

NEWSLETTER

January 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



THIS ISSUE

Executive Director's Desk	2
New Residents	3
Life In Our Community	4-5
Events	6
December Celebrations	7
A Poem to Share	8
Notice Board	9
Resident Transportation.....	10
Bus Fundraiser	11
Laughing Matters	12
Cross Word	13-14

Executive Director's Desk

Happy New Year! I hope everyone had a wonderful year and a joyful holiday season filled with meaningful moments, rest, and connection.

Welcome to the **first newsletter of 2026!** January often invites us to reflect on new beginnings, fresh perspectives, and the moments that have shaped our world. As we start the new year, let's do so with **positivity, grateful minds, and thankful hearts**, appreciating both where we've been and where we're going.



This season reminds us that growth, discovery, and new chapters are always possible, at any age and in any stage of life. Curiosity doesn't retire, and learning is a lifelong gift that continues to enrich our days, broaden our perspectives, and keep our minds engaged.

As we step into another year together, let's celebrate resilience, imagination, and the joy of continual learning. May this month offer a renewed sense of possibility and gentle encouragement to explore something new-something that sparks interest, wonder, or inspiration.

Here's to a meaningful, hopeful, and engaging year ahead.

Elena Heronimus, Executive Director

January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**
Birthstone: **Garnet**
Flower: **Carnations**

Quote of the Day

You are never too old to set another goal or to dream a new dream.

- C.S. Lewis

New Residents

Welcome to, Kenny & Zuby!

We're thrilled to welcome two beloved pillars of the Worthington community, Kenny and Zuby, home to Ecumen Meadows.



If the names sound familiar, it's because their story is woven into Worthington's history:

- Shorty's Texaco –
- Worthington Sports Center –
- Crafty Corner Quilt & Sewing Shoppe – In 1991, Kenny joined Zuby at Crafty Corner. Together, they became Bernina dealers, offered machine service, and hosted regular classes.

Kenny & Zuby retired last year, entrusting Crafty Corner to Jordan and Kelli Brake. Here's a fun connection: Kelli is the granddaughter of their across-the-hall neighbor, Betty Burkard!

Kenny & Zuby, we're honored to have you in our community. Welcome home. ❤️



Life in Our Community



Bob the Builder and Santa's elves have nothing on these two! Kenny and Don did an amazing job assembling our new art supply storage cabinet.

Thanks to a Minnesota State Arts Board Grant, we were able to purchase new storage units, equipment, and a wide variety of art supplies—including paints, canvases, brushes, paper, markers, and easels. This support allows us to continue offering meaningful Artmobile projects and nurturing creativity for years to come!



December was a bustling and joyful month at the Meadows. Carolers of all ages visited throughout the season, serenading us with beautiful Christmas carols and bringing smiles to residents and staff alike.



Life in Our Community ...continued

The Colors of Christmas



Each week brought a new theme with “The Colors of Christmas,” as residents and staff adorned themselves in festive attire featuring purple, pink, green, and red.

As 2025 came to a close, we wanted to take a moment to remember those we have lost this past year. It has been a great honor to serve each of these wonderful people. We love and miss them dearly.



