



For behold, the winter  
is past; the rain is over  
and gone.  
The flowers appear on  
the earth.  
The time of singing has  
come, and the voice of  
the turtledove is heard  
in our land.

Song of Solomon 2:10-13



## A Letter from our Executive Director

Dear Friends,

We look forward to the renovations beginning on our campus (details are included in James Molledahl’s article inside this newsletter), and we are thankful for the people who have already given to this worthwhile project – many who have supported our campus for years. We are blessed to have so many generous supporters. It is important to note that in this newsletter, we are listing the people who donated to our campus between July 1, 2022 and June 30, 2023. In most cases the interaction that has led to the donations has come from these donors having family members who have lived here at Saint Anne, Callista Court or have been clients at the Adult Day Center. They see the kindness and caring of our staff first-hand. Knowing our staff, it is easy to understand how residents and families can be moved. For the most part, the people who touch these residents and family members are our front-line staff and our most important ambassadors. I am thankful for their great work and compassion. Each year we also have new people give to our campus. We hope that



we will continue to earn their support with our work with their loved one and through supporting the great need for the type of home-like environment that Saint Anne, Callista Court and the Adult Day Center provide in the greater community we all share. I thank all of you for your support of our residents and our important work.

Sincerely,

Carol Ehlinger  
Executive Director

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



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# A Call To Care



Patrick P. Marek  
Operating Board  
Chair

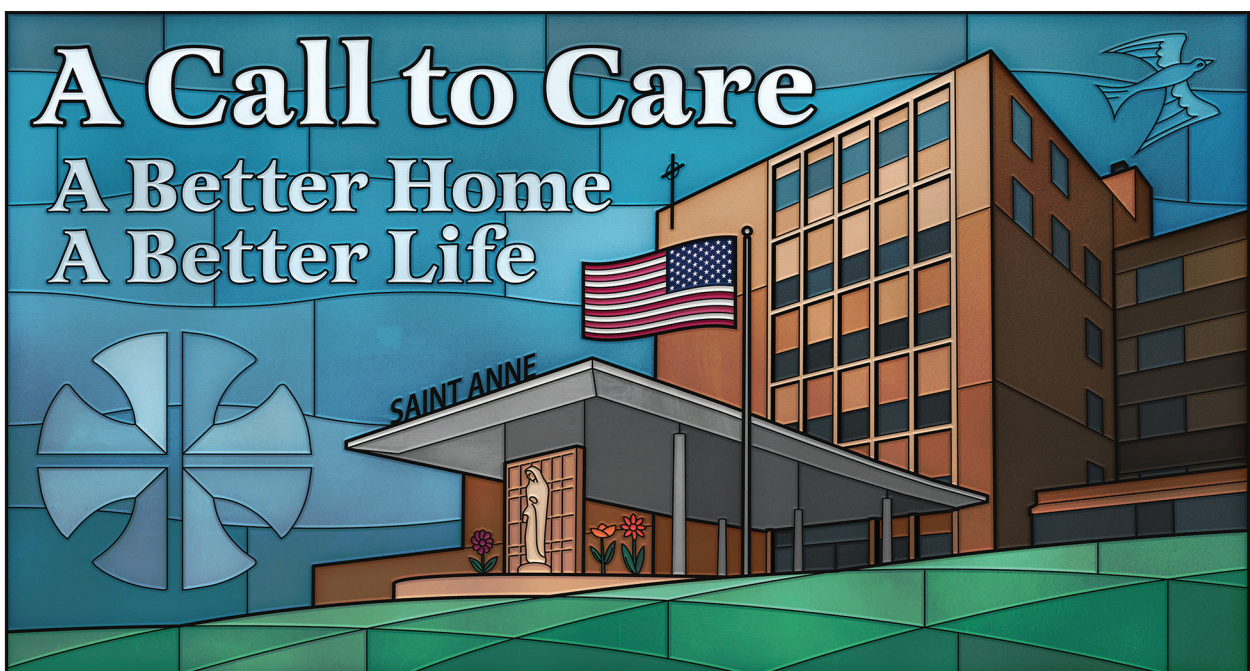
In many of the world's cultures, aging members of the community are regarded as a precious resource. The entire community works together as a family to make sure that the elderly are treated with honor, respect and appreciation.

