

SENIOR SPOTLIGHT

Joanne Wintroath, Program Coordinator



when it came to “turning the cows” for ditch grazing, a chore Diana remembers as necessary, but not exactly her favorite!

After graduating from Ellsworth High School, Diana worked for many years at the Ellsworth Creamery before beginning a second career in banking.

Diana Gale Bunce brings a great mix of humor, warmth, and down-to-earth charm to our community! Born in Saint Paul, MN, she moved at age five to a dairy farm in Ellsworth, WI, where she grew up with three brothers and three sisters. Farm life kept everyone busy—especially

Later in retirement, she took a job at Subway—one she says she truly loved.

Diana met her husband, Bob, at a dance in Bay City, WI. It’s no surprise that dancing became a big part of their life together—especially polka, which they enjoyed for years.

She is a proud mom to two daughters, a grandmother of five, and is excited to welcome a great-grandbaby soon! One of her favorite memories is a family trip to Maui, complete with whale-watching and a visit to a pineapple plantation.

These days, Diana enjoys crafts, book club, Rummikub, and spending time with friends—something she seems to do effortlessly!

IS THAT A WILD MUSHROOM?



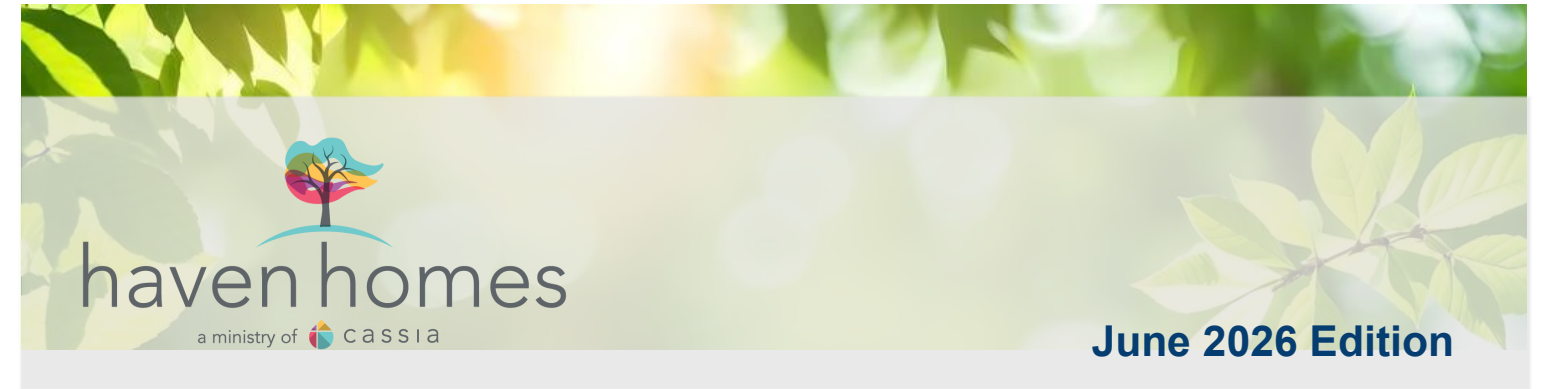
Monday, June 15 | 3:00pm | Chapel

Don’t let the elusive Morel Mushroom escape your clutches—and your tummy! In this fun presentation, Scott Nelson will walk us through his process to find, identify, and prepare these tasty morsels!

JUNETEENTH DOCUMENTARY: DESCENDANT

**Tuesday, June 16 | 1:30pm
Movie Theatre**

In recognition of **Juneteenth**, join us for a viewing of this historical documentary film, which follows residents of Africatown, Alabama, as they confront the legacy of the *Clotilda*, the last known slave ship brought to America. It combines historical investigation with personal stories for a fascinating presentation.



HAVEN HOMES HEARTBEAT

A monthly newsletter for Senior Housing residents at Haven Homes

CONVERSATION WITH CHRIS Chris Orr, Senior Housing Director



I hope everyone had a wonderful May and celebrated Mother’s Day in style! In addition, it was a fun month celebrating **National Nurses Week** and **National Nursing Home Week** (celebrated campus-wide). Congrats to our Skilled Nursing Team for another “**Deficiency Free**” survey performed by the MN Department of Health. This is a fantastic accomplishment and doesn’t happen by accident! The entire team lived up to *Newsweek Magazine’s* listing of Haven Homes as the #1 Nursing Home in the State of Minnesota!

Also, in May, Cassia rolled out a new **Customer Service Satisfaction Survey** to all fifty-five Cassia senior communities. We are committed to providing compassionate, high-quality care and services and your feedback is essential in helping us see what we are doing well and where we can do better. Thank you to residents and family members who took the time to respond – we truly appreciate it.

Coming in June is our Housing Side’s, “**Quality of Life Customer Satisfaction**” annual survey, taking place here for residents on June 17. This survey is sponsored by the MN Department of Health,

MN Aging Services and in conjunction with the University of MN. *Vital Research* will conduct the survey, and a representative will be here to randomly select residents and families to participate. This satisfaction survey will be conducted in over 2,200 Licensed Assisted Living communities in Minnesota which serve approximately 63,000 residents. The results of each community’s survey will determine whether that community is a 5 Star, 4 Star, 3 Star, 2 Star or heaven forbid a 1 Star rated community. **We are so proud that for the past several years, Haven Homes has retained the coveted 5 Star rating.**

Wishing all the fathers a **wonderful Father’s Day** this month and “**Thank you**” all for helping make Haven Homes not only the best place to live, but a great place to work for our staff.

