

SENIOR SPOTLIGHT

Joanne Wintroath, Program Coordinator



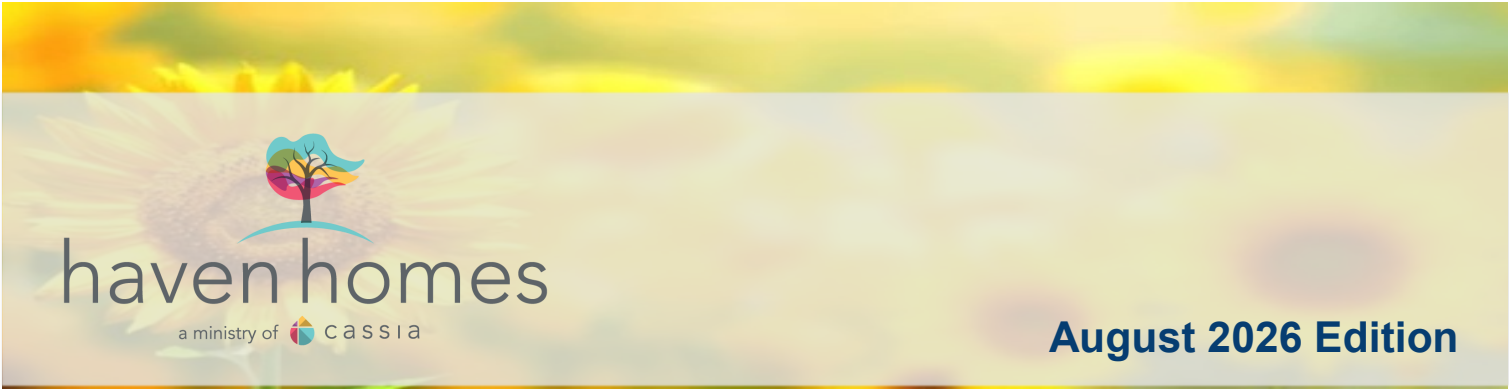
Marceline “Marcy” Forbord was born in Crawford County, Iowa, the seventh of thirteen children raised on a farm. She attended small country schools until her family relocated to Villard, Minnesota, where she finished high school. Afterward, Marcy went to work for the ASCS—now the Farm Service Agency—helping local farmers with disaster relief and crop programs.

It was at a Valentine’s Dance at the Lakeside Ballroom in Glenwood that Marcy met the love of her life, Dennis. He later proposed at his boyhood home, a moment that meant the world to her. They

married in 1956 at St. John’s Lutheran Church in Villard. Their wedding day has a funny footnote: fearing her prankster brothers would tamper with their suitcases, Dennis drove ahead to the next town and hid the luggage in a hotel room!

Marcy and Dennis raised four children, Marlys, Dean, Donna, and Mary, on a farm in Pope County, Minnesota. Marcy credits her parents for the faith-filled home that shaped her, a legacy she and Dennis carried forward as they raised their own children. Now a widow, Marcy is blessed with eight grandchildren, and has traveled to Germany, Italy, and Norway.

Marcy is grateful for her family and friends old and new, including many she’s met at Haven Homes, a place she loves. She’s a bright light to all, helpful, cheerful, and a joy at every activity!



HAVEN HOMES HEARTBEAT

A monthly newsletter for Senior Housing residents at Haven Homes



CONVERSATION WITH CHRIS

Chris Orr, Senior Housing Director

As we welcome the month of August, we continue to enjoy the warmth of summer and the opportunities it brings to spend time together. Whether it’s relaxing outdoors, sharing stories with neighbors in the halls, or participating in an activity, this season reminds us of the importance of connection and creating meaningful moments.

Thank you for helping make our community a welcoming place. Your kindness, patience, and support are what makes Haven Homes special.

August is a good time to focus on health and wellness. We encourage you to stay hydrated, wear light clothing when outdoors, and take advantage of cooler morning or evening hours for being outside on the patio or the benches in front and soaking in the fresh summer air. Our staff will continue to monitor the weather and ensure everyone remains comfortable and safe during warmer days of August.

We are grateful for the trust you place in us by choosing to call Haven Homes your home and we truly appreciate the opportunity to serve you.

“Summer reminds us that life’s brightest moments are often the simplest - sharing a smile, enjoying a beautiful day, and spending time with those we care about.”

Wishing everyone a safe, healthy, and happy August!

