Guardian Angels
SENIOR COMMUNITY
Engel Haus

March/April 2022

ENGEL HAUS NEWS

In This Issue

- Greetings from Administrator
- Happy Valentines Day
- Best wishes to Dan Dixon
- Like us on Facebook
- Welcome Erin
- Thank You
- Welcome New Residents
- We Remember...
- Activity Avenue
- Jay Jay's Journal
- Guardian Angels Mission Statement
- Joke Time!!!
- Culinary Corner
- Mardi Gras
- Staff Sunshine Cart

2021 Crow River News READERS' CHOICE Awards www.pressnews.com

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EQUAL HOUSING OPPORTUNITY

"Spring: A lovely reminder of how beautiful change can truly be."

Spring is here! The snow is melting, the mud is showing, but soon there will be green grass and flowers blooming!

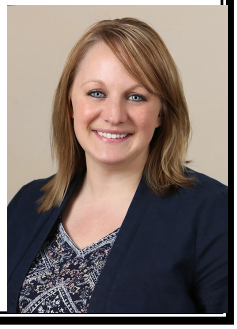
Our Activities Department has a lot of fun activities and outings coming up this spring, so stay tuned to the calendars and sign-up sheets!

With the warmer temperatures and COVID-19 cases in Minnesota on a downward trend, we are seeing more visitors coming back to Engel Haus. We have received inquires about changing recommendations, but at Engel Haus, we continue to require that all visitors check in at the front desk for screening and wear a mask while traveling through the common areas.

Thank you to our residents, families and community for your ongoing support!

Karisa Hoeft

Administrator



Happy Valentine's Day

On July 16, 2021, I started my 21st year of leading Guardian Angels, alongside staff and the Board of Directors in the mission of sharing Christ's love. I have loved this meaningful work. However, there comes a time for reflection and planning of one's personal life. Sonja and I are discerning those next steps and at the same time giving Guardian Angels the chance to write the next chapters in its rich 57-year history. After much prayer, I have made the decision to retire as President of Guardian Angels Senior Services on April 4, 2022.

As I have been reflecting on my life's journey, I recognize several significant influences on my career of 42 years serving seniors: I grew up in the small town of Clarissa, MN with Christian parents who loved Jesus and shared their faith with those around them. As a young boy they would bring me to visit an old neighbor then living at Knute Nelson Care Center in Alexandria, MN. My older brother serving in hospital administration, suggested since I enjoyed seniors so much that I pursue Long-term Care Administration. I graduated from Concordia Moorhead in 1980 in the first class degreed in Long-term Care Administration.

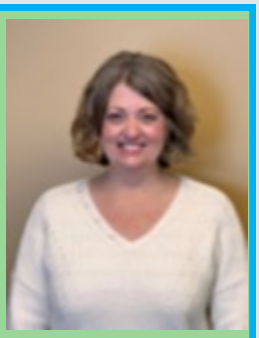
I found my niche in faith-based, nonprofit, mission-driven long-term care systems. In 2001 I was selected as the second executive to lead Guardian Angels. It has been a privilege to love on the residents, the staff and the community serving as the hands and feet of Jesus. I am grateful for the Board, and leadership team and staff that have allowed, supported, and embraced the ever-growing needs and services for seniors. Over these 21 years we have grown to add over $85 million in new buildings and services, as well as to refresh older buildings and wings. As we recover from the current pandemic, we have projects ready for development which will allow us to continue to meet our mission and the growing needs of the community.

Author Jim Collins wrote, "In the end, it is impossible to have a great life unless it is a meaningful life. And it is very difficult to have a meaningful life without meaningful work. Perhaps then, you might gain the rare tranquility that comes from knowing you've had a hand in creating something of intrinsic excellence that makes a contribution. Indeed, you might even gain that deepest of all satisfactions knowing your short time here on this earth has been well spent and that it mattered." It is a blessing to know that through the mission of Guardian Angels my career has mattered.

The next chapters of Guardian Angels' rich history of sharing Christ's love are waiting to be written. How will Guardian Angels be faithful to this calling? The need is great and the workers are few but the mission will exceed your wildest expectations! Please continue to prayerfully support this vital ministry.

With gratitude and appreciation – *Dan Dixon*

Another great way facebook **of staying connected**



We are pleased to introduce our new JOURNEY Program Coordinator at Guardian Angels!

Erin VanValkenburg comes to our campus with over 20 years of experience working with seniors and people living with dementia. She is a Certified Dementia Practioner and a Certified Therapeutic Recreation Specialist. Her passion for dementia education, resident engagement, and person- centered-care will be a wonderful addition to the Guardian Angels team! Erin is excited to lead our dementia support group. **Please note the new date and time. Dementia support will be 2nd Monday of every month from 10:00 am-11:00 am at Engel Haus.** Please join us.

As part of the JOURNEY dementia program, Erin will be focusing on gathering and sharing each person living with dementia individual's history, routines, likes and dislikes, preferences and approaches to the day that gives each resident a purpose-filled life, keeps them engaged and enriches their lives. She will be providing education, support and opportunities for families and care partners to gather in a supportive setting. Each Guardian Angels Assisted Living Community has a memory support group. We want to invite you to come meet Erin!

