



TRUMPETER

Serving Seniors of Elk River and Surrounding Communities

Fall/Winter 2024

- 03 Connected Community**
Building a Collaborative Future
- 04 Animal Therapy**
Furry Hugs
- 07 Life Enhancement Award**
Richard & Joanie Nichols
- 12 Spiritual Care**
Nurturing the Spirit

Grounded in Good



This time of year holds special significance, reminding us of the abundance that comes when care is nurtured with love, dedication, and compassion. It's more than just a value—it is embedded into every interaction, every smile, and every moment we share with our residents. This

season, we are proud to celebrate how our roots continue to bear fruit in the lives of the seniors we care for.

A Foundation of Compassion

The care we provide to our residents is deeply grounded in a history of compassion. Guardian Angels has been built on the belief that every senior deserves quality care. Our staff—those on the front lines of care and those working behind the scenes—are driven by this commitment. Small acts of kindness bring meaning and comfort to our residents whether through a warm conversation, a shared laugh, or a comforting touch.

Nurturing Growth and Well-Being

This fall, we continue to focus on nurturing the well-being of our residents. From health and wellness programs to

social activities that engage the body and mind, we create spaces where every resident can thrive. Our approach recognizes that true wellness is grounded in physical, emotional, and spiritual support. Our team makes this possible, consistently going above and beyond to ensure that our residents feel at home and are empowered to live fully.

A Community of Support

We are also grateful to our Guardian Angels family—the donors, volunteers, and friends who continue to support us. Your generosity and partnership allow us to provide these vital services. Your contributions enable us to remain grounded in our mission of care, ensuring that our seniors can live with dignity, respect, and joy.

As we move through this beautiful harvest season, let us celebrate the abundance of goodness that grows from compassion. Together, we are making a profound difference in the lives of those we serve. It's a privilege to be part of this work, and I am grateful to each of you—staff, donors and supporters, residents, and families—who help make Guardian Angels a community grounded in good.

With gratitude,
Traci Larson, President & CEO

Directory of Services

guardianangelsmn.org

Campus Information 763-241-4438

Corporate Office

508 Freeport Ave. NW, Ste. A, Elk River, MN 55330 • 763-241-4428

By The Lake

13439 185th Ln. NW, Elk River, MN 55330 • 763-241-7682

✓ Assisted Living

✓ Memory Care

Engel Haus

5101 Kassel Ave. NE, Albertville, MN 55301 • 763-498-4594

✓ Independent Living

✓ Memory Care

✓ Assisted Living

Riverview Landing

9200 Quantrelle Ave. NE, Otsego, MN 55330 • 763-746-3400

✓ Independent Living

✓ Memory Care

✓ Assisted Living

Care Center

400 Evans Ave. NW, Elk River, MN 55330 • 763-441-1213

✓ Short-Term/Transitional Care

✓ Inpatient Rehabilitation
Therapies

✓ Long-Term Care

Senior Housing

Subsidized & Market Rate Apartments:

Elk River, Becker, Zimmerman

350 Evans Ave. NW, Elk River, MN 55330 • 763-241-4430

Senior Dining Site (Catholic Charities) & Meals on Wheels

Elk River: 763-441-6288

Pullman Place Cooperative

A 55+ Cooperative Community

17155 Quincy St. NW, Elk River, MN 55330 • 763-633-0999

pullmanplace.org

Wellness Centers | Club GA

Elk River

350 Evans Ave. NW, Elk River, MN 55330 • 763-241-4434

Otsego

9200 Quantrelle Ave. NE, Otsego, MN 55330 • 763-635-5463

Warm-Water Therapy Pool, Pickleball Court

The Gym 365

520 Freeport Ave. NW, Elk River, MN 55330 • 763-441-4232

Trinity Home Health † Hospice

403 Main St., Elk River, MN 55330 • 763-241-0654

trinitycaring.org

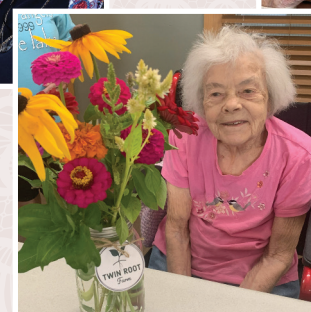
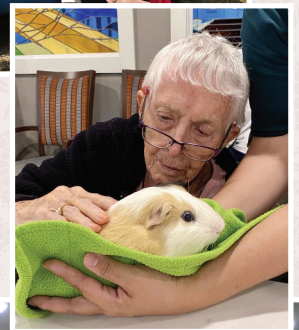
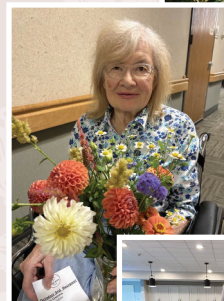
✓ Home Health Care & Hospice