- Chris

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

4848 Gateway Blvd
Maple Plain, MN 55359
763.292.2300

Matt.Anderson@CassiaLife.org



ARMCHAIR TRAVEL: EGYPT

Friday, June 12 | 2:30pm | Activities Room

Trade your recliner in for the pyramids! Enjoy Egyptian facts and trivia, tasty treats, and enough fun to wake the mummies themselves!



MEMORY CARE MOMENT

Eunice Oyewole, Program Coordinator



We are diving into the summer months with the following activities and events:

- **Cello Performance | June 8**
- **Marble Maze Show | June 12**
- **Rainbow Sugar Crystal Craft | June 17**
- **Ribs + Root Beer for MC Men | June 17**
- **Father's Day Social | June 18**
- **Baking Club/Birthday Bash | June 24**
- **Outdoor Bike Rides | June 25**

Our outings in June include a shopping trip to **Ridgedale Mall on Friday, June 5** and lunch on **Al + Alma's Boat Cruise on Monday, June 29!** See Eunice for more information and to register your loved one.



This month's **PRECIOUS MOMENT** is a glimpse from our annual Ladies Tea event in May. Residents dressed in their finest attire and enjoyed tea, treats, and conversation. What a lovely afternoon for residents and families alike!

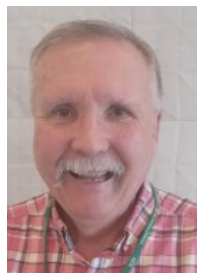
MOVIE THEATRE MURAL

A writer from *The Laker Pioneer* recently visited Haven Homes, interviewing local student artists who have been painting the new movie-themed mural outside of our theatre! Keep an eye out for this article in the coming days.



CHAPLAIN'S CORNER

Greg Loomis, Chaplain



Happy Father's Day. It is always the third Sunday in June since permanently signed into law in 1972. This year, Father's Day is on June 21.

Just like for mothers, God wants us to bless our fathers too. The fifth of the Ten Commandments is, "*Honor your father and mother*" (Exodus 20:12).

Father's Day serves as a reminder of the importance of fatherhood. By recognizing and celebrating fathers, we can raise awareness of the crucial role they play in raising healthy children and families. Honoring dads is a way to show appreciation for their hard work, dedication and sacrifice. So, whether your father is still alive or not, you can honor him.

Thank you to the fathers who live and work here personally at Haven Homes. No matter what father you are—biological, adoptive, foster, step, or spiritual—we appreciate you all. Happy Father's Day.

"To the world you are a dad. To our family, you are the world."

MOVIE NIGHTS WITH CHRIS

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

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| Wednesday, June 3
<i>"The Wizard of Oz"</i> | Wednesday, June 24
<i>"Gravity"</i> |
| Wednesday, June 10
<i>"The Post"</i> | |
| Wednesday, June 17
<i>"Sully"</i> | |

NOTABLE AL/IL JUNE EVENTS

- June 4** **Jazz Trumpet with Jeff**
2:00pm | Chapel
- June 11** **Raptor Presentation**
10:00am | Chapel
- June 12** **Armchair Travel to Egypt**
2:30pm | Activities Room
- June 15** **Outing: Lunch at General Store**
10:00am | Gather in Lobby
- June 18** **Father's Day Social**
2:30pm | Chapel
- June 22** **Outing: Al + Alma's Boat Cruise**
10:15am | Gather in Lobby
- June 26** **Philip Westfall Performance**
2:00pm | Chapel
- June 29** **Doug Ohman: "America 250"**
3:00pm | Chapel
- June 30** **All-Campus Hymn Sing**
10:30am | Chapel

JUNE BIRTHDAYS

- | | | | |
|-----------|--------------------------|-----------|---------------------|
| 03 | June Braith | 21 | Nate Johnson |
| 05 | Micky Van Lith | 27 | Mike Taggart |
| 07 | Cindy Sundby | | |
| 09 | Milo Jordet | | |
| 14 | Nona Stamp | | |
| 15 | Marilyn Threlkeld | | |

CHECK-UP WITH ERIN

Erin Kramer, Director of Health Services



June is a month with many things to celebrate. You might have a family member graduating or getting married. We celebrate D-Day, Flag Day, Juneteenth and Father's Day in June.

June also has the Summer Solstice on June 21. The Summer Solstice is the official start of summer, often called "the longest day" because we have the longest period of daylight.

Over the past years, the Alzheimer's Association has celebrated June 21 as the **Longest Day** being a symbolic gesture to "clear the darkness of Alzheimer's on the brightest day of the year" (Alzheimer's Association website). Families and communities who support and love people with Alzheimer's plan activities to do on the Longest Day. These activities are usually fun and meaningful. Sometimes communities will combine activities with fundraising to support efforts for research and support those facing Alzheimer's.

Cassia and Haven Homes are invested in supporting residents and their families facing the challenges of memory loss and cognitive changes. We provide dementia training for staff, support for families, care for residents with cognitive changes, have a robust memory care unit, and collaborate with the Alzheimer's Association for research, tools, and training.

Happy June to everyone and Happy Father's Day to our wonderful fathers!

Don't miss Erin's monthly **Healthy Living discussion** this month, which will give residents the opportunity to boost their mental agility!

This Healthy Living discussion will take place on Friday, June 5 at 1:30pm in the Activities Room!