



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 2:11-12



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## A Letter from our Executive Director

Dear Friends,

What a great start to a new year at Benedictine-Winona. Our year began with the celebration of three centenarians on our campus. What fun we had celebrating such a great milestone! Our celebrations included gatherings of friends, relatives, fellow residents and staff. Singing of happy birthday meant so much more. There was cake and music for all to enjoy. Our residents have so much to share with us and our Recreation Therapy department works hard keeping everyone forever young.

During calendar year 2023, we place a special focus on the Benedictine Core Value of Respect. On our campus, respect is defined as ensuring the needs of those we serve come first. Honor and support are always present. Our mantra for the year is “Be the first to show RESPECT”.

Each year Jerry Carley, CEO of Benedictine, has a special message to share with all. Please take a few minutes



to listen to his message. You can find his message at: <https://www.youtube.com/watch?v=4TfhjNcl874>

Thank you for all you do to support Benedictine-Winona throughout the year. We appreciate all of you!

Sincerely,

Carol Ehlinger  
Executive Director

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



# Welcome New Associates



Theresa - RN,  
Saint Anne



James - Care Asst,  
Callista Court



Jess- Housekeeper,  
Saint Anne



Maria - Care Asst,  
Callista Court



Marcia - LPN,  
Saint Anne



Mary - Nursing Asst,  
Saint Anne



Dawn - Care Asst,  
Callista Court



Betty Crawford - RN,  
Training Center  
Instructor

Hi, my name is Betty Crawford. I have been involved in nursing for 42 years. My career began in 1975 as a nursing assistant in a rural Hospital/Nursing Home in Arcadia, Wisconsin. The facility was managed by the Franciscan Sisters. At that time it was “on the job” training for a total of 100 hours. I soon learned the value of being a caregiver and found my passion with geriatrics. Throughout my career I have valued each role in being a caregiver to patients, residents/clients and the need for each of us to “make a difference” in someone’s life.



Nikita - Culinary  
Supervisor,  
Callista Court

Greetings! I’m the new Culinary Service Supervisor Nikita. Thank you much for having me! Originally from Virginia Beach, Virginia. I graduated from Culinary Institute of Virginia receiving a food nutrition degree & a culinary arts degree. Besides cooking my heart enjoys thrift store shopping, reading, hiking, and DIY projects.



Hana - Recruiter/  
Employee Relations

Hi, I’m Hana, the new Recruiter and Employee Relations Representative. I graduated from WSU in 2021 with a BS in Human Resource Management. I found my love for recruiting through my internship with Inland Packaging in La Crosse. In my free time, I enjoy reading and putting together puzzles. My boyfriend, Destin, and I live in Onalaska with our 3 dogs, Smoochie, Teddy, and Timmy.

## Recreation

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 April and May. The Nursing Home week theme this year is "Cultivating Kindness" May 14th-20th, 2023. We are pleased to announce that we will be getting a performance from the Winona Little Warriors Drum Line that week! We had a wonderful Valentine's Day and crowned our King and Queen of Kindness across campus! Congratulations to Rita & Carrol at Saint Anne and Karen & Lavern at Callista Court!

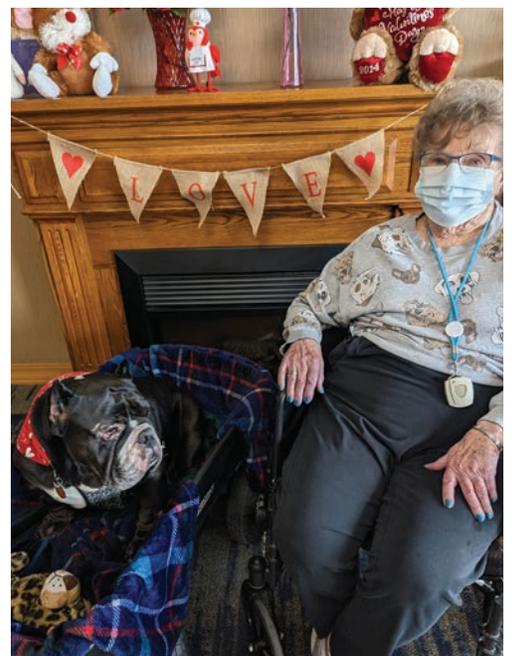


**The Annual Book and Puzzle Sale is coming in June and we are taking donations now!** Doing any spring cleaning? We are looking for puzzles of all counts and books for our annual book and puzzle sale - all contributions go to the Walk to End Alzheimer's Fund. The walk this year is September 30th! All donations can be dropped off at either reception desk. Any questions please contact Esther Zimmerman at 507-205-6227 or [esther.zimmerman@benedictineliving.org](mailto:esther.zimmerman@benedictineliving.org)



**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)

# Recreation



# Centenarians



Elizabeth  
Marketing Coordinator

When I think of being “forever young” I’m reminded of the song lyrics from Bob Dylan. “May you grow up to be righteous. May you grow up to be true. May you always know the truth and see the light surrounding you. May you always be courageous, stand upright and be strong. May you stay forever young. May you stay forever young.” We have three-100-year birthdays here at Benedictine Living Community - Winona. Eileen (“aka” Corky), Carrol, and Keith.