In this part of the world, you don't have to travel any farther than West Broadway in Winona, Minnesota to find a community that envelops its residents with a culture of extraordinary respect and care. Every resident of Benedictine Saint Anne is treated like a treasured member of the family. When you enter Saint Anne, you can feel it when you walk through the door. It's plain that for the associates who serve the residents, it's more of a labor of love than a job. Every staff member is dedicated to do everything in their power to provide loving, professional care and help every resident make the best of every day.

Unfortunately, although Benedictine Saint Anne has a world class team of associates, when you enter the physical facility the over 60 year-old building is showing signs of age. This inhibits the positive experience that the residents deserve and the associates are trying so hard to provide.

The renovation of Saint Anne - "A Call to Care: A Better Home, A Better Life," is a long overdue \$10 million project that will be funded by a \$2 million capital campaign that is now in progress. The goal is to provide a more familial atmosphere with renovated spaces providing a sense of safety, security and comfort for residents and their families.

This is a wonderful time to invest in Benedictine Saint Anne and help it to continue to be a cherished home for the next 60 years. Any donation will be appreciated and have positive impact. It will be a great opportunity to honor the organization's venerable past and help create a bright future for generations to come.



# Foundation



Tim Dalton  
Foundation Board Chair

As you read this, we are in the midst of our capital campaign: “A Call to Care: A Better Home, A Better Life.” Our beloved Benedictine Saint Anne has good bones but is showing its age with more than a few wrinkles. The Benedictine Foundation Winona Board of Directors enthusiastically committed to raising \$2 Million toward the much-needed \$10 million renovations to Saint Anne. We are well on the way to meeting that goal, but we need your help.

When I was invited to join the Foundation Board a few years ago, I was hesitant. I was retired and looking to back off not get further involved. In giving it thought, I had a great deal of respect for individuals then serving on the board and had heard from many community members of the good works being done at Saint Anne, Callista Court and the Adult Day Center. But I must admit I had a bit of a personal motive for joining the board. My Mom was a resident of a “for profit” assisted living community in another state. She was struggling and had many concerns and complaints. Over time I too, had more and more concerns. It seemed like every visit I was talking to a new executive

director and different nurses and staff. The quality of food deteriorated, both resident and staff morale declined. I decided to join the Benedictine Foundation board in part to learn if that’s “just the way it is” in the senior care industry or different at Benedictine.

I quickly learned that it was different! There was a totally different attitude and culture in Winona. It was obvious just walking through campus. There was an upbeat feeling. People were happy and outgoing - not just the staff but the residents as well. I quickly learned there was much more stability and tenure in senior management, nursing and care staff. People were passionate about what they did and who they did it for. It was not just a job.

I remain honored to serve on the Foundation Board and to be a part of the endeavor to continue the legacy of commitment to care for our current and future residents. I am thrilled that all of the individuals on both the operations and foundation board are committed both personally and financially to the success of this campaign. The financial participation of staff and many residents is both gratifying and representative of the caring, compassionate culture that exists here at Benedictine Living Community Winona.

**If you have not already, I ask you to join us in this endeavor to ensure that this community will continue to provide high quality, loving and compassionate care in a Christian environment for generations to come.**



Mark Metzler  
Foundation Director

I was sitting in a friend’s room at Benedictine Saint Anne not long ago. While he rested, I thought about how Saint Anne will change in the very near future.

My friend won’t be able to enjoy the improvements. He has passed on. That is part of our life at Saint Anne. I know, though, that he felt taken care of by the people around him. Across our campus, we strive to provide that care for everyone. For most of our residents Saint Anne is part of the last chapter of their lives. While it will likely never take the place of their home, we must strive to come as close as we can.

The specifics of the renovation are detailed elsewhere in this newsletter, but suffice it to say that the renovations will create a more home-like atmosphere for our residents.

