



**ORCHARDS  
OF MINNETONKA**

SENIOR LIVING ASSISTED LIVING MEMORY CARE

# The Orchards Column

## MARCH 2022

Orchards of Minnetonka | Harvest your Future By Picking Us

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### Message From Our Executive Director

It is the month to “Spring Forward” and think about the beauty of the springtime season. I’ve already been enjoying the extra daylight each day, but it will get even better on Sunday March 13th—don’t forget to set your clocks ahead one hour before you go to bed the night before!



As you know, Ebenezer, along with many other organizations, has been affected by an unprecedented labor shortage. We are working hard to add qualified new team members as well as retaining our current staff. In fact, last month we hire 3 new Resident Assistants. Through the years, our residents have been a great source for providing an employee referral. We are asking for your help once again in referring to Orchards of Minnetonka. I would be happy to match our resident referral discount of \$1,500 off rent after they are employed for a month.

Thank you for your continued support!  
Kylie

### Welcome to our Environmental Services Director

You have a new Environment Services Director. My name is Gordon Klema. I came to the Orchards from another Ebenezer community. I have been part of the Ebenezer family for approximately 4-1/2 years. I've worked with senior citizens for a good portion of my life. I look forward to meeting and working closely with all of you. Thank you and have a wonderful day.

Gordon Klema, ESD

**MISSION:** Ebenezer is driven to heal, discover and educate for longer, healthier, meaningful lives.

# Spiritual Wellness: What is your Meaning and Purpose?

## A Message from Chaplain Craig Simenson

Ash Wednesday is March 2, the beginning of the season of Lent for many western churches. Eastern or Orthodox churches meanwhile will observe the start of “Great Lent” this year on Monday, March 7. Thus begins the forty-ish day trek to Easter Day (April 17) or Pascha (April 24).

The word “Lent” is related to the word “lengthen”, as in the lengthening of days that those of us in the northern hemisphere experience at this time of year. Daylight hours grow longer now. In fact, March 21 will mark the equinox. The word “equinox” is related to the word “equal”, because this is a day that is “equal” times night and day. It is also the traditional start to spring in the north.

For Christians, Lent is traditionally a time for self-examination, prayer, and acts of service. In other words, Lent can be understood as a season of growth. In recent years, the idea of “lifelong learning” has become quite popular—

and it’s true, personal growth and learning are available to us throughout our lives! It’s never too late to learn something new or increase in our understanding of others. When we continue to approach our older years with open minds and tender hearts, we might even learn some things about ourselves that we hadn’t realized before. In the Christian calendar, Lent leads to Easter. But regardless of our religious background, the truth is that no matter what season of life we find ourselves in, we too can experience new life and life anew!

The Rev. Craig F. Simenson  
Float Chaplain



## Greetings from Cantor Deb

Greetings Orchards residents! I’m in sunny Florida on vacation, but I have been thinking about all of you and I hope every one of you is well and healthy.

I dawned on me today that we are in the month of February (of the Gregorian calendar), and it’s a month when there are no Jewish holidays! Jews do love holidays, and not only because it affords us a chance to eat special delicious foods! It gives us a reason to gather together, like we did at our Hannukah party. We can visit, laugh, hear holiday music, and take a break from our normal routine.

What to do during a month that doesn’t contain a holiday? Let’s create our own special moments! Judaism is a communal practice; perhaps each of you can invite over a friend or two, or even reserve the private dining room. Think of a theme of your OWN, like “Memories of High School,” or “Memories of Holiday Foods and Cooking”, or “These are Pictures of Me Growing UP”. I can’t wait to hear about how you reached out to each other and nurtured your friendships. Remember; we don’t live our best life alone. We live our best life when in community with others. I’ll see you in March! Be well and healthy.

Love to all,  
Cantor Deb

# Well-Being

## From our Dimensions Manager

### Staying Fit for Memory Health

Regardless of age or physical status, anyone can reap the benefits of exercise. Fun fact: exercise helps your cognitive health too! Staying active at Orchards encourages mobility and elevates energy levels too.

### Stretch your body and mind daily!

Joint mobility weakens as we age, it's just a part of life, but by stretching we can promote flexibility and maintain our range of motion. Properly warming up before stretching is incredibly important, and be sure to check in with your Doctor to avoid injury when starting a new exercise routine. Getting your heart rate up on a regular basis also makes everyday activities easier, helping you maintain your independence.

A combination of exercises focusing on stretching, balance, and cardio can keep your range of movement, prevent accidents, and even reduce mental fatigue.

## From our Culinary Director

### March 14: National Reuben Sandwich Day

#### Recipe

- 2 tablespoons butter
- 8 slices rye bread
- 8 slices deli sliced corned beef
- 8 slices swiss cheese
- 1 cup sauerkraut, drained
- ½ cup thousand island dressing

1. Preheat a large skillet or griddle on medium heat
2. Lightly butter one side of bread slices. Spread non-buttered with thousand island dressing. On 4 bread slices, layer 1 slice swiss cheese, 2 slices corned beef, ¼ cup sauerkraut and second slice of swiss cheese. Top with remaining bread slices, buttered sides out.
3. Grill sandwiches until both sides are golden brown about 5 minutes per side. Serve hot.

