counseling and business to work as an HR manager for a real estate development company, a role she held for 16 years before retiring. Shari and Floyd's encouragement extended to their children's educational pursuits. Their daughter studied in Italy and earned her medical degree in Hungary, eventually completing a doctoral internship in Australia, where she met her future husband. Shari and Floyd visited Australia every summer until Floyd's illness prevented further travel. Shari's son, John, and his family live in Mankato, where his wife, Susan, serves as the City Manager. After a period of moving and transition, Shari relocated to The Pillars of Mankato in November 2022. She cherishes the closeness to her family and the friendships she has made at her new home.



## October Activity Highlights

Sept 30—Oct 4—Homecoming

Spirit Week Activities

Oct 7th—Blood Drive

Oct 8th—Flu and COVID Shot Clinic

Oct 9th—Card Making with Bev

Oct 16th—Oktober Fest Dinner

Oct 21st—Scenic Drive—Gustavus Arboretum

Oct 23rd—Mankato Area Life Long Learners:  
Great Decisions

Oct 29th—October Birthday Party

Oct 31st—Pillars Halloween Happy Hour Party



## Exploring Human Relationships and Dementia



w/ Jane Unzeitig

Thursday, Oct 17th—6 pm

Pillars Chapel

One of our basic human needs is relationship with others.

As we move through life our love and belongingness needs progress from our parents and immediate family to school friends, then on to dating, marriage and creating our own family. Belongingness includes friendship, intimacy, trust, acceptance, receiving and giving affection and love. How does living with dementia change this? We will delve into this topic to better understand how to support and care for loved ones searching for human relationships in memory care.



## SPIRITUAL SERVICES WEEK

OCTOBER 22—NOV 2



Spiritual Services Week is a time for us to show appreciation for the spiritual care we receive each month from our awesome Chaplain Chris and our great volunteers.

Please take a few moments to thank our dedicated

Spiritual Care team!

Ebenezer Chaplain Chris Beckman

Volunteers:

St. John the Baptist Catholic Sister Mary Ann and Father Kunz

Epiphany Lutheran Church Pastor Sarah Deutsch

Gentle Shepherd Ministries Pastor Jerry David

And our hospice chaplains from Moments, St Croix and Mayo

### Pillars Spiritual Care Opportunities

#### Sundays

St John the Baptist Catholic

9:30 am—Streamed

Lutheran Church

11 am— Streamed

#### Tuesdays

Ecumenical Church Service 1st, 2nd, 4th

Travel through the Holy Land 3rd

#### Thursdays

Catholic Eucharist- 1st, 3rd and 4th

Catholic Mass - 2nd

## SEPTEMBER STAFF SPOTLIGHT:

### PAM SOPER



**Favorite Food:** Ethnic Foods

**Favorite Beverage:** An evening glass of wine

**Favorite Color:** Orange

**Favorite Movie:** The Proposal

**Favorite Hobby:** Photography

**Favorite Song:** Landslide by Fleetwood Mac

**Favorite Quote:** Do it right or Don't do it at all! - Her Dad

**Fun Fact:** She used to be a professional drummer!

**Favorite Thing about The Pillars:** Connecting with the residents and their families!

## Health Services Updates

### Fall Prevention Work Presentation



November 13th at 3 pm

Shawna Hulzebos, PT

Adara Home Health

She will cover risk factors, home safety and the importance of regular exercise!

### Shot Clinic

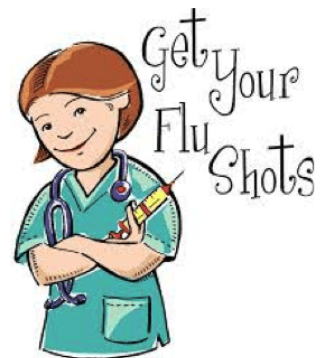
#### Flu and COVID Vaccines

Tuesday, October 8th

10 am—3 pm

Pillars of Mankato  
Community Room

Sign up at the Front  
Desk



Welcome

New Residents



Faye and Jerry  
Schwantes

Dennis Remer

We

Remember

Angie Twardoski

Joan Karpinsky

Gene Knewton



#### Staff Birthdays

Oct 9—Ayan A.

Oct 10—Kendall H.

Oct 18—Quoy L.

Oct 18—Meron M.

Oct 19—Heather B.

Oct 20—Becky B.

Oct 21—Lauren S.

Oct 23—Makenna G.

Oct 27—Paige D.

#### Resident Birthdays

Oct 3 Zada Utzinger

Oct 4 Marilyn Sandmann

Oct 5 Fred Bock

Oct 9 Evie Schanus

Oct 11 Joy Maloney

Oct 17 Don Sprague

Oct 18 Marion Fumich

Oct 19 Bailey Blethen

Oct 19 Chris Volz

Oct 21 Connie Pohl

Oct 29 Lynette Hopp

Oct 31 Bob Amundson