



# Guardian Angels

RIVERVIEW LANDING

October 2023

## RIVERVIEW LANDING CONNECTION

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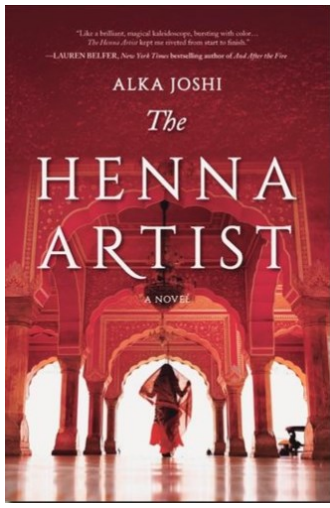


[www.guardianangelsmn.org](http://www.guardianangelsmn.org)

### *Ethel Peoples, a gal on the move!*

Born on August 21, 1925, in Kokomo, Indiana, Ethel Peoples has seen a lot of history and changes during her lifetime. Ethel was the 6th of 8 children to Bernal and Nora Stout. Ethel also had a second family for a part of her childhood. During the Great Depression, she lived with Howard and Marie Carpenter, who we kids knew as Nan and Pappy, for 7 years as a young girl and maintained a relationship with them until they passed away. In 1943, Ethel graduated from Kokomo High School. Ethel married Clifford Peoples on July 29, 1944, and they had 4 children. Howard, Lester, Nancy and Larry. They bought a lake lot in Webb Lake, Wisconsin and built a home there where they resided from 1970 to 1994. Ethel did bookkeeping and taxes for many of her friends' businesses and their businesses, Peoples Concrete and Masonry and the Stitch-N-Time yarn shop. In 1994, Cliff and Ethel moved to a 5-acre property near Shell Lake, WI. There Ethel was able to plant many beautiful flower gardens. She had a walking trail that she used nearly every day. After Cliff died in 2004, Ethel kept the yard and field mowed herself. Ethel believes in doing as much as she can for as long as she can and especially enjoys her 3 to 4 daily walks around the property here at Riverview Landing. Ethel is an expert at knitting and crocheting. Many people here have complimented her on the beautiful sweaters she wears during the winter months. Ethel has 8 grandchildren and 13 great grandchildren! The first great-great grandchild is due this month. Ethel's fur babies are Nick and Prissy. Prissy lives with one of her grandsons in Wisconsin. When the family gets together, Prissy plops down at Ethel's feet and they catch up with each other.





**"The Henna Artist"**  
By: Alka Joshi

Lakshmi Shastri is a survivor. After fleeing an abusive marriage, she begins a new life in the bustling city of Jaipur, India. After many years of hard work, she becomes a much sought-after henna artist for wealthy, high-caste women. This successful, though tenuous, life is jeopardized when her violent husband and sister she didn't know she had unexpectedly show up on her doorstep. Thrilled to have a new sister, she welcomes her into her new home only to suffer the dire consequences of her sister's careless actions. Author Joshi brings her story alive with vivid descriptions of the sights and sounds of the city of Jaipur in 1955 while exposing the rigid and complicated caste system imposed on its inhabitants

October is a beautiful month to get outside and go walking on our gorgeous path, but if the weather isn't great, it's nice to have other options. There are many options here at our Wellness Center. Whether you have never exercised before or if you have, or if you just want to try something new, here are some great options for you! We can customize a program for you to improve, flexibility, balance, strength, or cardiovascular health.

Call 763-635-5463 to schedule an orientation free appointment.

Fridays at 10am, we have a Seated Stretch and Strength class: This class is great for all levels. We sit, use light weights for some upper and lower body strengthening and then stretch out together. SilverSneakers Splash: This class is a new format in our pool. It is designed to improve range of motion and cardiovascular conditioning while using water tools to develop strength, balance and coordination. Please call Lori Resendiz with any questions you may have.

# Happy Birthday

Rozanne Olson	10/04
Jim Strochein	10/05
Jeanette Stasica	10/08
Walter Nielsen	10/10
Donna Weigel	10/11
Rita Lefebvre	10/11
Patrick Johnson	10/15



Donna Carlson	10/16
Jenny Christiansen	10/20
Jane Houlton	10/21
Jerry Rau	10/23
Shirley Carl	10/29
Richard Lefebvre	10/30
Ron Hustvedt	10/30

# Employee Highlight

## Wellness Assistant & Dietary Aide



My name is Deb Weston and I retired from Guardian Angels in 2019 as the Development Director. Shortly after I retired, I was asked by Kayla Miller, Director of Wellness, to help at Riverview Landing's Wellness Center and I was very pleased to join the Wellness team! About 6 months ago, I was asked if I could help in the dining room. I agreed to help and have been ever since. I really enjoy working here at Riverview Landing because of all the wonderful new friends I have made. I have 2 children and 5 grand children who I cherish. I'm a member of the Elk River Lions and I am very involved in the Lions organization. The Lions are great supporters of Guardian Angels! I enjoy traveling, hiking, kayaking, cross country skiing, gardening, and of course, working out at Club GA!

"When Black Cat's Prowl and Pumpkins Gloom,  
May Luck be Yours This Halloween"

OYPKSO

LABKC

OLSETENK

NTHAEDU EUHOS

ATHPNOM

RIMG EPERAR

AUONDLCR



HMMM....



Answers ( Top to bottom )

Spooky

Black

Skeleton

Haunted House

Phantom

Grim Reaper

Cauldron

\*Goulash



Q. What is a witch's favorite food?

# OCTOBER



# BER

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month

Join us in the Dining Room Wednesday October 11th at 2pm for a

*“Pink Party”*

Show your support by wearing your favorite pink attire

*\*Please see Lisa Schultz with questions*

**Storage & Garage  
Spaces are still available!**

*Please see Amanda in  
Housing if interested*

## **BOOK CLUB NOTICE!!**

There will be no book club  
for the month of October.  
Book Club will resume in  
November.

## Welcome

Donovan Johnson #251

Pat Profant #273

Larry Profant #273

Ronald Hustvedt #305

**October 16th**  
**New Administrator**  
**Meet & Greet**  
**2pm**  
**Chapel**