

TRUMPETER

Serving Seniors of Elk River and Surrounding Communities

Spring/Summer 2024

- 02 Angels & Birdies Golf Tournament**
Open to Everyone
- 05 Animal Therapy**
Nigerian Dwarf Goats
- 08 Casino Royale Gala**
Hits the Jackpot!
- 12 Benevolence Fund**
Security & Compassion to Those In Need

Delight in the New: Embracing Growth Through Strategic Planning



We are thrilled to announce that the Board of Directors has approved our strategic planning, setting the stage for a new chapter of growth and opportunity. At the heart of our strategy are three pillars: **Prepare, Grow, and Extend.**

Prepare

Preparation is the foundation of success. We are committed to equipping ourselves with the skills, resources, and resilience needed to thrive in a rapidly evolving Senior Services landscape. By investing in workforce and technology and continuing to provide capital in our current buildings and structures, we are positioning ourselves for sustainable growth.

Grow

Central to our mission is the pursuit of growth—both in impact and reach. With the support of our Board, we are focused on creating a master planning effort to

accomplish development on our owned land and looking at other underdeveloped markets for seniors into which we could extend our Mission.

Extend

With the support of our Board, we are doubling down on initiatives that promote innovation, foster collaboration, and expand our influence. We are poised to achieve new heights through strategic partnerships, targeted outreach, and a relentless focus on excellence. We are dedicated to extending our reach, our impact, and our legacy. Whether through community engagement or technological innovation, we are committed to leaving a lasting impression on the world around us.

As we embark on this journey of growth and transformation, we invite you to embrace the opportunities that lie ahead. Together, we will delight in the new as we fulfill our mission and exceed our highest aspirations.

Proverbs 16:3 ESV

Commit your work to the Lord, and your plans will be established.

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

✓ Long-Term Care

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

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

Triniti Home Health † Hospice

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

triniticaring.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.



Angels & Birdies Golf Tournament

WEDNESDAY

JUNE 5, 2024

ELK RIVER GOLF COURSE

Register at guardianangelsmn.org
or scan here:



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. Earlybird special if you register before May 20.

Floral Enrichment Program Elevates Resident Life at Care Center



As the vibrant hues of spring graced the world, Ellie Warzecha brought her passion for flowers and expertise in special education to the heart of Guardian Angels Care Center (GACC). With a background in special education and a thriving flower farm of her own, Ellie was moved by the joy that the sight of blossoms brought to the residents of GACC. This heartfelt inspiration led her to devise an innovative initiative to bring flowers' uplifting power to even more residents.

Ellie's idea was to introduce flower enrichment activities at GACC, providing residents with a unique opportunity to engage in a sensory-rich experience involving flowers and herbs, stimulating their senses of sight, smell, and touch. Ellie is a strong advocate for individual choice, firmly believing in empowering those she works with to make decisions based on their personal preferences.

In line with Ellie's empowering philosophy, residents are not just participants but creators in these flower enrichment activities. They are given the freedom to craft their own unique flower bouquets, a process that sparks their creativity and allows them to express their personal preferences. Choosing and assembling their bouquets is

a powerful experience that grants residents a sense of control and autonomy. After the enriching flower activity concludes, residents can take their carefully curated bouquets with them, a tangible symbol of their creativity and empowerment.

The results of these flower enrichment activities are nothing short of transformative. Residents radiate joy and satisfaction, their lives enriched by the simple yet profound act of engaging with nature's beauty. These bouquets become a source of happiness and connection, allowing residents to bring the blooms back to their rooms for personal enjoyment. Some share these vibrant gifts with family members or significant others during their visits, adding a layer of meaning and connection to the experience. Ultimately, the choice of what to do with the bouquet is of secondary importance; what truly matters is the enrichment and happiness these activities bring to the residents' lives.

**"Flowers are like friends;
they bring color to your world."**

In the end, the true measure of success is that no one ever leaves these flower enrichment activities without a smile on their face. Ellie's endeavor has brightened our residents' lives and helped our community flourish, one petal at a time.



