

The Orchards Column

September 2022

**ORCHARDS
OF MINNETONKA**
SENIOR LIVING ASSISTED LIVING MEMORY CARE

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Message From Our Executive Director

It's officially Fall! Hopefully, the weather will fall in line soon, and we can all wear our favorite sweaters.

We welcomed many new residents and staff over the last couple of months, so please be sure to make everyone feel welcome.

We are happy to add each of you to the Orchards family.

We are fast approaching the 2022 Walk to End Alzheimer's on Saturday, September 17. Orchards plans to host APPLE FEST (details featured on page 7) as a united effort to raise funds for the Alzheimer's Association prior to the Annual Walk held at Target Field. Ebenezer has a team started and if you are still looking for a team to join or would like to donate, please see the concierge or visit our team page at

https://act.alz.org/site/TR?fr_id=15672&pg=team&team_id=75508.

Thank you for everyone's support this year!

We're here to help in any way we can!

Kylie



How does one keep from "growing old inside"? Surely only in community. The only way to make friends with -me is to stay friends with people. Taking community seriously not only gives us the companionship we need, it also relieves us of the no-on that we are indispensable." ~ Robert McAfee Brown



Activities- Weekly Recurring Events

Sunday:

1:10 pm: Beer & Baseball – Resident Led in Fireside

6:00 pm: Movie in Theater Room

Monday:

10:00 am: Exercise in Community Room

3:00 pm: Bingo in Community Room

6:00 pm: Movie in Theater Room

Tuesday:

10:00 am: Exercise with Centrex in Community Room

11:00 am: ***Starting Tuesday, September 13***

****New Activity**** Sing for Life Choir – McPhail Choir in Community Room

2:00 pm: Mahjong– Resident Led in Gathering Room

Wednesday:

10:00 am: Exercise in Community Room

1:30 pm: Wii Bowling – Resident Led in Fireside Room

3:00 pm: Rummikub – Resident Led in Gathering Room

6:00 pm: Movie in Theater Room

Thursday:

9:00 am: ***Starting Thursday, September 15***

****New Activity**** Bible Study with Joyce Larson in Private Dining Room

10:00 am: Exercise with Centrex in Community Room

1:30 pm: ***Starting Thursday, September 8***

****New Activity**** Art – Compass in the Gathering Room – More info on Page 9

Friday:

1:30 pm: Church with Chaplain Craig in Community Room

3:00 pm: Happy Hour in Dining Room

Saturday:

10:30 am: Social Coffee – Resident Led in Bistro

3:00 pm: Resident Led in Gathering Room

6:00 pm: Movie in Theater Room



Life Long Learning

**Susan Bauer
speaks on
Chile**

Monday, September 26
at 3 pm in
Community Room

Art with COMPASS

****New Activity****

Thursday, September 8
from 1:30 - 3:30 pm for
6-8 weeks in
Gathering Room

Activities

Events to Sign Up For At Front Desk

Date	Time	Event/ Experience
Thursday, September 1	Start time: 3:00 pm	Art Class – Paint, Paper Scissors Gathering Room
Tuesday, September 6 Tuesday, September 20	Leave Time: 3:00 pm	Hopkins Crossroads (Trader Joes, Bed Bath and Beyond, Lands End, Caribou Coffee, etc.) Meet in Lobby
Tuesday, September 13 Thursday, September 29	Leave Time: 3:00 pm	Ridgehaven Shopping Area (Target, Lunds & Byerlys, Barnes & Noble, Ulta, etc.) Meet in Lobby
Friday, September 9	Leave Time: 10:00 am	Trip to Walker Art Center Sculpture Garden Meet in Lobby
Friday, September 16	Leave Time: 9:30 am	Trip to the Arboretum Tour Meet in Lobby
Tuesday, September 27	Leave Time: 1:00 pm	Trip to Normandale Japanese Garden Meet in Lobby

Music Events

Thursday September 1 1:30 – 2:30 pm	John DeVall Piano Player (Residents get to pick Songs)	Community Room
Monday, September 5 3:00 – 4:00 pm	Jamel Pettiford Performing Labor Day Music	Community Room
Monday, September 12 1:30 – 2:30 pm	Debbie Briggs Plays Jazz Standards	Community Room
Tuesday, September 13 1:30 – 2:30 pm	Woodwind Quartet Play Wood Instruments (Flute, Clarinet, Oboe, and Bassoon)	Back Patio
Wednesday, September 14 1:30 – 2:30 pm	Peg & Dorrie Play Flute and Piano	Memory Care / Neighborhood
Wednesday, September 14 5:30 – 7:00 pm	The Medicine Show	Back Patio
Thursday, September 22 1:30 – 2:30 pm	McPhail Presents Musician TBD	Community Room
Thursday, September 22 3:00 – 4:00 pm	Birthday Party with Musical Guest	Community Room

Spiritual Wellness: What is your Meaning and Purpose?

