

NEWSLETTER

March 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838

HAPPY
St. Patrick's day



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See Elena for answers

Executive Director's Desk

Hello Residents, Families, and Friends,

March has arrived, bringing with it the promise of brighter days and new beginnings. As we transition toward spring, this month offers a gentle reminder of renewal, growth, and the joy that comes from staying connected to one another.

Many also look forward to the traditions of Saint Patrick's Day—a time filled with meaningful stories, rich heritage, music, and a spirit of celebration that has been shared across generations. It's a wonderful opportunity to reflect on the traditions that shape us and the memories we continue to create together.

May this month bring fresh energy, meaningful moments, and plenty of reasons to smile. Wishing you a month filled with warmth, joyful moments, and perhaps even a little extra luck along the way!



Elena Heronimus, Executive Director

March Trivia

March was named after Aka, the Roman God of War, a mythical ancestor of the Romans and father of Romulus and Remus.

Zodiac signs: **Pisces & Aries**
Birthstone: **Aquamarine**
Flower: **Daffodil**

Quote of the Day

May your blessings
outnumber the shamrocks
that grow,
and may trouble avoid
you wherever you go.

– **Traditional Irish Blessing**

New Residents



Welcome to Ecumen Meadows, Carole Hoefker!

Carole was born and raised in Worthington. She graduated from Worthington High School, and except for a short stint in California when she was first married, she has always lived in Worthington. She worked at Fleet and raised her four children here.

Carole is a Worthington girl through and through. As a matter of fact, when sharing her history with us, Carole happily exclaimed, "I love Worthington!" So do we, Carole, and we are honored that we now get to be part of your life story here in Worthington. Thank you for choosing Ecumen Meadows!



Welcome to Ecumen Meadows, Melvin & Joan Johnson!

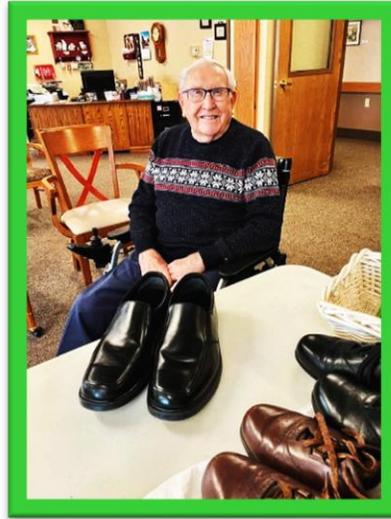
The Meadows wasn't even on Melvin and Joan's radar at first — until a simple stop at United Prairie Bank changed everything. Joan, who worked as an Insurance Agent at United Prairie until her retirement, and Melvin were visiting with her former coworker, Kelly Meyer, now a Financial Advisor. Kelly encouraged them to check out Ecumen Meadows, sharing how much his mother, Marilyn, loved living here and how grateful his family was for the care she received. That recommendation made all the difference Melvin has spent most of his career on the road. He drove truck for Sathers Candy Company before he and Joan were married, then enjoyed a 21-year career with Hagen Distributing. He later drove semi for Smith Trucking, where he eventually retired.

Melvin and Joan are a truly sweet couple, and we're so happy to have them as part of our community. And fun fact — they have twin grandsons!

Please join us in giving them a big Ecumen Meadows welcome!



Life in Our Community



Life is too short for dull shoes, so we held a community shoeshine clinic for anyone in need of a polish and now Leo is ready to put his best foot forward! We're grateful to Greg for giving us a hand with buffing and bringing new life back to many pairs of shoes. We even got \$35 in tips to go to our transportation fund. Talk about a win-win!



The Okabena Bees 4-H group stopped by for a visit and to hand deliver the cutest Valentines. What a day brightener!

Life in Our Community ...continued



It only makes sense that some of the most lovable people were born during the month of love! We celebrated our February birthdays over cherry Bundt cakes with cherry nut ice cream! Birthday girls Phyllis, Sharlene, Maureen, and Chris gathered together for a picture. Also celebrating birthdays at the Meadows this month are Claudia, Audrey, Leona, Edwin, Geo, Claire, Esmerelda, and Nerah. Happy birthday to all!



Zuby Jansen gave a wonderful presentation called "Quilts that tell a story." She and her husband Kenny shared stories relating to their quilt shop and Amelia Earhart. Zuby brought several of her quilts and invited other residents to do the same. Carol Balster, Ruth Heidebrink, Carol Jeffers, Marlis Ling, and Lois Martin all brought quilts to show. We are grateful to those who shared their incredible artistry and the stories behind these quilts that are sure to become family heirlooms that will be cherished for generations to come! And a special thank you to Zuby for organizing and leading this special afternoon activity!