My thanks to everyone who has given to our community over the years. You have been generous. Many of you have already given to “A Call to Care,” our renovation . We are well on our way to our \$2 million goal, but if you haven’t given yet, we can still use your help. **Please consider returning a donation in the envelope provided with this newsletter, or give online at [BenedictineWinona.org/Foundation](https://BenedictineWinona.org/Foundation).**

# Gifts by Fund

In this newsletter we are honoring the people and businesses who donated to our campus between July 1, 2022 and June 30, 2023. We are thankful and humbled by their generosity. So many of the donors have given to our campus for years.

Please note we will be honoring those who gave after July 1, 2023 after the end of this fiscal year, June 30, 2024. Included in that issue will be the names of the people who have given to our "A Call to Care" renovation project through that time.

We are still actively gathering funds for "A Call to Care" and encourage you to give, if you haven't already.

## **Winona Activities Fund**

James & Anne Deedrick  
Mary Mayer  
Norma Zastrow

## **Winona Associate Appreciation Fund**

Maureen Doffing  
Cheryl Nash  
Carol Saecker  
Michael Styba

## **Winona Associate Emergency Fund**

Lisa Abts

## **Winona Associate Participation Fund**

Emily Auth  
Allison Biesanz  
Patrick & Carol Ehlinger  
Jann & Richard Fisher  
Heidi Graham  
Sheena Hauser  
Nolan Henderson  
Katherine Johnson  
Raquel Kreisel  
Dennis Kunkel  
Quinn Liedel  
Tessa Marks  
Nolan Maxwell  
Cassidy Meldahl  
Mark & Marsha Metzler  
Debra Mikelson  
Mark & Mary Mlynczak  
Karen & Jason Motl  
Kimberly Nahrgang  
Page Panzera  
Keri Parsons  
Pam Pelowski  
Sherry Reed  
Jeff Rogness  
Tammy Ross  
Ann Schreiber  
Joel & Elizabeth Speltz

Patricia Volkman  
Karen Zibrowski

## **Winona Benedictine Adult Day Center Fund**

Mary Anderson  
Eugene C. Edel  
Normagene Pettersen  
Jerry Raddatz  
Mary Schneider  
John Stansfield

David & Donna Steadman

## **Winona Callista Court Fund**

Harley & Chris Antoff  
Marian Carroll  
Timothy & Peggy Dalton  
Susan Day  
Jan & David Degallier  
Thomas & Annmarie DeMarais  
Martin Fahje  
Fawcett-Junker Funeral Home  
Jim Hanzel  
Robert Kierlin & Mary Burrichter  
Stephen & Beverly Nett  
Steven & Katherine Pederson  
Mary Schneider  
Frank Trotter & Carol Wiltgen-Trotter

## **Winona Chapel Fund**

Magdalen Anderson  
Emily Auth  
Peggy Carroll  
Phil & Barb Feiten  
Suzanne Hanson  
Mike & Kay Orłowski  
Donna Peplinski

## **Winona Charity Care Fund**

Mark Aeling  
Philip Babler  
Rosemary Broughton  
Petricia Brush  
Ronald & Susan Buermann  
Ruth & Ruth Bures

Timothy & Peggy Dalton  
Thomas & Annmarie DeMarais  
John Donovan  
Marian Drussell  
Barbara DuFresne  
Dolores Duncanson  
Robert & Susan Edel  
Gary & Connie Faul  
Jean Galewski  
Gloria Hammond  
Mary P. Jansen  
Mary & Fred Kelly  
Paul & Margaret Kilkus  
Steve & Linda Knopp  
Terry Knothe  
Wayne & Bonnie Lien  
Ron & Barb Meier  
John & Marlene Mulrooney  
Steven & Katherine Pederson  
Susan Pientok  
Deborah & Richard Sauer  
Thomas & Carol Saurer  
Katrina Scoville  
Anonymous  
Robert & Delia Tereba  
Tom & Ann Theis  
Thrivent Charitable Impact & Investing  
Scott & Kathy Turner  
John Vehrenkamp and Family  
Matt & Lyla Vetter  
Ellen Zempel

