



**Thank you, Lord, for your new beginnings and unwavering provision. I trust that your peace will watch over me as I step into a new beginning. This year, I will rely on the riches of your love and grace to provide for my physical, emotional and spiritual needs. In Jesus' name, Amen.**



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## A Letter from our Executive Director

Dear Friends,

With a brand-new year in front of us, many look at this time of year as a new beginning. Whether it is to rid oneself of a bad habit or look for a positive habit to implement, the focus is on becoming better.

At Benedictine-Winona, a new year brings special focus on one of our Core Values. This past year, our focus was on our Core Value of Respect and being the first to show respect. In 2024, our focus will be on the Core Value of Justice - love and truth in action. I have to say, if I were to choose a favorite core value, it would be Justice. To me, Justice is working in right relationships. We are working together for one common goal and that is to serve others in a way they want to be served. It is working for the betterment of each and every individual we come in contact with. When we work in right relationships, we easily embody our remaining Core Values of Hospitality, Stewardship, and Respect.

The tagline of our Core Value, love and truth in action, speaks to our mission and the work



we do on our campus: "We witness to God's love by creating inclusive communities, supporting those we serve to live well and with purpose". Those we serve not only includes our residents, but also their families and our co-workers as well.

Please join us in our focus on Justice - love and truth in action. I can't think of a better way to begin a new year.

Sincerely,

Carol Ehlinger  
Executive Director

[Carol.Ehlinger@benedictineliving.org](mailto:Carol.Ehlinger@benedictineliving.org)



# Welcome New Associates



Kinsley-Resident Asst,  
Callista Court



Tyrice-Care Asst,  
Callista Court



Alexa-Nursing Asst,  
Saint Anne



Jerrica-Housekeeper,  
Saint Anne



Olivia-Resident Asst,  
Callista Court



Brianna-HUC,  
Saint Anne



Leila-Nursing Asst,  
Saint Anne



Renae-Nursing Asst,  
Saint Anne



Tay-Nursing Asst,  
Callista Court



Elisa-Care Asst,  
Callista Court



Penelope-Culinary Aid,  
Saint Anne



## Human Resources



Hana Moga  
HR Recruiter and  
Employee Relations

Each new year kicks off with new beginnings for us all. We often hear folks talk about their goals for the new year: start working out, read more, prioritizing their needs, and the list goes on. However, we don't often hear folks talk about their new career goals. Maybe it's something as simple as scheduling your lunch break or something more major, like a total career change or a career advancement.

So far this year, we've welcomed 23 new associates to our campus! We're so grateful they chose us to grow and advance with.

Here at Benedictine - Winona, we have full-time and part-time career and advancement opportunities in our nursing, culinary, housekeeping, maintenance, therapy, wellness, and leadership departments. To learn more and apply today, visit us at [www.benedictinewinona.org/careers](http://www.benedictinewinona.org/careers) or scan the QR code. We can't wait to see you, in your new beginning, at Benedictine - Winona.



# Recreation

## Happy New Year from the Recreation Department!



Esther Zimmerman  
Recreation Director

This year we have many events planned with some amazing community organizations including: Cotter, 4H Barn Buddies, St. Luke's, St. Mary's, Catholic Daughters, and so many more. We are excited to be including them in our campus activities, and our residents just love spending time with everyone.

New Year means new beginnings for so many and maybe some of your belongings? Many of you may be cleaning out your closets and cupboards and looking to donate your items. Well, look no further! We are always accepting donations of gently used puzzles, trinkets, holiday décor, home décor, and stuffed animals. If you are feeling really adventurous with your new years goals and want to volunteer more, we welcome you with open arms! We are always seeking volunteers to help with manicures, assist at happy hour, play music, call bingo, or just visit with our residents.

Watch our Benedictine - Winona website for updates to our activity calendars, to stay in the know of community activities and events!

As always you can contact me with any questions regarding volunteering, donations, or activities. You can reach me by phone (507) 205-6227 or by email [esther.zimmerman@benedictineliving.org](mailto:esther.zimmerman@benedictineliving.org)

## Meet the Recreation Departments New Student/Intern



Hi! My name is Elizabeth, but you can call me Liz! I am currently a student at Winona State University, studying Social Work with minors in Psychology and Public Health. I am from New Ulm, MN and graduated in 2022 from New Ulm High School. Some fun facts about me are that I helped coach my brother's baseball team, I volunteered with the New Ulm League of Women Voters, I was a cheerleader in high school, and was in dance for 4 years! I will be working mainly with the recreation department to help with activities. I'm excited to be a part of the Benedictine - Winona Community.

