

Mildred “Mickey” Van Lith is a Loretto girl through and through. She was born and raised on a farm there, attended St. Peter and Paul Elementary School, and went on to Mound High School. Her love story started at the Lake Sarah Ballroom, where Mickey and her friends reserved a booth for a dance. They headed into town, and when they came back, who do you suppose was sitting in their booth? Four fellows, and one of them was Leonard “Wimpy” Van Lith! The two were married at St. Peter and Paul and welcomed a son, Rick. In those early years, they shared a home with Mickey’s parents and grandparent - three generations under one roof, and Mickey says it was a wonderful experience. She also put in more than 40 years at the State Bank of Loretto.

If you want to get Mickey talking, just say “baseball.” She is an avid fan and loves everything about the game, a love her dad planted in her. For many years, she was the official scorekeeper for the Loretto Townball Team. Her favorite movies are *A League of Their Own* and *The Pride of the Yankees*, which she saw in the theatre with her dad. These days, you’ll find Mickey playing cribbage here at Haven Homes and visiting with the many friends she has made here!





Nov. 1	Bonus Bingo + Sarah’s Social Hour 1:00pm | Activities Room	Nov. 16	Lefse-Making Tutorial 10:30am | Activities Room
Nov. 3	Outing: Original Pancake House + Dollar Tree Shopping 10:45am | Gather in the Lobby	Nov. 18	Turkey Hunt 3:00pm | Chapel
Nov. 5	Joanne Bowles Musical Performance 2:00pm | Chapel	Nov. 23	Bobby + Christine Performance 2:00pm | Chapel
Nov. 11	Veteran’s Day Program 2:30pm | Chapel	Nov. 25	Outing: McGarry’s Lunch + Gillespie Center Shopping 10:45am | Gather in Lobby

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

NOVEMBER 2026 EDITION



Dear Residents, Families, and Friends,

November is here, bringing cooler days, earlier sunsets, and the familiar reminder that another Minnesota winter is just around the corner! As we prepare for the season ahead, November gives us an opportunity to slow down and reflect on the things for which we are thankful.

I’m grateful for the community here. Our Haven Homes community is more than a building. It’s the friendships formed over meals, hallway conversations, laughter during activities, visiting over popcorn before the movie begins and small acts of kindness residents and staff show one another. Those moments are what make a community feel like home.

As Thanksgiving approaches, I hope you can take a little time to appreciate the people around you. Whether you are celebrating with family and friends, visiting with neighbors, or simply enjoying a quiet day, there is something special about taking time to recognize the good things in our lives.

November in Minnesota also means thinking about winter safety. Snow and ice will soon become part of our daily routine, so please use extra caution when coming and going. Dress warmly, wear appropriate footwear, and never hesitate to ask for assistance when you need it. Our team will work hard throughout the winter months to help keep our community safe and comfortable.

As we head toward the busy holiday season, I encourage everyone to stay connected, participate in upcoming activities, welcome a new neighbor, and continue looking out for one another. Sometimes a friendly smile, an invitation to join you for coffee, or a simple “How are you doing?” can make someone’s entire day.

On behalf of our entire team, I want to wish all of our residents and families a very Happy Thanksgiving!

Thank you for the warmth, personality, humor, and friendship you bring to Haven Homes. It is truly a privilege to serve you, and I am so grateful to be part of this wonderful community.

Stay warm, stay safe, and enjoy this special season of gratitude.



Chaplain's Corner

Delaine Gamache, Chaplain Intern

November is upon us, where the trees finish shedding their leaves and the anticipation of the first snow is ahead. With the season's change comes the joy of the holidays. Today we turn our hearts towards Thanksgiving.

In 1863 President Abraham Lincoln declared Thanksgiving a national holiday as a way to bring together those divided by the Civil War.

But Thanksgiving doesn't have to be a once-a-year celebration. It can be a way of life. We can thank God every day for his kindness to us. Not because the authorities have declared it or merely on the last Thursday in November, but it can be the posture of our hearts.

Ephesians 5:20 says,"...giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."

Pair that with Philippians 4:8, "..whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable...think of these things," - there is so much to be thankful for. We can train our hearts and minds to think about these things.

So let's give thanks to God daily in our prayers. And express thankfulness to those around us.

In Memoriam

Remember the following residents who recently passed away

Elizabeth W.
Betty F.
Mary Ellen B.



Memory Care Moments

Eunice Oyewole, Activities Program Coordinator

The holiday season is always a special time in our Memory Care neighborhood, and we're excited about all of the opportunities for our residents to make the most of November, including:

- Seasonal Arts + Crafts | November 6
- Veteran's Day Program | November 11
- Lefse-Making Tutorial | November 16
- Thankful Hearts Party | November 24

We're also taking advantage of the mild autumn weather with outings to make gift deliveries to public servants on November 13, as well as a lunch at Culver's and thrift shopping on November 20. See Eunice for details and to reserve a spot on our bus for your loved one!

Finally, this month's PRECIOUS MOMENT was taken following an autumn craft that our residents participated in! It's always inspiring to see the creativity, care, and precision our residents put into each craft we create. Plus, it fills their homes with color and joy!



This Month's Birthday Bunch

Birthdays in Memory Care, Assisted Living, and Independent Living.

01	Mary T.	29	Barbara I.
07	James B.		
13	OrLou J.		
22	Elaine R.		
23	Janet F.		
24	Thomas M.		



Check-Up with Erin.

Erin Kramer, Director of Health Services

November is a month of gratitude. It is a month to reflect on 2026. It is a time to remember everything that brought us blessings and joy. Practicing gratitude can be challenging at this time of year as we enter the stress of holidays and think of loved ones no longer with us. Here are some simple steps to help you practice gratitude.

1. Start with small daily acts. Write down one thing every day that you are grateful for. Start a gratitude notebook. Everyday, challenge yourself to add something new that you have not written yet.
2. Send a kind note or Thank You card to someone you appreciate. If you can no longer write, then consider showing an act of kindness. Share a smile, hold the door open, ask someone how their day is going and wait to listen for their reply.
3. Have gratitude for what your brain and body can still do. It is easy to complain about our losses. Count your blessings for the abilities you still have. Can you stand without help or manage your own medications? Be grateful. Can you make phone calls to loved ones? Let's focus on what we can do and not what we cannot do.
4. Reflect on personal achievements in your life, even if you have had hard lessons or losses and failures. Be thankful for the lessons learned and growth through the challenges. Think about all your experiences with family, education, professions, jobs, friends, travel, hobbies, etc.

November Funny

It was the week of Thanksgiving. An elderly man calls his son in Phoenix and says, "Son, after over 50 years of marriage, your mother and I are getting divorced. This is very hard for me to talk about. Please call your sister in Chicago and let her know."

The son calls his sister with the news. The sister is shocked and calls her father immediately. She yells at him, saying "You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back and we will both be there tomorrow."

The older man hangs up the phone and turns to his wife. "Okay," he says. "They are both coming home for Thanksgiving and paying their own fares. Now what do we tell them for Christmas?"

MOVIE NIGHTS with Chris

Check out these movies showing on Wednesday evenings at 6:00pm in the Movie Theatre:

Wednesday, Nov. 4
"The Proposal"

Wednesday, Nov. 11
"Frozen"

TUESDAY, Nov. 17
"Father of the Bride"

Wednesday, Nov. 25
"Eat, Pray, Love"