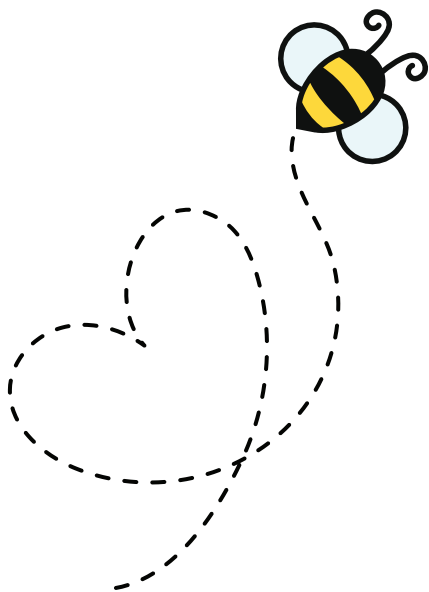




“Beloved, I wish above all things that thou mayest prosper and be in health...”

3 John 1:2



A Letter from our Executive Director

Dear Friends,

As I reflect on 3 John 1:2, my mind focuses on the concept of wholeness; especially wholeness in our life journey. This includes spiritual, mental and physical wholeness. A life that is well-balanced. This is especially important as we age. As we think back on our lives, we recall many times we felt prosperous; times we were able to reach the goals we had set for ourselves.

Let’s take age out of the picture. This feeling of wholeness or prosperity is important at any point in our lives. For those in senior living, it is a feeling of being active spiritually, mentally and physically. It is a feeling of inclusion and living a life where our hobbies, interests, beliefs, and talent remain important.

Our goal at Benedictine-Winona is that all we serve are living fully and well. Fulfillment in life is very important and our residents often share their talents and wisdom with us. We learn from them each and every day. Their stories help shape who we are and also guide our perspective in life. The



wisdom that is shared in both words and actions is immeasurable.

As we celebrate National Nursing Home week in May, I have to share that it is an honor to serve the residents on our campus. Their presence in our lives and the values they share with us makes each of us whole.

Thank you for playing such a vital role in our well-being.

Sincerely,

Carol Ehlinger
Executive Director

Carol.Ehlinger@benedictineliving.org

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Welcome New Associates



Abbi-CNA
Saint Anne



Alondra-CNA
Saint Anne



Angela-Housekeeper
Saint Anne



Angela-RN
Saint Anne



Anna-CNA
Saint Anne



Ashley-Resident
Assistant
Callista Court



Ava-CNA
Saint Anne



Berkley-Resident
Assistant
Callista Court



Chris-Plant
Operations Manager



Eleanor-Resident
Assistant
Callista Court



Elle-Resident
Assistant
Callista Court



Emely-Cook
Callista Court



Hayley-Resident
Assistant
Callista Court



Heather-Cook
Saint Anne



Jordan-Culinary Aide
Saint Anne



Lexie-CNA
Saint Anne



Maggie-CNA
Saint Anne



Nicole-CNA
Saint Anne



Sarah-Clinical
Reimbursement
Manager
Saint Anne



Sarah-CNA
Saint Anne



Sylvia-CNA
Saint Anne



Ty-Housekeeping
Saint Anne



WELCOME

Foundation



Michelle Repinski
Director of Development

The theme of this edition of the Spirit Newsletter is about living fully and living well and is prompted from the book of John; “Beloved, I wish above all things that thou mayest prosper and be in health...” (3 John 1:2).

One of the things that stood out for me when presented with the opportunity to become a part of the Benedictine family was the emphasis on the words of the mission: ... We witness to God’s love by creating inclusive communities, supporting those we serve to live well and with purpose, with special concern for the underserved.

The recent focus of the Benedictine Foundation has been about creating welcoming spaces where our residents are able to gather with their friends and loved ones. These newly updated areas encourage more social interactions for living well. Whether we are gathering to worship or for one of our many social activities, gathering fills our cups with peace and joy.

The Benedictine Foundation is here at a time in the lives of our residents when their capacity for living well and fully is often limited by their financial means. Within these walls that would be hard to tell. There are so many amazing and wonderful daily activities for our residents. These smiles and comradery are intentional, faith driven and gratuitous. That’s clearly made possible by the generosity of our community donors. We couldn’t do the things that have the greatest impact without your continued support.

Social Work



Ashley Nierling
Social Work Saint Anne

The foundation of our practice in long-term care social work is providing support to residents and their families, often during times of changes and challenges, including adjusting to new living environments, managing health changes, and navigating periods of uncertainty. These things can certainly feel overwhelming and can be difficult for residents and families to process, but these periods of time can also hold opportunity to grow and build resilience, as well as find renewed purpose. This edition’s theme, “Living Full, Living Well,” invites us to embrace each day with awareness, gratitude, and openness to support.