Delight in the New

Isaiah 43:18-19 *"Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."*



Just as I am getting ready for early spring, I think I will be getting to mow my lawn soon; the temperature drops and my snowblower is running for only the second time in 2024! It seems like every time I mentally prepare myself for the future, there is a change I wasn't prepared

for. The Greek philosopher Heraclitus famously said, "the only constant is change." For Christians, God's love for us is a constant, but other than that, Heraclitus is pretty close to being "spot on." But with the sun shining on the snow, I realize how much I missed the beauty of a pure, white, frozen blanket on the ground. Plus, we need the moisture. God is always doing something new, and he invites us into this change.

While I am a creature of habit, I have been blessed to have my routine challenged by my role as spiritual director. I am never bored as the people in each Guardian Angel's facility have different needs and gifts. At one facility, a Bible study is the pinnacle of my day; at another, it is worship, and visitation and fellowship are my primary roles at a third. By the time this article is sent, those priorities may all change! Even the names and faces of those we serve change (some even going home to our Lord). Yet the constant of God's love for us remains the solid foundation to appreciate new activity in our lives. In fact, the greatest example of making things new is when God flipped the brutal execution of his Son, Jesus, into the catalyst for humankind's salvation, by taking on our sins and then cracking open the veil of death in the Resurrection (Easter)! Let this sense of purpose in adapting to change motivate and inspire you.

Delight in the new and God Bless,

Pastor Mike Mannisto

Did You Hear The One About Ole and Lena at By The Lake?



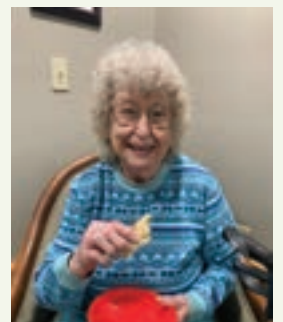
By The Lake residents gathered for a memorable celebration of Minnesota's rich heritage during their recent Exploring Minnesota Week. The event showcased Minnesota spirit and shared traditions, from culinary delights to cultural exploration.

Residents made Wild Rice Hotdish, the quintessential Minnesota dish that embodies the state's natural bounty and culinary tradition. Another day they celebrated with Lefse, a Norwegian favorite that has found a special place in the hearts of Minnesotans. Many discussed what they put on the Lefse – butter, white sugar, brown sugar, cinnamon, or even jam.

In addition to culinary delights, residents learned about the sights and sounds of Minnesota through travel videos highlighting the state's natural wonders and landmarks. The week also included a tour of the State Capitol, offering residents a glimpse into the political

history and governance of the state. As they walked the halls adorned with Minnesota's storied past, residents gained a deeper understanding of the state's role in shaping the nation's landscape.

Throughout the festivities, residents engaged in lively discussions and shared their knowledge of Minnesota through trivia games, exchanging fascinating facts and anecdotes about local history, landmarks, and notable figures.



No Minnesota gathering would be complete without the timeless humor of Ole & Lena jokes. Residents delighted in sharing these beloved tales of Scandinavian wit, adding laughter to an already cheerful day.

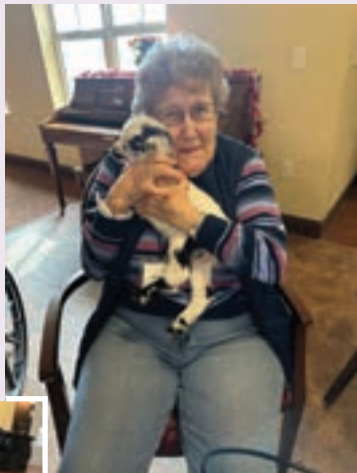
Whatever Floats Your Goat!



A group of adorable Nigerian Dwarf goats visited Engel Haus in a heartwarming gesture that brought joy and smiles to residents. The visit aimed to uplift spirits and create moments of happiness and connection.

