

NEWSLETTER

February 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

February arrives as a gentle invitation to reflect on love-its quiet presence in our lives and the many ways it is shared. In the soft colors of the season, in fond traditions, and in the simple act of sharing a sweet treat, we are reminded that love is a gift.



Within our community, love is revealed through meaningful friendships, kind words, willing hands, and moments of shared joy. This month offers time to gather, to enjoy meals together, and to reflect with gratitude on the stories and memories God has woven into our lives.

As we journey through February, may we pause to connect, to appreciate one another, and to recognize the grace found in small, meaningful moments. May you be surrounded by comfort, companionship, and abiding love this month and always. ❤️

Elena Heronimus, Executive Director

February Trivia

The oldest known Valentine's Day message dates back to 1415, written by Charles, Duke of Orléans, to his wife while he was imprisoned in the Tower of London.

Zodiac signs: **Aquarius & Pisces**
Birthstone: **Amethyst**
Flower: **Primrose**

Wherever
life plants
you, bloom
with grace.

New Residents

We're so happy to welcome Myron and Lois to our Ecumen Meadows family!

Lois is a teacher by trade. Over the years, she has taught a wide variety of subjects to students of all ages. She was an elementary school teacher for students in Pre-K–3rd grade. Lois led Bible classes and also taught AARP classes to students ages 50 and up.

Myron earned a bachelor's degree in accounting from the University of Minnesota. He held an impressive 30-year career at Minnegasco. After retirement, Myron did a lot of volunteer work and served on various boards. He currently serves on the Alpha Kappa Psi Scholarship Fund board of directors.

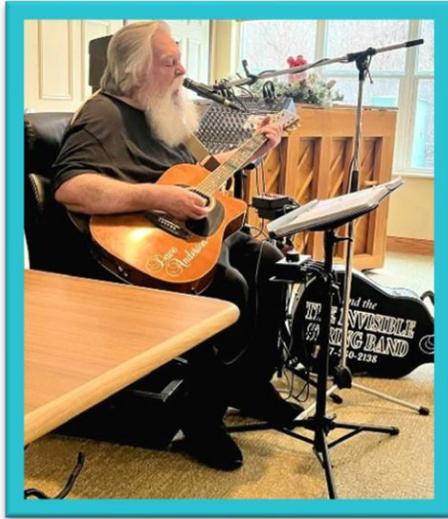
The couple relocated from Bloomington to be closer to their daughter and family in Adrian.

We are thrilled that they chose Ecumen Meadows as their new home!

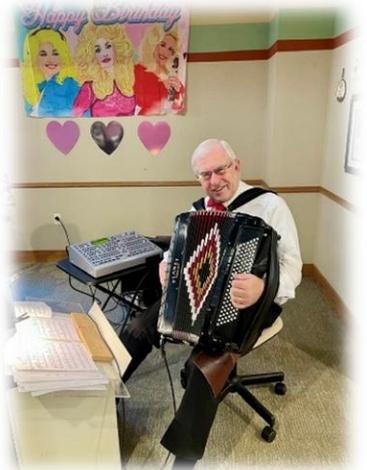
Welcome, Myron & Lois!



Life in Our Community



We rang in the new year with an early NYE party featuring one of our favorite entertainers, Dave Anderson. Something special happened. As Dave played his last song, Auld Lang Syne, a red cardinal appeared right outside the window! Such a beautiful thing to happen just as we were reflecting on the loved ones we lost in 2025.



We LOVE Dolly Parton, so we threw a party to celebrate her 80th birthday! Our dining team made Dolly Parton's 5-ingredient casserole and Dolly's favorite dessert bars. Galen Benton learned four Dolly Parton songs just for the occasion. The party was filled with fun, laughter, and sparkle, just like Dolly!

Life in Our Community ...continued



We gathered up our Christmas trees for one last seasonal hurrah during our annual Reindeer Games event! Our wonderful team members played reindeer, weaving in and out of the trees, while residents joined in the fun, using Nerf blasters to tag them. Laughter and excitement filled the space, and all had a great time!