Events

Coffee Time

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

Ecumenical Church Service

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

Golf Cards

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

Community Coffee

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

Devotions

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

Rosary & Mass/Communion

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

March Birthday Party

Tuesday 19, Mar., 3:00 p.m., South Dining Room

Happy Hour

Thursday 26, Mar., 2:45 p.m., South Dining Room

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

Special Days

- 1st St. David's Day
- 3rd World Wildlife Day
- 6th World Day of Prayer
- 8th Intl. Women's Day
- 15th The Ides of March
- 15th Mothering Sunday (UK)
- 16th The Oscars
- 17th St. Patrick's Day
- 20th First Day of Spring
- 21st World Poetry Day
- 21st Day of Forests
- 23rd Meteorological Day
- 25th Greek Independence
- 29th Palm Sunday

| 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 Coffee @ 2:45 p.m. Kwik Trip @ 1 p.m. Sign Up Around The Cook @ 2 p.m. NDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 3 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 11 a.m. LAR First United Methodist Church @ 1:30 p.m. LAR Walgreens Shopping @ 2:30 p.m. Coffee @ 2:45 p.m. Darryl Jensen's - BD | 4 Shopping Fareway @ 8:15 a.m.- 9 a.m. Wellness @ 11 a.m. LAR Cindy Andersons Sing A Long @ 2 p.m. LAR Coffee @ 2:45 p.m. Joannet Ventur's - BD | 5 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 11 a.m. LAR Michelle Wianke's Piano @ 2 p.m. SDR 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 5 th Graders @ 1 p.m. LAR 500 cards @ 1:30 p.m. SDR Karaoke @ 2:15 p.m. LAR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 10 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 10:45 a.m. LAR Arby's Lunch @ 11:20 a.m. Sign Up Barb Fisher's All Occasion Card Making @ 2 p.m. LAR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR | 11 Shopping HyVee @ 8:15 a.m.- 9 a.m. Wellness @ 11 a.m. LAR Joleen Kull's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. Wendy Flynn's - BD | 12 Devotions @ 9:45 a.m. LAR Jay Grammon's Waterfalls & Landscapes @ 9:45 a.m. by Nobles Country Library LAR @ 1 p.m. SZAR Coffee @ 2:45 p.m. | 13 Rosary @ 9:45 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 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 Wellness @ 11 a.m. LAR Springtime Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR Leroy Merker's - BD | 17 St. Patrick's Day Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 11 a.m. LAR American Reformed Church @ 1:30 p.m. LAR Cribbage @ 2 p.m. NDR Green Snack @ 2:45 p.m. Both Dining Rooms | 18 Shopping Walmart @ 8:15 a.m.- 9 a.m. Wellness @ 11 a.m. LAR Airmobile @ 1:30 p.m. LAR Coffee @ 2:45 p.m. | 19 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 11 a.m. LAR Resident Council @ 1 p.m. LAR Galen Benkers Accordion @ 2 p.m. SDR Monthly Birthday Party @ 3 p.m. | 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 Card Sign @ 2 p.m. NDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR | 24 Community Coffee @ 9 a.m. SDR PMA & Alaska of Benson Funeral Home Preparing @ 9:30 a.m. Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 10:45 a.m. LAR KFC Lunch @ 11:20 a.m. Sign Up Audrey Blake's Accordion @ 2 p.m. SDR Coffee @ 2:45 p.m. | 25 Shopping HyVee @ 8:15 a.m.- 9 a.m. Wellness @ 11 a.m. LAR Watercolors with Denise @ 2 p.m. LAR Sign Up @ 2:45 p.m. Coffee @ 2:45 p.m. Don Prober's - BD | 26 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 11 a.m. LAR David Andersons Guitar & Vocals @ 2 p.m. SDR Flamigo Happy Hour @ 3 p.m. SDR | 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. | |
| 29 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. | 30 Exercise Class @ 11 a.m. LAR 5 th Graders @ 1 p.m. LAR 500 cards @ 1:30 p.m. SDR Coffee @ 2:15 p.m. Filling Eggs @ 2:30 p.m. LAR Golf Cards @ 6:30 p.m. SDR | 31 Community Coffee @ 9 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armschar Exercise @ 11 a.m. LAR Tour of Tables Month LAR Holy Week in an Hour @ 1:30 p.m. SZAR Binocular @ 1:30 p.m. SDR Coffee @ 2:45 p.m. | March | | | 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 at the LAR desk or call Life Enrichment @ 340-7157 | |

March Celebrations

Resident Birthdays:

Darryl Jensen ~ 3rd
Jeannette VanHal ~ 4th
Vivian Flynn ~ 11th
Leroy Merkel ~15th
Don Probst ~ 25th
Sandy Carlson ~ 28th



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

Employee Birthdays:

- Ingrid G ~ 1st
- Ashley P ~ 3rd
- Caryn H ~ 4th
- Connie R-T ~ 10th
- Ricardo P ~ 11th
- Bea C ~ 12th
- Austin A ~ 14th
- Narone P ~ 16th
- Cindy A ~ 22nd

Employee Anniversary:

- Geo S ~ 7th ~ 4 yrs.
- Alesha H ~ 11th ~ 1 yr.
- Sofia A ~ 18th ~ 1 yr.



Poem to Share

Blessings of the Day

May peace be gently spoken
In every word you say,
May kindness find you early
And stay with you all day.

May laughter light your footsteps,
May love be close at hand,
May comfort warm your evenings
Like footprints in the sand.