As the little goats trotted into the facility's common area, the atmosphere immediately transformed with excitement and anticipation. Residents eagerly gathered around, their faces lighting up with delight at the sight of the furry visitors. Some reached out to pet the gentle creatures, while others enjoyed watching them playfully interact with each other.

The therapeutic effect of animal-assisted activities on the elderly is well-documented. Studies show that interactions with animals can reduce stress, decrease feelings of loneliness, and improve overall



well-being. For many residents at Engel Haus, the visit provided a welcome break from their daily routines and offered a sense of companionship and comfort.



When the little goats trotted out of the facility, they left behind cherished memories and a lasting reminder of the power of the simple joys in life. The residents of Engel Haus treasure the special visit and eagerly await the next opportunity to welcome such delightful guests into their midst.

Warm Pool Exercise

*Lori Resendiz, Wellness Manager,
Guardian Angels Riverview Landing*

Warm pools are not just for swimming. In fact, aquatic exercise can be an excellent option for people with chronic pain or for those who want gentle resistance. You don't have to know how to swim, as these pools are often only chest deep. You don't have to worry about shivering because of the warm water. Guardian Angels has a warm-water therapeutic pool at Club GA—Otsego. It is open to the public, with membership options for any adult over age 50.



The temperature of a therapeutic pool is generally kept between 88-92 degrees. The Club GA—Otsego pool stays around 91 degrees. Warm water helps the muscles relax and can be soothing for sore or painful muscles and joints. The water relieves joint pain by making the body buoyant. This can also make exercise easier, less painful, and safer than land exercise because you are surrounded by water.

Ready to try something new? You can call Club GA in Otsego at 763-635-5463 or stop by during open hours for more information or to check it out. While water exercise can be fun and rewarding, it is not indicated for every condition. It is best to discuss your situation with your physician or physical therapist to see if the pool is right for you.



APPETIZERS + SPRITZERS + ENTERTAINMENT + YOU

SUMMER SOCIAL DONOR & VOLUNTEER RECOGNITION

June 13, 2024 | 4 - 7 PM

Guardian Angels - Riverview Landing

ALL GUARDIAN ANGELS DONORS AND VOLUNTEERS ARE INVITED TO AN AFTERNOON OF APPRECIATION. THIS IS A CASUAL GATHERING WITH NO FORMAL PROGRAM - JUST DELICIOUS APPETIZERS, FABULOUS ENTERTAINMENT, AND AN OPPOTUNITY TO THANK YOU.
RSVP TO KORENE AT 763-635-5476.

Make Your Meal Matter

Wednesday, May 22nd

Visit Culver's in Elk River to show your support for Guardian Angels. From 4:00 to 7:00 p.m., ten percent of all sales will go towards our mission of assisting seniors in need. Culver's is located at 19475 Evans Street NW in Elk River, next to Menards.



Compassion Meets Action

Are you looking for an opportunity to give back to your community and make a meaningful impact on the lives of seniors? Look no further! Guardian Angels Senior Services needs compassionate individuals like you to join our team of volunteers.

Whether you can spare a few hours each month or commit to a regular schedule, there are numerous opportunities to get involved and make a significant difference in the lives of seniors, and in your own life as well.

Here are just a few ways you can lend a helping hand:

Companionship: Spend quality time with seniors, engaging in conversation, playing games, or simply providing a listening ear.

Care Center Gift Shop: Assist residents, staff, and visitors in making gift shop purchases. Keep gift shop displays organized and attractive.

Gardener: Put your green thumb to work at one of our community flower or vegetable gardens. Work alone or alongside residents.

There are numerous other volunteer opportunities available. Contact Lynn Owens, Volunteer Coordinator, at 763-241-4460 to find what works for you.

Building a Lasting Impact

Legacy gifts are often associated with the wealthy, but this couldn't be further from the truth. Regardless of their financial status, anyone can leave a meaningful legacy gift through planned giving. What's more, legacy giving is flexible and can be adjusted as your circumstances change.