Corky belongs to several book clubs and is an outstanding member of the Winona Area PEO. Which is a philanthropic organization that celebrates the advancement of women through education, scholarships, loans, grants, and stewardship.

Carrol is a World War II Veteran and a true hero among us. He worked for a newspaper factory and delivery service and avoids BINGO at all costs. He enjoys church services and gets the most mail on campus!

Keith is a World War II Veteran and receiver of a purple heart, and loves to share his story. He also is the resident BINGO caller and loves to help students further their education by taking a nursing student under his wing, each semester.

When I think of these three incredible human beings, I think how much of a privilege it is to be around them. To learn of their life stories and the wisdom they offer, can you image being around for a 100 years? These three individuals make such a difference each day on our campus. They keep us young with their bright smiles, off the cuff comments, jokes, and wisdom. We are truly blessed.



Carrol



Keith - Watch for Keith’s Birthday Party on Facebook



Corky



# Foundation

## Where Will the Centenarians Live?

Living to 100 is a reason to celebrate, but it's not as rare as it was at one time. Today, there are about 593,000 centenarians in the world, and by the time 2050 rolls around there will be 3.7 million centenarians in the world, according to the United Nations.

There were about 110,000 centenarians in the world in 2000. In the US there are currently about 97,000 centenarians, and about 85 percent of the centenarians are women. So, that leaves just under 15,000 men who have made it to 100.

A recent article in the Washington Post following the death of Sister Andre, the French nun who lived to 118 and was the oldest person in the world, says that about 25% of longevity has to do with genetics. So, when someone says they lived longer because they had good genes, that's only part of the equation. The rest of the equation for a long life comes down to where you live, what you eat, exercise and the support you receive from family and friends.

What that means is a good portion of living to 100 is in your hands.

That also means one of the people who live to 100 could be you. Plus, the older you live, the more your odds increase of living to 100. In a pre-COVID analysis from 2017 by MarketWatch based on Social Security numbers, men who lived to 65 had a 3 percent chance of getting to 100; women had a 5.9 percent chance.

## Where Will You Live?

Living to 100 makes a person ask a number of questions, but one of the biggest is: where am I going to live?

The first choice is to live independently, in a person's home or apartment. Another option is living with loved ones. Those are good options, but they aren't always the best choice or possible.

Help may be needed with tasks, or it might be nice to have someone else cook, finally. Access to nursing care might be nice, and it might be good to be around like-minded people – old friends and new. If that is the case, then an Assisted Living facility like Callista Court is a great choice.

Callista Court offers different levels of assistance – from nothing at all to help in many aspects.

One of the benefits of Callista Court is that residents can transition nearly seamless to the Saint Anne nursing facility.

These facilities stand out against the others in the area, and offer one added bonus – spiritual care, including chapels, a spiritual care advisor and priests and ministers, who visit regularly with residents.

## We Will Need Your Help

The goal is to provide the best for the residents at Saint Anne and Callista Court. To make that happen, Saint Anne will need to be renovated. That project will include providing the upgrades to the floors to promote a more family-life environment, improvements to the physical plant and an improved therapy area. The cost of the project is \$8 million, and fundraising will start in the near future. Please consider giving generously when asked.

# Callista Court

## Greetings!



Katy Johnson

Just a quick reminder for COVID process at Callista Court. We ask that you read the posted signage and do not enter the building if you are positive for COVID, have been exposed to COVID or have signs or symptoms of COVID. Guests MUST continue to use hand sanitizer and wear a mask. The main entrance is now unlocked from 7:30-5:00pm.

We are also seeing an uptick in other illness this season as well. Please consider postponing your visit if you have a fever or any GI symptoms. You are always welcome to call with questions if you are unsure if you should visit.

Thank you for helping keep Callista Court safe and healthy!

## Adult Day

March is here and spring is on the way! We are bringing in some luck to Adult Day! We will be making lucky shamrocks to decorate and gold shamrock center pieces. We will be going on fun shopping trips, lunch outings, and don't forget we will go to the casino.