And when the day is ending
And stars begin to start,
May gratitude be resting
Softly in your heart.



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!

- Cynthia E – RA
- Austin A – EVS Supervisor

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.

- **Norma Johanning**

Mail Delivery

The U.S. Postal Service delivers mail to your personal mail box. Each resident is given a key to access this mailbox upon move in. A charge is assessed to a resident if keys are lost. Please report the loss of your keys immediately for security reasons. Outgoing mail can be placed in the slot provided in the mailbox area.

If you are away from your apartment for an extended period of time, please remember to cancel or put a hold on your mail and newspaper delivery if applicable. This can be done directly with the Post Office.

Change of Address or Apartment Transfer: Be sure to change your mailing address with the Post Office, even if moving from one apartment to another within the building. You should also notify friends and companies who need to know your new address and your phone number.

You will need to go to the Post Office to verify your identity once the change is in place.



Welcoming Ecumen's New President & CEO, Dr. Cyrus Batheja

We are pleased to share an exciting leadership update with our Ecumen Meadows of Worthington community. The Ecumen Board of Trustees has selected **Dr. Cyrus Batheja, EdD, MBA, RN, FAAN, as Ecumen's next President & Chief Executive Officer.**



Dr. Batheja is a nationally recognized health care leader with more than 20 years of experience supporting older adults and vulnerable populations. He began his career as a caregiver in senior living, and he remains deeply committed to creating environments where people can live with dignity, connection, and the support they need to thrive.

We are grateful for the dedicated leadership of outgoing President & CEO, Shelley Kendrick, who has been a tremendous steward of Ecumen's mission.

Dr. Batheja will officially begin his role on March 23. In the weeks ahead, he looks forward to visiting here and meeting residents, families, and team members.

Please join us warmly welcoming Dr. Batheja to Ecumen!

Resident Handbook

Balconies, Patios and Resident Apartments

Use of heating/flammable appliances such as electric stoves, heaters or grills on the resident outdoor balconies are prohibited. Electric heaters or grills indoors are also prohibited.

Housing Guidelines

If you need extra electrical outlets the use of a power strip is allowed so long as the power strip is UL rated, the cord does not present a tripping hazard, power strips are not “daisy chained” together, power strips are not overloaded or used with high load devices such as appliance or devices with heating elements.

The burning of candles and electric portable heaters are not permitted on the property.

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



February was a huge month of advances in our transportation drive. Ecumen Meadows submitted an application for a grant from the Worthington Regional Health Care Foundation requesting \$21,000. With their full agenda, no action has been taken. We are optimistic having addressed all of their previous concerns and their next meeting will be in mid-March.

On Friday, February 13th, we drew for the quilt raffle winners. Incredibly thankful for the purchasers of those 400 tickets, we appreciate Gloria Carlberg's amazing donation. She and Mike Woll were recognized for their gifts that day. Through a grassroots campaign of residents, staff and friends of the Meadows; we indeed met the challenge for the \$10,000 match made by Mike Woll. You may have noticed that our thermometer now reads \$70,000 as a goal. As with everything, vehicle costs have risen since we began fund-raising in late 2024. Your continued support is appreciated!

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

Laughing Matters

The Camping Trip

Sherlock Holmes and Dr. John Watson went on a camping trip. After sharing a good meal and a bottle of Petrie wine, they retire to their tent for the night.



At about 3 AM, Holmes nudges Watson and asks, "Watson, look up into the sky and tell me what you see?"

Watson said, "I see millions of stars."

Holmes asks, "And, what does that tell you?"

Watson replies, "Astronomically, it tells me there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Theologically, it tells me that God is great and we are small and insignificant. Horologically, it tells me that it's about 3 AM. Meteorologically, it tells me that we will have a beautiful day tomorrow. What does it tell you, Holmes?"

Holmes retorts, "Someone stole our tent."





St. Patrick's Day Anagram

Rearrange the letters of each word reveal the answers!

| Word | Clue | Answer |
|------------|------------------------------------|--------|
| KARCHSOM | Clover-like plant | _____ |
| ODLG | What Leprechauns keep in their pot | _____ |
| REGEN | Colour of envy | _____ |
| ELAPUNCHER | Mischievous elf | _____ |
| IDLERAN | St. Patrick is from here | _____ |
| ELBRYAN | This stone wants a kiss | _____ |
| RHAP | National emblem of Ireland | _____ |
| SEBFLAT | Capital of Northern Island | _____ |
| KANESS | Slender Reptiles | _____ |
| Charm | Third month of the year | _____ |
| TRACKPI | Patron saint of Ireland | _____ |
| SKIWHEY | A popular liquor in Ireland | _____ |
| RICEMILK | Humorous verse | _____ |
| OT TSU | Type of dark beer | _____ |
| BUND IL | Capital of the Irish Republic | _____ |
| GLENN DA | St. Patrick was a missionary here | _____ |
| SINGESNU | A type of bitter stout | _____ |
| RSHII | From Ireland | _____ |
| TAPE | Fuel from boggy land | _____ |
| BAWINOR | Colourful arc in the sky | _____ |