The month of May also happens to be Mental Health Awareness Month. Social services encourages residents and families to pause and reflect on the importance of emotional, social, and spiritual wellness within ourself and others. Living full and living well, does not necessarily mean “doing more” but rather being present, connected, and intentional day-to-day. Living well corresponds with the characteristics of connection and compassion, which are foundational to our social work practice. Meaningful and kind interactions play a large role in mental and emotional health. Gestures that seem simple, such as a quick conversation, sharing a meal, or even sitting together can bring comfort and restore a sense of belonging within each other. My favorite part of my social work role is listening to the stories our residents share and watching how their faces light up in these interactions.

Mental health is an essential part of overall wellness and can easily be overlooked. It impacts how we think, feel, and cope with the challenges life presents. Remember that mental health concerns are not a “normal” part of aging and help is always available. During Mental Health Awareness Month, we invite you to check-in with yourself and loved ones as one step toward living full and living well. No one has to navigate difficult moments alone.

Recreation



Esther Zimmerman
Director of Wellness
& Volunteer Services

As summer begins to bloom around us, we are reminded that living fully is not about doing more—it is about embracing the joy and meaning found in each day. “Living well” means finding peace in our hearts, nurturing friendships, sharing laughter, and trusting in God’s continuing work in our lives.

This season brings many opportunities to enjoy life together in special ways. Whether it’s an outing to a favorite restaurant, a relaxing pontoon boat ride on the water, or an evening at the bandshell listening to familiar music under the summer sky, these moments become treasured memories. Summer invites us to step outside, enjoy God’s creation, and reconnect with the simple pleasures that bring happiness and comfort.

One of the greatest joys at Benedictine-Winona is sharing experiences with others. A bus ride filled with conversation and laughter, enjoying ice cream on a warm afternoon, or tapping our feet to a favorite song at a concert reminds us that meaningful moments are often found in togetherness.

We are also grateful for the comfort and smiles brought by our special pet visits. The gentle presence of a dog curled beside a resident or the excitement of greeting a furry friend can brighten an entire day. Animals have a wonderful way of bringing peace, companionship, and unconditional love into our hearts. (If you have a pet you’d like to share with us, please give us a call.)

As summer fun begins, we look forward to many shared adventures, celebrations, and quiet moments alike. Whether we are enjoying time outdoors, visiting with family and friends, participating in activities, or simply appreciating a beautiful sunny day, we are reminded that every season of life holds blessings worth celebrating.

Most importantly, living fully and living well means recognizing that God continues to walk beside us through every season. His love is reflected in friendship, kindness, music, laughter, nature, and the caring community we share here each day. May this summer be filled with joy, meaningful moments, new memories, and grateful hearts as we continue living fully and living well together.



Callista Court



Katy Johnson
Director of Housing

Greetings!

No matter how short or how long a resident is living at Callista Court, this is their home while they are here. Transitioning to an assisted living is one of life's major changes. While it offers safety, support, and community, it also means leaving behind the familiar walls, routines, and comforts of a long-time home.

We encourage residents to furnish and decorate their apartments with familiar items, which is especially important in memory care. Bringing cherished belongings—a favorite armchair, family photos, or a well-worn blanket—helps residents immediately feel at home. These items serve as tangible links to their life story, reducing feelings of loneliness and anxiety during the adjustment period.

At Callista Court, we believe in person-centered care that honors the past while supporting the present. With familiarity, we help our residents feel comfortable, safe, and truly at home. We encourage families to collaborate with us in personalizing their loved one's space to make it a comforting sanctuary.

Resident council

The facility must provide a resident council with space and privacy for meetings, where doing so is reasonably achievable. Staff, visitors, and other guests may attend a resident council meeting only at the council's invitation. The facility must designate a staff person who is approved by the resident council to be responsible for providing assistance and responding to written requests that result from meetings. The facility must consider the views of the resident council and must respond promptly to the grievances and recommendations of the council, but a facility is not required to implement as recommended every request of the council. The facility shall, with the approval of the resident council, take reasonably achievable steps to make residents aware of upcoming meetings in a timely manner.

Family Council Reminder: Residents have the right to participate in family councils formed by families or residents as described in section 144G.41, subdivision 6.

Family council

The facility must provide a family council with space and privacy for meetings, where doing so is reasonably achievable. The facility must designate a staff person who is approved by the family council to be responsible for providing assistance and responding to written requests that result from meetings. The facility must consider the views of the family council and must respond promptly to the grievances and recommendations of the council, but a facility is not required to implement as recommended every request of the council. The facility shall, with the approval of the family council, take reasonably achievable steps to make residents and family members aware of upcoming meetings in a timely manner.