✓ Therapy

Our Mission

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

We are Guardian Angels



Becoming a Connected Community



Guardian Angels Senior Services has been awarded a three-year, \$600,000 Connected Communities grant from the LeadingAge Minnesota Foundation. This exciting opportunity to play a pivotal role in a pilot program designed to create a collaborative, cross-sector system of care that meets the physical, emotional, and social needs of seniors in Sherburne and Wright Counties.

As a leader in senior care, Guardian Angels recognizes the growing challenges older adults face. Social isolation, fragmented care, and the difficulty for many seniors to

remain at home highlight the need for a more cohesive, community-focused approach to care. The Connected Communities initiative addresses these issues head-on by promoting partnerships across sectors, including healthcare, housing, transportation, and social services. This grant will enable Guardian Angels to collaborate with community partners to ensure that seniors have access to the resources they need to age well, whether in their homes or community settings.

“Our involvement in this grant reflects our commitment to fostering a community where aging adults are

seen, heard, and cared for in every aspect of their lives,” shared Pat Hackman, Director of Fund Development. “We are proud to be part of this transformative initiative and look forward to collaborating with our partners to build a healthier, more connected community for seniors in Sherburne and Wright Counties.” The Connected Communities program is a promising step forward in ensuring that all older adults have the resources and support they need to thrive. Watch for more information to come!

Grounded in Faith

Message from Pastor Mike

*In the same way, let your light shine before others so that they may see your good works and give glory to your Father who is in heaven. **Matthew 5:16***



“Always have an attitude of gratitude” is a slogan I have heard many times. The people who proclaim this mantra seem to be able to find blessings in their life no matter the situation. One person I know frequently asserts how blessed she is and gives a litany of very

ordinary things to be thankful for: a warm bed, food, a roof over her head, and family members. She is upbeat

and pleasant; and in addition, is ready to help out with very little notice. This seems true of many people I know who are always ready to volunteer to help, and “shine their light” to do good works. They have faith and they are grateful for the things they have in their life.

Just as the healthier trees with a strong root system give us the most vibrant leaves in the fall, people who are rooted in the blessings and love of God radiate or shine brighter by reflecting that gratitude to others in the good things they do. I am sure you can think of a person who lives a “life of thankfulness,” because it shows. Maybe it is because they know of God’s never-ending supply of blessings that they are so free to share their bounty of goodness with others.

The Power of a Furry Hug



Jill & Tige
Riverview Landing

Each time you visit a Guardian Angels location there is a good chance you will cross paths with other visitors. But not all visitors are the same—some have four-paws, a wagging tail and their tongue hanging out of their mouth. Yes, we are talking about dogs! We are sure our residents are excited to see you, but maybe not as excited as they are to see one of our Therapy Dogs.

While pets bring joy to all of us, research shows significant benefits to the elderly and those suffering

from dementia. Their very presence can help reduce behavior, stress and mood disorders as well as stimulate some residual cognitive functions.

Guardian Angels is fortunate to have several Therapy Dogs visit our locations each week. These amazing dogs and their devoted owners volunteer their time and unconditional love to visit with our residents and staff. Their visits bring comfort, connection, and a whole lot of joy to our residents and staff.

Happiness is a wagging tail and a warm furry hug!

If you are interested in learning more about our Therapy Dogs and Pet Visit volunteer program, please contact Lynn Owens, Volunteer Coordinator
763-241-4460 | lowens@ga-er.org

Just a few of our amazing volunteers (and their humans)



Finoa & Max
By The Lake



Mary & Nigel – Riverview
Landing & Engel Haus



Terri & Aspen
Care Center



Aimee, John, Hatchi
& Apollo – Care Center

Dementia Support Groups

Guardian Angels Assisted Living Communities offer monthly Dementia Support Groups, designed to provide emotional, educational, and social support for the families and friends of those living with dementia. These gatherings offer participants invaluable emotional support, coping strategies, practical advice, and a platform for resource sharing. Attendees often find renewed hope and inspiration in their journeys.

Additionally, our support groups create a space for caregivers to connect with one another, fostering social interaction and addressing mental health, particularly the risks of caregiver burnout. Many participants have

chosen to move their loved ones into our Guardian Angels communities after experiencing the benefits of these groups.

