



THE PILLARS
OF GRAND RAPIDS

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

June 2025

Vol. 4 Issue 6

Newsletter



Message from the Executive Director



Tiffany Johnson
Executive Director

Dear Residents and Families,

As we welcome June, we look forward to a month filled with family gatherings and community events. At The Pillars of Grand Rapids, we are committed to continuously enhancing the living experience we offer. To that end, we are conducting two important surveys this month and encourage your participation:

1. Vital Research Survey June 2nd, 2025

In partnership with the State of Minnesota, Vital Research conducts surveys that provide valuable insights for individuals considering senior living options across the state. The data collected from this survey is publicly accessible and aids prospective residents in making informed decisions.

2. Activated Insights Survey June 16th - July 12th 2025

Activated Insights specializes in gathering feedback to improve the quality of care and services in senior living communities. This survey focuses on internal operations and allows you to share your experiences, highlighting areas where we excel and identifying opportunities for improvement. Your feedback from last year's survey played a pivotal role in the development of our exceptional Maintenance Department.

Both surveys are designed to help us better serve you and ensure that The Pillars of Grand Rapids remains a place where residents feel valued and well cared for. Thank you for taking the time to participate and for your continued trust in our community.

Upcoming Outings/Events

Breakfast at Dotties

Fri. June 6th 9:40am

BBQ on the Patio

Fri. June 6th 4:30-6:00pm

Food Talk

Wed. June 11th 2:00pm

Fishing/ Boat Ride on the Lake

Wed. June 11th 9:15am

Father's Day Celebration

Thurs. June 12th 1:30pm

Pillars on the Patio Social

Thurs. June 19th 3:00pm

Walmart

Mon. June 23rd 9:40am

Fishing/ Boat Ride on the Lake

Wed. June 25th 9:15am

Lunch at the Forest Lake

Thurs. June 26th 11:00am



CULINARY CLIPS

Chris Geirsdorf



Summer Is Here—Let's Get Grilling!

With the sunshine and warm weather finally here, it's the perfect time to enjoy outdoor grilling on the patio. If you love to grill, we invite you to make the most of the season by using our community grill for your next meal.

To reserve a time, please stop by the front desk and speak with Whitney. She'll be happy to help you get scheduled.

Happy grilling!

Food Talk with Chris **Wednesday June 11th, 2025 2:00pm**

Join us for Food Talk Community Room

This month topic with include:

- How can we serve you?
- What you need to know about nutrition.
- How to cook a certain food.
- What can I teach you.

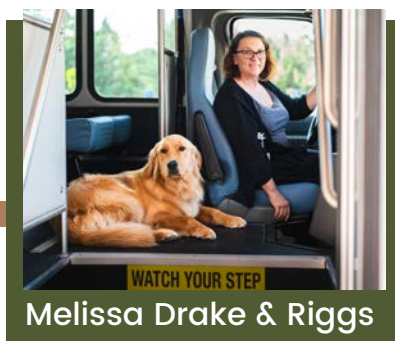
BBQ on the Patio

Tuesday June 10th 2025 4:30-6:00pm

Join us for our June Theme Meal on Tuesday, June 10th during the dinner meal. We'll be firing up the grill for an outdoor BBQ on the patio! Our chefs will be serving up delicious burgers, brats, and a variety of tasty sides you won't want to miss.

Invite your community neighbors and make it a fun evening together!

Please remember to sign up at the front desk, even if you're already on a meal plan. Once you sign up, you'll receive a ticket confirming your spot. Signing up helps our team plan portions and ensure everyone is well-fed!



Melissa Drake & Riggs

ACTIVITIES

Kentucky Derby FUN!

WEEKLY 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
- Needles and Chat Sundays at 3:00pm in the Art Studio
- Coffee and Chat Monday Thru Saturday 9:00am in Community Room
- Art Throb Club Wednesdays at 1:30pm in the Art Studio

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.

SPECIAL WEEKS OF JUNE

National Fishing & Boating Week June 1-8th

Pet Appreciation Week June 1-7th

National Flag Week June 8-14th

National Men's Health Week June 9-15th

National Pollinator Week June 16-22



If you have puzzles, games, books, or old crafting supplies you would like to donate please reach out to Melissa or leave a message at front desk with your contact information. My office is located on the 2nd floor please feel free to stop by anytime.

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.

If you have Bingo Bucks to spend please look for dates and times on calendar for when the Bingo Store in Melissa's office.



Myriah Woods
Dimensions Manager

At the Pillars of Grand Rapids, Memory Care unit the best moments are often the simplest feeling the warmth of the sun, hearing the gentle rustle of the trees, and sharing laughter with friends.

Recently, our residents have been making the most of beautiful days, enjoying time on the patio, soaking up the fresh air, and embracing the joy of each little moment. Whether reminiscing over fond memories, enjoying a refreshing drink, or simply watching the clouds drift by, there's a special kind of peace in these everyday joys.

Here, we celebrate connection, comfort, and the happiness found in life's simplest pleasures.

Come experience the warmth and laughter with us.



TimeSlips[™]

As our bodies and minds change with age, people ask - "How can I connect with my mom? My clients? My neighbor? My friend?" Timeslips is an evidenced-based and award-winning approach that helps people connect through relative communication and engagement.

