



Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

(Matthew 6:34)



INSIDE THIS ISSUE

MESSAGE FROM OUR EXECUTIVE DIRECTOR	1
WELCOME NEW ASSOC.	2
RECREATION /SAINT ANNE FOUNDATION	3
HUMAN RESOURCES	4
CALLISTA COURT	5
SPIRITUAL CARE/CULINARY	6
SNF NURSING	7
TRAINING CTR/SOCIAL WORK	8
THERAPY	9
SALES/ADULT DAY	10
	11

A Letter from our Executive Director

Dear Friends,

The work we do at Benedictine-Winona embodies our four basic core values of hospitality, stewardship, respect and justice. It is these core values that resound daily through the actions of our associates.

Each month during BLC Welcome Part 2, which is additional orientation for all new associates, my focus is on quality and that it is truly the single moments or small things that matter.

Most individuals have the tendency to look for those “big events” in life that we all think we will remember. Often times, we don’t remember the event as well as we anticipate. However, that one small kind gesture, or that one brief encounter with someone that has impacted us is what typically comes to mind. These small moments accumulate over our lifetime and they shape our lives and what we remember most.



As Dr. Seuss says “sometimes you will never know the value of a moment, until it becomes a memory”. Moments are priceless. Let’s all live in the moment.

We at Benedictine-Winona thank all of you for sharing invaluable moments that matter with our residents.

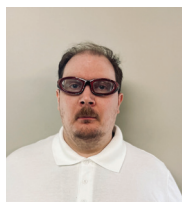
Sincerely,

Carol Ehlinger
Executive Director

Carol.Ehlinger@benedictineliving.org



Welcome New Associates



Alan-Culinary-Aide,
Saint Anne



Aljon-CNA
Saint Anne



Alysa-CNA,
Saint Anne



Bethany-Culinary-Aide,
Saint Anne



Cass-Culinary-Aide,
Saint Anne



Dakotah-Culinary-Aide,
Saint Anne



Ifraz-Culinary-Aide,
Callista Court



Karen-RN Supervisor,
Callista Court



Kelsey-RN Supervisor,
Saint Anne



Kerrie-Resident Assistant,
Callista Court



Lily-Culinary Aide,
Saint Anne



Liz-CNA,
Saint Anne



Mara-RN,
Saint Anne



Melissa-Health Unit
Coordinator
Saint Anne



Nick-Housekeeper,
Saint Anne



Olivia-CNA,
Saint Anne



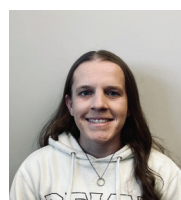
Peyton-CNA,
Saint Anne



Riley-Culinary-Aide,
Saint Anne



Rylee-Resident Assistant
Callista Court



Sarah-LPN,
Saint Anne



Shubhani-CNA,
Saint Anne



Tammy-Housekeeper,
Saint Anne



Tom-Cook,
Callista Court



Vicki-Adult Day Services
Assistant,
Adult Day



Recreation



Esther Zimmerman
Recreation Director

In the hustle and bustle of everyday life, it's easy to overlook the quiet, meaningful moments that shape our days. Here at Benedictine Living Community-Winona, the Recreation Department is proud to embrace the small but powerful experiences that make life richer for our residents, staff, and families.

Whether it's a smile shared over a morning stretch, a laugh during Bingo, or the twinkle in someone's eye as they recall a favorite memory from years past, these are the heartbeats of our community.

Moments that matter happen every day: When a resident teaches a younger volunteer how to knit. When music from decades ago brings back memories that light up a room. When someone feels seen, heard, and valued, just for being who they are.

Our role in Recreation isn't just to fill calendars—it's to create opportunities for connection, joy, and purpose. From themed socials to sensory activities, from one-on-one visits to group outings, every program is designed with the intention of fostering these meaningful moments.

These next few months, we encourage families, friends, and fellow staff to take time to pause and notice the beauty in the now. Sit for an extra minute. Ask about a favorite memory. Share a laugh. Hold a hand. You never know which simple act will become a treasured moment for someone else.

After all, in the end, it's not the grand occasions we remember most, but the kindness, the companionship, and the love we felt in the ordinary.

Together let's continue to make space for moments that matter.



Saint Anne



Megan Baer
SNF Administrator

Moments that Matter: How we as a community help shape everyday moments that have a lasting impact, it helps me reflect on how small, daily interactions, like helping with a routine or listening to a life story — create moments of dignity, comfort, and connection that define long-term care.

