

The Pillars Press



Ebenezer Values: Dignity, Integrity, Service, Compassion, Innovation

Pleasure in the Post

The first full week of October brings International Postcard Week. Experienced *deltiologists* (the official term for postcard collectors) value postcards for their rarity, beauty, and condition, yet anyone can collect postcards as a fun and enjoyable hobby. Postcards are often set into two categories: those depicting topographical and social history, such as photos or illustrations of historical scenes; and subject or “topical” cards created by notable artists. Of course, International Postcard Week is not just for collectors. Many people celebrate by creating their own postcards and mailing them to someone they love. You never know, your postcard could end up in a deltiologist’s collection someday.

October Resident of the Month: Karen Bergner

Our October resident of the month is Karen Bergner! Karen was born on October 20th, 1950 in Hartland, MN. Karen lived in the Hartland/New Richland area until graduating from Highschool. Karen spent 1 year at Mankato State University before marrying her high school sweetheart Tom. She transferred to the University of Minnesota – Morris where Tom was going to school and where they both completed degrees in education. They then moved to Olivia, MN for Tom’s first teaching job. This is where their first 3 children were born. Tom was given an opportunity to be an Athletic Director and coach 7 years later which moved them to Sauk Center, MN, which is where their 4th child was born. After that they moved to Cold Spring and then Mankato, MN. Together, Karen and Tom had 4 children: Jennifer, Marcus, Jay, and Abbie. Over the years Karen worked in a variety of jobs while raising her children and enjoying lots of endeavors. Her favorite pastimes include but are not limited to swimming/tubing the rivers around Minnesota, biking, hiking, gardening, sewing, knitting and crocheting to name just a few. When asked what her favorite thing about living at The Pillars is, she said, “The wonderful staff and easy-going friendly residents!”



OCTOBER 2020

Leadership Team

Executive Director
STACY WIHLM

Outreach & Sales Director
ASHLEY BROWN

Director of Health Services
LISA NUSSBAUMER

Dimensions Coordinator
BRITTNEY SHEERAN

Resident Services Coordinator
PATTY CRAPSER

Culinary Director
JANA LARSON

Maintenance Director
JEFF JULIAR

Director of Active Living
HEATHER BALLMAN

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FROM THE DIRECTORS' DESKS

We understand the frustration and challenges that our residents face and we see the emotional and physical toll that this pandemic is causing. We look forward to the day when we can welcome everyone back into our community. Until that time comes, we are required to follow the guidelines issued by the Minnesota Department of Health regarding visitors. Please feel free to reach out to me if you have questions or concerns about visitor guidelines.

- **Stacy Wihlm, Executive Director**

If you haven't already noticed we have a new pet waste disposal station located in the south west section of our parking lot for the disposal of any pet waste. We ask that all residents and visitors with pets please utilize this station instead of the other outside garbage cans. Please let Jeff know if you have any questions.

- **Jeff Juliar, Director of Environmental Services**

Friendly Reminder: We ask that all family members and friends sign up in advance for all outdoor and essential care giver visits! Please contact Heather or the Front Desk!

-**Heather Ballman, Director of Active Living**

Flu Shot Clinic

Oct 8th 9 am—11:30 am—Please sign up at the front desk! We will be going room to room to administer the shots.

- **Lisa Nussbaumer, Director of Health Services**

On Sunday, October 18th, 2020 from 11am—1pm, we will be hosting a belated drive thru birthday party for perspective residents and community members. We will be having the Nicollet County Pork Producers grilling pork chops with Live Music by: The Josh Norman Music Meisters. The menu includes: grilled pork chop on a bun, homemade mac and cheese and five bean baked beans. It will also include a birthday cupcake for dessert. Residents need to RSVP for this complimentary meal by noon on Friday, Oct 16th. All resident meals will be delivered to their apartments.

- **Jana Larsen, Culinary Director**

Dimensions Minute –

Hello again from our Dimensions neighborhood! This month we are going back to some basics in communicating with people who have dementia. First and foremost, it is most important that we build a relationship based on trust. Every interaction with anyone with dementia should build trust. Although someone living with dementia may not remember your name, they will remember how you made them feel, especially if you make them feel that way again and again. It is important to connect with someone living with dementia first, before attempting to do any tasks. *Slow Down.* Connect, listen, and validate their feelings. While their feelings may not make perfect sense to you, they are real. Validation makes someone feel **seen** and **heard**. Join in their reality and go with the flow.

October 25-31, 2020—Spiritual Services Week

Pastoral Care Week gives us the opportunity to recognize the spiritual caregivers in our community. While worship services look a bit different now due to COVID, we wanted to thank all the spiritual caregivers and volunteers for all they do to support our residents.





EMPLOYEE OF THE MONTH: ASHLYNN FRANK



Our Employee of the Month is Ashlynn Frank. Ashlynn is a resident assistant and has been with us since we opened in March of 2019. Ashlynn's kind, caring and hardworking personality make her a perfect fit with our team. In her free time, she enjoys spending time with her family, pets and her fiancé Andrey. She lives in the country near Eagle Lake, MN.

Some Fun Facts about Ashlynn:

Favorite Food: Pizza

Favorite Beverage: Mountain Dew

Favorite Color: Purple

Favorite Movie: Pitch perfect

Favorite Quote: "Winning is fun, but those moments you can touch someone's life in a positive way are better." Tim Howard

October Birthdays

Residents

Oct 3 Zada U.
Oct 16 Don L.
Oct 18 Delbert C.
Oct 20 Karen B.
Oct 30 Jim W.

Staff

Oct 18 Dawn E.
Oct 19 Heather B.
Oct 24 April J.
Oct 31 Patty C.



Celebrating October

World Smile Day
October 2

World Teachers Day
October 5

Indigenous Peoples Day
October 12

International Chefs Day
October 20

International Artist Day
October 25

Halloween
October 31

PUMPKIN PIE PARFAITS

INGREDIENTS

3.4 oz instant vanilla pudding mix
2 cups cold milk
15 oz can pureed pumpkin
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon ground cloves
1 cup of vanilla sandwich cookies 8 oz
8 oz frozen whipped topping thawed

INSTRUCTIONS

In a large bowl, whisk together pudding mix and milk. Let set for 5 minutes.

Stir in pumpkin, cinnamon and nutmeg.

Crush the vanilla sandwich cookies in a blender or food processor to make crumbs.

In small 1/2 pint jar or glasses layer cookie crumbs, pumpkin pudding and whipped topping. Repeat the layers twice and end with cookie crumbs.

Chill until you're ready to serve. Enjoy!