Late last year, the family of Bernard and Diane Thier made a generous donation to Ecumen Meadows in memory of their parents. They specified that the money was to be used to thank our team members for the care their parents received during their years at the Meadows. With their donation, we had a holiday celebration in December, and last week, we rang in the new year with a taco bar fiesta! Thank you, Thier family! It feels so good to be appreciated!



Events

Coffee Time

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

Ecumenical Church Service

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

Golf Cards

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

Cribbage

Every other Monday is listed on the calendar

Community Coffee

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

Devotions

Every Thursday in Feb., 9:00 a.m.

Large Activity Room

Rosary & Mass/Communion

Every Friday in Feb., 9:45 a.m. & 10:00 a.m.,

So. 2nd Floor Activity Room

Happy Hour

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

January Birthday Party

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

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

Special Days

- 1st Black History Month
- 2nd Groundhog Day
- 5th Read Aloud Day
- 6th Waitangi Day (NZ)
- 9th Super Bowl Sunday
- 12th Abe Lincoln's Bday
- 13th Brazilian Carnival
- 13th World Radio Day
- 14th Valentine's Day
- 16th President's Day
- 17th Lunar New Year
- 17th Pancake Day
- 18th Drink Wine Day
- 21st Language Day
- 22nd Scout Founder's Day

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| 1 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. | 2 Wellness @ 11 a.m. LAR Shoe Shine Time @ 1-3 p.m. LAR. Donate to the transportation fund Prayers @ 1:30 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 3 Community Coffee @ 9:15 a.m. SDR Trotter Exercise @ 10:30 a.m. SZAR Amichar Exercise @ 11 a.m. LAR Waltgreens @ 1 p.m. Sole Room Assembly of God @ 1:30 p.m. LAR Coffee @ 2:45 p.m. | 4 Shopping Fairway @ 8:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Randy Wierstema's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. | 5 Devotions @ 9 a.m. LAR Design Center @ 9:30 a.m. NDR Sharon Butler's Dance Group @ 10:30 a.m. LAR Patsie Lewis @ 11:40 a.m. Jewelry Making with Stefanie @ 2 p.m. LAR Valentine Card Making Time @ 2 p.m. LAR Coffee @ 2:45 p.m. | 6 Rosary @ 9:45 a.m. SZAR Mass @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. | 7 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. |
| 8 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. | 9 St. Matthew's Lutheran @ 9 a.m. SZAR Wellness @ 11 a.m. LAR 70 Candles @ 1 p.m. LAR 500 Cards @ 1:30 p.m. SDR Collabor @ 2 p.m. NDR Olympic Relay Races @ 2 p.m. LAR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 10 Community Coffee @ 9:15 a.m. SDR Trotter Exercise @ 10:30 a.m. SZAR Amichar Exercise @ 11 a.m. LAR Lethbridge Vocal Duo @ 11 a.m. SZAR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR | 11 Shopping Hi/View @ 8:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Cindy Anderson's Love Song Happy Hour @ 2 p.m. SDR Coffee @ 2:45 p.m. | 12 Devotions @ 9 a.m. LAR Trotter Exercise @ 10:30 a.m. SZAR Amichar Exercise @ 11 a.m. LAR First Lutheran Bible Study @ 1 p.m. SZAR Collabor @ 2 p.m. SDR Coffee @ 2:45 p.m. | 13 Rosary @ 9:45 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Kerry Fine's Guitar & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m. Quilt Raffle Drawing @ 3 p.m. | 14 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. |
| 15 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. | 16 NO MAIL Wellness @ 11 a.m. LAR Zuly Jensen's Quilt Which Have a Story Bring one and share yours @ 2 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 17 Community Coffee @ 9:15 a.m. SDR Trotter Exercise @ 10:30 a.m. SZAR Abundant Life Church 1:30 p.m. LAR Shopping Walmart @ 1 p.m. & Beyond Coffee @ 2:45 p.m. | 18 Rosary @ 9:45 a.m. SZAR Catholic Am. Service @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Ecumenical Ash Service @ 1:30 p.m. LAR Coffee @ 2:45 p.m. | 19 Devotions @ 9 a.m. LAR Trotter Exercise @ 10:30 a.m. SZAR Amichar Exercise @ 11 a.m. LAR Galen Berntsen's Accordion @ 12 p.m. SDR Monthly Birthday Party 3 p.m. SDR | 20 Rosary @ 9:45 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. | 21 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. |
| 22 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. | 23 Wellness @ 11 a.m. LAR 70 Candles @ 1 p.m. LAR 500 Cards @ 1:30 p.m. SDR Collabor @ 2 p.m. NDR Mexican Trian Donnoes @ 2:30 p.m. Popcorn @ 2:45 p.m. CL Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 24 Community Coffee @ 9 a.m. SDR Memento's Hoopce 10:11 @ 9:30 a.m. Trotter Exercise @ 10:30 a.m. SZAR Amichar Exercise @ 11 a.m. LAR Aunty's Italian Accordion @ 2 p.m. Coffee @ 2:45 p.m. | 25 Shopping Hi/View @ 8:45 a.m. 9 a.m. Wellness @ 11 a.m. LAR Waltgreens with Denise @ 2 p.m. LAR Coffee @ 2:45 p.m. | 26 Devotions @ 9 a.m. LAR Trotter Exercise @ 10:30 a.m. SZAR Amichar Exercise @ 11 a.m. LAR Loading for Pizzo Ranch @ 1:30 a.m. LAR Diane Mick's Piano Music @ 2 p.m. LAR Coffee @ 2:45 p.m. | 27 Rosary @ 9:45 a.m. SZAR Mass @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m. | 28 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. |



