

From the desk of Katie Keogh, Executive Director:

May is Mental Health Awareness Month, a time to remind ourselves that our emotional well-being is just as important as our physical health. Here at York Gardens, we want every resident to know: your feelings matter. Whether you're feeling joyful, lonely, or in need of a little comfort—it's okay to talk about it. Taking care of your mind and heart is just another part of living well.

Simple Ways to Care for Yourself:

- Stay in touch with loved ones – Even a short phone call, text message, or video chat with family or friends can help you feel closer to them, no matter the distance.
- Read a book or listen to an audiobook – Reading a story can be a wonderful way to escape.
- Try something creative – Whether it's coloring, knitting, journaling, or painting, creative activities are great for relaxation and self-expression.
- Spend time outdoors – A short walk outside or sitting in the sunshine on our front patio can lift your spirits.

Practice mindfulness or meditation – Take a few minutes to sit quietly, close your eyes, and focus on your breathing. Even just five minutes can help reduce stress and bring a sense of calm.

Everyone has hard days. If you're ever feeling down or overwhelmed, please let someone know. We're here to listen, support, and walk with you through it.

Additionally, our chaplain is always available as a resource if you'd like someone to talk to. Whether you'd like a prayer, a conversation, or simply someone to listen, the chaplain is here to offer guidance and comfort.

Research shows that:

- Nearly 1 in 3 older adults experience feelings of loneliness, which can increase the risk of depression and other health problems (Source: National Institute on Aging)
- Older adults who maintain strong social connections are 50% less likely to develop depression and other mental health issues (Source: American Psychological Association)

Older adults who engage in regular physical activity are 30-40% less likely to experience depression compared to those who don't exercise (Source: Mayo Clinic)

If you're struggling with your mental health, please notify a staff member. We are here to help and can work with you to come up with a plan for support, so you don't have to face things alone.

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 |
| Gordon Klema | Director of Environmental Services | 952-898-6712 |
| Sarah Strandmark | Life Enrichment Director | 952-898-6720 |
| Justin Lansdowne | Chaplain | 952-898-6738 |
| Cynthia Sharp | Administrative Assistant | 952-898-6700 |
| Mackenna Stuber | Resident Services Coordinator | 952-898-6733 |
| Nursing | LPN on Duty | 612-398-6802 |



MONTHLY NEWSLETTER: MAY 2025



Resident Culinary Meetings

May 13th, 2025



9:30am-10:15am

In the Bistro

10:30am-11:00am

In the 4th Floor Dining Rm

11:00am-11:30am

In Gardenview

Brad Carlin Performance

May 6th

3:30pm-4:30pm

in Gardenview



Bible Study

Tuesdays at 10:15am in the

Club Lounge

Worship Services

Fridays at 10:15am

In the 2nd Floor Theater

(with Chaplain Justin Lansdowne)

Resident Led Services

Sundays at 10:00am in the 2nd Floor

Theater



Resident Birthdays

5/14 Glen

5/15 Ralph

Staff Birthdays

5/07 Gina

Resident Council

Thursday

May 15th

10:30am-11:30am

In the THEATER



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



Barb & Sully will be visiting every

other Monday from

**1:15pm-2:00pm for therapy dog vis-
its**



We are honored to welcome
new residents & staff to our
community!

Dennis

Lois

Esther, Housekeeper

Mahamoud, RA



MacPhail Music for Life

With Paula Lammers

5/7 & 5/21 at 3:30pm-

4:30pm in the Lobby

JAMES SHAW PIANO MUSIC

**5/8 in the Lobby at 10:30am-
11:30am**



**5/27 in Garden-
view at 10:30am-
11:30am**

Monthly Birthday Party

Wednesday, May 14th

2:30pm-3:30pm

in the Activity Area

Music from FireSpice

Serving sweet treats

ALL are invited



Mother's Day Celebration



May 12th
10:30am-11:30am
in the Bistro

Join us in celebrating the mothers
and mother-figures in our com-
munity. We'll have live music
from Tomi Majoros and special
treats from the York Gardens Culi-
nary Team.

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

From the desk of Chaplain Chris Beckman

My son is training to be a nurse and is gaining valuable experience serving in a group home with several men who have autism. This Spring, he is learning an important life lesson – the transition from Winter to Spring is terribly difficult for his residents – a lesson that most of us caregivers at Ebenezer can easily relate to.

So why is it so hard? We look forward to moving past the snow, sleet, rain, hail, and melting mess that accompanies the end of winter. We are tired of the cold and gray and the persistent need to wear layer upon layer of clothing. And even when we love winter skiing, hockey playing, hot cocoa drinking, and sauna sweating, it often stays around too long.

So why, when we are so excited for Spring, does it often send us and our charges into such a state of turmoil and disruption? I guess it shouldn't be so hard to understand. I mean, all around us, things are bursting out of the ground, buds are pushing out from the dead-looking trees, animals (and us, too) are waking from our slumbers, and we are being forced from our cars, homes and winter clothes that protected us through the long season. Listen to the words bursting, pushing, waking, and forced. That's a lot of remodeling going on both outside and inside our lives.

My wisdom for myself:

- + Be aware that this Springtime, even while greatly anticipated, is just hard on us and our residents.
- + Be kind to yourself during this time of growth, change, and "remodeling."
- + Daydream a bit about what might await you during this time of growth.
- + Remember that remodeling tends to be more fun in our minds than actually doing it.
- + But all remodeling projects do seem to come to a conclusion!

Blessings on the remodel.

Chaplain Chris

The Rev. Chris Beckman
Corporate Director of Spiritual Care

Craft: Paper Flowers



May 5th
10:00am-11:30am
In the Activity Area

SHOPPING OUTINGS



Trader Joe's: Wednesday, May 7th 9:45am-11:30am

Target: Thursday, May 29th 9:45am-11:30am



Baking Club

May 19th
10:00am-11:30am
In the Private Dining Room

SING-A-LONG

With Rosanne Halloran
Thursday, May 22nd
10:45am-11:30am in Gardenview

Commemorative Air Force Minnesota Wing Outing & Picnic

May 21st
9:45am-1:30pm



More than just a collection of airworthy warbirds and historical artifacts, the Commemorative Air Force Minnesota Wing is a place where you can experience history up close. Picnic Lunch Nearby at McMorrow Field Park to follow.



With Charlotte
May 16th 3:30pm-4:30pm in the Lobby



FYI: Fire Drill
Thursday, May 15th

Watercolor Painting

Bingo not your thing?

Come paint!
May 12th & 26th 3:00pm-4:00pm
in Gardenview