## Puppy Palooza • *Thank you to Lynn & Rick from Homer Ridge Kennels for sharing your puppies with us.*



Gene B.



Howard G.



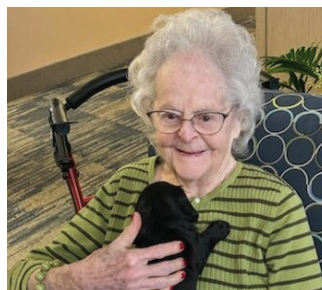
Rita B



Peggy M.



Kathy V.



Marlys M.



Gene G.



Jo M.

# Environmental Services

“Toto, I have a feeling we’re not in Kansas anymore.”

- L. Frank Baum

Remember when Dorothy found herself at a new beginning in Oz? I think it’s an appropriate quote for the El Nino winter we are having, with warm weather and golfing in December to a big snowstorm and negative temps in January. Winter seems to have arrived and it reminds us that the new beginning of spring is just around the corner.

Your Environmental Services team is keeping busy in many different ways. Our housekeepers are working to keep the facility shiny and clean – in addition to fighting these nasty viruses that keep hanging around. Winter is often the cold and flu season – our focus is ensuring that we properly disinfect surfaces and keep ample supplies of soap and hand sanitizers available.

Our laundry team would like to remind families, residents, and our nursing team that when new clothes are brought in to place in a blue bag with a sticker showing the room number so we can get the items labeled. We are seeing an uptick in lost and found items and want to make sure that everyone has their clothing safely labeled and in their closets. If needed maybe bring the items to our laundry room directly to ensure all clothing is labeled.

As we all know we live in Minnesota, and the winter weather can be challenging. We have been lucky with lots of warmer than usual days, but then straight out of the Arctic comes a substantial snowstorm and a blast of arctic air which has created slippery sidewalks and parking lots. Always keep in mind that Minnesota ice and snow are always a risk, so be safe when walking and driving on campus. If you will be outside or travelling, have your snow safety supplies accessible in your vehicle (first aid, cat litter or sand, snow shovel and ice scraper, blankets, extra food, etc.) and be aware of weather conditions. Our maintenance team is working hard to keep sidewalks and parking lots clear, and we are constantly monitoring our buildings to ensure everyone’s comfort.

I realize many of the topics I discussed are repetitive and common sense, but every season is its own new beginning for our Benedictine residents, families, and co-workers. Enjoy the season, and remember spring is just around the corner.

Thanks,  
James



# Foundation



Mark Metzler  
Foundation Director

## Yes We Can. Our Residents Deserve It.

If we think about it, our lives are filled with new beginnings: learning to walk, going to school, getting married, having children, all your kids' firsts and, if you are a certain age, all the grandparent stuff. There are many more, including the new beginning each of us find every day.

Our campus is filled with new beginnings too, whether it's a new place to live or meeting/re-acquainting with friends. And our residents deserve to have those new beginnings in the best place possible. That's why we are renovating Saint Anne with our "A Call to Care" campaign.

"A Call to Care" will give Saint Anne a more home-like feeling and will also provide a much-needed update to the therapy area. The \$10 million renovation project calls for us to raise \$2 million, with the rest of the project being financed. We have started well. Still, we need your help to reach our goal, and we hope you will consider giving.

Saint Anne was built in 1962, and we have been good stewards of the building, but I suspect it wasn't long after we opened that people started to talk about ways we could do better. After all that talk, someone started the movement forward, and now the ball is rolling full steam ahead. Our residents deserve better, and we can provide that for them.

The renovation is their new beginning and a new beginning for those who will follow them in the decades to come. It is also a new beginning for the families of our residents. They, too, believe their loved ones deserve the best. Providing improvements gives family members hope and peace of mind.

Lastly, it is about time we all agree that older people deserve a new beginning as well. Almost all of our residents are older. Our society often views older people as less important, when they should be our most important asset.

Since 1962 so much has changed in the way services are delivered and the way needs are defined for our residents. Despite this, Saint Anne has held true to the tradition of providing excellent care and a place that can be called home. Saint Anne remains a tremendously loving place. The people who stay with us get the best in care from talented staff who are dedicated to our residents' wellbeing.