A Message from Chaplain Craig Simenson

In her later years, my wife's Grandma Ruth experienced dementia. Our journey into the end of life can bring with it plenty of grief, and dementia seems to add extra layers and complications to this. For Ruth and those of us who loved her, it was a long, heartbreaking goodbye as we bore witness to more frequent memory lapses and greater disorientation. There is a heartbreak involved in every grief. Our hearts break out of love. And yet, importantly, the heart doesn't just break. I believe that our hearts are like seeds—they break open.

And like a seed that breaks open so that new life might sprout, our hearts when they break similarly can bring new growth, healing, and transformation.

When we approach our grief and our heartbreak with tenderness, growth happens. On the other hand, when we leave grief unattended, that heartbreak doesn't have the chance to heal. In the soil of grief, the kindness we offer ourselves and also our willingness to allow others to help us, these are the conditions - like water, light, and warmth to the seed - that bring the heart to sprout anew.

Rev. Craig F. Simenson
Float Chaplain



Come Celebrate the High Holy Days with Cantor Deb
Jewish Family Services at the Orchards
Monday, September 19 at 1:30 pm
Back Patio (Weather Permitting)
Families are welcome!

If event is moved inside due to weather, we request that all guests wear masks.

Well-being; From Our Health Service Director

10 Benefits of Having an Active Lifestyle for Seniors-Fitness & Exercise, Health Tips, Senior Care

Exercise is crucial to maintaining your health and wellbeing, but it may be even more important in aging and senior adults. While there are concerns surrounding seniors exercising, the health benefits of an active lifestyle far outweigh the risks. There are many reasons for seniors to have an active lifestyle that range from preventing physical injuries to improving mental health.

1. **Fitness** improves senior health-Individuals who exercise have reduced risks of chronic illnesses and diseases, and have improved immune and digestive systems.
2. **Exercise** helps with managing body weight-Adding cardio and strength training workouts develops muscle mass, and in turn, increases metabolism and burns more calories to promote positive weight loss.
3. **Working out** increases bone health & strength-When you exercise regularly, your bones adapt by building more cells and become denser.
4. **Staying active** promotes heart & cardiovascular health-Frequent physical activity reduces the risk of heart disease and enhances your cardiovascular health.
5. **Exercise** builds positive mental health-Exercise is shown to help fight depression when muscle generated mood boosters become active and is shown to reduce stress and may even help slow the progression of brain disorders such as Alzheimer's disease.

6. **Building strength** prevents falls-Having an active lifestyle will help you stay balanced and prevent falls by building muscle strength and improving bone health.

7. **Staying active** promotes sleep-Adding regular aerobic exercise during the day promotes deeper sleep by raising your core body temperature and encouraging rest when you start to cool down.

8. **Aerobic Exercise** reduces Hypertension-Adding 30-minutes or more of moderate aerobic exercise five times a week will measurably reduce blood pressure, lower stress and decrease the risk of some cardiovascular problems.

9. **Exercise** improves social wellness-socializing while working out keeps people young at heart and mentally sharp.

10. **Working out** keeps you focused and gives you more energy-Exercise is linked to improved cognitive function and better motor skills.

Thank you,
Suzie Koosman, RN
Director of Health Services



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Email: Suzanne.Koosman@fairview.org



10 TIPS FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.



CaregiverAction.org

APPLE FEST

AND ALZHEIMER'S WALK



LIVE.
LOVE.
LEARN.
GROW.
WED. SEPT. 9



**ORCHARDS
OF MINNETONKA**

SENIOR LIVING • ASSISTED LIVING • MEMORY CARE

10955 Wayzata Blvd.,
Minnetonka, MN 55305

FOOD, FUN, AND FUNDRAISING!

You're invited to Orchards of Minnetonka for a fun fall event. Enjoy live music, putting green, fundraising walk for Alzheimers and our Golden Apple Scavenger Hunt for prizes.

Take home a bag of apples and sample fall treats including popcorn, donuts and apple beverages. Its all for a great cause.

WEDNESDAY, SEPTEMBER 14

4 - 4:30 p.m. Alzheimer's Walk in backyard

4:30-5:30 p.m. Dinner: Smoked chicken or brisket, corn on the cob, coleslaw, baked beans and more.

5:30-7 p.m. Apple pie, music and drinks

RSVP by Monday, September 9 to
763-417-1077 or chris.deibele@fairview.org



Courtyard Patio & Firepit Operation

Remove cover from firepit. You will find the firepit controls as pictured on the exterior wall of the community room. The red emergency shut off button must first be pulled out. The covered box to the right of the red button has a timer switch in it. Turn the timer switch clockwise to turn the firepit on. When finished using the firepit push the red button back in. Place the cover back onto firepit. Enjoy the firepit!



Recipe from our Culinary Team

This is a fun and beautiful pie to make this time of year. Building the top crust is a great way to really show off your inner artist. Have fun and enjoy!

Peach Leaf Pie

SERVES 8

Ingredients

2 lbs 8 oz ripe peaches

Juice of 1 lemon

3 ½ oz sugar

3 tablespoons cornstarch

¼ teaspoon nutmeg

½ teaspoon cinnamon

1 oz butter, diced



To save time, buy Pillsbury refrigerated ready-to-bake pie crusts. There are 2/ 14.1 oz crusts per box. Place the bottom crust into 9 inch pie tin. Cut out leaf shapes 3 inches long. Mark veins with a knife. With scraps, roll a few balls.

