



Spring/Summer 2026

TRUMPETER

Serving Seniors of Elk River and Surrounding Communities

- 02** Angels & Birdies Golf Tournament
June 3, 2026
- 03** Memory Cafe
Support for Seniors & Caregivers
- 05** Volunteer & Donor Celebration
You're Invited
- 08** La Dolce Vita
A Sweet Success Thanks to You

Dear Friends,

As we look ahead to the month of May, we are reminded of the powerful words in Romans 15:13:



"May the God of hope fill you with all joy and peace as you trust in Him..." This verse beautifully captures the spirit of what it means to be Wrapped in Hope. A hope that sustains, uplifts, and unites our entire Guardian Angels community.

Each day, we are entrusted with the care of residents and the confidence of their families. It is a sacred trust, and we hold it with deep gratitude. Our hope is that every resident feels not only safe and supported, but truly at home and surrounded by compassion, dignity, and joy. We recognize that choosing care is not always easy, and we remain committed to walking alongside families with understanding, transparency, and grace.

We are also filled with hope as we expand opportunities for seniors through the building of Engel Haus Luxury Independent Living Apartments in Albertville. This new community represents more than a building, it is a promise of vibrant living, meaningful

connection, and the freedom to continue life on one's own terms in a welcoming environment.

Our legacy of care, built over generations, remains strong because of people like you who carry it forward. We are hopeful for dedicated staff who answer the call to serve, for volunteers who give their time so generously, and for donors whose kindness makes so much possible. Your support ensures that our mission continues to grow and reach those who need it most.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Romans 15:13

Together, we are wrapped in hope, God's hope. Today, and in the future, it is a hope that continues to guide, strengthen, and inspire all we do.

With gratitude,

Traci Larson
President/CEO

Directory of Services

guardianangelsmn.org

Corporate Office

508 Freeport Ave. NW, Ste. A, Elk River, MN 55330 • 763-241-4438

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
- ✓ Assisted Living
- ✓ Memory Care

Riverview Landing

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

- ✓ Independent Living
- ✓ Assisted Living
- ✓ Memory Care

Care Center

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

- ✓ Short-Term/Transitional Care
- ✓ Long-Term Care
- ✓ Inpatient Rehabilitation Therapies

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

GA Wellness Health Clubs

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

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

triniticaring.org

- ✓ Home Health Care & Hospice
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Our Mission

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



2026 Golf Tournament

June 3, 2026

Join Guardian Angels for a Scramble Charity Tournament open to all golfers. Grab your clubs to make a meaningful difference in the lives of seniors. The day includes a light lunch, shotgun start at noon with BBQ dinner, raffles, and prizes. Early bird special if you register by May 15. Elk River Golf Club.



guardianangelsmn.org

Connection That Carries Us Forward



At Thryve, powered by Guardian Angels, we believe hope often looks like something simple... a phone call, a shared experience, or a moment of connection that reminds someone they are not alone and are part of a supportive community.

Every day, older adults are navigating what it means to age well while maintaining independence. For some, that journey includes moments of isolation or uncertainty. At Guardian Angels we are working to change that

through our Thryve initiative. We are creating meaningful, accessible ways for individuals and caregivers to stay connected, supported, and confident in their daily lives.

We're proud to provide seniors in Sherburne and Wright Counties with free programs like Thryve Daily Connect, Healthy Lifetime Risk Assessment, Senior Cheer Boxes, and Memory Café, helping make meaningful connections and support easier to access than ever.

As our community continues to grow and evolve, so does the need for innovative, compassionate approaches to aging. Thryve is proud to be part of that future, ensuring that no one has to navigate it alone.

To learn more about our programs, educational opportunities, or membership, visit thryvemn.org and follow us on Facebook.

Memory Cafe

2nd Tuesday of each month

9:30am-11:30am

**Central Lutheran Church
1103 School St NW
Elk River, MN 55330**

Social time begins at 9:30am, followed by joint education with optional breakout groups for caregivers and care partners afterward.

Our Memory Café is a welcoming social gathering for individuals living with memory loss and their caregivers, offering connection, conversation, and gentle education in a supportive, relaxed environment. No need to register, just show up. Brought to you in partnership by Thryve and Great River Faith in Action.



