



Pillars Press

February 2025 Vol. 4 Issue 2

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Tiffany Johnson
Executive Director

I want to take a moment to thank each of you for your continued support and patience as we navigate the challenges of the recent water damage. The recovery process is moving forward, but as you know, these things take time. Please know that our team is working diligently to restore everything as quickly and smoothly as possible. Your understanding and resilience mean so much, and we appreciate you all.

On a brighter note, I'm looking forward to seeing everyone at our Masquerade Dinner on February 20th! It promises to be a wonderful evening filled with great food, company, and fun. I hope you'll join us for this special event.

With winter in full swing, I also want to remind everyone to stay safe while out and about. This season has been more like the winters we're used to, which means icy sidewalks, snow-covered parking lots, and limited visibility due to snowbanks. Please take extra care when walking and driving, and be sure to bundle up before heading out.

Thank you again for being such a wonderful part of our Pillars community. Stay warm, stay safe, and I look forward to seeing you all soon!

Why Renters Insurance Matters

Recently, a water incident at the Pillars of Grand Rapids affected 13 apartments, reminding us all of the unexpected events that can disrupt daily life. While we work diligently to maintain a safe and comfortable community, accidents can and do happen.

Renters insurance provides valuable protection, covering losses from water damage, fire, theft, and other unforeseen circumstances. Without it, residents may face costly replacements and repairs out of pocket. Policies are often affordable and can offer peace of mind knowing that personal belongings are protected.

If you haven't already, we strongly encourage you to explore renters insurance options. A little preparation today can make a big difference when you need it most! Contact Sherry Frick if you have questions.

**Join us this Wednesday February 5th at 1:00
in the Community Room**

Learn more about the benefits and why you should have renters insurance. Greater Insurance Services will be here to educate and answer any questions you may have regarding renters insurance.



ACTIVITIES

HAPPY VALENTINES DAY



Melissa Drake
Life Enrichment Director

Special Notice

I had to move a couple activities to different days. Please refer to the calendar to make sure you don't miss your favorite activities ie: Armchair Travel will now be on Fridays at 11:00am

Social Groups

- Hand and Foot Sundays at 1:45pm and Tuesdays at 5:45pm in the Community Room
- 500 Thursdays at 6:30pm in the Community Room
- Bridge Fridays at 1:00pm in the Art Studio
- Needles and Chat Sundays at 3:00pm in the Art Studio
- Coffee & Chat Monday-Saturday 9:00am in the Community Room

Shuttle Bus

The bus operates every Tuesday from 8:00am to 12:00pm for local doctor appointments. Please remember the cut off for reserving your spot is 12:00pm by the Friday prior (no exceptions). You can leave me a message on my phone 218-999-4962 but the cut off time still applies.

Speakers & Support

Caregiver Support Group
First Thursday of every month
1:00-2:00pm

Field Trip

Wed. Feb. 19th-11:00am
Boulder Tap House

Thur. Feb. 27th 11:00am
Walmart

Space is limited please RSVP at front desk.

This and That

Group exercise classes are daily in our Yoga studio (please refer to your activity calendar for specific classes and times). If working out on your own is more your thing, check out our fitness center call Melissa if interested in learning more about the equipment 218-999-4962.



Please refer to your calendar for social hour themes on Tuesdays at 1:30pm in the community room and Thursdays at 3:00pm in the Pub.



Please remember if borrowing things from community spaces to return them so other residents can use them.

Chef RECIPES



Chris Giersdorf
Culinary Director

theme

MEALS

February 20th - Valentine "Masquerade Ball"
4 course plated meal.
Please RSVP at the front desk.

food

TALK

Food Talk will be held on
Wednesday February 12th at 2:00pm.

You can find us in the Community Room. We will discuss any of your concerns regarding meals served in our dining room, any questions about our meals and anything food. All attendees will get their name in a drawing for some delicious cookies



Instructions:

Core and cut cabbage. Place in a 5 qt saucepan. Add 4 c water . Heat on medium high and cook until tender. Drain cabbage.

While cabbage is cooking, make white sauce.

In a 1 1/2 quart saucepan, melt butter over low heat. Stir in flour, salt and pepper. Cook over medium heat , stirring constantly, until mixture is smooth and bubbly; remove from heat.

Gradually stir in milk. Heat to boiling, stirring constantly; boils and stir for 1 minute.

Add cabbage, onion, peppers, sauce, salt, pepper to a prepared baking dish. Bake for 30 minutes at 350 degrees. Remove from oven. Top with crushed soda crackers. Return to oven for another 5 minutes.

CREAMED SPINACH

1/2 # Butter
2 Medium Onions, chopped
1 TBSP minced garlic
1/4 c white wine
1 tsp Chicken base
1 lb chopped spinach

1 qt. heavy cream
Salt & Pepper to taste
Topping;
1 c crushed soda crackers
2 TBSP melted butter

Melt Butter on medium heat in a saucepan. Add onions and saute until translucent. Approx 5 minutes. Add garlic and cook until fragrant. Add wine and reduce until half the amount. Stir in the chicken base, spinach, and heavy cream. Bring to a simmer. Add salt & pepper to taste. Pour into a prepared baking dish and top with cracker and butter mixture. Bake in 350 degree oven for 10 - 12 minutes until top is golden brown.