Events

Coffee Time

Every Day in Jan., 2:45 p.m., Both Dining Rooms

Ecumenical Church Service

Every Sunday in Jan., 8:45 a.m., Large Activity Room

Golf Cards

Every Monday in Jan., 6:30 p.m., South Dining Room

Cribbage

Every other Monday is listed on the calendar

Community Coffee

Every Tuesday in Jan., 9:00 a.m., South Dining Room

Devotions

Every Thursday in Jan., 9:00 a.m.,
Large Activity Room

Rosary & Mass/Communion

Every Friday in Jan., 9:45 a.m. & 10:00 a.m.,
So. 2nd Floor Activity Room

Happy Hour

Thursday 15, Jan., 2:45 p.m., South Dining Room

January Birthday Party

Tuesday 27, Jan., 3:00 p.m., South Dining Room

***See the monthly calendar for more activities!**

Special Days

- 1st Hot Tea Day
- 3rd Tolkien's Birthday
- 6th Epiphany
- 8th Elvis Presley's Birthday
- 12th Australian Open
- 19th Intl. Flower Day
- 19th MLK Day
- 21st Intl. Hug Day
- 23rd Sundance Film Festival
- 25th Robert Burns Day
- 26th Australia Day
- 27th Mozart's Birthday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>January</div> <div> <div>Abbreviations:</div> <div>LAR = Large Activity Room</div> <div>NDR = N. Dining Dining Room</div> <div>SDR = S. Dining Dining Room</div> <div>SDAR = S. Bldg. 2nd Floor Activity Room</div> <div>CL = Club Lounge & Lobby Room Sign up for an outing is at the LAR desk or call Life Enrichment @ 343.7157</div> </div> </div>						
<div>4 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.</div>	<div>5 Wellness @ 11 a.m. LAR The Rosemary @ 2 p.m. SDR Coffee & Cake @ 5 p.m. SDR Golf Cards @ 6:30 p.m. SDR</div>	<div>6 Community Coffee @ 9:15 a.m. SDR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 11 a.m. LAR Water Aerobic @ 1 p.m. SDR Community Church @ 1:30 a.m. LAR High Peaks with Natty Mountain Dances @ 2:15 p.m. LAR Coffee @ 2:45 p.m.</div>	<div>7 Shopping Fareway @ 1:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Water Aerobic @ 1 p.m. LAR Coffee @ 2:45 p.m.</div>	<div>8 Devotions @ 9 a.m. LAR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 10:45 a.m. LAR Lunch @ Saturday @ 1:30 p.m. First Lutheran Bible Study & Communion @ 1 p.m. SDAR Member-Care @ 2 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>9 Rosary @ 9:45 a.m. SDAR Communion @ 10 a.m. SDAR Wellness @ 11 a.m. LAR Snaps @ 2 p.m. NDR Coffee @ 2:45 p.m.</div>	<div>10 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.</div>
<div>11 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.</div>	<div>12 St. Matthew's Lutheran @ 9 a.m. SDAR Wellness @ 11 a.m. LAR 86-Garden Church @ 1 p.m. LAR 800 @ 1:30 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>13 Community Coffee @ 9:15 a.m. SDR Arts Chair Exercise @ 10:30 a.m. SDAR Reader Council @ 11 a.m. LAR Kwik-Trip Shopping @ 2:15 p.m. Coffee @ 2:45 p.m.</div>	<div>14 Shopping HyVee @ 9:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Milwaukee Racine Coors Bar @ 1:45 p.m. SDR Kerry Fry's Guitar & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>15 Devotions @ 9 a.m. LAR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 11 a.m. LAR Golden Borden's Accordion @ 1 p.m. SDR Unity Pastor's BU Happy Hour SDR</div>	<div>16 Rosary @ 9:45 a.m. SDAR Communion @ 10 a.m. SDAR Wellness @ 11 a.m. LAR Snaps @ 2 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>17 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.</div>
<div>18 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.</div>	<div>19 No Mail Movie @ 1 p.m. LAR 800 @ 1:30 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>20 Community Coffee @ 9:15 a.m. SDR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 11 a.m. Pastor Chair Christmas Reflected Church @ 1:30 a.m. LAR Coffee @ 2:45 p.m.</div>	<div>21 Shopping Walmart @ 2:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Review Volunteer Class @ 1:30 p.m. LAR Coffee @ 2:45 p.m.</div>	<div>22 Devotions @ 9 a.m. LAR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 11 a.m. LAR First Lutheran Bible Study & Communion @ 1 p.m. SDAR Randy Wierman's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>23 Rosary @ 9:45 a.m. SDAR Communion @ 10 a.m. SDAR Wellness @ 11 a.m. LAR Snaps @ 2 p.m. NDR Coffee @ 2:45 p.m.</div>	<div>24 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.</div>
<div>25 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.</div>	<div>26 Wellness @ 11 a.m. LAR 86-Garden Lutheran @ 1 p.m. LAR 800 @ 1:30 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>27 Community Coffee @ 9:15 a.m. SDR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 11 a.m. LAR Golden Borden's Accordion @ 2 p.m. SDR Monthly Birthday Party @ 3 p.m.</div>	<div>28 Shopping HyVee @ 2:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Review Volunteer Class @ 1:30 p.m. LAR Coffee @ 2:45 p.m.</div>	<div>29 Devotions @ 9 a.m. LAR Trips Tuesday @ 10:30 a.m. SDAR Arts Chair Exercise @ 10:45 a.m. LAR Lunch @ Sunday @ 1:30 p.m. NDR Coffee @ 2:45 p.m.</div>	<div>30 Rosary @ 9:45 a.m. SDAR Communion @ 10 a.m. SDAR Wellness @ 11 a.m. LAR Snaps @ 2 p.m. SDR Coffee @ 2:45 p.m.</div>	<div>31 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.</div>

January Celebrations

Resident Birthdays:

Tom Murphy ~ 3rd
Rosemary King ~ 6th
Ken Dolliver ~ 7th
Karen Temple ~ 8th
Vonda Lee Meier ~ 13th
Angie Mixner ~ 17th
Johnny Granstra ~ 18th
Betty Burkard ~ 24th



Please join us in the South Dining Room on Wed., Jan. 10th, at 3 p.m.

