



**“Do not neglect to show hospitality to strangers, for by doing so some have entertained angels without knowing it.”
(Hebrews 13:2)**



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A Letter from our Executive Director

Dear Friends,

At Benedictine-Winona, our mission and core values are based on chapter 36 of the Rule of Saint Benedict. Our core values of hospitality and respect are what drive our welcoming hearts. One particular segment the Rule speaks to the receiving of guests. “Let all guests who arrive be received like Christ, for He is going to say, ‘I came as a guest, and you received Me.’”

As new guests become part of our Benedictine family, we must look beyond what is front facing and see the whole person. We do this by listening attentively with the ear of our heart. Each individual is unique and has a capacity for growth which is never finished. By listening carefully, we can provide the most enriching and fulfilling experience for those in our care.

This mission was lived very faithfully and prayerfully by Sr. Claudia Riehl, OSB who was the long-time director of Mission Integration at Benedictine. Sr. Claudia worked endlessly to spread the mission and core values across Benedictine. We honor her legacy each year by selecting one associate who integrates the Benedictine mission and core values in



their daily work. In this edition of the Spirit Newsletter, we announce the nominees and award winner for the Sr. Claudia Riehl Living a Legacy 2026 Award. This award is truly an honor and speaks to how our associates embrace our mission and core values.

Thank you for your continued support and entrusting your loved ones to our care.

Sincerely,

Carol Ehlinger
Executive Director

Carol.Ehlinger@benedictineliving.org



Welcome New Associates



Alannah-Culinary Aide,
Callista Court



Alicia-Resident
Assistant,
Callista Court



Alyssa-Culinary Aide,
Saint Anne



Arilah-Culinary Aide,
Saint Anne



Bryan-Resident
Assistant,
Callista Court



Caleb-CNA,
Saint Anne



Carson-CNA,
Saint Anne



Dana-Resident
Assistant,
Callista Court



David-CNA
Saint Anne



Fieruz-Resident
Assistant,
Callista Court



Gabby-RN
Saint Anne



Ha-CNA,
Saint Anne



Karla-CNA,
Saint Anne



Katelyn-Resident
Assistant,
Callista Court



Kaylee-CNA,
Saint Anne



Lexi-CNA,
Saint Anne



Macoy-Culinary Aid,
Saint Anne



Natalya-CNA,
Saint Anne



Sam-RN,
Saint Anne



Tony-Housekeeper,
Saint Anne



Trevor-Social Work
Saint Anne



Triston-Culinary
Services Supervisor,
Callista Court



Trudi-RN
Supervisor
Callista Court



Violet CNA,
Saint Anne



Recreation



Esther Zimmerman
Recreation Director

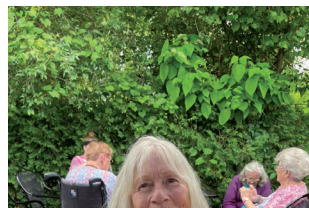
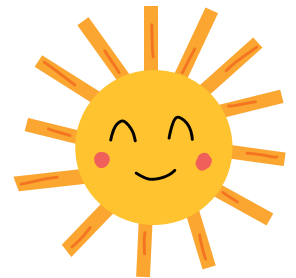
At the heart of our community here at Benedictine-Winona is something truly special—the friendships we build, the kindness we show one another, and the warm welcome we extend to everyone who walks through our doors. Our recreation and wellness department is dedicated to creating meaningful opportunities for residents to connect with one another and the greater Winona community.

Summer is one of the most exciting and busiest times of the year, bringing sunshine, fresh air, and every opportunity to get out and enjoy our beautiful surroundings. Whether we're taking scenic outings to Perrot State Park or Great River Bluffs, visiting the Equestrian Center, attending Bandshell Concerts, or simply treating ourselves to an ice cream cone at Nelson's Creamery, each adventure encourages conversation and lasting friendships while creating memories together.

Wellness is about much more than physical health. It's about nurturing the mind, body, and spirit. Our wellness programs offer a variety of activities designed to promote healthy living while encouraging social connection. Chair Yoga, Zumba Gold, Tai Chi, Cardio Drumming, word games, live music, educational presentations, and resident clubs provide opportunities for everyone to stay active and connected while pursuing their interests.

Every activity, outing, and shared experience reflects our commitment to hospitality, friendship, and community. Together, we create an environment where everyone feels welcomed and encouraged to participate. As we enjoy all that summer has to offer, we look forward to making new memories, strengthening friendships, and continuing to build a community where everyone truly feels at home.

Here's to a summer filled with sunshine, smiles, friendship, and the joy of being together!