Several of our team members have just completed the certification process to add this to our community. Each month we will post one of the stories that were created by residents with the guidance of one of our team members.

Creative Story



Story Title: The Baby

What should we call him? Baby, Smiley, Freddie, Brother

Where did he come from? His mother

What is he like?

He likes to smile, charming, mischievous, he is helpful to everyone.

Does he have a family? Yes

Who is it? His Mom, Dad, and Uncle Joey.

Are they there too? No, he was left alone in suitcase, he snuck into the suitcase for mom and dad's vacation

Where does he want to go? He wants to pee, he wants to look for more food, go to the living room with a smile on his face, find someone to play with.

Where is he going to go? Half the people want to just take him home because he is so cute. He is going to go pee his pants, he is going to sleep.

Who else is around? Doctor, Mom & Dad

This TimeSlips creative story is an example of the questions asked to guide residents through what they think the story this picture is telling.

The answers are the words of our residents.

Licensed Nurses Week



May 4th - May 10th 2025



We proudly celebrate the heart and soul of our care team—our amazing nurses! Their dedication, compassion, and expertise are essential to the health and well-being of our residents every single day.

A special shoutout to:

Christina Wake, RN - Director of Health Services

Laurie Root, RN - Assistant Director of Health Services

Kelli David, LPN

Your unwavering commitment to excellence, kindness, and dignity in care is what makes the Pillars of Grand Rapids feel like home. Thank you for being advocates, comforters, listeners, and leaders. You make a difference, and we are so grateful for you—this week and always!

A Message from Rob Vance, Maintenance Director Summer Trash & Recycling Reminder



As we head into the warmer months, we're asking for your help in keeping our building fresh and clean. Please follow these important guidelines when disposing of trash and recycling:

- **Bag and securely tie all garbage before placing it in the trash chute.**
- **Recyclables must be clean and placed loose (not in bags) in the recycling chute.**
- **No glass is allowed in the recycling chute.**
- **Break down all cardboard boxes before disposal.**

Over the past month, we've taken extra steps to clean the trash chute system. With your continued cooperation, we can keep our community smelling clean and comfortable all summer long. Thank you!

Friendly reminder to Pet Owners
Please be sure to always pick up after your pet waste and dispose of properly. If your pet has an accident in the building please clean it up immediately and let staff know if it needs additional cleaning.



Koby Broking
Resident Services
Coordinator

I can't believe it's June already! I hope everyone is doing well and has some fun plans for the summer. My family has a camper, so we enjoy making memories through camping, swimming, fishing, and the occasional trip to the racetrack- and of course, keeping up with the kids' summer sports. Time is flying, so try to make the most of it and get outside at least once a day if you can!

Last month, I sent out forms to those who haven't yet signed up for our ACH program. This program allows you to pay your bill either online or through automatic withdrawals (ACH). If you have any questions about how it works, please don't hesitate to reach out- it can seem a little confusing at first, but I'm happy to help explain it.

Wishing you a safe, sunny, and memorable summer. Take care and enjoy every moment!

Happy Birthday

Elmer Voigt 6/4

Dick Hawkinson 6/6

Harriet Lucia 6/6

Margie Waydula 6/16

Morrey Swenson 6/18

Vicki Harding 6/25

Judy Heuer 6/27

Jack Vipnd 6/29

Ruth McKown 6/30

Easy Sudoku Puzzle

9	8	3	4		7		2	
	6	1						4
				6				
5				8	3	9		6
1		6		4		2		8
8		9	7	1				3
				9				
6						1	8	
	5		1			3	6	9

Copyright © 2014 puzzles-to-print.com. All rights reserved.

See Melissa or the front desk for the answer Key

MAKE AN OLD FRIEND A NEW NEIGHBOR



THE PILLARS OF GRAND RAPIDS

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE



RESIDENT REFERRAL FORM

Do you have friends who would love living at The Pillars of Grand Rapids just as much as you do? Encourage them to move in and **you will both earn \$500!**

HERE'S HOW IT WORKS

1. Tell your friends or family members about The Pillars of Grand Rapids.
2. If a friend or family member is interested in living at The Pillars of Grand Rapids, let us know by submitting the form below.
3. After your friend or family member moves in and lives at The Pillars of Grand Rapids for two months, you will both receive a \$500 credit on your rent.
4. Go back to Step #1! There is no limit to the number of referrals you can make.

RETURN TO

The Pillars of Grand Rapids, Attn: Outreach & Sales Director
2060 SW 8th St, Grand Rapids, MN 55744

CONTACT US

218-999-4999

*Terms and Conditions

This is a limited time offer that is subject to change without notice. It cannot be combined with any other offer and is not retroactive. Other restrictions may apply. Your friend's first contact with The Pillars of Grand Rapids must come directly from your referral for you both to be eligible.

©2021 Fairview Health Service 900844



218-999-4999 | pillarsseniorliving.com/grandrapids

 EBENEZER

Your name: _____ Date: _____

Email: _____ Phone: _____

Your friend's name: _____

Your friend's email: _____ Your friend's phone number: _____

May we talk to them about The Pillars of Grand Rapids? Yes: _____ No: _____