Recently, our community has been navigating a significant transition, the renovation of our resident rooms. As a result, our team has been coordinating large scale room moves, most recently, relocating 17 residents in a single phase.

It was all hands-on deck! Environmental services, leadership, and unit staff coming together to make the moves smooth and supportive. What stood out most to me wasn't just the efficiency or teamwork (though that was incredible), but the meaningful conversations and connections that happened along the way.

As we carefully packed and carried family photos, favorite plants, and hand-written notes, we found ourselves learning more about our residents, the stories behind their keepsakes, the people in their pictures, and the lives they've lived. As we continue through the phases of renovation, I am reminded that it's not just about new spaces or improved environments, it's about the everyday opportunities we have to truly see one another!!

Foundation



Mark Metzler
Foundation Director

It All Matters

One thing that seems cliché in giving is the phrase: “every little bit helps.” Sometimes it may sound like a throwaway thing to say. But it isn’t.

It all does matter. We build on every gift, no matter the size. If you look at our patios, for instance, and the chairs and benches there, every gift has bought a piece of that furniture, some small, but still a piece.

And if you look at the renovation of Saint Anne, every gift has bought a small piece of what we are putting together. I am struck if you took any of the little pieces away from that the structure of the piece of furniture,

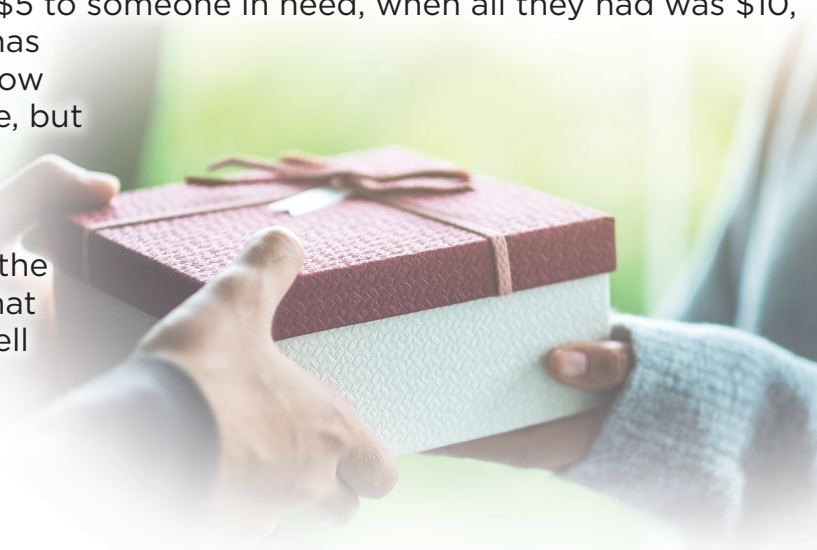
it would collapse. In other words, it matters tremendously.

So, if you are one of those good people who are feeling the size of your gift didn’t measure up to the larger donations we have received, don’t feel that way. Every gift, every dollar goes to make the whole. We are truly humbled and grateful for the consideration you have given to our residents.

Most of us give from our abundance. We have excess, so we direct it to someplace that will do well with the money. That is generous. It’s the way most of us give. The gifts that amaze me the most, though, are the gifts that come from money that has to be redirected by the person. Instead of getting a new vehicle, or remodeling a room, or buying new furniture, or buying new electronics, the people who make these gifts look at their finances and the need of a particular organization they believe in, and then decide to make a gift, putting off those nice to haves for themselves.

These gifts are often small when it comes to overall size, but they are enormous when it comes to the share of a person’s wealth it represents. The gifts are incredibly moving. And I am heartened to know we receive a great number of them. I’m also heartened by the fact that almost all people have made that sort of gift in their life and may make it again. Whether it happened when they were young, giving \$5 to someone in need, when all they had was \$10, or giving to help cure some disease that has touched their family, knowing that somehow they would get more money down the line, but the gift will help now.

So, it all matters – the gift, no matter the size, and, above all, the intent to improve the lives of people who need help. It seems that this is the essence of giving and it is so well embodied by our donors.



Human Resources



Hana Moga
Recruiter and
Employee Relations

Each month, Benedictine - Winona's Recruitment, Retention, & Recognition (RRR) committee strives to plan and execute an event that all associates can partake in. The main reason? To thank and show our appreciation to them for going above and beyond in what they do every day. When our associates feel valued and supported, they are better equipped to care for and support our residents. Our community would not be who we are if we didn't have the caring, kind, and dedicated associates that we do.

