



The Orchards Column

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

May 2024

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A Note From Our Executive Director

May 2024 Orchards of Minnetonka Senior Living

Welcome to May at The Orchards!

I hope everyone has been enjoying the beautiful spring in Minnetonka and is eagerly anticipating the arrival of summer. As I peruse our upcoming events, I'm delighted to see a plethora of activities for everyone to partake in and relish.

I extend a warm Orchards welcome to our new residents joining our community. Let's make an effort to introduce ourselves and assist them in acclimating to their new home. Additionally, let's take a moment to remember our departed friends and their loved ones. They remain in our hearts and prayers.

Please join me in welcoming Kelly Hurley to the Orchards team. Kelly will be stepping into the role of Outreach and Sales Director on May 20th. With her wealth of experience in this field, I'm confident you'll enjoy getting to know her. A heartfelt thank you to Sarah Holicky, who has been serving as our Sales Coordinator with excellence since Alice's departure. Sarah has transitioned into a new role as a full-time Sales Director. I also want to express gratitude to Chris Deibele, who has graciously returned on an interim basis to support us until Kelly is settled.

A special congratulations to each of you and our entire staff on receiving the esteemed **2024 U.S. News Best of Senior Living Award!** We are proud to be among the 26 Ebenezer Senior Living communities honored with this distinction. This recognition places us among the top 18 companies nationwide, with over 50% of their communities acknowledged in this category.

Our entire Orchards team is continually working to make your home here more enjoyable. Please continue to share with me your thoughts, ideas, and concerns. Serving you continues to be a labor of love for me.

Sincerely,

Tom



From Our Life Enrichment Director

Dear Residents and Families,

Can you believe Spring is here?! The Life Enrichment Team has been busy planning many activities, outings and entertainment in house. Just a few to mention are the Chanhassen Dinner Theater, Cultural Outings, breakfast and lunch outings and so much more! Please take a look at the May Calendar and you'll see how much there is to do here at the Orchards!

I would like to extend the Happiest of Mother's Day wishes to all of you. Without you, well, we wouldn't exist. Thank you and many blessings to you all.

Angi Weicherding
Life Enrichment Director
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From Our Dimensions Manager

How Outdoor Activities Improve Seniors Mental Health

[How Outdoor Activities Improve Seniors' Mental Health | Discovery Commons by Discovery Senior Living](#)

Spending time outside is one of the best ways to improve mental and emotional well-being. Venturing outside of your home can expose you to more stimuli, which in turn helps improve cognitive functions and stave off negative thoughts. The additional physical exercise from taking a stroll outside can also improve your physical health by exposing you to more sunlight and maintaining muscle functions. Here are some of the ways spending time outside can improve mental health for seniors.

Boost Vitamin D Production: To combat Vitamin D Deficiencies, you should spend more time outdoors in the sun. Sunlight is incredibly beneficial for our bodies as it helps us produce vitamin D and can also improve our mental health. As such, everyone needs to venture outside for their daily dose of vitamin D. Simply spending around 15 minutes outside in the sun is enough for you to feel the cognitive benefits of going outdoors. So, simply stepping out to your porch and enjoying the fresh air and sunlight will do you some good!

Regulate Sleep Patterns: Sleep is another important factor that affects our bodily and cognitive functions. Getting exposure to natural light can help the body regulate sleeping patterns and tell it when to produce the appropriate hormones for sleepiness and wakefulness. Additionally, physical activity will help tire you out, ensuring that come bedtime, you will be able to easily fall asleep. With ample sleep, you will be more alert when you wake in the morning.

Improve Mental Health: Spending time in nature is an effective way to occupy your mind as the numerous stimuli found outdoors can help stave off anxious thoughts. Furthermore, a short stroll and a change of scenery can aid in clearing the mind and putting you at ease.

Get Blood Flowing to the Brain: Going outside and engaging in nature comes with a certain level of physical exertion that can be beneficial for your health. Whether it's taking your dog for a walk, playing some light-hearted ballgames with your grandchildren, or even taking a day trip to the local fare, you will definitely be up and about when you go outdoors. This can help keep your muscles deteriorating as well as help increase the flow of oxygenated blood to the brain, keep you alert and sound of mind. It can even help reduce the risk of stroke!

