



THE PILLARS OF HERMANTOWN

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

Newsletter | *June 2025*



A Message from the Executive Director

We are thrilled to introduce the very first edition of our community newsletter! Our goal is to keep you informed and connected with updates from each department, highlights from recent events, and previews of exciting activities and happenings around the community.

If we haven't had the chance to meet yet, I invite you to stop by and say hello. My first few months have been incredibly rewarding, and I am deeply grateful for the warm welcome, patience, and kindness I've received from all of you. It's a privilege to be part of such a special community and I'm honored to continue my journey of serving seniors in a place as beautiful and vibrant as this.

Summer is finally upon us, and with it, comes a season full of joy and opportunity. I hope you enjoy exploring this newsletter and discovering just a few of the wonderful things we have planned.

Thank you for the opportunity to be a part of this remarkable community!

Warmly,

Rhonda Furlong

Leadership Team

Rhonda Furlong, LALD

Executive Director
218-600-5750
Rhonda.Furlong@Fairview.org

Julie Hudecheck

Outreach and Sales Director
218-600-5751
Julie.Hudecheck@fairview.org

Jessica Steele, RN

Director of Health Services
218-600-5753
Jessica.L.Steele@fairview.org

Hannah Rossow

Resident Services Coordinator
218-600-5752
Hannah.Rossow@fairview.org

Jon Benson

Culinary Director
218-600-5759
Jon.Benson@fairview.org

Nathan Bubacz

Environmental Services Director
218-600-5755
Nathan.Bubacz@fairview.org

Tracey Pavlatos

Dimensions Manager
218-600-5757
Tracey.Pavlatos@fairview.org

Lydia Jordahl

Life Enrichment Director
218-600-5762
Lydia.Jordahl@fairview.org



PILLARSENIORLIVING.COM/HERMANTOWN

 EBENEZER

From Our Community Outreach & Sales Director

We're thrilled to share some exciting updates and milestones from our Sales & Marketing department.

Near Full Occupancy!

Thanks to our incredible team and the continued trust of our residents and their families, we are *nearly at 100% occupancy*! Several new residents are preparing to move in over the next few weeks, and we're looking forward to welcoming them with open arms. It's truly a testament to the warm, vibrant environment we've all helped create here. I am very thankful to all of you who stop me on tours and introduce yourselves and offer such kind words about our staff and our community.

Out in the Community

I continue to participate in our area senior networking events that help us connect to other resources including local healthcare providers and senior service organizations. It was a wonderful opportunity to build relationships, share our mission, and highlight the exceptional care and lifestyle we offer.

Thank You for Supporting the Silent Auction!

A heartfelt thank you to everyone who donated and bid on our *Silent Auction to support the Alzheimer's Association and our employee appreciation fund*. With your generosity, we raised meaningful funds to support this important cause. Your support not only helps advance Alzheimer's research but also strengthens the sense of community we value so



We share a lot of fun happening around the community on our facebook page. We would love for you to "LIKE" our page and join in on the fun!

WWW.Facebook.com/PillarsofHermantown



PILLARSENIORLIVING.COM/HERMANTOWN

 EBENEZER

GOOD TO KNOW!

These are a couple of some frequently asked questions that we thought we would share as a refresher.

1) Who is Ebenezer, the property management company?

Ebenezer has cared for seniors for over a century. Ebenezer – which means “stone of help” – was established in 1917 to provide community-centered care for homeless older adults and others in need. Over the years, Ebenezer has evolved into the largest senior housing operator in Minnesota, and manages properties in Iowa, Wisconsin and Florida too. Today, Ebenezer leads the way in offering innovative choices for older adults to thrive.

2) What does “age in place” mean?

At The Pillars of Hermantown, we offer a full continuum of care, meaning you can stay in your apartment as you age, and add services when needed. You may be very active and independent now, but down the road you might like some help with dressing, showering, taking medication, making meals, or a variety of other health-related care. No need to change apartments! Just talk with the Director of Nursing to assess your situation, and add a care plan to meet your needs, all in the same apartment that you’ve grown to love. (Some limitations may apply.)