Abbreviations:
 LAR = Large Activity Room
 SDR = Building Dining Room
 NDR = N. Building Dining Room
 SZAR = S. Bldg. 2nd Floor Activity Room
 CL = Club Lounge S. Lobby Room
 Sign Up for an outing is at the LAR desk or call Life Enrichment @ 943-7157

February Celebrations

Resident Birthdays:

Maureen Hellinga ~ 6th
Audrey Westendorf ~ 12th
Leona Lewis ~ 12th
Chris Schimbeno ~ 13th
Sharlene Hohensee ~ 15th
Edwin Johanning ~ 15th
Phyllis Schettler ~ 28th



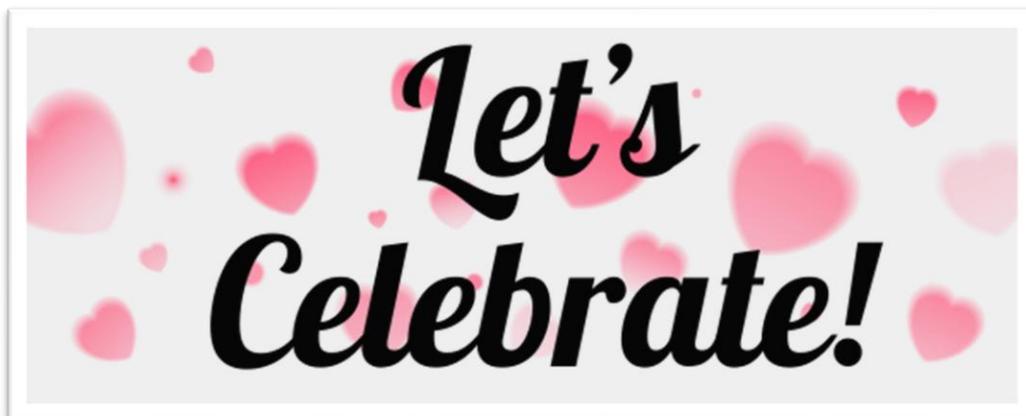
Please join us in the South Dining Room on Wed., Feb. 10th, at 3 p.m.

Employee Birthdays:

- Claudia W ~ 8th
- Geo S ~ 15th
- Claire S ~ 19th
- Esmeralda L ~ 21st
- Nerah L ~ 24th

Employee Anniversary:

- Esmeralda L ~ 3rd ~ 1 yr.
- Estrella B ~ 11th ~ 1 yr.
- Terry W ~ 12th ~ 2 yrs.
- Cheryl D ~ 15th ~ 16 yrs.



Poem to Share

Friends

by Ella Wheeler Wilcox

Friends are like melons; shall I tell you why?
To find one good, you must a hundred try.
And when you find one good one of the lot,
You find it pays you well for all you've got.

Friends are like books; should you but own a few,
You'll find them far more useful than the true.
Choose carefully, for life is short indeed,
And time demands the very best we need.