Foundation



Michelle Repinski
Director of Development

As Hebrews 13:2 reminds us, “Do not neglect to show hospitality to strangers, for by doing so some have entertained angels without knowing it.”

In God’s presence at Benedictine Living Community-Winona, we welcome people, we foster kindness and we create spaces for communal enjoyment. We do so because we have a mission of hospitality and a blessing of donor support. Our recently updated spaces are warm and welcoming for those who visit and live here, and they wouldn’t have been possible without the support of our community donors.

The generosity of that support helps us continue creating welcoming spaces for those we serve. In our newly renovated dining area, we have cultivated new spaces for family, friends, and residents to gather. It’s designed to be both functional and a space for loved ones to visit. In the past few weeks, I have watched so many family members be able to utilize these spaces in new ways. In another corner of the building, a cozy seating area has been created by the fireplace and I have the privilege of watching a once empty space be blessed with conversations, coffees and laughter every day. These visits bring comfort to and revitalize our residents. The kindness we receive from our supporters extends into the daily activities and lifestyle of our residents.



Culinary



Phillip
Culinary Director

A Seat at the Table

Meals are one of the most powerful ways Benedictine communities build belonging, hospitality, and shared purpose. In Benedictine tradition, food is never just fuel — it's a spiritual practice and a lived expression of the values that shape daily life. Benedictine communities are known for welcoming every person as Christ. Food becomes a primary way of expressing that welcome — through warmth, attentiveness, and inclusion.

Meals in Benedictine settings are structured around hospitality and attentiveness. These values come directly from the Rule of St. Benedict, which guides everything from prayer to work to dining. Our work is part of the Benedictine mission to honor and empower every resident.

Dining rooms are designed to feel warm, safe, and communal as eating together reduces isolation and encourages connection. We are currently redesigning the table tops and “Also Available” menus at Callista Court to more effectively function as a local café instead of a cafeteria to help foster that sentiment. Efforts are also underway to approve the necessary permits to launch our more intimate floor-by-floor café design at St. Anne to help build a better sense of community and belonging.

As the new Culinary Director for Benedictine-Winona, I have witnessed the sense of belonging through my onboarding process and look forward to helping develop the team here in our shared calling to hospitality and service.



Callista Court



Katy Johnson
Director of Housing

Greetings!

At Callista Court in Winona, true community isn't just about proximity—it's the magic that happens when shared spaces become places of genuine connection. Through everyday interactions and events, strangers and neighbors transform into lifelong friends and an extended family. Here is how the simple act of welcoming one another shapes the vibrant, heartfelt community we enjoy today:

Often, the journey from being a new resident to becoming fast friends begins with a simple shared meal or a conversation in the elevator. Residents frequently share how the welcoming atmosphere makes the hallways feel less like an apartment and more like a true home. Whether it's meeting over coffee, a pick-up game of cards, participating in activities, or attending outings together, these small moments of hospitality build deep, lasting bonds. Friendships at Callista Court are built on shared experiences and shared support. Active engagement in the broader Winona community also strengthens ties, proving that the friendships formed here are vibrant and full of life.

What makes Callista Court truly special is the spirit of hospitality that everyone brings to the table. By checking in on one another, and welcoming new residents with open arms, our neighbors create a warm environment where everyone feels valued. This inclusive culture is the foundation of our community.

Social Work



Trevor King
Saint Anne
Social Services

As I begin my role with the Social Services team at Saint Anne, I would like to introduce myself. My name is Trevor King, and I am grateful for the opportunity to support our residents, families, and the Benedictine community. One of the most meaningful aspects of social work is helping individuals and families navigate life's transitions while ensuring they feel supported and valued every step of the way.

The theme for this edition, "The Heart of Welcome: A Community Built on Hospitality and Friendship," reminds us that a warm welcome can have a lasting impact. As Hebrews 13:2 reminds us, "Do not neglect to show hospitality to strangers, for by doing so some have entertained angels without knowing it."

For many residents and families, moving into a senior living community is both an exciting and emotional journey. There are new surroundings, new routines, and many decisions to navigate. Social services is here to help ease that transition by providing support, answering questions, connecting residents and families with resources, and helping individuals adjust to life within our community.

Our goal is to ensure that every resident feels a sense of comfort, belonging, and dignity. Whether it is assisting with the admission process, offering emotional support during times of change, helping residents build new relationships, or connecting families with community resources, social services is committed to walking alongside those we serve.

Friendship and hospitality are often expressed through simple acts of kindness, a warm greeting, a listening ear, an invitation to participate in an activity, or taking time to learn someone's story. These small moments help build meaningful connections and strengthen our community. Every resident brings a lifetime of experiences, talents, and memories that enrich the lives of those around them.