SCALLOPED CABBAGE

1 head of cabbage, cored and cut into 1" pieces
1 medium onion, diced
1 green pepper, diced
Thick white sauce ;
4 TBSP butter
4 TBSP flour
· tsp salt
1/4 tsp pepper
2 c milk

(I like to use whole milk, it makes it creamier)



Koby Broking
Resident Services

Hello, can you even believe that we are heading in to the second month of 2025! I have a feeling this year may go fast. Last month I had mentioned you would be receiving your yearly CRP by the end of January; you should have that by now if not please let me know and I can reprint it out for you.

We have had many new staff start in the last couple months. Please say hello and try making them feel welcomed as we all know how a first day, week or month on the job can be.

We have also added two lead RAs on each shift that will have some added responsibilities to help keep the building and nursing team rolling smoother. They will be the point of contact on the weekends when office staff are not available for questions ect. This will be a work in progress as this is a new position and we are still working on all the fine details. I hope you all have a great month.

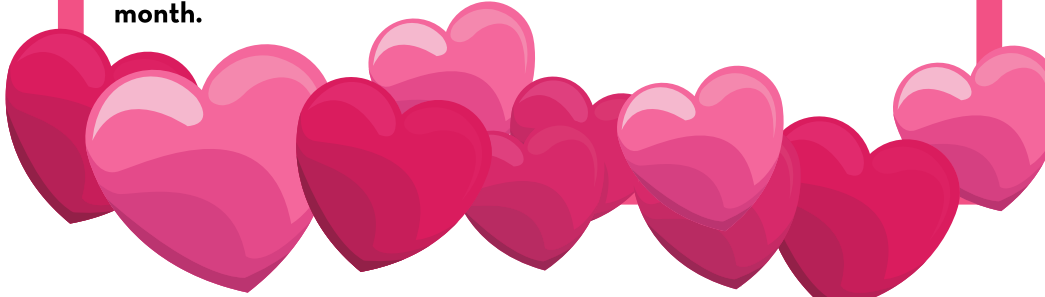
Winter Safety Reminder

As winter settles in, we want to remind everyone to be extra cautious when walking on the sidewalks and in the parking lot. Snow and ice can make surfaces slippery, so please take your time and use handrails when available.

If you park in the lot, remember to leave at least one foot of space from the curb in the center of the lot. This helps Ron with efficient snow removal and keeps our lot safer for everyone.

Additionally, shovels are available at all entrances for staff to use on evenings and weekends. Please do not remove the shovels from the entryways so they are always accessible when needed.

Thank you for your cooperation in keeping our community safe and clear this winter! Stay warm and stay safe!



Meet Your Floor Advocates!

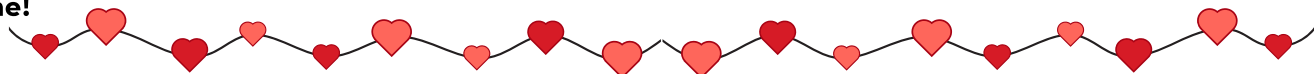


At the Pillars of Grand Rapids, we are proud to have a dedicated group of residents serving as Floor Advocates –friendly faces who help welcome new neighbors and ensure everyone feels at home. These wonderful individuals assist Sherry with events and activities, answer questions, and share important community news. They also provide support when residents are ill or hospitalized, helping spread kindness and care throughout our community.

If you know someone who may need assistance or would appreciate prayers, please reach out to one of our Floor Advocates:

Vicki Andrews, Charlotte Britney, Ruth Burns, Marilyn Fritze, LoRaine Glomstad, Jim Hanttula, Arlene Kantos, Ruth McKown, Vera Melander, Ann Pederson, and Barb Quade.

If you're interested in learning more about the role of a Floor Advocate, please see Sherry Frick for details. Thank you to our Floor Advocates for making the Pillars of Grand Rapids a warm and welcoming place to call home!



Valentine's Day

WORD SEARCH

V B C L R H S W E E T S E E
T A T V I E X S T S U V S L
K C L U U A F A K F Z D K O
E K E E B R D E P O R H I V
Q L P Y N T F I B I B Y S E
W F Y M K T C P B R O O S Q
R I L V G A I E Y Q U R J V
O B Y O D O V N Q H Q A H P
M B C M W O Y H E E U T R Q
A S K Y L E S U F M E A R Y
N P K P Z H R G F L T O X K
T E T U L I P S C E A O U J
I C G C U P I D N B D M W R
C P C Q B E A M I N E T E N

HUG
LOVEBIRDS
VALENTINE
BE MINE

LOVE
SWEETS
FEBRUARY
TULIPS

CUPID
HEART
DATE
FLOWER

BOUQUET
FLAME
ROMANTIC
KISS