3) What types of activities do we offer?

Ebenezer Senior Living believes that healthy aging is more than a statement, it's a way of life. Incorporating the seven components of wellness (emotional, physical, intellectual, spiritual, social, environmental, and occupational) into our activities calendar, we aim to engage each and every resident by providing a wide variety of social events. Examples include concerts, art programs, exercise classes, book club, tech time, happy hours, educational opportunities and game nights, to name a few.

4) Who is Oppidan?

A national property development firm headquartered in Minnesota and offices in California and North Carolina. They’ve developed more than 566 projects valued at more than \$4.3 billion and spanning 26.4 million-square feet throughout 40 states and parts of Canada.

Oppidan offers a full range of real estate services including asset management, construction management, and capital markets. Their team is highly skilled in many industries including Retail, Housing, and Corporate Build To Suit. The strength of their employees defines their success, and they share a passion for what they do.



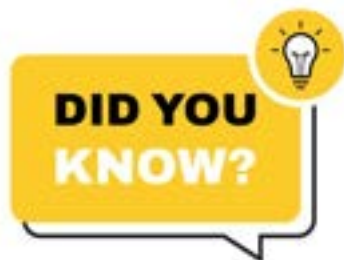
Did you know you can advertise in our newsletter? If you lead or participate in a Resident lead group that you would like advertised in the newsletter, please reach out with the information and we will place an ad in our next newsletter. A space just like this, could be yours! Stop by and tell Jody at Reception, Lydia or Rhonda to let us know.



Life Enrichment at The Pillars of Hermantown

Summer is here and the outdoor activities are starting. We have some great day trips in the works and I want to share information to make your experience enjoyable and empower you to participate.

- The Pillars bus is equipped with a lift, allowing passengers using walkers and wheelchairs access to the interior of the bus without navigating the stairs. If you find the lift intimidating and would like to try it without other people around, let the life enrichment staff know and we can arrange that.
- Our bus can accommodate up to two wheelchairs, including power wheelchairs, but we are unable to allow power scooters due to weight restrictions on the lift.
- If you want to explore on your own during an outing, you are encouraged to do so. If you want a trip buddy or guide, Life Enrichment staff is present and available to assist at all outings.
- Where to meet at the end of an outing and at what time will be clearly communicated before disembarking the bus. The bus will not leave until all passengers are onboard for the return trip to The Pillars.
- Bottles of water and a snack will be provided to participants on trips involving an outdoor activity.
- All destinations will have a public restroom.
- Destinations that involve walking will include areas to sit and rest.
- Please provide your own sunscreen and insect repellent.
- Dress in layers, the temperatures in Duluth and the surrounding areas can vary by as much as 20 degrees depending on distance from Lake Superior.



When you moved in, if you signed do not consent for a photo release. Now that we have our newsletter up and running and you see how we share some photos, you can always change your preference and opt in. We would love to share the fun with you in it!



... What's ... Happening



June's Highlighted Events

Date	Time	Event/Experience
Tuesday, June 3	11:00 am	Hearing Loss Resources— Jackson Hall
Wednesday, June 4	1:30 pm	Entertainment: Fish Heads – The Loft
Friday, June 6	3:00 pm	Boozy BINGO—KB's Pub
Tuesday, June 10	3:00 pm	Monthly Birthday Party—KB's Pub
Thursday, June 12	1-3:00 pm	Alzheimer's Association Car Wash Fundraiser— Front Entrance
Friday, June 13	11:00 am	Lunch Outing and St. Louis River Pontoon Boat Ride—Lobby—(Sign up required)
Wednesday, June 18	3:00 pm	Resident Council Meeting—The Loft
Thursday, June 19	2:30 pm	Ice Cream Social—KB's Pub
Monday, June 23	1:30 pm	Entertainment: Squeazy Wes Miller—The Loft
Thursday, June 26	1:30 pm	Fishing Outing —Lobby—(Sign up required)

Our recent trip to Gooseberry Falls!

