

## SENIOR SPOTLIGHT

Joanne Wintroath, Program Coordinator



This month, we proudly shine the spotlight on **Mr. Gerald Beavers**, who recently celebrated his 102nd birthday!

Born in Iowa to dairy farmer parents, Gerald was one of nine children. After losing his mother at age nine, he went to live with

the White family, where he developed his lifelong Baptist faith—a foundation that continues to guide him today.

Gerald attended Mt. Pleasant High School and Iowa Wesleyan College before serving in the U.S. Army Air Force during World War II.

Stationed in Southwest China, he helped establish the control center for B-29 bombers used in the Pacific campaign.

After returning home, Gerald began a career at Central States Insurance, where he met the love of his life, Arlene. The couple will celebrate 74 years of marriage this June, raising two children—Janis and James—and building a legacy that now includes six grandchildren and ten great-grandchildren. He later worked in banking and at McCallister Seed Company.

A devoted Iowa Hawkeyes fan and lifelong bowler, Gerald also enjoys table games with family and friends. His longtime commitment to volunteer service includes Meals on Wheels, Medical Transport, and fundraising to send veterans to Washington, D.C. to visit war memorials. His dedication earned him a special award from the Governor of Iowa, recognizing his outstanding community service.

A Haven Homes resident since March 1, 2021, Gerald is a direct descendant of Henry Adams, great-grandfather of President John Adams. His life reflects faith, compassion, and service.



### WASHINGTON, D.C.

Wednesday, April 8

2:00pm | Activities Room

Discover the beauty of Washington, D.C.! Join our engaging presentation and explore iconic landmarks, rich history, and stunning cherry blossoms. There's no better way to welcome spring!

### DISCOVER



Monday, April 27 | 10:30am | Chapel

Take a virtual trip across Spain as Scott helps us explore the vibrant streets of Madrid, royal palaces, breathtaking architecture, bustling markets, and deep history of the nation!

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

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# HAVEN HOMES HEARTBEAT

A monthly newsletter for Senior Housing residents at Haven Homes



### CONVERSATION WITH CHRIS Chris Orr, Senior Housing Director

Happy Spring!

April brings a welcome shift in seasons and a sense of renewal throughout our Haven Homes community. After the long winter months, it's refreshing to see longer days, warmer temperatures, and the first signs of spring beginning to appear all around us.

April is also a great time to reconnect with your neighbors and friends and participate in our various programs and numerous events this month. We have many places on our campus for you to relax and visit and enjoy the social opportunities that make our community such a welcoming place to live.

Thank you for helping create such a positive and supportive environment for everyone who calls our community home. We strive every day to make Haven Homes not only the best place for you to live and call home, but to be the best place to work for our staff as well. So, here's to warmer days ahead, and spending more quality time together.

Cheers –

– *Chris*

## GOOD FRIDAY + EASTER



### AT HAVEN HOMES

Join us for these opportunities to reflect on the last moments of Jesus' life and celebrate His resurrection on the first weekend of April!

#### Good Friday Service

Friday, April 3 | 1:30pm  
Haven Homes Chapel

#### Stations of the Cross

Friday, April 3 | 3:00pm  
Private Dining Room  
A reflective event facilitated by Joanne

#### Easter Sunday Church Service

Sunday, April 5 | 11:00am  
Haven Homes Chapel

## MEMORY CARE MOMENT

Eunice Oyewole, Program Coordinator



April will be our best month yet for our friends in Memory Care here at Haven Homes! Mark your calendars for the following:

- **Spring Crafts | April 7**
- **Seed Planting | April 8**
- **Movie Matinee of "While You Were Sleeping" | April 10**
- **Baking Club + Birthday Bash | April 21**
- **Music with Rick | April 29**

Warmer weather means a return of more outings! Look for more information soon regarding a **shopping outing** on April 13, and a **trip to a local museum** on April 30!

Finally, we couldn't help but share this **PRECIOUS MOMENT** of **Miss Libby** surprising her daughter, Margaret, with a card for her



birthday! What a special photo representing three generations, and a moment of joy that will be remembered for years to come!

