

SENIOR SPOTLIGHT

Joanne Wintroath, Program Coordinator

Born in Minneapolis and raised in Waverly, MN, **Jan Lundberg** grew up among the hustle and warmth of her parents' family business—a restaurant and gas station that became a community hub. She attended St. Mary's School for 12 years and, for a time, thought she might become a nun, but life had other plans.

After graduating from the Minneapolis Business School, Jan began a successful career in the insurance industry, from which she eventually retired—only to “unretire” and embark on a second career in real estate before retiring again.

In 1964, Jan married the love of her life, Arnie. They shared 58 years together, raising their son,

Chad, and later welcoming two grandchildren. A highlight from Jan's younger days still brings smiles: meeting Hubert Humphrey during his presidential campaign when he stopped by her parents' gas station for a newspaper and playfully tried to slip away from his Secret Service detail.

Known for her warmth and generosity, Jan is a baker whose delicious creations are treasured by her friends and neighbors. Here at Haven Homes, she enjoys bingo, bus outings, birthday parties, and Happy Hours. Her kind spirit and sense of humor make her a beloved member of our community. We are truly blessed to have Jan here: a wonderful friend, neighbor, and storyteller whose energy and kindness brighten every day!



NEW YORK CITY

Friday, March 6

2:00pm | Activities Room

Trade your recliner for a subway seat! Don't miss this fun presentation to discover all that NYC offers, from endless adventure, bagels, Broadway, to the world's loudest pigeons!



Memories of My Mother

Wednesday, March 25

3:30pm | The Reserve [3rd Floor]

Check your white resident box [by the metal mailboxes] soon for a handout providing details on this opportunity for **YOU to share memories of your mother** for a video we will show at our Mother's Day Social in May!

Start thinking now about any memories you'd like to share about your mother on video!



HAVEN HOMES HEARTBEAT

A monthly newsletter for Senior Housing residents at Haven Homes



CONVERSATION WITH CHRIS Chris Orr, Senior Housing Director

As we move into March, I want to take a moment to acknowledge the Haven Homes community spirit that carried us through the winter season. Snow, ice, and cold days can be challenging, but your patience, neighborly support of each other, and overall positive outlook make our community stronger with every season.

While winter is not finished, signs of spring are around the corner. Longer days and brighter mornings remind us that change is coming. In the meantime, please continue to take precautions when walking outdoors. I encourage everyone to still dress appropriate for our Minnesota winters, wear proper footwear, and report any outside icy areas to the Front Desk so our maintenance team can address them promptly.

March is also a great time to look ahead. We are starting to plan our Spring and Summer programs and events - so if you have suggestions, we would love to hear from you.

Thank you for calling Haven Homes your home. Warmer days are ahead, and we look forward to enjoying them together.

- Chris

NEW FITNESS



OPPORTUNITIES!

Taking care of your physical health is important! In March, consider these exercise opportunities in our Fitness Center:

- 9:15am Morning Fitness**
Seated Exercises for Residents
Monday—Friday
- 1:00pm Afternoon Fitness**
Seated or Standing Routine
Monday • Wednesday • Friday
- 1:00pm Saturday Fitness**
Seated Exercises for Residents
Saturdays, weekly
- 12:45pm Strength Class with Victor**
30-minute class with guest instructor
Thursday, March 5

Haven Homes Heartbeat is a monthly newsletter for Assisted Living, Independent Living, & Memory Care residents of Haven Homes
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MEMORY CARE MOMENT

Eunice Oyewole, Program Coordinator



We have yet another fun-filled month of activities planned for our Memory Care residents!

Mark your calendars for the following:

- **St. Patrick's Day Crafts | March 3**
- **Movie Matinee of "Sister Act" | March 13**
- **Shamrock Shake Social | March 17**
- **Bachman's Floral Show/Lunch | March 23**

We're also excited to add a **Men's Group** twice a month for the men in Memory Care, along with a **Bible Study** led by Pastor Greg twice a month. Look for details on all these engaging activities and events in our March calendar.