In June, we celebrated the first day of summer with shaved ice treats from Midwest N-Icee! I had the privilege of chatting with associates as they decided what flavor they wanted (which was no small task with over 80 to choose from!). We chatted about a lot of things from weekend plans and upcoming vacations to family and kids. My favorite comment I received was, "Thank you for doing things like this. My old job never did. It's nice to come out and have a treat when you're having a bad day." For me, it was a gentle reminder that we're all human, with lives outside of the workplace and highlighted the importance of caring for each other regardless of where we find each other.

In July, we will be celebrating the Feast of Saint Anne with a catered lunch for associates from Backwater BBQ and yard games. Who knows what kind of fun event August will bring! And so, I will leave you with this; thank you. For every thing you do, no matter how small, thank you. You are seen, you are heard, and you are valued. I'm so blessed to get to work alongside such amazing human beings each and every day.



Callista Court



Katy Johnson
Director of Housing

Greetings, I hope everyone is having a wonderful summer! The theme of this newsletter is Moments that Matter: How we as a community help shape everyday moments that have a lasting impact.

In assisted living, every interaction can create a meaningful moment and strengthen connections. Compassionate care goes beyond meeting physical needs. It also nurtures emotional well-being and fosters a true sense of belonging.

The transition to assisted living can bring various emotions. The dedicated team at Callista Court provides emotional support. We actively listen to concerns and acknowledge experiences, gaining a deeper sense of understanding and compassion.

We also offer a diverse range of activities and opportunities for residents to engage with each other and the wider community. Social interaction is vital for overall well-being, especially for seniors. Engaging with others helps reduce the risk of loneliness and depression.

The goal is to create a warm and welcoming environment. Residents should feel safe, valued, and empowered. By focusing on moments that matter and delivering compassionate, person-centered care, each resident can thrive and live life to the fullest.

Ode to Callista Court

By: Jim Lennartson

Life is full of its ups and downs
Sometimes it is not as easy as it sounds

But we live our life as best we can
Until we need a helping hand

It came to light one bright day
That Callista Court could be a place to stay
So without any further delay
We moved in one happy day!

Callista Court has so many people ready to give
We have to say, this is a great place to live

So if you're in that time in life
When you want to live without trouble and strife

Callista Court is the place to go
Where you'll have so much fun playing Wacky Wednesday Bingo!

Spiritual Care



Dennis Kunkel
Spiritual Care Director

During my time as a chaplain, I have seen many miracles: amazing miracles, simple miracles, and hard to see miracles.

One amazing miracle is praying over a dying person who has a pulse oximeter on. What's a pulse oximeter? That is the little thing on the finger that measures oxygen in the blood. When I was praying the oxygen level was under 60 and the reader went up to 90 and leveled off at 75.

Some more simple miracles are when a priest comes to anoint a dying person, and they say "hi father" and 6 months later they are still just fine as can be. Sometimes we have simple miracles where the resident is just waiting for a pastor, priest, or even a chaplain to say a prayer and tell them it's okay to go.

The hard to see miracles may not be as hard to see as one thinks. I think these miracles are the most important. These miracles are the forgiveness that comes to families at the end of life, and the sharing of stories of the person's life that is shared openly. But the most important of all of these is the great love that is shared in these final moments.

Those simple miracles are the biggest honor of my job and give me so much hope. I thank all those people that are here that allow me to be an honorary member of their families. Please know that I thank you for that gift. I have to admit that every person that passes here affects me greatly and at the same time gives me so much peace.

Culinary



Nolan Maxwell
Culinary Services
Supervisor

One of my favorite aspects of being the culinary supervisor is being able to make a positive difference in the culinary experiences of our residents. The management side of things is pretty self-explanatory: helping to construct a vibrant menu, addressing complaints and concerns, or sometimes just focusing on keeping kitchen operations running smoothly. However, the moments that matter the most to me are the ones that I spend one-on-one with the residents.

Being on the floor during meal service is the time that I most often get to interact with them and get to hear not only about their thoughts on culinary performance, but also about their lives. I've heard a range of things, from stories about residents' 'glory days' to how our tater tot hotdish compares to the one that their mom used to make when they were a child.

It's common knowledge that food brings people together, and here at Benedictine it is no exception. So even though we may not be collecting Michelin stars, we'll always be collecting special moments that many of us will cherish for years to come.