A legacy gift, also known as a planned gift, is a donation that is arranged in the present and allocated to be fulfilled in the future, often after the donor has passed away. This can be done through a will, a trust, or other estate planning tools. While large financial assets can certainly make a significant impact, legacy giving is not solely about the size of the gift. It's about the intention behind it and the lasting impact it can have.

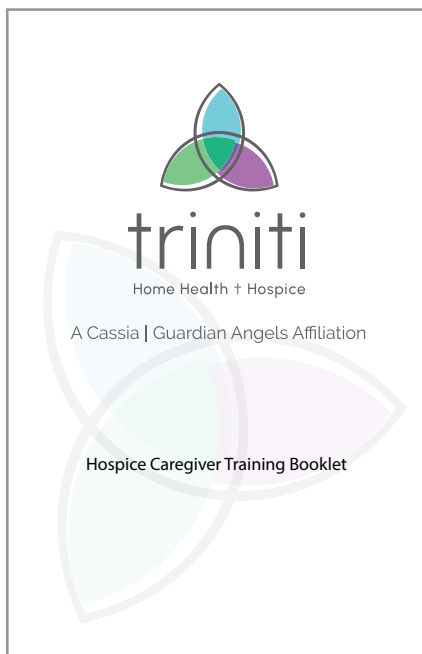
Incorporating legacy giving into your Estate Plan is wise, as it has numerous tax and legal benefits. Charitable gifts are often exempt from Estate Tax, which means more of the gift will go directly to the organization. Capital gains



taxes can also be avoided when assets are transferred as part of a planned gift, maximizing the contribution.

For more information about gift planning, legacy gifts, or estate giving, contact Pat Hackman at 763-635-4485. A legacy gift is a meaningful way to leave a lasting legacy of generosity while supporting a cause near and dear to you. Leaving a gift for future generations creates a legacy that lives on forever.

New Resource for At-Home Hospice Caregivers



Our compassionate team at Triniti Home Health and Hospice strives to deliver the highest quality care and support to hospice patients as well as their families. When hospice patients are receiving direct care from Triniti or at home with support from a loved one, we want to ensure comfort and attentiveness at every level.

Because of that, we have created a Hospice Caregiver Training Booklet to offer additional guidance on whether patients are receiving Hospice Care at home or in a facility. This online resource is designed to provide information for caregivers on common situations and concerns that may arise when caring for and supporting a loved one at the end of life.

Caregiver Assistance

We understand that each hospice patient has unique needs and that the end-of-life journey is different for everyone. But we also know that similar types of concerns arise throughout that journey. In creating this booklet, we aim to help at-home caregivers understand what to look for and how to respond to these common hospice situations, including eating/drinking, breathing, medication management, restlessness/agitation, pain/discomfort, skin/wound care, and more.

In providing this information, we hope that caregivers will have the guidance they need to feel confident in caring for their loved ones at home and that patients can receive the support they need in a comfortable and familiar environment.

Our Team is Always Here

The Hospice Caregiver Training Booklet information can also help caregivers communicate their concerns with our Triniti hospice team should other issues emerge. In those instances, we are always here to provide additional assistance: **www.triniticaring.org/contact**.

Find and download your copy of Triniti's Hospice Caregiver Training Booklet at:

triniticaring.org/hospice-caregiver-training-booklet

Guardian Angels Casino Royale Gala Hits the Jackpot for Seniors in Need



The annual Guardian Angels Gala, themed "Casino Royale" for 2024, has once again proven to be a resounding success. On March 9, over 300 attendees were transported into the world of James Bond, with high-stakes games and an atmosphere of sophistication and glamour. The spirit of giving was the highlight of the evening as guests

embraced the theme and came together to collectively contribute over \$150,000 to a cause that truly matters.

Funds from the gala will be directed towards the Guardian Angels Benevolence Fund, a vital resource dedicated to assisting seniors in financial distress. Last year alone, Guardian Angels provided more than half a million dollars in charity care for seniors within their communities who had depleted their personal assets and had nowhere to go.