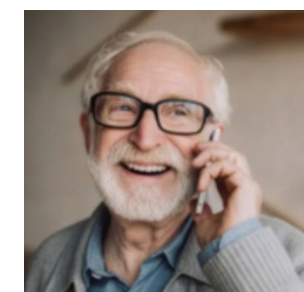
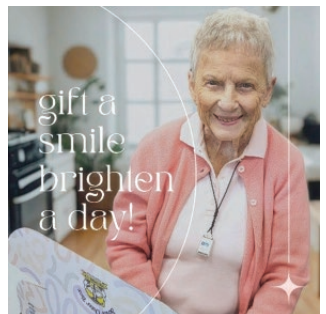
Cheer Box

Do you know an older adult who could use a little extra joy? Someone living alone, feeling isolated, or just in need of a thoughtful pick-me-up?

Thryve and Thumbs Up have partnered together to spread kindness and promote mental health awareness in Sherburne and Wright County communities with Senior Cheer Boxes. These are small packages filled with encouragement, comfort, and care.

This is a simple way to remind our seniors they are seen, valued, and that they are not alone.

Nominate an older adult today! Whether it's a neighbor, family member, or someone you know through your network, your nomination could brighten their day. Visit thryvemn.org for the nomination form.



Daily Connect

Thryve Daily Connect provides a simple but powerful daily check-in. Participants call in each day, creating a consistent routine and added peace of mind for both themselves

and their families. If a check-in is missed, an automated alert notifies both the Thryve team and a designated emergency contact, allowing for timely follow-up and support. This program is designed to support independent living. Visit thryvemn.org to register or call 763-760-8570.

From Groundwork to Growth: Engel Haus Expansion Moves Forward

Exciting progress continues on the new independent living community at Engel Haus in Albertville – an important addition designed to support active seniors seeking a vibrant, maintenance-free lifestyle.

Over the past several months, construction has moved steadily forward, beginning with significant site preparation through the winter. As the seasons changed, the project reached a major milestone with the installation of first-floor precast walls. Today, the building is beginning to take shape, with exterior framing underway and continued momentum heading into the summer months.

Looking ahead, the next phases of construction will bring even more visible progress as roofing is completed and key infrastructure elements are installed. The community remains on track for a Spring 2027 opening.

More than just a place to live, this new independent living community is thoughtfully designed to offer seniors a dynamic and engaging lifestyle. Future residents will enjoy a variety of inviting amenities, including a rooftop deck, pickleball courts, a welcoming Club Lounge, and a creative Maker's Room. Outdoor spaces – featuring patios and a cozy fireplace – will provide year-round opportunities to gather, relax, and connect.

This exciting expansion reflects Guardian Angel's commitment to supporting residents at every stage of life, creating a place where seniors can live independently while enjoying comfort, community, and connection.

Learn more at albertvilleseniorliving.com



Growing Connection, Purpose, and Joy

At Guardian Angels, Life Enrichment is more than a calendar of activities, it is a thoughtful approach to enhancing quality of life. Our focus is to offer programming that supports the whole person, with intentional opportunities that nurture social, emotional, physical, intellectual, and spiritual wellbeing.



Through a newly coordinated core curriculum, our Life Enrichment teams are aligning efforts across all sites to ensure residents experience well-rounded, meaningful engagement each month. This includes creating opportunities for connection, lifelong learning, creativity, movement, and reflection that are always guided by the interests and preferences of those who live here.

This spring's "Spring Awakening" theme is one example of how this approach comes to life. Residents planted fresh herbs that will be used in future meals, connecting

hands-on activity with our culinary program. They explored the craft of butter making, blending learning with shared experience. An outing to the Como Conservatory offered both beauty and a sense of community beyond our walls. Closer to home, residents created spring floral arrangements and shared treasured family recipes. These moments honored personal history while building new memories together.

Each of these experiences is designed with purpose: to spark connection, encourage engagement, and create opportunities for residents to contribute, learn, and enjoy.

Through intentional design and collaboration across our communities, Guardian Angels continues to elevate Life Enrichment as an integral part of daily life ensuring each day offers opportunities for connection, purpose, and joy.



Join Us for Brunch

We're hosting a brunch event where you'll get an inside look at this exciting new community and learn how to secure your preferred apartment before they're gone.

- Learn about the new independent living community and amenities
- Preview floor plans and community features
- Meet our team and ask questions
- Explore customization options available for a limited time

Wednesday, May 20th
9:00am - 10:15am
5101 Kassel Ave. NE
Albertville, MN 55301



RESERVE YOUR SEAT
Scan the QR code to RSVP
Call: 763-270-3492 or
Email: marketing@ga-er.org



Scoops of Gratitude

**DONOR & VOLUNTEER
RECOGNITION ICE CREAM SOCIAL**

June 18, 2026

2pm - 4pm | Riverview Landing

Enjoy a sweet treat, fun music, and an afternoon filled with genuine appreciation.