Employee Birthdays:

- Tina W ~ 1st
- Angela B ~ 5th
- Linda T ~ 6th
- Joyce B ~ 16th
- Vanessa B ~ 21st
- Sinit W ~ 29th

Employee Anniversary:

- Jessica N ~ 2nd ~ 7 yrs.
- Hser W ~ 8th ~ 2yrs.
- Leslie M ~ 14th ~ 1 yr.
- Elise G ~ 16th ~ 2 yrs.
- Delma G ~ 30th ~ 3 yrs.



Poem to Share

Live . . . Laugh . . . And Love

by John McLeod

Live well dear friends
In all you do,
Tho' paths be old
Or paths be new,
But to yourself
Be ever true,
Live well!

Laugh often friends
Tho' passing years
Bring, sometimes, smiles
And, sometimes, tears,
For mirth forever
Warms and cheers
Laugh often!

Love much dear friends
For love will bring
The healing joy
And hope of Spring,
Where pain and fear may never dwell
Nor anguish touch . . .

And so Live well,
Laugh often too,
And more, dear friends,
Love much!

Live well & Laugh often & Love much

Noticeboard

VAN SCHEDULE

Our Van is available

Monday- Friday 8 a.m.- 4:30 p.m.

Please call the front desk at

507-343-7147 to schedule a ride to your appointment. **Please call 24 hours** in advance of your scheduled appointment.

Just a reminder that on Wednesday from 9 a.m. to 10 a.m. is our shopping day.

Please try not to schedule appointments during this time.

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months! We hope that you enjoy your time here!

BEAUTY SALON

**Monday & Tuesday
from 8 a.m. – 3 p.m.**

The beauty shop phone number is.

507-343-7148 all appointments are made with Joyce.

IN MEMORIAM

To the families and friends of our late residents – may you be comforted by the knowledge that your loved ones are at peace.

- Stan Elsing
- Rosie Gronewold
- Doug Schipper
- Donna Menke

DirecTV, Internet, and Devices

If you are experiencing difficulty with your TV, cable, or internet, please call or stop by the front desk, and Caryn will set up a time to check the problem and try to fix it.

Please be aware that there will be a service charge when Caryn or a Maintenance staff member comes to your apartment to do the following:

- Check or fix TV or cable problems
- Fix remote controls
- Check internet service

There will be a charge of \$30 or more (15-minute increments). If you have any questions, please talk with Caryn or Elena.

Thank you for your understanding.



If you have your wedding photos, Denise would love to make copies and display them in the South Dining Room for the month of February. Please let Denise know, and she'll be happy to handle the copying for you.

Resident Handbook

IF YOU HEAR THE BUILDING FIRE ALARM SYSTEM WHILE IN YOUR APARTMENT:

1. Remain in your apartment. Tightly close your apartment door; do not lock it. Place a towel by the base of the door to block the smoke. If a building evacuation is necessary, a rescue worker will come for you.
2. Wait for further instructions.
3. If you see fire or smell smoke, call 911.

NORTH BUILDING – PRIMARY EXITS

- Memory Care Suite Residents: Assisted by staff, use the East Memory Care Hallway Door
- Memory Care Activity Room: Use the East Memory Care Hallway Door
- Dining Rooms: Use the South doors to the South Lawn.
- Kitchen: Use the South door to the South Lawn.
- Office, Lobby: Use the front entrance to the North parking lot.
- Beauty Salon: Use the front entrance to the North parking lot.
- Loft TV Room: Use the stairs leading down to North parking lot.
- Large Activity Room/TV Room: Use West door and meet in the South parking lot.

First Floor Apartments: Exit out patio doors.