## **Winona Greatest Needs Fund**

*included in this fund are gifts to the Spas & Showers Campaign*  
Estate of Shirley Anderson  
Harley & Chris Antoff  
David & Muriel Arnold  
Emily Auth  
Sally Beck  
Rosemary Broughton  
Barbara Burchill

## Gifts by Fund *continued*

Peggy Carroll  
 David & Kathleen Christenson  
 Donald & Sandra Curtin  
 Timothy & Peggy Dalton  
 Jan & David Degallier  
 Mary Doffing  
 Patrick & Carol Ehlinger  
 James & Gretchen Erwin  
 Fawcett-Junker Funeral Home  
 Arnold & Alanna Fenske  
 Linda & Bruce Fort  
 James Frankard  
 Frankard Foundation  
 Carol & David Gerdes  
 Gayle Goetzman-Stolpa  
 Dan & Nancy Goltz  
 Maureen & Lou Guillou  
 Gloria Hammond  
 Jim Hanzel  
 Cheryl Hartert  
 Jeannie Hill  
 Suzanne Hoodecheck  
 Immanuel United Methodist Women  
 Mary Joyce  
 Robert Kierlin & Mary Burrichter  
 Paul & Margaret Kilkus  
 Roger & Sheila Kirkvold  
 Elizabeth Knuesel  
 Kathleen Kohner  
 Blaine & Mary Krogh  
 Dennis Kunkel  
 Steve & Arlene Libera  
 Wayne & Sherry Linander  
 David & Mary Ludwigson  
 MacArthur Foundation  
 Sandy Magnuson  
 Anonymous  
 Tessa Marks  
 Tom & Leone Mauszycki  
 Theresa McCamley  
 Christa McDermott  
 Dr. Robert McMahan  
 James & Barbara McNamer  
 Cara McNovy

Mark & Marsha Metzler  
 Bonnie Meyers  
 Marge Mohs  
 Connie & Loren Moldenhauer  
 Joseph & Patricia Morrissey  
 Mary Moxness  
 Laurel Mueller  
 John & Marlene Mulrooney  
 Thomas & Becky Nagle  
 Stephen & Beverly Nett  
 Pat & Jerry Papenefuss  
 Benjamin Pohn  
 Rhonda Pohn  
 Richard & Sandra Pope  
 Jerry Raddatz  
 Polly Renk  
 Ernest & Karen Rossa  
 RTP Company  
 Berniece Ruhoff  
 Carol Saecker  
 Mary Schneider  
 Greg & Linda Schoener  
 Harlan & Kathleen Sebo  
 Dr. Patricia A. Sherman  
 Stephen & Barbara Slaggie  
 Thomas Slaggie  
 Francis & Teresa Speck  
 Jim & Bobbe Staak  
 Anonymous  
 Jerry & Joanne Stejskal  
 Larry & Christine Stoltman  
 Robert & Delia Tereba  
 Thomas R. Hennessy Family Charitable Trust  
 Dennis & Paula Trevor  
 Janine Troke  
 Gary Tulus  
 Matt & Lyla Vetter  
 Dee Voldal  
 Alfred Waldorf  
 Ronald & Vickie Walley  
 Peter & Kay Walsh  
 Richard & Vonnie Wantock  
 Ronald Wenzel  
 Susan Wilhelm

Carol Wineski  
 Joni Wiskow  
 WNB Financial  
 Frank & Diane Wohletz  
 Dennis & Sharon Woychek  
 Bernard & Michele Ziegeweid  
**Winona Saint Anthony Unit Fund**  
 Mary Address  
 Mark Bly  
 Cheryl Braatz  
 Marian Carroll  
 Robert F. Cimini  
 Kalene Engel  
 Susan Fons  
 Turi & Michael Fryer  
 Carol Galbus  
 James Granum  
 Jim Hanzel  
 Robert & Barbie Hewitt  
 Jim & Doris Killian  
 Marlys Kolstad  
 Russell Kube  
 Dennis Kunkel  
 Theresa McCamley  
 John & Patricia Meisch  
 Daniel & Mary Kaye Pecarina  
 Janice Sapsis  
 Dr. Elizabeth Strand & Dean Cimini  
 Gavin Strand  
 Robert S. Strand  
 Mary Wieczorek  
 David Wood  
**Winona Saint Francis Unit Fund**  
 James Risser



## Honorariums

The following honorarium gifts were received by the Foundation, July 1, 2022-June 30, 2023. Those people being honored are in bold. Donor names are in normal type.