## IN LOVING MEMORY

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

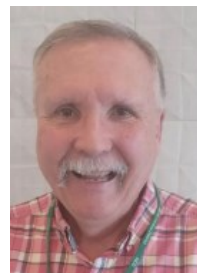
Mary Banavige

Grace Streufert

Jerome Ree

## CHAPLAIN'S CORNER

Greg Loomis, Chaplain



This year Easter is Sunday, April 5. Why do we celebrate Easter? No other holiday is as critical to the Christian faith as Easter. The very foundation of Christianity stands or falls on the truthfulness of the assertion that Jesus Christ rose from the dead. Christmas, of course, celebrates the birth of Jesus. Easter celebrates the reason Jesus came.

So let's remember some key reasons for celebrating Easter. **The resurrection.** Christians believe Jesus rose from the dead, validating his divinity and victory over death. **Salvation and forgiveness.** Jesus' sacrifice on Good Friday and subsequent resurrection on Easter Sunday paved the way for our sins to be forgiven. **New Life.** Easter is a time for renewing faith and celebrating the hope of eternal life, often symbolized by the springtime setting.

Happy Easter. May the message from the first Easter be yours again this year. **He is risen; He is risen indeed!**

## MOVIE NIGHTS WITH CHRIS

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

Wednesday, April 1  
"Field of Dreams"

Wednesday, April 22  
"St. Vincent"

Wednesday, April 8  
"Sargent York"

Wednesday, April 29  
"Cast Away"

Wednesday, April 15  
"Beaches"

## NOTABLE AL/IL APRIL EVENTS

- April 2** **Easter Egg Hunt**  
2:45pm | Starts in Activities Room
- April 6** **Spring Flutist Performance**  
3:00pm | Chapel
- April 9** **Memorial Service**  
11:00am | Chapel
- April 10** **Outing: Target/Dollar Tree**  
12:45pm | Depart from Lobby
- April 13** **Doug Ohman: MN 150 Years Ago**  
3:00pm | Chapel
- April 14** **Outing: Galleria Floral Show + Lunch**  
9:45am | Depart from Lobby
- April 21** **Fire Safety Presentation**  
1:30pm | Chapel
- April 22** **Outing: Gillespie Center Lunch + History Presentation**  
10:45pm | Depart from Lobby
- April 30** **Bobby + Christine Performance**  
3:00pm | Chapel

## APRIL BIRTHDAYS

- 02 **Esther Mathews**
- 04 **Jill Anderson**
- 06 **Ramona Lohse**
- 15 **Audrey Lind**
- 17 **Richard Overby**
- 23 **Harry Visser**

## CHECK-UP WITH ERIN

Erin Kramer, Director of Health Services



As April brings warmer weather, blooming flowers, and longer days, it's the perfect time to refresh your health routines and embrace habits that support both body and mind. Spring symbolizes renewal, making it an ideal season to focus on **wellness and refreshment.**

April is a great time to enjoy outdoor activities. Whether it's a daily walk, helping with gardening, or stretching in the fresh air, regular movement can improve balance, boost mood, and support heart health. Even 20 to 30 minutes a day outdoors can make a difference. Don't forget to wear a hat and use sunscreen.

Longer daylight hours can naturally lift your mood and mental wellbeing. It is important to stay socially and mentally engaged. Join a group activity, try a new hobby, or connect with friends and family. Even small interactions can reduce feelings of isolation and improve overall happiness.

Spring cleaning isn't just about your home; it can benefit your mental health too. Declutter for peace of mind. Organizing your space can reduce stress, improve safety, and create a more comfortable living environment. Consider throwing away things that you have not used in a long time or gifting meaningful items to family members.

April is a wonderful time to reset and refocus on your wellbeing. By making small, consistent changes, you can enjoy a healthier, more active season. Remember, it's never too late to start new habits that support your quality of life. Here's to a vibrant and healthy spring!