If you are caring for a loved one with dementia at any stage, we warmly invite you to join one of our support groups and discover the strength of community:

Engel Haus, Albertville

2nd Monday of the month from 10:00-11:00 AM

Riverview Landing, Otsego

2nd Tuesday of the month from 3:30-4:30 PM

By The Lake, Elk River

2nd Wednesday of the month from 10:30-11:30 AM

Harvesting Technology for Residents

Gaming consoles are no longer just for the young. At Guardian Angel By The Lake in Elk River, a new electronic system brings smiles, laughter, and even a bit of friendly competition to the Memory Care Unit. The Lucynt Interactive System is bringing gaming to the senior scene thanks to generous donations from Guardian Angels supporters.

The system includes a ceiling-mounted machine projected onto a table, enabling residents to engage in interactive games and activities. Lucynt describes it as “innovative care that brings fun, physical activity, and mental stimulation to those with cognitive challenges.” While it’s undoubtedly enjoyable for residents, the system offers more than just entertainment; it’s backed by research and proven beneficial for individuals with different stages of memory loss.

Lucynt’s technology tracks body movements and gestures, creating “a world of play that’s both therapeutic and fun.” The system’s games are divided into playlists tailored to different stages of dementia. Early-stage games stimulate thought, reasoning, and social interaction, while middle-stage games focus on cognitive play, physical activity, and connection. The games are designed to be soothing and engaging for later stages, offering a multisensory experience. Across all stages, the games use “exergaming”, combining exercise and gaming. Lucynt states that this immersive virtual environment



enhances overall well-being, allowing seniors to fully experience the joy and wonder of life.

“We want to boost social engagement and creative expression among our residents,” said Lori Herrbolt, Life Enrichment Coordinator. “The system’s interactive nature naturally draws the attention of residents, family members, and staff. Everyone seems to enjoy the movement and colors of the games, pictures, and puzzles.”

By embracing this technology, we’re enhancing the quality of life for our residents and fostering moments of joy, creativity, and connection. With tools like the Lucynt table, we continue to push the boundaries of senior care, ensuring that every resident can experience the comfort, engagement, and happiness they deserve.

New Outdoor Space Brings Everyone Together

Residents of Pine Cone Manor and Pine Tree Manor in Zimmerman are enjoying a beautiful new outdoor gathering space made possible by generous donors and volunteers. A 12x12 gazebo now stands as the centerpiece of this serene area, providing a peaceful spot for relaxation and community interaction.

The gazebo, funded through donor contributions, was lovingly assembled by Guardian Angels volunteers. In addition, the space features a storage box, comfortable patio furniture, and a grill, all purchased with funds raised by the residents. The Crafters Group made up of tenants from both apartment buildings, held a successful craft sale in May, channeling their creativity and hard work into making this shared vision a reality.

The new outdoor gazebo at Pine Cone Manor and Pine Tree Manor apartments in Zimmerman.



Family of Angels 2023-2024

The Family of Angels is made up of individuals who have donated \$500 or more and businesses that have donated \$1000 or more during Guardian Angels' fiscal year of October 1, 2023–September 30, 2024. We offer our deepest gratitude to the individuals and businesses that have led by example and made a profound statement about their commitment to health care and services for seniors in our community.

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Albertville Lions Club	Compass Capital Management	Daryl Herrmann	Joanie Nichols
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Climate Makers, Inc.	Tom Hartman	Trisha Mowry	Prudy Wilson
		Pete & Laurie Mumford	Dennis & Cheryl Wold

Life Enhancement Award

Richard & Joanie Nichols
2024 Guardian Angels Life Enhancement Award Recipients



It was with a profound sense of gratitude that the 2024 Life Enhancement Award was presented to Richard “Dick” & Joanie Nichols at the Family of Angels Donor Celebration held in October. The award celebrates the couple’s dedication, vision, and advocacy to further Guardian Angels’ mission of providing exceptional health care, housing, and supportive services to seniors and their families in the spirit of Christ’s love.

Joanie is finishing her final term and 9th year on the Board of Directors this December. As a Board member, Joanie has seen firsthand our employees’ deep care and commitment at every level of the organization. She takes pride in how Guardian Angels values its staff and creates an environment where seniors thrive. She’s seen lives transformed — loneliness giving way to community and people finding new purpose.

Joanie often reflects on the idea that “Life may change, but it can still be good,” a sentiment that resonates even more after the loss of her husband, Dick, last December. Dick, known for his quiet strength, held immense respect for Guardian Angels, both for the care his mother received as a resident and for the support he experienced during his own rehabilitation in the Transitional Care Unit.