**Clara Aeling**

Mark Aeling

**Jerome Glodowski**

Theresa McCamley

**Joseph & Mary Stamschror**

**Extended Families**

Anonymous

**Bob Keister**

Jerry & Joanne Stejskal

**Ann Kuklinski**

Jean Galewski

**Dave Mertes**

Jerry Raddatz

**Steve Nett**

Jim Hanzel

**Karen Rossa**

Theresa McCamley

**Father Bob Stamschror**

Donald & Sandra Curtin

**Matt & Lyla Vetter**

Donald & Sandra Curtin

## Memorial Gifts

The following memorial gifts were received by the Foundation, July 1, 2022-June 30, 2023. Those people being honored are in bold. Donor names are in normal type.

**Clara Aeling**

Martin Fahje

**James Anderson**

Normagene Pettersen

**Shirley Anderson**

Estate of Shirley Anderson

**Harold Andre**

Theresa McCamley

**Elizabeth Anfinson**

Ruth & Ruth Bures

**Mary Bambenek-Pampuch**

Normagene Pettersen

**Lorraine Barness**

Philip Babler

**Ann Bock**

Ernest & Karen Rossa

**James Brummett**

Normagene Pettersen

**Marian Carroll**

Rosemary Broughton

Mary Schneider

**William Colclough**

Theresa McCamley

Ernest & Karen Rossa

**Martin Deignan**

Thomas & Annmarie DeMarais

**Charles Doffing**

Maureen Doffing

**Nancy Dorn**

Mary Schneider

**Robert Dufresne**

Barbara DuFresne

**Earl Duncanson**

Dolores Duncanson

**Eugene F. and Norma Edel**

Mary Anderson

Eugene C. Edel

**Gene Edel**

Normagene Pettersen

**Gertrude Edel**

Robert & Susan Edel

**Norma Edel**

Normagene Pettersen

**Donald Fetting**

Norma Zastrow

**James Frankard**

Harley & Chris Antoff

Marian Carroll

Robert Kierlin & Mary

Burrichter

**George & Gertrude Goetzman-Abts**

Gayle Goetzman-Stolpa

**Lorraine Greenwood**

Gayle Goetzman-Stolpa

**Betty Guenther**

Maureen Doffing

**Ronald Hammond**

Gloria Hammond

**Shannon M. Hanzel**

Marge Mohs

Emily Auth

Peggy Carroll

MacArthur Foundation

Matt & Lyla Vetter

**Robert Hoelsley**

Ernest & Karen Rossa

**Barbara Juszczak**

Gary & Connie Faul

Wayne & Bonnie Lien

John Vehrenkamp and Family

**Carmen Keister**

Jerry & Joanne Stejskal

**Lila Mae Kirkvold**

Roger & Sheila Kirkvold

**Harland Knight**

Robert Kierlin & Mary

Burrichter

Sandy Magnuson

Dee Voldal

**Genevieve & Joseph Knopp**

Steve & Linda Knopp

**Jane Knothe**

Terry Knothe

Dr. Robert McMahan

Winona Community Foundation

**Paul & Patricia Kronebusch**

Dennis & Paula Trevor

**Javon Kunkel**

Emily Auth

**Lu Lafavor**

Mary Mayer

# Memorial Gifts

## **Vivian Linander**

Donald & Sandra Curtin  
 Carol & David Gerdes  
 Wayne & Sherry Linander  
 Christa McDermott  
 James & Barbara McNamer  
 Connie & Loren Moldenhauer  
 Thomas & Becky Nagle  
 Harlan & Kathleen Sebo  
 Susan Wilhelm  
 Joni Wiskow