Barbara Short – Dimensions Manager
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Message From Our Community Outreach & Sales Director

The Orchards will be welcoming Kelly Hurley on May 20th.

From Our Environmental Services Director

Gordon's Voicemail

If you have a request for any repair or service and I don't answer my phone, please do not leave a voicemail on my phone. I may not hear the voicemail for several days. Instead, leave the request at the front desk. They will be sure to have your request handled promptly.

Thank you, Gordon Klema, ESD

Gordon Klema
Environmental Services Director
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Email: Gordon.Klema@fairview.org



Well-being: From Our Director of Health Services

I wanted to bring to your attention the recent increase in whooping cough (pertussis) cases in our community. As you may be aware, whooping cough is a highly contagious respiratory illness that can have serious consequences, particularly for vulnerable populations such as older adults, individuals with weakened immune systems, unvaccinated or under-vaccinated individuals.

The rise in whooping cough cases underscores the importance of vaccination and taking preventive measures to protect ourselves and others from this potentially dangerous disease. Vaccination remains the most effective way to prevent whooping cough, and I strongly encourage everyone to ensure they and their families are up-to-date on their vaccinations.

Additionally, practicing good respiratory hygiene, such as covering coughs and sneezes, washing hands frequently, and avoiding close contact with individuals who are sick, can help reduce the spread of whooping cough and other respiratory infections. The symptoms of whooping cough typically develop in stages. Initially, it may resemble a common cold with a runny nose, mild cough, and low grade fever. After 1-2 weeks, severe coughing fits may develop, often characterized by a "whooping" sound when inhaling after coughing. Treatment typically involves antibiotics to reduce the severity and duration of symptoms and prevention transmission to others.

If you or anyone in your family experiences symptoms suggestive of whooping cough, such as severe coughing fits or a "whooping" sound when inhaling after coughing, please seek medical attention promptly. Early diagnosis and treatment can help prevent complications and reduce the risk of transmission to others.



Julie Haugaard, RN, BSN
Director of Health Services
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Spiritual Wellness: What is Your Meaning and Purpose?

A message from Ebenezer Chaplain Craig Simenson

One of the most cherished moments of the day in my household is story time. Every night, after our children are in their pajamas and teeth brushed, before we tuck them in bed and turn out the lights, each of them chooses a book for us to read together. There are many books to choose from on the shelves, but sometimes we end up reading the same book night after night after night. We've read some of them so many times that our 5 year old Leona - though she can't quite read yet - sometimes finishes our sentences. (And don't you dare try to skip a page, because she'll let you know you missed a part!)

The thing about good stories is that we want to hear them more than once. This is as true for us as adults as it is for children. There is a power that good stories have over us—they can teach us, comfort us, inspire us, and help us make sense of our lives. Good stories are at the heart of spirituality and religion. When they're told well, they never get old.

We all have our own stories to tell. Sometimes, Leona will ask my wife Hannah or I to do just that: to tell her a story from our childhoods. At family get-togethers, I've heard stories like this while my parents reminisce with their siblings. Sometimes it's the same story every year. I imagine that you have stories like that too. I hope that you keep telling them. We might not be as young as we once were, but a good story never gets old!

The Rev. Craig F. Simenson (he/him),
MDiv
Float Chaplain

**The Rev. Craig F.
Simenson** (he/him), **MDiv**
Float Chaplain



Community Connection

Birthdays of the Month

Resident Birthdays

Employee Birthdays

Janice K	1		8	Ryan W
Ross P	4		18	Austin C
Mike K	7		19	Tai T
Marvin K	9			
Carol B	11			
Liza E	11			
Carole F	13			
Lorelie M	14			
Neal A	17			
Bonnie T	22			
Lorene J	22			
Carol C-H	28			

If you do not see your birthday in the newsletter and you would like us to celebrate with you, please talk to Angi Weicherding.

Employee Anniversaries:

1 Year ~

Emma K,
Peggy N,
Espon N,
Abigael O

2 Year ~

Mariama M
Manisha P

5 Year ~

Betsy M



Join The Fun



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April 2024



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