Saint Anne Nursing



Katie Drury, RN
SNF Director of Nursing

This edition’s theme, “Living Full, Living Well,” reminds us that a meaningful life is not measured by how much we do, but by how intentionally we live each day.

“Beloved, I wish above all things that thou mayest prosper and be in health...” 3 John 1:2. At Saint Anne, this message closely aligns with our commitment to person-centered care. We strive to see the whole person, not simply a diagnosis or medical need, but an individual with a unique story and purpose.

Recently, we celebrated both Nurses Week and Nursing Home Week, taking time to recognize everything that makes Saint Anne such a special community. Residents and staff enjoyed a variety of fun activities throughout the week that allowed us to connect beyond daily routines and responsibilities. These moments of joy, fellowship, and laughter reminded us that caring for one

another extends far beyond personal cares and nursing tasks. They remind us that our community is built on compassion, dignity, and meaningful human connection.

As we move forward, may we continue to live fully by appreciating the moments we share with one another and live well by serving with kindness and grace. Every smile offered, every hand held, and every act of compassion helps create an environment where residents feel valued and truly at home.

Thank you to our incredible staff, families, volunteers, and residents for making Saint Anne a place filled with warmth, faith, and purpose. Your dedication and heart are what make our mission possible each day. Together, we continue to create a community where life is celebrated, relationships are cherished, and every person is reminded that they are deeply valued and cared for.



Adult Day



Marci Hitz
Adult Day Manager

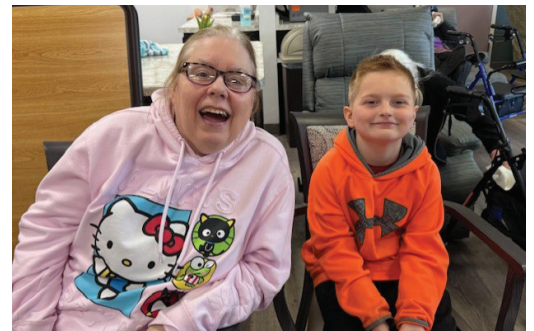
“Beloved, I wish above all things that thou mayest prosper and be in health...” John 3:1-2

What is health? Is it just our physical bodies? Does it just mean taking our prescriptions regularly? Or does “health” encompass our social and spiritual well-being as well? I would argue the latter are as important, and sometimes even more important, than the former.

At Adult Day, we provide a variety of services to address physical and medical conditions. However, we intentionally focus on the social and emotional aspects of health that are often overlooked. We welcome the veteran who is suffering from a traumatic brain injury and seeks to talk with others who can understand what he is going through. We welcome the elderly whose days can sometimes be lonely or silent. We welcome the disabled who perhaps are not treated well out in the broader community.

Through a series of thoughtful programs, we offer individuals a chance to play games, exercise, dance, listen to music, create art, hear silly jokes, and eat good food in the company of others.

Adult Day feeds the soul, and our participants get all of the multiple health benefits from socialization, exercise, acceptance, and fun. After all, laughter is the best medicine. And at Benedictine, our Adult Day program is filled with smiles and laughter!



Spiritual Care



Dennis Kunkel
Spiritual Care Director

God's purpose continues—no matter our age

“For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood” (1 Cor. 13:12).

As a chaplain, I often find myself reminding residents, and others, about their significance. Many times, I reflect on how each person has shaped our community. The little interactions between them, the care they show, and the gift of their presence. I frequently hear staff sharing how residents have helped them grow. These moments reflect on our Core Values.

Yet, our significance goes much deeper than these interactions. I have the privilege of introducing our Core Values to new staff members, and in doing so, I share a teaching that came from Pope Leo XIII of what he called Catholic Social Teaching. This teaching covers many areas but, its foundation is simple and profound: the dignity of human life.

This teaching reminds us that human life is sacred and must never be dismissed. As we read in Genesis 1:26, “Then God said: ‘Let us make human beings in our image, after our likeness.’” Each one of us has been uniquely created by God, with our own gifts, traits, looks, thoughts, and even our shortcomings. Still, we are all made in the image and likeness of God and share equally in that dignity.

I was often reminded growing up of a simple but powerful truth: “God doesn’t make junk.” This phrase captures the heart of how we are called to treat one another. It shapes how we care not only for our residents, but also for our coworkers. We are called to accept and honor one another—despite our differences in beliefs, looks, or thoughts. This same principle is one reason our current pope chose the name Leo, reflecting a continued commitment to these teachings.