To read more about our project or to give, go to:  
<https://benedictinewinona.org/foundation>.

If you would like to donate by mail, checks can be sent to "A Call to Care" at 1347 W. Broadway, Winona, MN 55987. For questions, contact Foundation Director Mark Metzler at (507) 205-6345 or [mark.metzler@benedictineliving.org](mailto:mark.metzler@benedictineliving.org).



# Culinary



Nolan Maxwell  
Culinary Services  
Supervisor

“Every day is a chance to begin again. Don’t focus on the failures of yesterday, start today with positive thoughts and expectations.”  
-Catherine Pulsifer.

Every day in culinary feels like a different one with the various challenges, expectations, and tasks that our department faces on a day-to-day basis. Despite all the changes that may occur, one thing remains the same: having staff that are dedicated to providing a satisfying culinary experience for our beloved residents.

Recently we’ve hired multiple new associates ranging from casual call status to full time, from aide to cook, and even promoted a longtime associate to the supervisor position. Each new addition to our team not only provides a unique perspective on what it means to provide quality care to our residents, but also brings their own unique personality to an already dynamic group, making each day different from the last.




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## Transitional Care Unit



Jesse Stiehl  
RN Admission/Case  
Manager

Undergoing surgery, recovering from an illness, a fall, hospitalization, or weakened state can be significant points in one’s health journey. The period after an event is crucial for recovery. For many, this journey leads them to transitional care units within skilled nursing facilities.

Transitional Care Units are specially designed to provide rehabilitative care to help people get back to an improved level of functioning and to their home environments. As patients progress through transitional care, they can find themselves moving towards a new beginning. The skills acquired, both physical and emotional, empower individuals to face life with newfound resilience. The support received in these units becomes a foundation for ongoing recovery, setting the stage for a healthier and more vibrant future.

Entering our transitional care unit at Saint Anne can be a new chapter of comprehensive support and rehabilitation to support your recovery. Our transitional care unit’s goal is to support our residents and empower them to be their own best advocates. Residents set their goals and expectations for their stay, and resident care teams help to make those happen. Our transitional care team includes social work, nursing, and therapy. Their goal is to help you recover and start the next chapter of your life.

If you have any questions or would like more information, call Jesse at (507) 205-6226 or visit our website [www.benedictinewinona.org](http://www.benedictinewinona.org)

# Spiritual Care



Dennis Kunkel  
Spiritual Care Director

For me, new beginnings have always been part of my life, and I felt God was part of every new beginning.

My very first new beginning was growing up in Illinois in the middle of three small towns. Two still had their schools, Lostant and Tonica. The third town, McNabb, was consolidated with schools throughout that county, which by the way was the smallest county in Illinois. Our farm was just a mile outside of that county. We went to school at Lostant, and our farm was covered by the Tonica fire department. Growing up on a farm I didn't connect too much with my classmates outside of sports and school. Our Church was closer to McNabb, but we had a few people that came from Lostant and Tonica. For the most part, I learned to make friends easily no matter what school they went to or anything about their background. Although it took me a long time to feel like I fit in with my friends from school.

By the time I became an 8th grader I felt like an important part of my class, but it was a part of my family tradition to transfer to a local Catholic High School north of our house. It was a lot bigger than Lostant, and only one person from my school joined me in the change of school. It was another new beginning.

St. Bede was a Catholic Academy run by Benedictine Monks. Yes, this was my first experience with Benedictines. The high school was very much College Prep and had a small population of rural students. In fact, many of my classmates came from very wealthy backgrounds. The most important thing I received from this experience was a great sense of tradition, especially with how important it was to my family. I had some high expectations to meet.

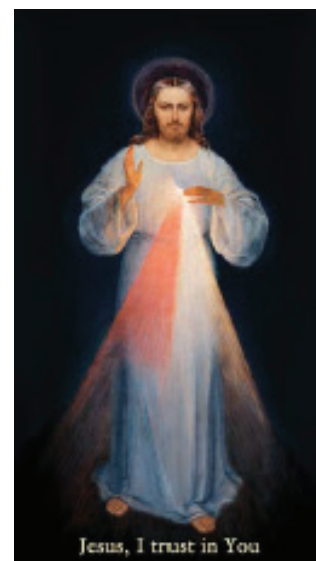
Unlike grade school, my family name really was respected at St. Bede, which helped me to become popular. Making friends quickly in the rural area where I grew up helped me to drift between groups, and I felt like I was a person that brought people together. I loved St. Bede. Shortly after high school I made a point to put God first in my life. That brought me to Minnesota.