More pictures on Facebook!



Dimensions Dementia Care Program

Exciting news! The Pillars of Hermantown has created a team to join the fight against Alzheimer's Disease by participating in the Walk to End Alzheimer's. It is our goal to start fundraising efforts over the next several months in various ways. Our first big event will be a car wash coming up in June. We are thrilled to help create many opportunities to donate. Make sure you stop by the lobby for \$1 popcorn too!

One of the many ways your donation contributes is by enabling the Alzheimer's Association by helping provide quality care and support through their free 24/7 Helpline (800.272.3900), in-person and virtual support groups, education programs and so much more! It also empowers the Association to accelerate the world's most promising research toward treatment, prevention, and, ultimately, a cure.

Please consider joining our walk team and/or supporting the cause!

We will be fundraising up until September 20th!



The Duluth News Tribune will be hosting their annual local **"best of the best"** contest again. In the Home & Garden category we are listed in the **Best Retirement / Assisted Living Facility**

Nominations start June 23rd—July 11th
Voting begins: July 21st—August 8th
Winners announced September 10th



PILLARSENIORLIVING.COM/HERMANTOWN

@EBENEZER

The \$10 Car Wash Fundraiser

An event to benefit the Alzheimer's foundation!
Free car wash OR lemonade with kettle corn for
all fathers of the Pillars of Hermantown

Suggested Donation of \$10 for a car wash and
\$3 for lemonade/kettle corn combo

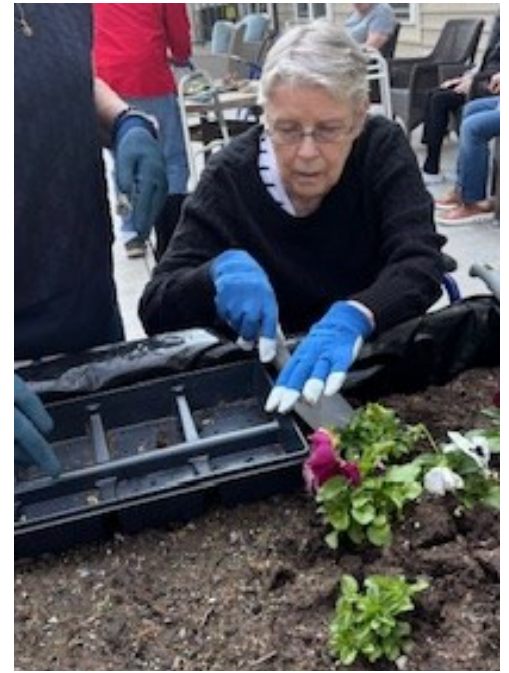


June 12th 2025 | 1:00 PM-3:00 PM |
The Pillars of Hermantown

Need your cars washed? Get it done all while
supporting a great cause! Just drive your car to the
front of the Pillars, and we'll do the rest of the work!



Sweet Summertime Flowers & Fun



Environmental Services Update

AIR QUALITY ALERT—We are starting to see days where smoke is traveling to us from the Canadian wild-fires. Some days have been so bad it is advised to stay indoors. For your safety, if you have any conditions that might leave it difficult for you to breathe in the heavy smoke, try and stay indoors. We do have filtered air within our building so that helps us as long as the windows are closed. Please try to reduce the amount of smoke that gets inside by not holding doors open and closing windows. Hopefully this will all pass and we will all get on with enjoying the beautiful summer days!



Evacuation Drill—Last month we shared our policy and the steps to a successful emergency evacuation drill. Some of you even participated in the physical evacuation. A copy of the steps for this process were placed in your cubby last month. If you did not receive a copy or would like another one please let the Receptionist know. If you have questions or would like to review the evacuation plan please make an appointment with either Nathan, Environmental Services Director, or Rhonda, Executive Director. A very special thank you to all those who participated and helped make this a successful drill!