RSVP:
Korene Henry
763-635-5476
khenry@ga-er.org



Guardian Angels
SENIOR SERVICES

Wrapped in Hope: Mind, Body and Spirit

Hope is something we all need. It is something that carries us through each day. At GA Health Clubs, we nurture that hope by caring for the whole person: mind, body, and spirit.

Movement plays an important role in wellbeing. Simple activities like walking or stretching help maintain strength, improve energy, and remind us that we are still growing and moving forward.



Gentle yoga is one meaningful way we do this. Through slow, guided movements and mindful breathing, residents can improve flexibility, balance, and relaxation. These small, intentional movements

help reduce tension, increase mobility, and create a sense of calm.



Spending time in fresh air also brings new energy and perspective. Whether it's a short walk or quiet time outdoors, nature has a way of lifting both mood and mindset.

By focusing on movement and moments of calm, we help support both body and mind; creating space for renewed strength, peace, and hope each day.

MN Squatch Hockey Team Visits with Guardian Angels Residents

Residents at Guardian Angels recently enjoyed a memorable visit from members of the MN Squatch Hockey Team.



The MN Squatch, a Junior A hockey team in Elk River that competes in the USPHL Premier's Midwest Division, stepped off the ice and into the dining room to serve meals to Guardian Angels residents. Players took time to sit with residents, share stories, and engage in meaningful conversations that brought smiles to faces across the room.

Residents thoroughly enjoyed the visit, welcoming the opportunity to connect with the young athletes. The dining room was filled with smiles, laughter, and meaningful conversations as residents and players shared stories about hockey, life experiences, and community.



Congratulations to the MN Squatch who were 2026 North Division Champions!

Moments like these highlight the value of community involvement and the positive impact of bringing different generations together. The MN Squatch left a lasting impression, and their visit will be remembered fondly by many at Guardian Angels.

A Calling to Care: Pastor Paul Joins the Team

Guardian Angels' Spiritual Care Department is growing, and we are pleased to welcome Pastor Paul Bravinder to our team.

How would you describe your role at GA in your own words? I see myself as a sounding board for residents as well as a spiritual contact. I want to be present for the residents to listen, support, and to be a comfort to them when needed. I am excited about the opportunity to offer comfort and a compassionate listening presence to the residents here at Guardian Angels.

What moments in this role have been the most rewarding? The times when residents feel comfortable enough to open up to me. Also, working with both staff and residents has been amazing.

What brings you joy outside of your work? My interactions with the congregations that I serve. As well as being a part of the farming communities around me.

Is there a message of encouragement you'd like to share? I find encouragement every time I read Matthew 22:37-40 where Jesus states that the greatest commandment is to love the Lord your God, and the



second greatest commandment is to love your neighbor as yourself.

With the addition of Pastor Paul alongside Pastor Mike, we are grateful to now have two dedicated pastors serving the faith needs of our residents, families, and staff. Together, they bring a shared commitment to compassionate presence, faith-centered support, and

Wrapped in His Hope: Threads of Kindness Connecting Quilters and Seniors

For the members of the "Tomorrow's Treasures Quilt Club," quilting is more than a craft. It is an act of service.

At first glance, it may seem simple: layers of fabric stitched together to provide warmth. But each piece is carefully chosen, cut, and sewn, often accompanied by conversation, laughter, and sometimes quiet prayer. In these moments, what is being created extends far beyond the quilt itself. It becomes an offering of time, presence, and love.

A quilt class in 1980, taught by Elly Kretsch through Elk River Community Education, led to the formation of a lasting quilting group. The original participants became known as the Town & Country Quilters, reflecting members from both town and country. In 1993, as the group grew, they formalized their structure and renamed themselves Tomorrow's Treasures Quilt Club. Today, they gather at the Guardian Oaks Apartment dining room on the third Monday of each month, with a "sew-in" the following Saturday. Each year, the group generously donates approximately 70 quilts to residents of the Guardian Angels communities, created both individually and collaboratively using donated materials.

For the many seniors who receive these quilts, they are reminded that someone, somewhere, is thinking of them, that they are seen and valued, and that someone has taken the time to create something just for them. One gives, another receives, but both are woven into the same thread of kindness. It becomes a bridge between communities, between strangers, and between lives that might otherwise never meet. And sometimes, that connection looks like a quilt.