As we continue to grow together, we encourage residents, families, and staff to embrace opportunities to welcome one another with compassion and kindness. Through hospitality, friendship, and genuine connection, we can help create a community where everyone feels respected, supported, and truly at home. Thank you for allowing me to be part of your journey. I look forward to getting to know many of you in the months ahead.

Spiritual Care



Dennis Kunkel
Spiritual Care Director

Welcoming Christ Through Our Benedictine Values

“Let all guests who arrive be received as Christ, for he himself will one day say: ‘I was a stranger and you welcomed me’ (Matt. 25:35). Therefore, let all be shown appropriate honor, especially those who share our faith and pilgrims who journey among us.”

Rule of St. Benedict, 53:1-2

These verses from the Rule of St. Benedict are foundational to what it means to be Benedictine. While one might say they primarily reflect our value of Hospitality, they go even deeper, touching all four of our Core Values: Hospitality, Stewardship, Respect, and Justice.

Welcoming people to Benedictine is, and should be, simply part of who we are at Benedictine Winona. I have to admit that one reason I am grateful my office is near the front door is that I enjoy greeting new people and residents when they arrive for the first time.

St. John Paul II said, *“Do not be afraid. Open wide the doors for Christ.”* This is also why I believe it is important to keep the chapel doors open whenever possible. I never want anyone to think we keep Jesus confined to the chapel, as if no one else can encounter Him. Instead, we are called to have open arms when it comes to Christ and to those who seek Him.

How does this spirit of welcome connect with our other Core Values?

Let’s begin with Stewardship. A good example is the recent updates to the Chapel of Our Lady at Saint Anne. Because of the generosity of our benefactors, we have been able to make meaningful improvements to this sacred space. That reflects the material side of stewardship. Yet the deeper aspect is that the chapel remains a place of worship, inspiration, prayer, and peace for all who enter.

When I reflect on St. John Paul II’s words, I picture him throwing open the doors of the Church and inviting people inside. But I also imagine those doors opening outward as we go forth to share Christ with others, boldly and without fear.

Respect is a value woven into everything we do. At the heart of Catholic Social Teaching is the belief in the dignity of every human person. Each of us is created in the image and likeness of God. Because of this, we are called to treat every person with kindness, compassion, and care, regardless of race, creed, religion, sexual orientation, background, or life experience. In every person we encounter, we are invited to see Christ.

Lastly, there is Justice, which I view through the lens of presence. There is a saying: “Presence is a present given to another.” Throughout every ministry in which I have served, presence has been essential. That is why I believe relationships are so important. I often tell new employees that listening is a form of love. This applies both to me and to those I serve.

For me, being present with residents and their families is one of the greatest privileges of my ministry. It does not matter who you are—I want to be fully present to you. I admit that this can be difficult at times. Yet lately, I have found my visits so engaging that I sometimes notice my back aching because I have been sitting on the edge of my seat, fully absorbed in the conversation.

At Benedictine-Winona, we are called to be a community of presence, fully present to one another. In doing so, we embody Hospitality, Stewardship, Respect, and Justice—and we welcome Christ in every person we meet.

Sister Claudia

The Sister Claudia Living a Legacy award was established by the Benedictine Health System (BHS) in 2010 in honor of Sister Claudia Riehl, OSB who served as the director of Mission Integration at BHS. The purpose of the award is to continue Sister Claudia's commitment to the integration of the Benedictine Mission and Core Values of Hospitality, Stewardship, Respect, and Justice as they are modeled by our employees throughout the communities.

Our 2026 Sister Claudia Award went to Nolan Henderson, Culinary Services Supervisor. Below is what Nolan's peers had to say.

Nolan is a wonderful example of a calming and positive presence within our community. He has a natural ability to bring people together, heal divisions, and create a welcoming environment where everyone feels valued. Nolan truly embodies the spirit of hospitality. He treats residents, associates, families, and visitors with genuine respect and kindness, taking the time to know associates by name and build meaningful connections. His presence helps others feel comfortable, supported, and appreciated.

Nolan has a unique talent for bringing laughter to stressful situations and providing calm when it is needed most. Through his gentle coaching and genuine care for others, he helps associates feel confident and supported in their work. Whether at Saint Anne or Callista Court, Nolan is always willing to step in and help. From holiday parties and resident appreciation events to staff gatherings, he consistently serves others, ensures resident needs are met, and brings humor and positivity to every interaction. His ability to connect with people and create moments of joy does not go unnoticed.