Brush the bottom pastry with egg glaze (1 beaten egg with 1 tablespoon water)

Add peaches piling them higher in the center.

To assemble, start from the outside edge and cover the peaches with a ring of leaves. Place a second ring of leaves above, staggering the positions. Continue with rows of leaves until covered. Place the balls in the center. Brush with glaze.

Bake at 425 for 10 minutes. Lower heat to 350 and bake for 35-40 minutes.

Community Connection



Residents

9/06	Marlene Rutman
9/18	Ray Lovel
9/19	Carol Steinman
9/24	Ruth Bjerke
9/25	Arnie Brown
9/25	Dennis Killion
9/29	Charles Nash

Employees

09/04	Richlyne Kermue
09/10	Sheryl Papp
09/18	Evamai Railey
09/29	Bashu Brown

Employment Anniversaries

One Year

Josh Taylor – Maintenance

Tommy Rayle – Culinary

Two Years

Gunnar Piepkorn – Culinary

COMPASS ART - Project Starting on Sept 8th from 1:30 - 3:30 pm

Join Minneapolis artist and botanist Sarah Nassif in exploring the forest growing all around us. From maples to spruces, ginkgos to honey locusts, trees are a fascinating subject to observe, draw and learn about. Sarah will share ways of identifying trees through direct observation of collected plant materials. Each session will discover a naturalist/artist for inspiration and delve into a botanical topic. Sarah will teach her accessible method for botanical drawing that hundreds of students have used to produce field-guide worthy illustrations. The class will produce a customized collaborative field guide to the trees growing around Orchards of Minnetonka. No drawing or botany experience required! See Sarah's website at sarahnassif.com.

EMPLOYEE SPOTLIGHT: ABOVE AND BEYOND

**KYLIE LARSON, EXECUTIVE DIRECTOR,
ORCHARDS OF MINNETONKA**

**D'ANNA BEARD, RESIDENT SERVICE
COORDINATOR, ORCHARDS OF
MINNETONKA**

In addition to the day to day operation of their busy senior living communities, Executive Directors have to be cheerleaders, task masters, psychologists, referees and talent scouts. Fortunately for Ebenezer, our EDs manage to do all these jobs and do them well as Brenda Johnson, Ebenezer Vice President of Operations can attest.

As Brenda took a tour of Orchards of Minnetonka with Kylie Larson, she met D'anna Beard, and was impressed with D'anna's friendly demeanor and enthusiasm. D'anna told Brenda that although she had only worked at Orchards for four months, she was not new to senior care. In fact, she worked for Masonic Home as resident assistant. However, it wasn't until she worked at Orchards as a moonlighting pool aide that she found her passion. She says with Kylie at Orchards, it was the first time that her contributions and talents in Senior Care were ever truly acknowledged or seen.

D'anna loves working at Orchards. She had applied to be a resident assistant, but Kylie saw her spark and gave her a leadership position. Even when D'anna admitted she didn't have great computer skills, Kylie said "no problem - I'll teach you that; let's not let that stop us."

As Brenda congratulated Kylie for recognizing D'anna's talents, Kylie expressed that she felt

that what she does is "normal" and not out of the ordinary. But as Brenda stated, "a leader who leads with a servant heart and sees organic talent for what it is, is NOT normal or ordinary."

Brenda said "Kylie saw a spark in D'anna and she took the time (the most precious commodity) to take the next step to nurture it and build the infrastructure to propel D'anna past the RA position she was initially interviewed for, and place her in a leadership position where she can impact many others."

How Kylie and D'anna helped each other is what Ebenezer culture is all about. Brenda is confident that other Ebenezer leaders will see what Kylie did, be inspired by it, and emulate it in their own communities.

Congratulations, D'anna and Kylie!





Famous September Birthdays

The following people were born in September. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Agatha **CHRISTIE**
- B. Harry **CONNICK** Jr.
- C. Paul **HARVEY**
- D. Jesse **JAMES**
- E. Rocky **MARCIANO**
- F. Grandma **MOSES**
- G. Olivia **NEWTON-JOHN**
- H. Arnold **PALMER**
- I. John **RITTER**
- J. Bernie **SANDERS**
- K. Oliver **STONE**
- L. William H. **TAFT**



Bonus: Match the person to the correct clue.

- | | |
|---------------------------------------|---------------------------------|
| 1. Director/screenwriter _____ | 7. American politician _____ |
| 2. Radio newscaster _____ | 8. Golfer _____ |
| 3. <i>Three's Company</i> actor _____ | 9. Mystery writer _____ |
| 4. American folk artist _____ | 10. Missouri outlaw _____ |
| 5. Boxer _____ | 11. Singer/actor/composer _____ |
| 6. 27th U.S. president _____ | 12. Singer/actress _____ |

REFER A FRIEND!



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

Contact Chris Deibele, Sales Director, to find out how you can Refer a Friend to Orchards of Minnetonka and gain a **FREE MONTH RENT.**

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