Once again I started over, and I entered the Seminary right here in Winona. This became a very important time of growth in my life, especially spiritually. I learned how to pray, to think, and, most importantly, to discern God in my life. I could see and hear God's presence in everything I did.

After more than three years in the seminary, I felt like it was time to move on. It was a very difficult and scary time for me. I finished my studies at St. Mary's College and eventually ended up back in Illinois teaching in a Catholic School even farther north of my home. It was another new beginning. I was a teacher at Holy Cross School in Mendota, IL. There were very few people my age, and it was a very tight Catholic community. Once again I fell in love with the school, the families, and the tightness of the community. I was lonely during this part of my life, and I found myself making lots of trips to Minnesota to visit college friends.

It was during this time I started dating Amy. We were married in the summer of 1996. Once again, I started over and moved back to Minnesota. This was a very happy time in my life. Everything seemed special. I loved being back in Minnesota and being married was wonderful. I felt fulfilled in my vocation, and we were very excited to have kids. We adopted three wonderful kids. Having kids changed me the most. Everything was about them, and I loved doing stuff with them: going to parks, playing catch, reading books, taking naps. It was all so much fun and exciting. Although there were challenges, they were all worth it. I would not have changed a thing. As we begin new beginnings in our lives, there is a very simple prayer that can help us. It's a prayer I often teach our residents. It's a prayer given to St. Faustina from a vision she had of Jesus.

***Jesus, I trust in You!***



# Callista Court



Katy Johnson

## Greetings!

We had a blessed Holiday Season at Callista Court! Our fantastic Wellness Department decorates the building with too many Christmas trees to count! Activities were plentiful, with the holiday music being my favorite.

It's hard to believe the New Year is here, 2024! If you haven't noticed, we have a lot of new faces around Callista Court. Our community has grown since July of 2023 by about 17 residents! We are blessed to be a part of these residents' new beginnings. As they start to enjoy their life with less responsibilities and more possibilities.

At Callista Court we have an amazing team dedicated to the growth and development of each and every resident, and I look forward to the continued success of our community.

I do have two quick reminders to include for our Callista Court extended family. Masking is required for all guests in our common spaces. We thank you for your kindness and understanding in our mission to keep everyone safe and healthy. The second reminder is for pick up and drop off at Callista. Please be conscious of the time you spend parked in the circle drive. We ask that you try to keep your pick up and drop offs to under five minutes. If you have any questions, please see me.

Thank you and cheers to a happy and healthy 2024!



Cotter 4th grade students reading to Callista Court Residents.



Bishop Robert Barron visited Benedictine Living Community - Winona to celebrate Mass and the Sacrament of Anointing of the sick.



# Physical Therapy

## Meet our new Physical Therapist



Brandon Krogman  
Physical Therapist

Hello, my name is Brandon Krogman, and I am the new Physical Therapist here at Benedictine - Winona. I was previously working at Courage Kenny Rehabilitation in Faribault for 2 years. I am excited to work with the residents here to improve their mobility, independence, and well-being.

I am originally from Owatonna, MN. I went to college at Saint Mary's University of Minnesota in Winona, and I'm happy to return to the area. I received my Doctorate of Physical Therapy from Des Moines University in Des Moines, IA.

I am one of three identical triplets and have an older sister as well. I have a large extended family, mostly in southwestern Minnesota. I enjoy running, hiking, reading, and occasionally deer and pheasant hunting.

I am very excited to work with a combination of residents/patients in transitional care, long-term care, assisted living, and home health. The most enjoyable part of this job is seeing patients make meaningful improvements in their mobility. It is very rewarding to reach the point where a patient requires less assistance and gains more independence with walking, transfers, and daily tasks. I believe that patient education, shared goal-making and planning, and effective communication are very important for maximizing success and enjoyment with Physical Therapy.

I look forward to meeting you all!

# Adult Day

## Happy New Year from Benedictine Adult Day!



Tammy Ross  
Adult Day Director

The holiday season, sure flew by! We are excited for the new year to finally be here. This winter has been odd, but we finally got some snow. It is starting to look and feel like Minnesota!