Joanie and her faithful dog, Sky, will continue to bring joy and love to residents as they visit the Guardian Angels Care Center and other senior housing establishments in the area. We are deeply grateful for Joanie and Dick’s lasting contributions, and we pray for continued blessings upon Joanie as she shares her heart with those who call Guardian Angels home.

Musings on St. Francis

“Lord, make me an instrument of your peace...” These famous words, attributed to St. Francis of Assisi, likely resonate with many of us. St. Francis, one of Christianity’s most beloved saints, is well-known for his deep connection to nature and animals, but his legacy goes far beyond that.

On Thursday, October 3—just a day before the Feast of St. Francis—Frank McIlmail, a resident of Engel Haus, and Pastor Mike Mannisto brought the spirit of this remarkable saint to life with a skit, *Musings on St. Francis*, at Engel Haus Senior Living. In the performance, Pastor Mike took an imaginative trip to heaven, where he was greeted by St. Francis, portrayed brilliantly by Frank. Together, they explored the life of this man who devoted himself wholeheartedly to Christ and extended compassion to those on the margins of society.



Frank, a member of the Third Order of Franciscans (a secular order), shared his deep knowledge of St. Francis. The presentation touched on the saint’s care for all creation, his audacious meeting with an Egyptian sultan during the Crusades, and his well-known love for animals. The event drew a wonderful crowd and was filled with moments of laughter and reflection.

Adding to the experience, Engel Haus’ choir director, Linda Johnson, led a musical rendition of the *Prayer of St. Francis*, which everyone sang together. Brianna Miller, Life Enrichment Coordinator, organized this memorable event in the chapel, creating a space for meaningful discussions afterward.

St. Francis’s life and faith remind us all to keep Christ at the center of everything. May we, too, become instruments of God’s peace.

Staying Grounded in Good Health

As the weather cools and autumn sets in, seniors can benefit from adjusting their daily routines to stay grounded in good health. One of the key focus areas during this season is virus prevention, particularly as respiratory illnesses, including the flu and Covid, become more prevalent. Seniors should ensure they are up to date on vaccinations, including the annual flu shot and any recommended Covid boosters. Additionally, maintaining good hygiene practices—such as frequent handwashing and using hand sanitizer—can significantly reduce the risk of infection. Creating a routine that includes regular check-ins with healthcare providers can also help seniors stay informed about any emerging health threats.

Incorporating seasonal foods into their diets is another effective way for seniors to stay grounded in good health during fall. Nutrient-rich options like pumpkins, apples, and root vegetables not only provide essential vitamins but also offer comfort during cooler months. Staying active indoors can be equally important; gentle exercises such as tai chi or indoor walking can enhance balance



and flexibility while reducing the risk of falls. Furthermore, fostering social connections through group activities or wellness gatherings can help combat feelings of isolation as daylight hours shorten. By prioritizing both physical and mental health this fall, seniors can navigate the season with strength and vitality.

Remember Club GA Wellness Centers in Elk River and Otsego are great options for indoor workouts as the temperatures drop. For more information call **763-635-5463**.

Grounded in (Doing) Good

At Trinit Home Health and Hospice, we have made it our mission to connect compassion, care, and community in the Spirit of Christ's love. Many people are aware of the level and quality of services we provide to our patients and their families, which is a major part of the beating heart that is Trinit. But we don't stop there.

Just as God's light is all around us, our humanitarianism exists both within and beyond our walls, enveloping our community with love and hope. And we want to shine a light on some of our charitable efforts that help support and connect the community.

In collaboration with several local organizations, the Trinit team contributes goodwill when and where we can.

One of our most notable community events is the annual Butterfly Release, to honor the lives and legacies of hospice patients who have passed. These symbols of hope are messengers of love that provide comfort for Trinit families, and it is our privilege to share in those celebrations of life.

On that same note, we feel it's important to acknowledge loss and celebrate life within our community. We

remember and honor those who have passed by delivering flowers to area care facilities that have lost a resident on Trinit Hospice Care.

Our team also donates services and smiles by sponsoring and calling bingo games; serving monthly lunches for Catholic Charities/Meals on Wheels programs; and delivering gifts, treats, and fellowship to seniors in those communities.

Trinit aims to capitalize on the generosity of every holiday season. As such, our team contributes and collects donations for the Tree of Hope Toy Drive, which distributes toys to children in hospitals during the holidays. In addition, Trinit helps those in need in our community by participating in the annual CAER Food Drive.