Nolan uses his time effectively by prioritizing what needs to be accomplished while remaining flexible to support his team. He regularly steps in during staffing shortages, maintains a positive attitude, and consistently puts resident needs first. He leads by example through his teamwork, willingness to help, and unwavering dedication to our residents and community.

Nolan is an incredible asset to our team—reliable, dependable, and someone who has built a meaningful career with Benedictine-Winona. He exemplifies the spirit of the Sister Claudia Award in every way, and I am deeply grateful for the positive impact he has on Saint Anne and Callista Court.



Phillip, Culinary Director; Nolan;
Triston, Culinary Services Supervisor,
Callista Court



Nolan



Carol, Executive Director; Nolan;
Megan, SNF Administrator

A congratulations to all our nominees who embody Sister Claudia's spirit.

Karen Motl, RN

Emily Tanzer, Wellness Coordinator

Hana Moga, HR Representative

Kelley Rubery, LPN

Saint Anne



Megan Baer
SNF Administrator

At Saint Anne, creating that welcoming environment takes every department working together. From our reception team offering a warm greeting, to nursing, therapy, environmental services, culinary, wellness, social services, and administration, each team member plays an important role in helping residents and families feel comfortable and supported. Those everyday acts of kindness are what make Saint Anne feel like home.

This summer, we had the opportunity to welcome high school students during the WSU Scrubs Camp. Watching staff from across campus share their knowledge and passion for serving older adults was a wonderful reminder that hospitality extends beyond our residents. By opening our doors to future healthcare professionals, we are helping build the next generation of compassionate caregivers while showcasing the special community we have at Saint Anne.

Our commitment to creating a welcoming community also means listening. Throughout the year, we have worked to strengthen our customer complaint and compliment process by encouraging residents, families, and visitors to share their experiences. Feedback cards located near reception, along with participation

drawings, have helped us gather valuable ideas and recognize the things we are doing well. Every comment is an opportunity to celebrate success or identify ways we can continue to improve for those we serve.

This teamwork has had a meaningful impact. Thanks to the dedication of every department and the exceptional care provided each day, we recently celebrated a strong campus census with a staff barbecue. While the celebration was enjoyable, it also served as a reminder that our greatest achievement is the difference we make in the lives of our residents every single day. I am incredibly thankful to be part of the team at Benedictine-Winona and proud of what we continue to accomplish together.

SNF Nursing



Katie Drury, RN
SNF Director of Nursing

At Saint Anne we strive to create a place where every resident, family member, and visitor feels welcomed and at home. The theme for this newsletter the “Heart of Welcome” is found in the simple ways we share God’s love through kindness, friendship, and compassion each day.

As Hebrews 13:2 reminds us, “Do not neglect to show hospitality to strangers, for by doing so some have entertained angels without knowing it.” Every interaction is an opportunity to reflect Christ’s love and help someone feel they belong.

For our skilled nursing team, the heart of welcome begins with the first smile of the day. Our nurses and caregivers know that exceptional care starts with building relationships. They take the time to learn each resident’s routines, preferences, and life story so they can provide care that is both personal and compassionate.

A nursing assistant may know that a resident enjoys a cup of coffee before getting dressed. A nurse remembers that another prefers medications after breakfast. A caregiver may brighten someone’s day by talking about their grandchildren or singing a favorite hymn. These small acts build trust, provide comfort, and remind our residents that they are known and loved.

Families often tell us how much it means that our staff know their loved ones so well. Those personal connections help residents feel safe and cared for in ways that go far beyond meeting their physical needs.

This is how we live our mission of doing God’s work with our hands. Through compassionate care, genuine friendships, and everyday acts of kindness, our team creates a community where every person is welcomed, every life is honored, and everyone feels at home.

Therapy



Karen Zibrowski
Therapy Team Lead

Helping Residents Feel at Home in Their Recovery

Recovery looks different for everyone. For some, it may last only a few days, while for others it can take weeks, months, or even years. No matter the length of the journey, our goal is the same, to help every resident feel a sense of belonging, confidence, and purpose throughout their recovery.

Although a resident's room at Saint Anne may not look exactly like home, our therapists are intentional from day one about helping them regain independence in meaningful ways. Progress often begins with the small things: recognizing and reaching the call light, safely transferring to the bathroom, or completing daily tasks with greater confidence.

Personalized therapy is at the heart of what we do. We take the time to learn what matters most to each resident and incorporate their hobbies, interests, and routines into their plan of care. Whether it's gardening, using technology to connect with family, cooking, crafting, or another favorite pastime, these meaningful activities help residents stay engaged and prepare them to return to the life they enjoy. For those who continue to call Saint Anne

home, this approach also helps them maintain the skills and activities that bring them joy.