SNF Nursing



Katie Drury, RN
SNF Director of Nursing

At Benedictine Winona, we believe that real care is more than just medical tasks — it's about the moments in between. It's the way a nurse gently holds a resident's hand during a hard day, the calm presence beside someone feeling anxious, or the laughter shared while navigating the bumps of daily life. These are the Moments that Matter, and they are happening here every single day.

Right now, our building is undergoing a transformation, construction noise echoes through the halls, rooms are being rearranged, and both staff and residents are adapting in real time. It hasn't been easy, but what has shone through brighter than ever is our community's resilience and compassion.

Just last week, a CNA noticed a resident feeling restless from all the activity and noise. Instead of simply moving along to the next task, she paused, pulled up a chair, and sat quietly with the resident, holding her hand and sharing a peaceful moment amidst the clatter of renovation. It was simple, but deeply meaningful — one of those quiet gifts that doesn't show up in a care plan but leaves a lasting imprint.

Throughout this renovation, I've watched our team turn challenging moments into opportunities for connection. Whether it's decorating temporary rooms to feel more like home, calming nerves with a smile, or turning a hallway walk into a mini celebration for a resident's small recovery milestone, these moments lift us all.

One of the most beautiful things about our team is that we don't wait for big victories to celebrate, we find joy in the everyday. A shared joke, a comforting back rub, a spontaneous sing-along while moving to a new room — these are the threads that make up the fabric of our care.

Renovations will come and go. Floors will be finished, rooms updated, noise will fade. But the moments we create in between — those flashes of compassion, patience, and humanity — are what define us. They're what our residents remember. They're what matter most.

Thank you to our incredible nursing team and the entire Benedictine — Winona community for continuing to show up, to care deeply, and to find light even when the dust is flying. These are the moments that make us who we are.



Training Center



Kimberly Nahrgang, RN
Staff Development
Director / Training Center
Coordinator

Each time I hear the theme for our next newsletter, I make note of the very first thing that enters my mind. This time it was not a childhood book or story, but close!

Remember those Precious Moments figurines? Can you see one on a shelf or in a curio cabinet somewhere? Each figure was small in size, but it was packed with meaning. Our daily interactions are just the same: little moments that leave a lasting impression. The moments we create are the living version of those figurines. Simple acts of love, frozen in time.

Last week, during a review of admissions and discharges at Saint Anne's, we learned that two of our residents didn't want to return to their previous residences. "They really like it here," we were told. Wow. That speaks volumes. When someone lights up because you remembered how they take their coffee, or smiles in surprise and says, "How did you remember my name?" — those are the moments that keep us going.

Our team is trained to be excellent in all the essentials — medication, mobility, safety, and support — but their true impact comes from the connections they build. They know when to speak, when to listen, and when to simply sit beside someone in peaceful silence. Every interaction is an opportunity, and we honor it because we never know when it might be someone's last.

Noticing and remembering the small things — whether someone prefers grape or strawberry jelly, or how they like their blanket folded at night — might seem trivial on the surface. But to the person on the receiving end, those details say: "You matter. I see you."

So here's to the magic in the mundane. To the jelly on the toast. To the tuck of the blanket. And to all the beautifully small things that make our community — and the lives within it — so big.

Social Work



Claire Sandkuhler
Long Term Social

As a social worker, I believe trust is built not only through what I do, but through how I consistently show up for residents. It's not grand gestures that form the foundation of this trust, it's the quiet moments after a difficult day, the times I listen not to reply but simply so someone feels heard, and the unspoken presence that says, "I'm here." These are the moments that matter most.

My daily work often involves one-on-one conversations with residents. But these conversations don't always follow traditional expectations, they may include silence, grief or uncertainty. I listen without judgment, without an agenda, and without the need to immediately respond. I strive to meet each resident exactly where they are, creating a space where they feel heard, understood, and respected. As I often tell them, "You know yourself better than I do. I'm here to listen to you and your needs."

I know I may not always have the perfect words or the power to fix everything. But what I can offer is consistency. I show up. I hold space for grief, anxiety, confusion and fear, no matter how heavy. I offer a calm presence during moments of crisis, a hand to hold when things feel like they're falling apart, and a steady voice reminding them they are not alone.

These simple but intentional acts are the foundation of the trust I build, trust rooted in empathy, compassion and the power of just being present.

Therapy



Karen Zibrowski
Therapy Team Lead

We're excited to share that in June we welcomed the long-awaited addition of a practice staircase to our therapy department!

This staircase is a much-needed improvement to our facility. It features handrails that closely resemble those commonly found in our short-term residents' homes, providing a more realistic and supportive set up. Even more importantly, it offers two different step heights—a smaller 4-inch step and a larger 6-inch step. These dimensions reflect standard step heights found in homes and communities, which can often be challenging obstacles for residents preparing to return home.