## **Evelyn Losinski**

Carol Wineski

## **Gary Luhmann**

Thomas & Carol

## **Phyllis Lurkowski**

Robert Kierlin & Mary  
 Burrichter  
 Mary Schneider

## **Raymond Maassen**

Blaine & Mary Krogh

## **Dennis Maier**

Normagene Pettersen

## **Dennis Maloney**

Normagene Pettersen

## **Clarence Martinson**

Normagene Pettersen

## **LaVonne Mikrut**

Laurel Mueller

## **Robert Mueller**

Laurel Mueller

## **Bill Nepper**

Normagene Pettersen  
 John Stansfield

## **Helen Olsen**

David & Mary Ludwigson

## **David Pettersen**

Normagene Pettersen

## **Leif Pettersen**

Normagene Pettersen

## **Annastasia Pettersen-Martinson**

Normagene Pettersen

## **Kassi Sagen**

Donald & Sandra Curtin

## **Marion & Harry Schaber**

Joseph & Patricia Morrissey

## **Patricia Schlink**

Robert & Susan Edel

## **Thomas Severson**

Gayle Goetzman-Stolpa

## **Joye & Fred Sherman**

Dr. Patricia A. Sherman

## **Albert Smith**

Deborah & Richard Sauer

## **Constance Strand**

Mary Andress

Mark Bly

Cheryl Braatz

Marian Carroll

Robert F. Cimini

Kalene Engel

Susan Fons

Turi & Michael Fryer

James Granum

Jim Hanzel

Robert & Barbie Hewitt

Jeannie Hill

Jim & Doris Killian

Marlys Kolstad

Russell Kube

Dennis Kunkel

John & Patricia Meisch

Daniel & Mary Kaye Pecarina

Janice Sapsis

Katrina Scoville

Dr. Elizabeth Strand & Dean Cimini

Gavin Strand

Robert S. Strand

Mary Wieczorek

Bernard & Michele Ziegeweid

## **Edna Strehlow**

Normagene Pettersen

## **Harry Strehlow**

Normagene Pettersen

## **Esther Styba**

Harley & Chris Antoff

Greg & Linda Schoener

Michael Styba

## **Carrol Terry**

Mike & Kay Orłowski

## **Scott Tolleson**

Donald & Sandra Curtin

## **Lee Turner**

Gayle Goetzman-Stolpa

## **Bryce Vetter**

Donald & Sandra Curtin

Matt & Lyla Vetter

## **Bruce Volkmann**

Ernest & Karen Rossa

## **Ann Watkowski**

Dennis & Sharon Woychek

## **Ed Whetstone**

Mary Schneider

David & Donna Steadman

## **Barbara Williams**

Matt & Lyla Vetter

Ellen Zempel

## **Mary Wiltgen**

Peggy Carroll

Frank Trotter & Carol Wiltgen-Trotter

## **Ida Mae Zeller**

Benjamin Pohn

## **Marjorie Zittel**

Sally Beck

Mary Doffing

Cara McNovy



# Environmental Services

“With destruction comes renovation.” – Wally Lamb

Our “Call to Care” renovation project is finally upon us. We have finalized details with our contractor; Wieser Brothers, and demolition and renovation are underway. We have a lot of exciting changes throughout the Saint Anne facility. This work will provide a better experience for everyone on campus.

During these projects your Saint Anne and Callista Court housekeeping, laundry, and maintenance teams will continue to provide exceptional service; cleaning rooms and public spaces, maintaining the building, and providing freshly washed laundry throughout the renovation.

Some of the details of the project are as follows:

Phase 1 will include the creation of new shower and spa rooms on second, third, and fourth floors. New plumbing and fixtures will make the shower experience more enjoyable, and the additional space will make it more convenient for both residents and staff. This improvement will create an additional shower on each floor; reducing the distance needed to travel for our residents. This phase should last approximately 8-10 weeks.