- West wing residents (even numbered apartments) meet in the North parking lot
- West wing residents (odd numbered apartments) meet in the South parking lot
- South wing residents (odd numbered apartments) meet in the South parking lot
- South wing residents (even numbered apartments) meet on the East lawn
- Studio apartments (Units 123 & 125) Use the Southwest door to the South parking lot

Second Floor Apartments:

If you have a walker – Exit out onto your patio – help will come!

- Rooms 200 – 206 – Use East stairs to the North parking lot
- Rooms 207 – 212 – Use West stairs to West exit door & North parking lot
- Second floor Game Room, Family Room, Library, and apartments 213 – 218 – Use the stairwell north of the library – meet in the South parking lot
- Second floor apartments 217 – 225 – use the South stairwell and meet in the South parking lot

****Central Meeting Location:** The main parking lot on the North Side of Building

SOUTH BUILDING – PRIMARY EXITS

Exit out main entrance or exits by steps. Meet in the parking lot.

- First Floor apartments – Exit out patio doors, main entrance, or fire exits. Meet in the South parking lot.
- Second and Third Floor apartments – Use the stairwells located to the main floor, then exit to the South parking lot.

Bus Fundraising News



We have some exciting fundraising news...Mike Woll of Mike Woll Investments has given us a challenge to raise an additional \$10,000, which he will match. He announced his sponsorship at our recent Resident Council meeting. If we are able to raise \$10,000 by the end of January, we are hopeful that a local grant we are currently applying for will be viewed more favorably and deemed more viable if we are two-thirds toward our goal.

Thanks to residents Myron and Lois Martin, Ecumen Meadows was awarded \$1000 last month from a grant they applied for from Thrivent. Please keep your eyes and ears open for opportunities like this. We will happily assist you through the application process in any way that we can.

Relying solely on our Dodge minivan these past seven weeks has been a scheduling nightmare and inconvenient, as there is only room for three passengers at a time, not to mention we are unable to transport residents who are confined to a wheelchair. We will continue to work hard on fundraising until we reach our goal.

Thank you all so much for your continued support!

Our Quilt Raffle is coming to an end soon, but there's still time to purchase tickets!

Raffle Details

- Tickets: \$10 each (two chances to win per ticket)
- Prizes: One King-size quilt and one Queen-size quilt with a matching lap quilt
- Drawing Date: February 13th

How to Purchase Tickets:

Tickets may be purchased in person at Ecumen Meadows or by mailing a check. Please include your name, address, and phone number, and we will mail your numbered ticket stubs back to you.

Mail To:

Ecumen Meadows
1801 Collegeway
Worthington, MN 56187
Attn: Denise Erwin

Laughing Matters

Violin

Ole was going on a trip to Finland and after boarding the plane he sat down in seat 16A. After a few minutes the passenger assigned to seat 16A came along and pointed out to Ole that he was in the wrong seat. Ole told the other passenger that he was comfortable where he was and the other passenger could find another seat.

The passenger tried to convince Ole to move by showing him his ticket and seat assignment. Ole refused to move. In frustration, the passenger went to see the stewardess and told her what had happened. The stewardess spoke to Ole at length but was unable to convince him to move. The stewardess got very vocal with Ole and after coming to the verge of losing her temper she gave up and went to see if the captain could help.

The captain came back to Ole, bent down toward Ole's ear and whispered something. Ole jumped to his feet and ran back to his proper seat. The other passenger and the stewardess were astonished that the captain could get Ole to move so easily. They asked him what he whispered to Ole. The captain said, "I just told him that 16A wasn't going to Finland."



Always find a reason to laugh –
it may not add years to your life but will surely add life to your years.

Word Search

ELVIS PRESLEY



R S P E E D W A Y M G T A O
Z O R O C K N R O L L S N N
D M C B G G R A C E L A N D
S O G K M H D T I K I N G L
P G U M A I G G U C B J Y I
I C Y G H B L U R P O R J S
N O E R H C I I I A E N F A
O N L W A N H L T T M L Q M
U C V I B T U U L A A M O A
T E I J T T I T R Y R R Y R
I R S B H J Y O S C W Y T I
X T C H A R R O N M H J W E
G S D I V O R C E S U N P O
N I X O N P R I S C I L L A

Tupelo
Military
Lisa Marie
Graceland
Spinout

Church
Priscilla
Icon
Concerts
Charro

Guitar
King
Speedway
Nixon
Rockabilly

Gyrations
Elvis
MGM
Rocknroll
Grammy