Through these and other community activities, the Trinit team fills its collective heart and continues our mission to be a life force of goodness and love. If you would like to join us, we are always looking for hospice volunteers. Visit www.trinitcaring.org/volunteering to learn more.



trinit
Home Health + Hospice

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Thumbs Up

Save the Date

Get ready to celebrate 60 years of caring with us at **A Sixties Soiree** – an unforgettable evening to benefit the Guardian Angels Care Center!

Mark your calendars for **Saturday, March 8, 2025** at Bunker Hills Event Center.

This special event will pay tribute to the decade it all began and help us continue our mission of compassionate care for seniors.

Dust off your finest 1960's classic attire as we embrace the era and make it a night to remember.

More details to come!



Our Most Sincere Thanks to Our Donors 04/01/2024 – 09/30/2024

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Memorials and Honorariums 4/1/2024 - 9/30/2024

In Memory Of

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Aaron Youngdahl

Don Bentley

Jane Lindenfesler

David Bowman

Doug & Pat Hackman

Leora (Lee) Cohrs

Myron & Florence Grams

Ed, Esther, Richard and John Danner

Carolyn Nelson

Anna DeMars

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Patricia Johnson

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Burnette Domier

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Marie Fair

Dan & Sonja Dixon

Jerry Fair

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Paul & Nicole Novotny

Delores Haugen

Myron & Florence Grams

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Jane Lindenfesler

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In Honor Of

Mavis Gerick's 94th Birthday

Pauline Kuhn

Ryan Stricker

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Guardian Angels Care Center Staff

Gail Weber

We are extremely grateful for your thoughtful gifts to Guardian Angels. Every effort has been made to ensure the accuracy of this list.

If you are aware of a correction or omission, please contact the Guardian Angels Fund Development Office at 763-635-5476. Thank you!

Note: "In Memory Of" and "In Honor Of" names in bold and underlined reflect loved ones who are being remembered by the donors listed below them.



Nurturing the Spirit

Spiritual Care is at the heart of the mission of Guardian Angels. These programs offer residents a sense of peace, hope, and connection—especially during the holidays when feelings of loneliness can weigh heavily. Through worship services, prayer groups, pastoral visits, and one-on-one spiritual support, we strive to lift the spirits of our residents and remind them that they are never alone.

As you reflect on the blessings in your life this year, we hope you'll consider making a meaningful gift to support Guardian Angels Spiritual Care Programs. Together, we can continue to be a source of hope for our residents, ensuring that they not only receive the physical care they need but also the spiritual support that brings them joy and peace.

Our residents experience firsthand the impact of our Spiritual Care Programs. For many, these programs offer a deep sense of belonging, solace, and strength, becoming an anchor during challenging times. One resident, Dorothy, shares her heartfelt reflection on the role spiritual care plays in her life at Guardian Angels.



"I've lived at Guardian Angels for several months now, and one of the things that brings me great comfort is the spiritual care program. The worship services are an important part of my week, and I feel a sense of peace and connection when we gather to pray or study. Pastor Mike is a wonderful preacher and teacher and is so knowledgeable. He listens and offers support and prayer with those in need. It is reassuring to know that no matter what I'm going through, I can lean on my faith and the wonderful people here to help me."

Please give a gift to support Spiritual Care at Guardian Angels. Your gift, no matter the size, directly impacts the lives of those who rely on us for care, providing comfort, hope, and faith during this holiday season and beyond.

You can donate tax-free by completing the form on this page and sending it to Guardian Angels, visiting guardianangelsmn.org, or scanning the QR Code here.



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Name _____

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I/we would like to make a gift of:

☐ \$500 (Family of Angels' Member) ☐ \$250 ☐ \$100 ☐ \$50

☐ Other _____

☐ Make this a Monthly Reoccurring Gift

Spiritual Care

☐ Enclosed is a check payable to **Guardian Angels**

☐ Charge this gift to: ☐ VISA ☐ Mastercard ☐ Discover

Credit Card Number _____

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My gift is: ☐ In memory ☐ In honor of _____

Use my gift for:

☐ Guardian Angels Benevolence Fund

☐ Other, please specify _____

Check if:

☐ You have included Guardian Angels in your will or estate plans

☐ You are interested in estate planning or the **Legacy Society**

Guardian Angels is an IRS 501(c)(3) organization. Your gift is tax-deductible as provided by law.

Please complete this form and send it to: Guardian Angels
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Fall/Winter 2024

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