Phase 2 will see the north wing of each floor transform from its current room configuration into a new dining space. This new space will include serving kitchens on each floor. Making this change will allow for a more personalized dining and social experience, fresher entrées for residents, and more efficient service overall. We estimate that the new dining spaces will be available for dining in early 2025.

Phase 3 will see updates to the nursing stations and a complete remodel of the current shower and spa rooms. For our nursing teams, they will see a more modern and efficient space for charting, planning, and day-to-day activities. There will also be expanded space for scales, equipment, and even a staff bathroom you can turn around in. We anticipate these improvements to be completed in early 2025 as well.

Phases 4 and 5 will begin after the larger demolition and renovation on the resident floors is complete. This phase will focus on first and ground floors, and will require closure of the first floor dining area and the Gaudeamus and Recreation area while we improve these spaces. The first floor dining area will be re-imagined into a lobby and multi-function activity space with more comfortable family and visitor lounge areas. There will be additional seating and gathering spaces with a new activity space that includes an updated audio-video center. This space will have movable walls to allow flexibility to use the space for more intimate proceedings or opened up to accommodate larger events.

On the ground floor we will create a more open and usable environment for our Occupational, Physical, and Speech Therapy departments. We will also create new and more spacious workspaces for our Recreation and Therapy teams. We are hopeful that this section of the renovation will be completed in late spring 2025.

A secondary project will run consecutively while the aforementioned phases are happening. This renovation will include the installation of new, energy saving windows, HVAC units to provide better climate control and maintain more consistent temperatures throughout the building, high efficiency, eco-friendly boilers, and LED lighting. These improvements will create better comfort for our residents and staff as well as being more friendly to our environment.

As with any large project there will be some challenges we undertake together. Rooms will be closed to perform the needed upgrades, halls will be blocked, offices will be moved, and there will be some unavoidable noise and activity throughout the building. We are working with our contractors to minimize the disruption. This project has been under discussion for almost six years, and to finally see it kick off is exciting and scary in its own way. For me, a quote from William Murtagh seems to sum up



# Environmental Services

what we are about to do; “at its best, preservation engages the past in a conversation with the present over a mutual concern for the future.” I hope all will agree that this project creates the possibility for a better, brighter future.

While there will be much hustle and bustle on the Saint Anne’s side of campus, we will also be embarking on some improvements at Callista Court. We will be working to identify how we would like to improve the showers in our current apartments. We will also be doing some work on the exterior of the building in the coming months. There are several other projects in the hopper; more on these projects as they develop.

We thank you for your patience and understanding as we move through these exciting improvements. We look forward to continuing to provide top-notch care and compassion for our residents and families. As always, please contact myself or any member of our EVS team with questions or concerns.

James Molledahl - Environmental Services Director

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## Culinary

When I think about the renovation project and how it will benefit the culinary department a few different things come to my mind.

The current process is not ideal. In order to come to the dining room to eat, our wonderful residents all have to sit around the elevators and wait around for quite some time to load up and make their way downstairs. With the renovation we will have dining areas on each floor, so that means no more waiting around! This not only positively affects the residents, but also the nursing staff that are currently assisting the residents to get up and down the various floors.

With our current meal service, I feel the food is not as fresh as it could be. With the renovation project, the food will be served out of each floor. Which means that it will be piping hot and fresh and have a lot less travel time to get to where it needs to go.

Smaller dining spaces open up more intimate settings. Each dining room can be tailored to the residents on the different floors. This is exciting to me because each floor could potentially have different atmospheres from the other floors, which creates unique dining experiences.

Our serving staff will have less residents to serve at one time, which will allow them to have a more one-on-one feeling. This creates a much more enjoyable experience.

This renovation project was one of the reasons that I ultimately accepted my job back in August, hearing about the positive difference that I could help make in the lives of our residents through my previous experience with similar concepts. I look forward to the challenges ahead and ultimately the overcoming of obstacles to make this a “Better Home and A Better Life” for everyone here.