April we will be coloring Easter eggs and doing an Easter craft. Our volunteers will be in to play live music and we will be going on fun outings.

There is never a dull moment in Adult Day, there is always something fun going on! If you know of anyone who may be interested in joining the fun and would like to enroll in our Adult Day program please call me at 507-457-3810.



Tammy Ross, Adult Day Director

Tammy



# Social Worker Month

## Thank you to our Social Workers!

The social worker department is comprised of three licensed social workers, Tricia, Courtney, and Sarah.

They facilitate resident care conferences and assist with resident council meetings. They assist in monitoring resident's emotional needs and assist in supporting each resident's needs through care planning and assistance in arranging for supportive services. For short-term residents, our staff assist with discharge planning and arranging services for a safe discharge from our facility.

Additionally, our social workers support our residents and their family members when residents are beginning their journey toward end-of-life care. Social workers assist with our customer concern process and the development of individualized care plans to best support our residents. Some additional tasks our social services staff assist with include the admission process, insurance matters, and our Veteran's Administration contract.

National Health Care Decision Day is coming in April and our social services staff is here to help. Staff can assist residents in completing a health care power of attorney document and/or a health care directive, which allows residents to state their wishes now so that these are known to family members and others.

## Meet Our Social Workers



Hello, I am Tricia, Benedictine Living Community - Winona's Case Manager. In total I have been with Benedictine for over 6 years now as a Social Worker. I began as the TCU Social Worker, years later I moved into a Case Manager for the site. Prior to long term care, I worked in the community providing children with mental health services. I also was a CNA on our very own Callista Court campus throughout high school and college. I am a true Minnesotan, I absolutely love the beauty of Winona and have chosen to never leave. I married my high school sweetheart; we will celebrate 9 years of marriage this spring. Together we have 2 beautiful children who keep us very busy. Skol Vikings!



Hello! I'm Courtney, the Transitional Care Unit Social Worker (4th floor). 2023 marks the beginning of my 4th year here at Benedictine-Winona and my 18th year as a social worker! My social work background includes work in child protective services as well as case management for managed care recipients. I originally hail from Wisconsin, but we put our roots down in Winona after I met my husband while attending Winona State University. We have a home in Goodview and enjoy staying active with our 14 year old son, 10 year old daughter and our rescue dog, Auston! We enjoy movies, museums and history, crafting, hunting/trapping/fishing and really anything outdoors/in nature.



Hello, I'm Sarah, I graduated from Winona State University in 2020 with a bachelor of social work degree. I'm originally from Wisconsin, but I enjoyed Winona so much that I decided to move here! In my free time, I like to be outdoors and spending time with my friends & family.

# Meet the Therapy Department



Left to right, Janelle, Maggie, Karleen, Amy, Karen and Skyler (front)

Hi, my name is Janelle I have worked at Benedictine Living Community for eleven years. My first two years were as a restorative aide, and the last nine as a physical therapy tech. It is a pleasure to work with my Therapy co-workers, there has been the occasional song and/or dance that make residents smile and make us such a great team! I have been married to my husband Paul for thirty-four years. We have two children Mitch and Lindsey and one grandchild!

Hi! My name is Maggie, I am an Occupational Therapy Assistant at Benedictine in Winona. I have worked in the therapy department for almost 10 years and prior to becoming a therapist I worked as a CNA here for almost 3 years. I can honestly say I love my job and the people I get to work with every day. Two years ago I had the opportunity to get certified in LSVT-BIG for Parkinson's disease and further my knowledge of the disease. I was raised right here in Winona and now have the opportunity to raise my own children in this beautiful town. I am the proud wife and mother to 4 kiddos, Logan (8), Maeve (7), Millie (3) and Elle (3).

Hi! My name is Karleen and I am an Occupational Therapist here at BLC-Winona, serving Saint Anne's, Callista Court, and the Benedictine Adult Day Center. I have worked at BLC-Winona for the past nine years, since I received my Master's Degree in Occupational Therapy from the University of Minnesota in 2013. I have the ability to work with many diagnoses including CVAs, Multiple Sclerosis, Dementia, Parkinson's disease, pre and post-surgical orthopedic cases, and general medical cases. I currently live in Winona with my husband, Patrick, and my two daughters, ages 6 and 3, and my dog, Griffey.