The Benevolence Fund serves as a lifeline for seniors facing unexpected illness, poor health, or financial hardship in their later years. As individuals continue to live longer, the demand for such support only intensifies, making events like the Casino Royale Gala essential for maintaining the well-being and dignity of our elderly population.



If you wish to join the effort in supporting seniors in our community who are experiencing financial crisis, we encourage you to scan the QR code, complete the form on the back page of the Trumpeter, or visit the Guardian Angels website at guardianangelsmn.org to make a donation.



Gala attendees took a chance for prizes and gift cards by rolling the dice in hopes of luck being in their favor. Here, Tina and Todd Nibbe enthusiastically support Jenny Stanley as she throws a winning seven.



Mary Sinjem, Casino Royale Gala guest, proudly displays her Silent Auction winnings.

Thank You Casino Royale Sponsors!

High Roller Sponsors



John & Karen Froelich



Full House Sponsors



Gala Auction Donors 2024

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Pizza Ranch - Elk River
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Punch Pizza
RA Sushi
River Inn Bar & Grill
Running Aces Casino
Sammy Perrella's
Pizza & Restaurant
Science Museum of Minnesota
Paul & Charlene Sheets
Sherwin Williams
Southern Lights
Lois Spieler
St. Michael Cinema
St. Paul Saints
Stages Theatre Company
Star News
Stony Hill Gifts & Home Decor
The Bank of Elk River
The Home Depot
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Touch 'Em All Car Wash
Valleyfair
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Wiha Tools

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Memorials and Honorariums 10/01/2023–03/31/2024

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James Acers

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Susan Riley

Mary Lou Borchert

Jane Lindenfelser

David Burandt

Barb Burandt

Arlean Carpenter

Joyce Carpenter

Carter Corpe

Tim & Marilyn Corpe

Ed, Esther, Richard

& John Danner

Carolyn Nelson

Gladys Dehen

Nancy Fuller

Anna DeMars

Geraldine Rootes

Annemarie Douglas

Katherine Rompf

Adrienne Ellingson

Eldon & Penny Johnson

Charlotte Embretson

Mike & Lu Ann Watzke

Clem & Rose Fasnacht

Jeanette Lange

Francie Foyt

Don & Peggy Foyt

Gary Gibbons

Myron & Florence Grams

Floyd Goenner

Margaret Goenner

Dick Gongoll

Ashok & Jackie
Chattopadhyay
Gongoll Family

Alfred Grell

Donita Grell

Donna James

Heidelberger

Mary Dare

Dick & Gloria Hinkle

Ashok & Jackie
Chattopadhyay

Art Johnson

Sandy Weicht

Marlys Johnson

Virginia Bruns
Paula Johnson

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Maxine Kent

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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.

Empowering Compassion

The Guardian Angels Benevolence Fund symbolizes hope for seniors who have exhausted their financial resources. Unexpected circumstances such as illness, deteriorating health, and longevity can lead to financial distress or even crisis, necessitating a lifeline for seniors. The Benevolence Fund provides not just financial aid but also a sense of security and compassion to those in need. And the need continues to grow at a fast pace.



Resident Testimony: The last several months have been extremely difficult for me; emotionally, physically, and financially. I have drawn down my lifetime retirement savings, and my care needs are now in excess of three times my fixed income. I didn't know what I was going to do. Guardian Angels has taken me under their wing and given me a peace of mind I never thought I would have again.

True to the Guardian Angels' mission of delivering exceptional health care, housing, and supportive services to seniors and their families in the spirit of Christ's love, this resident continues to find a home at Guardian Angels. Thanks to generous donors, this resident receives the same high-quality care, compassion, and attention that all other residents are privileged to.

Please give a gift to support the Benevolence Fund today. Your contribution, no matter the size, can make a meaningful impact on the lives of those who need it most.

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