Andrew Turpin - Director of Culinary Services

# Recreation



Esther Zimmerman  
Recreation Director

April Showers will hopefully bring May flowers- but the weather is pretty unpredictable these days! Either way- LOTS of fun things to look forward to as we move into spring and summer months in the Recreation Department!

Nursing Home week theme this year is “Radiant Memories- A Tribute To the Golden Age of Radio” **May 12th-18th, 2024**. We are looking at lots of fun and excitement that week- with a petting zoo and hoe down, Elvis sock hop and spring planting with St. Mary’s Educare! Don’t miss the fun- look for details soon!

We had a wonderful Valentines Day and Crowned our King and Queen of Kindness across campus! Congratulations to Franz & Ursula Kokott as well as Bonnie Breza & Tom Hodge!

## Calling all Volunteers!

We are also looking for animals to come and visit our residents- Bunnies, Ponies, Puppies, Kittens, Alpacas, Llamas, anything really! Please contact Esther Zimmerman at 507-205-6227 or [esther.zimmerman@benedictineliving.org](mailto:esther.zimmerman@benedictineliving.org)



## Comfort and Convenience

Our renovation will make life easier for our residents. Additional shower rooms will mean less waiting for residents to use the shower room along with the convenience of shower rooms being on both ends of the hallways. Remodeled whirlpool tub rooms will provide a relaxing tranquil atmosphere.

We are also looking forward to the on-unit dining experiences. There will be seating for all residents and meals will be served in the private dining areas on each floor. Residents will no longer have to wait for elevators or assistance to go to the first-floor main dining room. Besides meal service in these areas, the new remodeled dining space can be used for a gathering area. There will be juice and coffee bars on each floor for residents to enjoy.

We expect there will be some inconveniences during the renovation, but we will do all we can to keep them to a minimum. Contractors will be mindful of resident privacy during the construction project. At any time, if you have concerns or questions, please reach out to a member of the administrative team. We are excited about moving ahead with the needed updates to our campus.

Director of Nursing, Saint Anne - Cheryl Nash

# Physical Therapy

## Greetings from the Therapy Department!

Picture this: A large open room, sunlight flowing in through a large picture window. The room consists of an Occupational Therapy kitchen, including a stove and dining room table. The room is also home to the Physical Therapy gym. You see a ceiling track for weight supported activities and gait training, a mat table, weights and bikes for strength and cardio training, a staircase for step training, and parallel bars for balance training. There's a private treatment room, as well as a functional bathroom with tub and shower included! Next, a private Speech Therapy room, a quiet space for cognitive testing, swallow training and voice exercise. The space is filled with therapists working together, with long-term and short-term residents, as well as outpatients, all with the same desires; crushing personal goals!

This is our new therapy space! We look forward to designated outpatient parking with direct access to our facility, an open floor plan and upgraded space with some newly added equipment, all designed to better serve our residents here on campus as well as outpatients within the community. We can't wait to share it with you!



Karen Zibrowski, Therapy Team Lead

## Social Work

As social workers, our passion for the work we do can be seen in our Benedictine Community every day! We strive to support, advocate for, protect, encourage, reassure and motivate our residents. We work to improve the quality of our resident's lives, offering solutions, coordinating services, empowering others, promoting equality and equity and respecting diversity.

Our highly anticipated renovation is expected to offer really wonderful opportunities for our residents. We often encourage our residents to consider dining outside of their room as this experience can be such a benefit overall for their emotional health. Sometimes for our residents though, the idea of eating in a large dining room with a large number of people can be quite intimidating. Our renovation will include on-unit dining on each floor of the building which will promote socialization and a sense of community. When we feel connected as humans, this can positively impact so many aspects of our lives, our overall outlook and motivation day-to-day. We are so looking forward to the renovation and all the benefits it will offer our residents!

Your Social Services Team,  
Sarah Otkin (Long Term Care)  
Courtney Dingfelder (Transitional Care Unit)





# Benedictine

LIVING COMMUNITY | **WINONA**

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MARCH / APRIL 2024

BENEDICTINE LIVING COMMUNITY WINONA

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