How to make a request for Maintenance Service:

- Please call our receptionist at 218.600.5755 and ask to have a maintenance ticket submitted.
- Provide as much information as you can. Let them know if it is an emergency and it needs immediate attention.
- If it is after hours and it's an emergency, report to an RA
- Work will be completed in order of severity first and then in order of when it was received next.



Welcome Odom Rehab!



By now, you have likely heard of our partner, Odom Rehab. We are so excited they have started working right here at Pillars of Hermantown. Their welcome letter was sent out some time ago and if you did not receive one, check your cubby or ask the receptionist for a copy. There are many residents who are already taking advantage of their services and getting Occupational Therapy set up. Many of you might have already met Sami Parmeter as well. If you haven't had the opportunity, get to know her a little more on the next page. You will see some great information in our newsletters going forward. Welcome, Odom Rehab! We are so happy to have you join us right here onsite at Pillars of Hermantown!

What makes Odom Rehab different?

Therapist-Based Leadership Team

Odom Rehab's management team is made up of PTs, OTs and SLPs that have worked in the field at Odom Rehab, and still do. They are intimately tuned in to the needs of the therapists and as well as the residents of the community, and they provide ongoing and relevant support.

Collaboration and Culture

Odom Rehab creates small teams of PTs, OTs and SLPs within each community, promoting a culture of teamwork and collaboration.

Autonomy

Odom therapists have autonomy in the way they cultivate relationships with staff, manage their buildings, and spend day-to-day operations.

Small Company Vibes

Odom Rehab is growing, but we are still a small company at heart. With approachable leadership, minimal red tape, and local ownership, you will feel like an individual, rather than a number.

Appropriate Productivity Standards

Our average productivity of 72% allows us to meet the needs of our patients ethically and responsibly. Flexibility Because our patients live where we work, this offers tremendous flexibility in choosing a schedule that matches their lifestyle.



Meet Your Team!



Sami Parmeter, OTR/L

I live in Superior, WI, with my husband, Marcus, and our two daughters, Linnea and Winona. I am thrilled to be working as an Occupational Therapist at the Pillars of Hermantown. I chose occupational therapy because I love the diversity it has to offer, and it provided me the opportunity to tie in both my passions of education and healthcare. I am a coffee lover and worked as a barista through high school and college. When I am not spending time with my daughters, I enjoy knitting, reading, and swimming. I can't wait to get to know the Pillars' community and support the wellbeing and independence of the residents!

Why work with Occupational Therapy?

ENVIRONMENT AND EQUIPMENT

- Home Safety Assessments
- Low Vision Adaptations
- Adaptive Equipment/Wheelchair Orders

STRENGTH AND COORDINATION

- Upper Extremity Strength & Range of Motion
- Hand Therapy
- Fine Motor Coordination/Dexterity
- Pain Relief

COGNITION AND MEMORY

- Cognitive Assessments
- Compensatory Strategies for Memory Loss

ADLs AND MOBILITY

- Dressing
- Showers
- Wheelchair Mobility
- Posture and Stability Training

SPECIALTY AREAS

- Incontinence
- COPD Management
- Anxiety and Depression Management
- Parkinson's Disease Management
- Dementia Programming and Behavior Management

ORDERS

If you have orders:

- Fax to 763-710-8154
- Email to any therapist or to anna@odomsportsmd.com
- Hand to any Odom employee

If you don't have orders:

- Simply ask any ODOM team member, and she will request orders directly from the primary care provider

**DID YOU
KNOW?**



There is a communication box with pens and notecards for Odom next to a pamphlet near the mail area on top of the bookshelf where packages get delivered.

Resident Highlight



Allen Decker

For many, the memories of high school and college live on in yearbooks and faded photographs. For our resident Al, those years still play vividly in his mind—like a game-winning drive frozen in time.