Some of the most valuable moments in therapy happen through conversation. By getting to know our residents—their stories, accomplishments, interests, and motivations—we build trusting relationships that encourage them to keep working toward their goals.

Families play an important role in the recovery journey as well. Encouragement from loved ones can make all the difference. We invite family members to share their loved one's hobbies, interests, routines, and what has always brought them purpose. The more we know about the person behind the diagnosis, the more meaningful, personalized, and successful their therapy experience can be.

Together, we can help every resident feel more at home while building the strength, confidence, and independence to achieve their goals.

Training Center



Kimberly Nahrgang, RN
Staff Development
Director / Training Center
Coordinator

The Heart of Welcome: A Community Built on Hospitality and Friendship

Hospitality is more than a warm smile—it is at the heart of everything we do. Every resident, family member, visitor, and associate should feel welcomed, respected, and right at home. When conversing with new associates, I often say one of the reasons I have been working here for 12 years is that I am accepted and able to be myself. Have I made friends here that will tell me when I have spinach in my teeth while giving that smile, also yes!

Benedictine has worked hard at standardizing many educational processes to allow associates to receive the same quality experience no matter which facility they may work at. This includes HR onboarding, hands-on skill training, a follow-up group welcome session, and ongoing learning throughout the year. Hospitality in action can be found in the courses we complete on hire and annually through our online learning management system. Associates learn how to recognize each person's preferences, honor choices and cultural backgrounds, preserve dignity, and take ownership of concerns. They also discover how something as simple as a smile (with or without food in your teeth) or a listening ear can turn an ordinary day into an extraordinary one.

Associates from across campus have participated in our biannual in-service training in July. We were honored to welcome Sister Joan Marie, SVP of Mission Integration, and Rev. J. Scott Cartwright, MDiv, BCC, Director of Spiritual Care, as our Benedictine guest speakers. Our local fire department provided hands-on fire extinguisher training and our social work team presented on suicide prevention. An overview of volunteer services led by our Wellness Director was also a welcomed contribution.

Exceptional care isn't just about what we do—it's about how we do it. Keep smiling—it makes people wonder what you're up to.

Sales



Emily Auth
Sales Manager

A Heartfelt Goodbye

As of July 14, I have officially concluded my journey with Benedictine. After 12 wonderful years, it is difficult to find the words to express just how grateful I am for the experiences, relationships, and memories I've gained along the way.

It has been a true privilege to walk alongside so many residents, families, and team members throughout their journeys. Whether welcoming a new resident, celebrating milestones, offering support during challenging times, or simply sharing everyday moments, I have been continually inspired by the strength, kindness, and resilience of the people who make Benedictine such a special place.

I am excited to share that I have accepted a new sales and marketing position with a company co-founded by my brother. While I look forward to this new chapter, leaving Benedictine is bittersweet. This community has been more

than a workplace—it has been a second family.

To the residents and families who entrusted us with your care, thank you for allowing me to be a small part of your story. To my colleagues, thank you for your friendship, support, and dedication. The compassion and commitment I witnessed every day will stay with me always.

Thank you for making these past 12 years so meaningful. I wish each of you continued health, happiness, and blessings in the years ahead.

With heartfelt gratitude,

Emily

Adult Day



Marci Hitz
Adult Day Manager

Our theme for this newsletter is the Bible's discussion of hospitality, specifically as expressed in Hebrews 13:2: "Do not neglect to show hospitality to strangers, for by doing so, some have entertained angels without knowing it." In light of this, I would like to take a moment to share with you some comments that we have heard from Adult Day participants and family members:

- "When do I get to come back?"
- "I didn't think I would like it here this much!"
- "She hates it if we can't come one day; she misses her friends and wants to see them."
- "You are all so kind to my dad, this is just a wonderful place."

One can see that these comments capture how people feel about our program. We extend hospitality by bringing as much, sunshine, joy and fun to our participant's lives as possible.

But, this verse is about more than just extending hospitality. It is about the often unseen, or unacknowledged, blessings that are received as the result of open-hearted hospitality. I truly believe that we have had the privilege of serving angels here at Adult Day. We have been blessed to serve the developmentally disabled woman whose smile can light up an entire room; the "grumpy old man" who spends most of his day with us laughing, and the isolated person who is finally coming out of their shell after years of living alone. These are the blessings we receive in Adult Day, and it is all because of our wonderful participants. We are so lucky to be in a position to serve angels, even if we may be unaware of it at the time. If you or your loved one want to still live at home, but need some extra help during the day to make that possible, please contact us at 507-457-3810. Maybe you could be one of our angels!



Benedictine

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