- Chris

NOTABLE AL/IL AUGUST EVENTS

- August 3** **Fireflies + Summer Memories**
3:00pm | Chapel
- August 4** **National Night to Unite**
3:00pm | Front Entrance
- August 10** **Muffins with the Mayor**
10:30am | Activities Room
- August 11** **Haven Homes Carnival**
2:00pm | Chapel
- August 13** **Outing: Fishing with Friends**
9:00am | Gather in Lobby

- August 17** **Summit Music Performance**
3:00pm | Chapel
- August 17** **Kickoff to the State Fair Social**
6:00pm | Private Dining/Patio
- August 21** **August Birthday Bash**
3:15pm | Private Dining/Patio
- August 24** **Doug Ohman: America 250, Pt 2**
3:00pm | Chapel
- August 27** **Outing: Target/Dollar Tree**
12:30pm | Gather in Lobby
- August 28** **Senior Housing Happy Hour**
3:30pm | Private Dining/Patio

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



Our friends in our Memory Care neighborhood are making the most of summer this month:

- **Night to Unite | August 4**
- **Muffins with the Mayor | August 10**
- **Haven Homes Carnival | August 11**
- **Relax + Root Beer Floats | August 18**
- **Art + Crafts | August 19**
- **Outdoor Bike Rides | August 20**
- **Baking Club/Birthday Bash | August 28**

Our outings this month include the **AI + Alma's Boat Cruise on August 3** and **Fishing with Friends on Lake Minnetonka on August 26**.

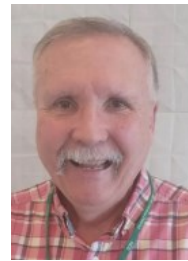
See Eunice for more information and to register your loved one.

This month's **PRECIOUS MOMENT** is a moment we captured at the Wright County Fair in July—a wonderful outing with many residents and family enjoying animals, arts + crafts booths, and delicious fair foods!



CHAPLAIN'S CORNER

Greg Loomis, Chaplain



Are You Flying or Fainting?

Sometimes I get worn out by life, don't you? At work, at home, it can be anywhere. In the Old Testament the prophet describes it this way, *"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not faint."* (Isaiah 40:30-31).

The Lord said I can soar like an eagle. I'm so glad he didn't say frantically flutter like a hummingbird or awkwardly fly like a turkey. Have you seen the eagles here in Minnesota? They effortlessly soar high and long.

How can we soar like eagles? The promise is for those who hope in the Lord. For the patient, for those who trust in God, who ask for his help and strength. I hope that in these dog days of summer (and every season) you find strength through your faith in God. So keep praying, keep trusting, keep after your self-care, keep asking God to help you soar like an eagle.

CHECK-UP WITH ERIN

Erin Kramer, Director of Health Services



August is a wonderful time to enjoy the sunshine while taking extra care of your health. Small daily habits can make a big difference in how you feel.

Stay Hydrated | Warm weather increases the risk of dehydration, especially for older adults.

- Drink water throughout the day, even if you don't feel thirsty. If you wait until you feel thirsty, it is often too late and damage is being done.
- Choose water, milk, or low-sugar beverages. Avoid sugary juices and sodas.
- Eat water-rich foods like watermelon, cucumbers, oranges, and berries.

Beat the Heat

- Stay indoors during the hottest part of the day from 10am to 5pm.
- Stay inside during high humidity or poor air quality warnings.
- Wear lightweight, light-colored clothing.
- Don't forget sunscreen, sunglasses, and a wide-brimmed hat when outdoors.
- Watch for signs of heat exhaustion: dizziness, headache, nausea, or excessive sweating.

Keep Moving | Physical activity helps improve strength, balance, and mood. Try:

- Morning or evening walks

- Easier chair exercises or stretching
- Group fitness classes
- 20–30 minutes of movement each day can benefit your health.

Keep Your Mind Active | Staying mentally engaged is just as important as staying physically active. Challenge your brain by:

- Reading a new book
- Crossword puzzles
- Card or board games
- Learning a new hobby
- Socializing with friends and neighbors

Healthy Reminder

Take a few minutes this month to:

- Review medications with primary care provider.
- Keep scheduled medical appointments.
- Check your blood pressure if recommended by your healthcare provider. Know your numbers for weight, blood pressure, cholesterol and blood sugar if you are diabetic or pre-diabetic.

MOVIE NIGHTS WITH CHRIS

Don't miss movies on Wednesday evenings in August at 6:00pm in the Movie Theatre:

Wednesday, August 5 Wednesday, August 26
"The Natural" "You've Got Mail"

Wednesday, August 12
"Driving Miss Daisy"

Wednesday, August 19
"The Bucket List"

AUGUST BIRTHDAYS

04	Jim S.	23	Nancy S.
04	Don S.		
12	Ione O.		
14	Marty H.		
16	Sharon M.		
22	Barb S.		