“I played football for Duluth Central all through high school then went on to play in college for UMD in the late 1960’s,” he shared with a smile. “I was an inside middle linebacker and right offensive guard. To this day, I remember some of my best tackles and moments.” His senior year at Duluth Central he was a standout. He earned both All-State and All-American honors—

Achievements they don’t just give out to anyone and that spoke to his grit and skill on the field.

Not every game ended in victory. One memory stands out: a hard-fought playoff game where St. Johns edged them out by just four points. “One of our defenders went back to throw a pass that would have won us the game... but it was dropped and blocked by their defender,” he recalled. The sting of that moment still lingers, but so does the pride in how close they came.

His college years brought more competition and camaraderie as part of the Minnesota intercollegiate Athletic Association—A league of about 10 to 12 teams that provided some of the most thrilling and formative experiences of his life. “There were so many times I made a tackle that stopped an opponent cold in his tracks. Those were the moments I lived for,” he said with a gleam in his eye.

Sometimes the past has a way of surprising you. Just a few months ago, a visitor walked into our community, he found himself face-to-face with a former teammate—someone he hadn't seen in more than 50 years. “It was incredible,” he said with a big smile. “He was such a great player and always cared deeply about the team. It meant so much to see him again.”

Beyond football, he pursued academics with equal passion, yet he would argue he never had time to study because he was always at practice, but he earned a degree in History and Political Science. Not long after graduation, he answered another call—enlisting in the Army to serve his country.

Al, your story reminds us that life is a series of seasons, each with its own triumphs, challenges, and unexpected joy. Sometimes the best plays happen long after the final whistle blows.

Thank you for being such a valued member of our community, in so many ways, since March 2024!

June Birthdays

06/03	Armin Kvien		
06/06	Don Reed		
06/10	Linda Gerga		
06/11	Joe Markitans		
06/12	Lloyd Westerman		
06/12	Paul Bernard		
06/14	James Kroll		
06/29	Virginia Joki		



Coming Soon

WE WANT TO HEAR FROM YOU

Ebenezer's Customer Experience Survey

In a changing world, it is more important than ever to hear directly from participants and families what we are doing well and what we can do to improve. Because of this, we're pleased to announce our Customer Experience Survey beginning June 16, 2025.

At that time, participants and families will receive an email invitation from Activated Insights, our survey partner, providing them with a special link to the survey. This link will be unique, so please don't share it.

- Quick and easy (10-15 minutes)
- Designed to cover topics such as satisfaction with specific departments and an opportunity to share where we're doing well—or could do better.
- Confidential

Watch for your invite starting June 16! Your voice is important.

Employee Highlight

A Memorial Day to Remember

This Memorial Day, we were reminded of the deep connections that bind generations through service, honor, and love of country. Kelly, our dedicated part-time Receptionist and a valued member of our community for the past year, recently shared a truly meaningful moment in her family's life. Her son, Michael, officially signed with the 148th Air National Guard—an already proud occasion. But what made it unforgettable was the honor of being sworn in by his 95-year-old grandfather, Colonel Dave Allison (Ret.), who himself served with distinction in the very same unit. A legacy of service came full circle in that powerful moment.

Kelly shared, “It was an emotional Memorial Day for our family.” And truly, how could it not be? The patriotism, history, and love within that single moment captured the spirit of what Memorial Day represents.

Amid the emotion, they found time to enjoy each other's company—sneaking in some well-earned fishing together, creating memories that will no doubt last a lifetime.

Please join us in congratulating Michael, honoring Colonel Allison, and celebrating the strength and heart of Kelly's family.

Thank you for being such a vital part of our Pillars community and team, Kelly!



Memorial Day Ceremony

Monday, May 26, 2025



THE PILLARS OF HERMANTOWN

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE



PILLARSENIORLIVING.COM/HERMANTOWN

EBENEZER