Training Center



Kimberly Nahrgang, RN
Staff Development
Director / Training Center
Coordinator

Education is about much more than checking off competencies and remembering where you set your pen five minutes ago. Through our Staff Development and Training Center, we focus on building the skills, confidence, and compassion that support whole-person care for every resident. More engaging staff in-services are our goal this year. “Escape Room”, “Going Viral” competition, and a real-time demonstration of how expectations are something we take for granted highlighted the last few months.

This past school year, we welcomed back nursing students from Saint Mary’s University of Minnesota Nursing Program for RN clinical rotations at Saint Anne. Students worked alongside our teams while discovering that long-term care nursing involves clinical skills, quick thinking, and locating missing hearing aids, glasses, and dentures with detective-level precision.

After exploring other facilities for the past few years, MN State College Southeast students came back to campus. We hosted (PN) practical nurse student clinicals and two ASN/ RN associate of science in nursing/registered nurse shadowing sessions each week. These experiences gave students a look at how care comes to life every day through compassion, communication, and teamwork.

Our residents are also an important part of the learning experience. Through conversations, encouragement, and wisdom, they help shape the next generation of healthcare professionals.

The Training Center expanded its social media presence with a dedicated Instagram page. We celebrate student experiences, trainings, and the everyday moments that make Benedictine special. You can follow along as we continue learning, growing, and proving that education and laughter make a pretty great team. Follow us @saintannetrainingcenter.



Recent CNA Class Graduates



Recent CNA Class Graduates

Therapy



Karen Zibrowski
Therapy Team Lead

Greetings from the Saint Anne's Therapy Department!

This spring has been full of exciting growth and new opportunities as we continue expanding our services to better support our residents and the surrounding community. Our therapy team remains dedicated to helping individuals live full, active, and meaningful lives through compassionate and specialized care.

Expanding Specialized Therapy Services

In March, our DPT, Brandon Krogman, completed certification in vestibular rehabilitation therapy. This additional certification allows us to provide even more comprehensive care for residents experiencing balance and dizziness related to vertigo.

In April, Bridget Patchull, COTA, earned her lymphedema certification, further expanding our ability to treat residents experiencing chronic edema and swelling-related conditions.

Also in April, our Physical and Occupational Therapy staff participated in a Progressive Resistive Training course focused on individualized strength training and appropriate exercise dosing. This continuing education opportunity helps ensure residents receive evidence-based treatment plans tailored to their unique needs and abilities.

Supporting the Community

As part of Dementia Friendly Week, two members of our Physical Therapy staff provided free balance and strength screenings for community members. The response was overwhelmingly positive, leading us to offer additional screenings during our Therapy Open House in May. We are grateful for the opportunity to connect with and support the broader community through education and prevention related to falls.

Growing Home Health Services

The addition of two new therapists to our department has allowed us to expand our home health offerings for our short-term residents through our partnership with Adara Home Health. These expanded services help ensure continuity of care and support residents as they transition safely back home.

Celebrating Our Therapy Team

We were proud to recognize several amazing team members this spring:

- During Occupational Therapy Month in April, we celebrated Karleen Gregg and Bridget Patchull for their dedication and compassionate care.
- In May, during Better Speech and Hearing Month, we recognized Jessica Shones for her commitment to helping residents improve communication, cognition, and quality of life.

As always, our therapy staff remains committed to serving our residents and community with excellence, compassion, and a shared mission of promoting wellness, independence, and purposeful living.

Sales



Emily Auth
Sales Manager

When families begin their search for senior living, they are not just looking for a safe place—they are looking for a place where their loved one can continue to live fully and live well.

At Callista Court, that is exactly what we strive to provide. Living fully doesn't mean doing everything alone. Often, it means having the right supports in place that make everyday life easier and more enjoyable. With meals provided, an accessible and thoughtfully designed environment, and planned social activities, residents are free to spend less time worrying about daily tasks and more time doing what brings them joy.

Socialization and community play a vital role in living well. Staying connected, sharing meals, participating in activities, and building friendships all contribute to better emotional health, a sense of belonging, and overall quality of life. At Callista Court, residents are part of a welcoming community where relationships and engagement are encouraged every day. Equally important is spiritual care. For many residents, faith and spiritual connection are essential to feeling grounded and whole. Opportunities for spiritual support and reflection help residents nurture their inner well-being while continuing to grow and find meaning in each day. Together, these supports—meals, accessibility, community, activities, and spiritual care—create an environment where residents are able to live with dignity and peace of mind.

Due to strong demand, every apartment at Callista Court is currently full. We encourage families to start the conversation early, schedule a tour, and add their name to our wait list. Looking ahead allows families time to plan thoughtfully and ensures peace of mind for the future. We invite you to come see Callista Court for yourself. Call Emily at 507-457-3867 or visit benedictinewinona.org.





Benedictine

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