Feel free to email or call her directly with any questions about the memory support group or the JOURNEY program. evanvalkenburg@ga-er.org or 763-270-3492.

Engel Haus would like to extend a huge thank you to the following organizations, companies and individuals for their support and generosity:

- Thank you to Linda Johnson for playing the piano for our Church service and during Thursdays lunch.
- Thank you to St Alberts for Catholic service on the 2nd Friday of every month.
- Thank you to Word of Peace for services every 4th Thursday.
- Thank you to Chris from Catholic Services from Albertville for coming every Saturday.
- Thank you to Jean & Steve for running rosary every Monday & Wednesdays.
- Thank you to our pet therapy dogs Thor & Rosie for your weekly visits.
- Thank you to Meiny for playing music every Tuesday in memory care
- Thank you Ardell for providing staff with a pizza party.
- Thank you Rockford Middle school for the donated tie blankets.

Please Welcome Our New Residents to Engel Haus:

Joan, Frank, David

We remember…

We extend our thoughts and prayers to the friends and families of those who passed away recently:

Evelyn K. & Jim B.

Happy March! To think we are that much closer to Spring; which means more outings and enjoying the outdoors

Our Mardi Gras party was a great success. Some of us even got temporary tattoos!

March is busy with shopping outings, lunch outings and a fish fry! St. Patrick's day we will be delivering St. Patrick's day drinks and goodies to your apartment. We are excited to welcome the Wright County Sheriff to Engel Haus on March 9th. He will be here to discuss how to protect ourselves against fraud. On March 30th volunteers from the Senior Center will be joining us to help us with our tech gadgets, cell phones, radios, remotes, etc. If you have any questions on how to use your gadgets please see Michaela to get signed up for this event.

Looking ahead, WOW fitness will be starting back up in April with a new fitness leader. WOW fitness will be on Mondays and Wednesdays at 10AM in ALD and 10:45 in Memory Care. We are looking forward to have WOW program back. In the meantime, the activity department will continue to lead the fitness exercises on Tuesdays and Fridays. Looking ahead May 11th, we will be going to see Church of Cash performing Johnny Cash's Folsom Prison Experience at the Musique Room at the St. Michael Theater. Tickets are $27.00. Watch for moredetails to come.

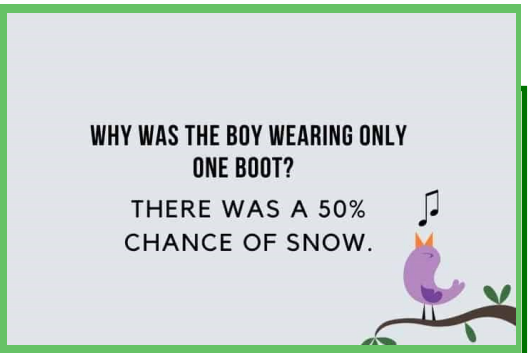
We are also working on scheduling the bus to the Crow River Senior Center to play Bingo, in May. Please stay tuned. We have lots of fun outdoor activities in the works including some fishing. The warm weather cant come fast enough!

Have a great Spring!

It has been so nice to see the residents getting outside a bit during our warm weather stints. We are definitely looking forward to more warmer days to come. Currently I do not have any availability at Engel Haus. We do however, currently have availability at our Elk River and Otsego campuses. If you or someone you know are interested in hearing about what Guardian Angels has to offer please contact me. 763-270-3485.

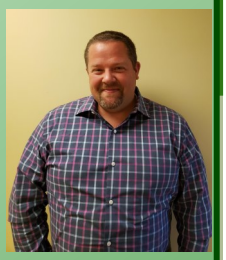
Guardian Angels Mission Statement

Guardian Angels provides exceptional healthcare, housing and supportive services to seniors and their families in the spirit of Christ's love.



JOKE TIME!!!!

What's Cookin'



Greetings from the kitchen at Engel Haus,

As we move into the spring season, we will no longer be selling groceries out of our general store. Pricing and supply shortages have made it difficult to meet requests.

We also want to remind you that if you are having a guest, or ordering additional meals from the kitchen, please purchase a ticket from the front desk during staffed front desk hours.

We are welcoming new staff into the culinary department. As they learn your names and faces, please be patient and welcoming to these new Dietary Aides. To help us better serve you, please be specific about all of your dining needs with these staff members, as they will not always know your particular needs unless you specify them.

Thank you,

Brian Brantner

Mardi Gras

Tattoos & Treats

Staff Sunshine Cart

Enjoy the Community Amenities at Engel Haus Senior Living:

-Beauty Salon
-Planned Activities
-The Lions' Den party lounge
-Home-style cuisine
-Studio, 1 & 2 bedroom Apartments
- Caring and friendly staff
-Nursing & Housekeeping Services
-WIFI & Satellite TV packages
-Library
-Fitness room
-Independent, Assisted Living and Memory care options.

Guardian Angels SENIOR COMMUNITY ENGEL HAUS

If interested in a tour or information about Engel Haus please contact Jay-Jay Chan at 763-270-3485