"Let all that you do be done in love." 1 Corinthians 16:14



If you would like more information about becoming a member of the Tomorrow's Treasures Quilt Club or wish to donate supplies, please contact Amber Haberman, Elk River Housing Campus, 763-241-4469.

“La Dolce Vita” Gala a Sweet Success



Nearly 300 supporters of Guardian Angels Senior Services gathered on March 14 for the “La Dolce Vita” gala, proving that even the threat of a looming spring blizzard couldn’t keep the community from coming together for a meaningful cause.



Guests traded the cold and snow forecasts for an evening inspired by the warmth and charm of the Italian coast. The event space was transformed into a celebration of sunshine, connection, and community. The atmosphere perfectly reflected the mission behind the evening.

The gala was held to raise funds for a new bus for Guardian Angels residents, an essential resource that helps seniors stay active, engaged, and connected to the broader community. Attendees embraced the cause wholeheartedly, participating in silent and live auctions, games, raffles, and prize drawings throughout the night.

A highlight of the evening was a special musical performance by Brian Budahn, who brought the spirit of Italy to life



with beloved classics including “Volare” and “O Sole Mio.” Adding to the immersive experience, the bus that supporters helped fund was on display at the event, where guests could step aboard and enjoy samples of Limoncello.

Thanks to the generosity of donors and the enthusiasm of attendees, the gala exceeded expectations, raising enough funds to purchase the new bus. The vehicle is expected to arrive in May and will soon become part of the residents’ activity schedule, opening the door to more outings, experiences, and opportunities to live life to the fullest.

Guardian Angels Senior Services extends its heartfelt gratitude to all who made the evening possible, including vendors, donors, volunteers, residents, and staff. Their support, and your support, ensures the continued success of Guardian Angels’ mission to serve and enrich the lives of seniors in our communities.



Thank You La Dolce Vita Sponsors

Portofino Sponsors



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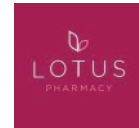
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Perkins of Elk River

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Punch Pizza
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Leah Bailey

Peter Bailey

Mary Bender

Tom Bender

Mary Ellen Benninger

Floida Bird

Glenna Gibbons

Florence Grams

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Pauline Kuhn

Hazel Boone

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John Ernst

Carol Black

Jeanette Followwill

Julie Hegge

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Pauline Kuhn

James Hammarlund

Dan & Sonja Dixon

Doug & Pat Hackman

Brian & Korene Henry

Jeff & Traci Larson

Paul & Nicole Novotny

Jerry Hendrickson

Patty Chase

Pat Hendrickson

Jason Hines

Dan & Sonja Dixon

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Donita Grell's 80th Birthday

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Jeff & Natalie Yusen

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.

Restoring Strength, Renewing Independence

Every day at Guardian Angels, we meet individuals who are working to reclaim something many of us take for granted strength, independence, and dignity.

For the residents and clients who rely on GA Wellness Rehab & Therapy services, progress doesn't happen all at once. It happens in small, hard-earned victories: a first

"I've seen how Guardian Angels changes lives. The right equipment and caring support helped me regain my independence. Supporting this work means giving someone the chance to stand, move, and live fully again."

step after a fall, the ability to dress independently again, or the confidence to move without fear or pain. These moments are life-changing, but they require the right support, and the right tools.

We are investing in updated therapy and rehabilitation equipment and need your help. This equipment will:

- Enhance recovery outcomes and speed healing
- Improve safety for both clients and staff
- Expand access to innovative therapies that restore independence
- Ensure every person we serve receives the dignity-centered care they deserve

Your gift will directly impact the lives of those working hard to regain their independence and quality of life. Every year hundreds of seniors are in and out of our Transitional Care Unit and rely on the therapy and rehabilitation to make them as fully independent as possible.

Please consider making a gift today to support GA Wellness Rehab & Therapy. Every person deserves the opportunity to live as fully and independently as possible. With your generosity, you can make that belief a reality.

Complete the form on this page and mail it in or visit gawellness.org. Thank you for helping turn small victories into life-changing outcomes.



Yes, I want to support Therapy Equipment at Guardian Angels!

Name _____

Address _____

City/State/ZIP _____

Phone number _____

Email address _____

I/we would like to make a gift of:

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

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Make this a Monthly Reoccurring Gift

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

Charge this gift to: VISA Mastercard Discover

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Expiration Date _____ Security Code _____

My gift is: In memory In honor of _____

Use my gift for:

Guardian Angels Therapy Equipment

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
Spring/Summer 2026 508 Freeport Ave NW, Suite A
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