The staircase has already proven to be an invaluable tool. It allows residents to gradually build their confidence and mobility by starting with the smaller step before progressing to the larger one. This progression is particularly helpful in improving balance, strength, safety, and overall independence.

In addition to benefiting our short-term residents, the staircase is also a great resource for our long-term residents. It supports targeted exercises such as step-ups, which help strengthen key muscle groups like the quadriceps, hamstrings, and glutes—muscles essential for sit-to-stand transitions and everyday mobility.

I'm especially excited to see how this new equipment fits into our updated therapy space, with the flexibility to set it up either as a walk-through or in a corner configuration. We've got options!

While ramps, stair lifts, and the implementation of ADA guidelines have significantly improved accessibility in older homes and public spaces, the physical ability to climb stairs remains a common barrier for many of our residents hoping to return home. That's why we're thrilled to have this new tool to help bridge that gap and set our residents up for success.

Our team is excited and hopeful about what this new staircase will mean for our residents. With it, we're not just building strength—we're building confidence, independence, and the path to a successful return home. Here's to more homegoing victories ahead!

—The Therapy Department



Sales



Emily Auth
Sales Manager

Every inquiry call and tour at Benedictine-Callista Court is an opportunity to offer comfort, connection, and hope. One recent tour stood out to me when a prospective resident, a bit nervous and unsure, ran into several familiar faces—including an old classmate! The excitement on his face as he reconnected and heard those residents share how much they enjoy living here was truly heartwarming. Sometimes the best reassurance comes from a friendly face. Another story that stands out is from a new resident who had lived two hours away from Winona her entire life. She made the difficult decision to move closer to her children but shared that she was worried about fitting in. After just a short time here, she told me she had nothing to worry about—she had already made so many new friends. That's the beauty of our warm and welcoming resident community.

I also take pride in listening carefully to the concerns families share during the decision-making process. Whether it's a dietary need, medication routine, or just wanting reassurance that Mom or Dad will feel at home—I work closely with culinary, nursing, housekeeping, and maintenance to find solutions. It's truly a team effort, and we're all united by one goal: putting our residents' needs first.

Helping people feel heard, supported, and connected is what makes this work so meaningful. And there's no better reward than seeing a new resident smile as they realize they've found their place.

If you or a loved one are considering the next step in your journey, we'd love to welcome you in for a personal tour. Join us for a meal, take part in one of our activities, and experience the vibrant, caring community we have here. Even if you're not quite ready, joining our waiting list ensures you'll be first in line when the right apartment becomes available.

If you have any questions or would like to schedule a tour, please give me a call at 507-457-3867 or email me at emily.auth@benedictineliving.org.

Adult Day



Tammy Ross
Adult Day Director

We've embraced Summer at Adult Day with a variety of fun and meaningful outings. Our schedule included several lunch trips, starting with a visit to Lark Toys on July 16, where we enjoyed a delightful time! We also returned to a favorite spot, Two Brothers' Bar and Grill, where the burgers are fantastic and the customer service is second to none. Another crowd favorite, Pizza Ranch, was also on the calendar for more great food and friendly faces!

In addition to our lunch outings, we'll have six shopping trips to local stores, as well as some sweet summertime treats. We'll head to Lakeview for root beer floats and make a stop at Zesto for ice cream, perfect for cooling off and enjoying each other's company. If you're a client and are interested in joining us for outings like these, please sign up in the office!

Looking ahead, we have a lot happening over the next two months, and I have a feeling the time will fly by. Let's savor every moment, creating positive, fun, and meaningful experiences together.

A heartfelt thank you to each and every one of our wonderful clients your presence truly makes Adult Day a special place. And to our dedicated staff, thank you for bringing joy and care to each day. You're truly top-notch!



Benedictine

LIVING COMMUNITY | **WINONA**

1347 WEST BROADWAY
WINONA, MN 55987

Non-Profit Org.
US Postage
PAID
LMC
54601

JULY / AUGUST 2025

BENEDICTINE LIVING COMMUNITY WINONA

ADULT DAY

YOUR JOY | OUR MISSION

We Provide

Activities and Outings

Beauty Shop

Exercise Programs

Spiritual Care

Noon Meal and Snacks

Socialization

Physical, Occupational,
& Speech Therapy Services

**Call today to schedule a tour or
to set up your free guest day!**



Benedictine
ADULT DAY



507 457 3810