A faithful friend is comfort in the day,
A guiding light when skies are dull and gray.
Through years that pass and changes yet unknown,
True friends remind us we're not alone.



Noticeboard

VAN SCHEDULE

Our Van is available

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

Please call the front desk at

Call 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 8:45 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.

- **Ray Hinz**

Please Bag Your Garbage

Between your housekeeping appointments, residents are asked to bring their garbage to the trash/recycling rooms located on each floor in the North building. For South building residents, the disposal areas are located at each end of the first-floor hallway. 2nd-floor and 3rd-floor residents in the south building may place their fully contained, non-odorous garbage outside their doors in the evening, and team members will collect it from the first floor for disposal. Garbage should be placed in a plastic bag and tied shut. Use the recycling container provided for recyclable glass and plastic containers, newspapers, cardboard, and other materials. If you need assistance with additional trash removal, please contact the Environmental Services Director or the Executive Director.



Resident Handbook

Pets / Pet Visitors

If you wish to have a pet live with you, please contact the Executive Director in advance. A Pet Policy and Addendum is required, along with a non-refundable Pet Fee as well as a signed Pet Guidelines form. Residents are solely responsible for the care and behavior of their pet, and are responsible for all rules and charges applicable for adding a pet to the contract. Permissible pet sizes and permissible pet behaviors are at the sole discretion of the Executive Director. Proof of current vaccinations from a veterinarian is required at the time of admission, and re-certification of updated yearly vaccinations will be required annually if the pet is to remain. All pets, including all visiting pets, must be on a leash at all times when in public areas and on the grounds of the community. If your pet or visiting pet makes a mess, the owner is required to clean it up. It is the responsibility of the resident/visitor to clean up after their pets' elimination to keep the grounds clean and odor free.

a *pet friendly*
community



Friendly Reminder

If you leave the building, please remember to sign out in one of the sign-in/sign-out books located in either lobby. You do not need to sign out if you are leaving in our van.

If you will be away overnight or staying at the hospital, please contact us to let us know.



Bus Fundraising News



The last few weeks have been really exciting, and as you can see from the graphic, our donations are growing!

The quilt raffle is going well, with several hundred tickets sold. (Thank you to Linda Moore, Kenny Hamman, Mary Anne Sieve, and Leo Bofenkamp for selling tickets at our stand in Hy-Vee last month!) Tickets will be available to purchase for \$10 each right up until we draw two lucky winners on Friday, February 13th, right after Kenny Fry's performance in the SDR. Thank you to everyone who has purchased, sold, and helped promote our quilt fundraiser. We appreciate your support!

Mike Woll of Mike Woll Investments offered to match up to \$10,000 of the money we raise after January 13th! Thanks to a couple of large donations we received on January 29th, we feel confident that we will meet Mike's challenge soon!

A few days ago, a resident who wishes to remain anonymous composed a letter that they delivered door to door, suggesting that each resident make a donation. We have already received some donations as a direct result of their letter!

Cheryl applied for a \$21,000 grant (the amount that we had raised at the time of applying) from the Worthington Regional Health Foundation. Later this month, Cheryl and Mike Woll will meet with the board to explain our need and answer any questions they may have. The following month, the WRHF will meet and vote to decide if they are going to approve our submission.

Thank you, everyone, for your support!

Ecumen Meadows Fundraising Committee
Elena Heronimus
Marissa Marten
Cheryl Dinsmore
Denise Erwin

Laughing Matters



Making Breakfast

A wife was making her husband fried eggs for breakfast. Suddenly, her husband burst into the kitchen. “Careful,” he said, “CAREFUL! Put in some more butter! Oh my gosh! You’re cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They’re going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you’re cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don’t forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!”

The wife stared at him. “What in the world is wrong with you? You think I don’t know how to fry a couple of eggs?”

The husband calmly replied, “I just wanted to show you what it feels like when I’m driving.”



Word Search

VALENTINE'S DAY



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

Lovers

Heart

Sweetheart

Valentine

Red

Hugs

Pink

Chocolate

Lace

Romance

Love

Friends

Kindness

February

Flowers

Forget-me-not

Happy

Cupid

Cards

Candy