## UPCOMING EVENTS

### Mardi Gras Celebration

Tuesday, Mar. 1st  
3:00 p.m.- CR

### Meet the Mayor

Thursday, Mar. 3rd  
1:30 p.m.- CR

### Resident Council

Thursday, Mar.  
10th 3:00 p.m.-  
CR

### St. Patrick's Day Performance

Monday, Mar. 14th  
1:30 p.m.- CR

### Traveling Naturalist

Thursday, Mar. 24th  
1:30 p.m.- CR

### Join us to Celebrate March Birthdays!



# Community Connection



## Resident

Helen Faber	Mar. 1
Eileen Christensen	Mar. 9
Ledell Benson	Mar. 11
Donald Nelson	Mar. 15
Marian Hart	Mar. 21
Dorothy McConnell	Mar. 21

## Resident

Karen Peterson	Mar. 22
Joyce Traczyk	Mar. 25
Judy Kane	Mar. 26
Frances Mueffelmann	Mar. 29

## Fun Facts

- ❖ In old Roman calendars, one year used to be ten months long, starting in March and ending in December.
- ❖ The "Ides of March" was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.
- ❖ If you were born in March, your birth flower is a daffodil!
- ❖ March babies are spoiled with two birthstones: aquamarine, and bloodstone which symbolizes courage.
- ❖ There are two zodiac signs in March. Pisces, which is until March 20th, and Aries which begins on the 21st.
- ❖ The first month of spring is March, which starts between the 19th and the 21st.
- ❖ March is the equivalent of September in the Southern Hemisphere.
- ❖ Every year, March and June end on the same day of the week.
- ❖ March is the time of year when animals start waking up from hibernation.
- ❖ The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.
- ❖ The Vernal Equinox occurs around March 20th or 21st. This is when the sun is directly above the equator, making day and night equal in length.

## REFER A FRIEND!

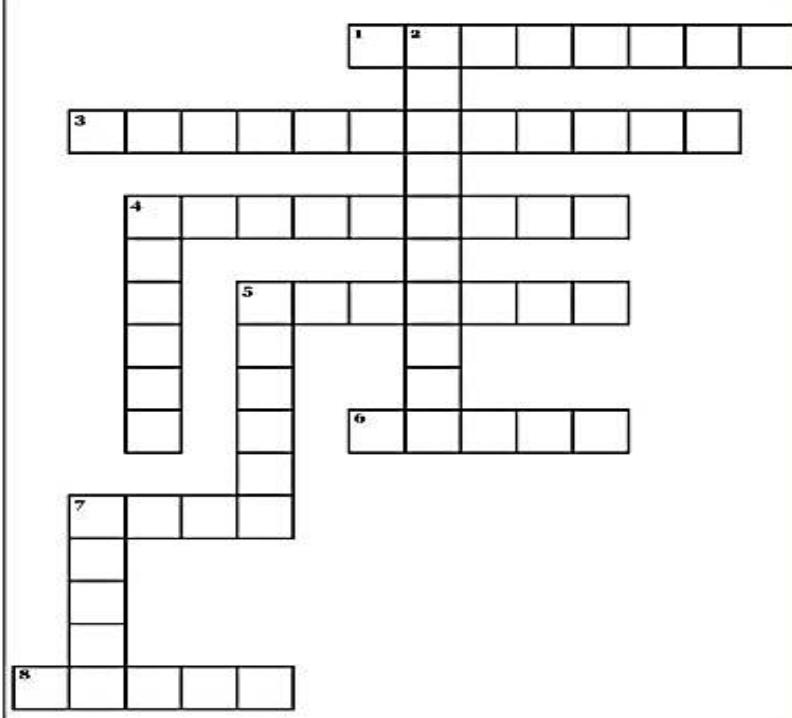


Wouldn't it be nice to have your friend right down the hall?

Contact your Sales Director to find out how you can Refer a Friend to Orchards of Minnetonka and gain a discount for yourself.

# Join the Fun

## CROSS-WORD



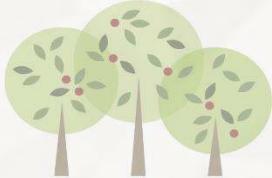
### Across

1. What is March's birth flower?
3. March is the most \_\_\_\_\_ month of the year.
4. March is the equivalent of \_\_\_\_\_ in the Southern Hemisphere.
5. March 17th is celebrated in many western countries to commemorate the day Saint \_\_\_\_\_ died.
6. President John F. Kennedy founded the \_\_\_\_\_ Corps on March 1, 1961.
7. Who is the Roman god of war?
8. On March 10, 1876, Alexander Graham Bell made the first-ever \_\_\_\_\_ call.

### Down

2. March's birthstone is \_\_\_\_\_.
4. The Anglo-Saxons called March Hlyd monath, meaning "\_\_\_\_\_ month"
5. There are two zodiac signs in March— \_\_\_\_\_ and Aries
7. The Vernal Equinox occurs around \_\_\_\_\_

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