My name is Amy O'Laughlin, and I have served as the speech-language pathologist at Benedictine Living Community - Winona for over 13 years. I completed my bachelor's degree at the University of Wisconsin - La Crosse and my master's degree at the University of Minnesota - Twin Cities before moving back to Winona, where I grew up and have now spent most of my adult life. You can find me and my family on the river, at a neighboring farm or doing any number of outdoor activities to burn up some energy that two young children and a couple rambunctious dogs bring to our household.

Hello, my name is Karen Zibrowski and I am the new Rehab Team Leader here at Benedictine - Winona. Although this role is very new to me, I have worked alongside former Rehab Director, Allison Biesanz for the last 15 years as a Physical Therapist Assistant. I feel very fortunate to have the opportunity to continue working with an excellent rehab department in this new facet. I'm looking forward to expanding my experience in a management role while also continuing to provide physical therapy services to our residents. A little bit about myself- I live in my hometown of Rushford with my husband, Josh, and three sons aged, 17, 14 and 9. As a family we enjoy participating in activities such as football, wrestling, fishing, ATV riding, and classic car cruises. I've learned to embrace life as a boy mom!

Hi, my name is Skyler. I graduated with a Physical Therapist Assistant degree at Western Technical College. My passion for Physical Therapy was made through a combination of rehabbing injuries I sustained during high school football, as well as from my mom who is a Pediatric Physical Therapist. I like all things sports and movies. I currently live in La Crosse and have a Cockapoo named Wiffle.

## Spiritual Care By: Dennis Kunkel

When thinking of the theme “Forever Young” I think about when I was just out of college working at a Catholic School with Dominican sisters. I would often share meals with the sisters and parish staff. During one of those meals, one person shared that their grandma said the key to a long life was taking care of your feet and your teeth -- brushing your teeth often and getting good shoes.

For me, the advice goes a step further to watch the “places” you go and what you say as keys to being “Forever Young.” The “places” I have travelled to, have made a huge impact on my spirit and helped me to stay young. I think of family vacations, college life, retreats, jobs, visiting friends and hosting friends. These are also places where I learned the most.

I think one of the best “places” was the Boundary Waters. The closeness of nature lifted my soul and learning how to read a map and navigating a canoe was humbling. I found a peace there that kept my youthful spirit alive.

There were other “places” in my life that are dear to me and kept me young. The farm I grew up on, and the farm my wife grew up on continue to be “places” that lift the spirit of myself and my family, including my children. Another “place” was college, where I matured and became a lover of learning. The last “place” is that of my own HOME. Although it is a place where my hair has started to gray, I must say it is the place that has changed me the most. It is the place where I raised my kids and have fallen deeper in love with my wife. No matter where we walk, even when we get off the right path, God is before us giving us great mercy and love. He has chosen us to be his disciple, his loved one, and with that we can change the world and be ever forever young.

When it comes to what you say, I think of how important it is to say nice things. How many times do you think about something negative someone said, as opposed to something nice people say about you? Negative words have a bigger impact. Think about it, one negative word from a pastor or a church worker and a person can fall away from the Church for years. With that in mind, the words that come out of our mouth should show respect for all people. I really think that when I am mindful enough to think the most of people is when I am at my best. When I am not hanging on to those things that make one bitter or resentful, it definitely allows one to be more young at heart and a key of being forever young. When we consider thoughtfully what we say and where we have been, we are most likely are going in the right direction.

***“The merciful does good for one’s soul, But who is cruel troubles one’s own flesh.”  
Proverbs 11:17.***



# Stay Forever Young At Callista Court

## Available Apartments:

**1 BEDROOM**

**&**

**2 BEDROOM**

**SMALL STUDIO**

**&**

**LARGE STUDIO**

Contact Emily Auth at  
507-457-3867

or email

[emily.auth@](mailto:emily.auth@benedictinewinona.org)

[benedictinewinona.org](http://benedictinewinona.org)



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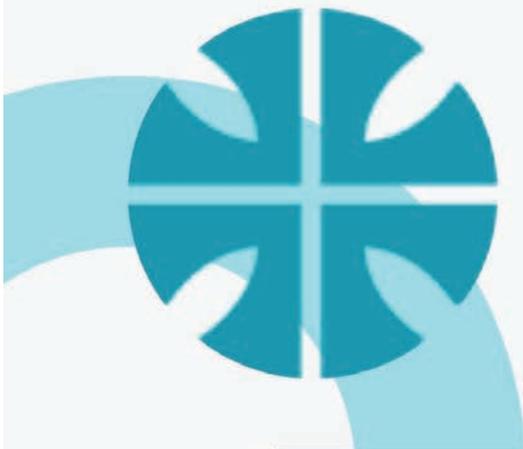
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