We have fun winter activities planned in Adult Day, including making snowflakes and icicle crafts. We will even have a Valentine's party where Kent Larson will play music, and Riverway Learning Community students will help us celebrate!

What's a new year without trying a new activity? Adult Day has started doing Tai Chi on Tuesdays. It is so relaxing and calming for all of us.

Our beloved Carol and Rich from the Carol and Rich Show have retired. They played for us for eight wonderful years! We are so thankful for all the kindness, positivity and fun they brought to us. We wish them well with their retirement!

If you are looking for a new beginning or a new start to your new year - try a free guest day with us! We offer daily activities, outings, lunch, snack, socialization and fun. If you are interested in trying out our program, give us a call (507) 457-3810.

# Training Center



Kimberly Nahrgang, RN  
Staff Development  
Director / Training Center  
Coordinator

We know traditional training methods like classroom lectures, printed materials, long presentations, and death by PowerPoint can be boring and ineffective. Exploring new and exciting ways to deliver training that will keep our team members actively engaged and motivated to learn is important to us.

In the new year, we want to add to our toolbox of programs. Some elements we already have in place include interactive e-learning modules, gamification elements, and video tutorials to create a more immersive and enjoyable learning experience.

We also offer a variety of training delivery methods including online courses, webinars, in-person classes, and in-services to provide our students and associates with flexibility and choice in how they learn.

Our staff development and training center teams have been through their share of new beginnings this past year. New locations, new staff resources, and a new outlook prevail as we strive for more in 2024.

Reach out to learn more- [kimberly.nahrgang@benedictineliving.org](mailto:kimberly.nahrgang@benedictineliving.org)

Here is a list of several of the training tools we use for staff and students:

- Mirabelle Management
- Sum Total Systems
- Cinematic Health Education
- Minnstate
- Heart.org



# Sales



Emily Auth  
Sales Manager

## New Beginnings for New Residents

We welcomed 48 new residents to the Callista Court community in 2023! All of these new residents experienced a “New Beginning” moving into Assisted Living. Everyone feels a little nervous at first, and everything is new and different.

However, it doesn't take long and new residents are meeting new friends, re-connecting with old friends, joining in on activities, and enjoying meals in our beautiful dining room. I usually hear back from the resident in a couple of weeks, and they tell me, “I wish I would have moved in sooner.”

I interviewed some of the new residents about their experiences at Callista Court.

### Gary and Ellen Evans

#### **Why did you choose to move to Callista Court?**

After we looked at all options in the area. We thought Callista Court best fit all our needs

#### **How did you feel when you first moved in?**

We felt overwhelmed. We had a hard time leaving our house of 60 years. Also, we needed to downsize a lot and adjust to living in a smaller space.

#### **What do you like most about living here?**

The friendly staff and residents. We've never been in a place where everyone is so caring and welcoming. We also enjoy the meals and activities.



Gary and Ellen Evans

#### **What is your favorite activity?**

We love the live music. Also, we were amazed with all the live music, brass band, carolers during the holidays.

#### **What advice do you have for someone looking to move into Assisted Living?**

Be prepared, look around early, and get on a waiting list.



Sonny and Joann Ahrens

### Sonny and Joann Ahrens

#### **Why did you choose to move to Callista Court?**

Our family lives in Minneapolis, and we wanted a more supportive environment. I have wanted to move to Callista Court since the doors opened 25 years ago, but my husband wasn't ready. We joined the waiting list in 2009 and moved in April of 2023.

#### **What do you like most about living here?**

I like the feeling of being safe. The food is really good. The culinary staff is amazing. Very clean. Residents are friendly and welcoming.

#### **What is your favorite activity?**

We like all the live music programs.

#### **What is your favorite meal?**

I like everything. Food is very good. I really like the soups! Desserts are even better.

#### **How are the staff at Callista Court?**

Excellent staff! The culinary staff goes above and beyond in the dining room.

#### **What advice do you have for someone looking to move into Assisted Living?**

Figure out your reasons why and find the one best for you. I feel lucky to have found Callista Court! It is a great place to live.

**If you are interested in learning more or starting your new beginning at Callista Court give me a call (507) 457-3867.**



# Benedictine

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# Benedictine

**ADULT DAY**