Finally, we want to thank one of our residents, **Mr. Harry**, for his thoughtful gift of roses for the women residents and staff in our Memory Care neighborhood! This generous gift brightened their day and made the Valentine's holiday a special one for many this year!



IN LOVING MEMORY

We remember and honor these friends, neighbors, and fellow residents who have recently passed away:

Kathy Sandom

CHAPLAIN'S CORNER

Greg Loomis, Chaplain



Who was Saint Patrick? St. Patrick was a real person in history, in the fifth century AD. But he was not Irish; he was British. He was kidnapped at age 16 by Irish raiders and taken back to Ireland where he served as a slave for six years. He came to understand and love the Irish people, language and culture.

He eventually escaped back to England where he was a local pastor for nearly 20 years. But then he returned to Ireland as a missionary to bring the gospel to Ireland. He used the shamrock leaf to explain the Trinity, One God in three persons. According to tradition, Patrick died March 17 in the year 461.

So, as we celebrate St. Patrick's Day this month with everything Irish and green, also remember the missionary that brought Christianity to Ireland.

MOVIE NIGHTS WITH CHRIS

Don't miss these movies on Wednesday nights in March at **6:00pm in the Movie Theatre:**

Wednesday, March 4
"Sherlock Holmes"

Wednesday, March 11
"The Jazz Singer"

Wednesday, March 18
"Please Don't Eat the Daisies"

Wednesday, March 25
"Magnificent 7"

NOTABLE AL/IL MARCH EVENTS

- March 2** Caravan Music Performance
2:30pm | Chapel
- March 3** Lunch Outing: Warren's [Loretto]
10:45am | Depart from Lobby
- March 6** Armchair Travel: New York City
2:00pm | Activities Room
- March 12** Vibraphone Performance
2:00pm | Chapel
- March 13** Outing: Target/Dollar Tree
12:45pm | Depart from Lobby
- March 16** CODA St. Patrick's Day Show
1:00pm | Chapel
- March 17** St. Patrick's Day Dancers
2:00pm | Chapel
- March 24** Outing: Bachman's Floral Show + Lunch
9:45am | Depart from Lobby
- March 28** Easter Bunny + Brunch
9:30-11:30am | Lobby + Dining Room

MARCH BIRTHDAYS	
15	Florence McGinty
18	Marjorie Hansen
30	Jan Lundberg
03	Gloria Brehm
05	Susan Kryck
06	Ken Geissler
09	Marion Bergstrom
12	Nancy Voss
15	Dottie Johnson

CHECK-UP WITH ERIN

Erin Kramer, Director of Health Services



Many great things are happening in March. I am most excited for our new, full-time RN who has joined our team. Her name is Quinn. She has a lot of experience as an RN and working in Senior Living. Quinn will be officed mostly in our Memory Care neighborhood. She is looking forward to meeting residents and families. Please welcome Quinn when you see her.

My topic for March is **the difference between Independent Living and Assisted Living**. Both options allow for rental of an apartment, garage stall rental, phone line to apartment, and meals in the dining room. Assisted Living includes weekly housekeeping, bed linens changed and washed weekly, call pendant for emergencies, discount on a three-meal plan, and a full set of vitals once a month. Assisted Living residents can also add services to assist with dressing/grooming tasks, transfers, escorts, medication management and other services. In order to have Assisted Living, an RN must meet with the resident and complete an assessment. An order from your primary care provider is also needed to start services. A service plan is completed and signed before starting on Assisted Living.

There are many benefits to being on Assisted Living. One of the best benefits is having the assistance of staff in the building to assist you in emergencies. Staff can receive guidance from an RN in all situations, call your emergency contact, provide your information to EMT's, collaborate with your primary care provider and continue to follow up with you after an incident. Independent Living residents only have the option to call their emergency contact or 911 when they need help. If you have any questions about Assisted Living, I am available to meet with you and answer any question you may have.