

NEWSLETTER

June 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



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Executive Director's Desk

Hello Residents, Families, and Friends,

Hello Residents, Families, and Friends,

Welcome to our June edition—a time to celebrate connection, reflection, and the joy that music brings into our lives.

June is especially meaningful as we recognize World Music Day, a beautiful reminder of how music unites people across generations and cultures. A familiar melody can bring comfort, spark treasured memories, and lift our spirits in ways words often cannot. Whether it's a song from long ago or a new favorite, music has a way of meeting us right where we are.

Throughout this month, we look forward to celebrating the simple, lasting gift of music and the happiness it adds to each day.

Wishing you a June filled with warmth, meaningful moments, and a little extra melody,

With kind regards,

Elena Heronimus, Executive Director

June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

Flower: **Rose or Honeysuckle**

Quote of the Day

*Where words fail,
music speaks.*

– Hans Christian Anderson

New Residents

We are so excited to welcome our newest residents, Chuck and Jackie Moore, to the Ecumen Meadows community!



Both Chuck and Jackie spent their careers shaping young minds. Jackie taught Kindergarten and second grade in Adrian and Paulina, Iowa, before spending twenty dedicated years as a Special Education teacher at Worthington's Central Elementary School. Chuck taught English in Paulina, Iowa, for three years before spending thirty-five wonderful years teaching at the college in Worthington.

Retirement hasn't slowed them down, as the Moore's love to travel and have stamped their passports in fifteen different countries. As a British Literature teacher, Chuck's favorite destination was naturally England. Jackie has a hard time picking just one favorite because every trip was so amazing, but she said that Norway was one of the most stunningly beautiful places they have ever visited.

Welcome to our Ecumen Meadows Family, Jeannette Lynn!



We are so happy to introduce our newest resident, Jeannette, who recently moved in from Lismore. Jeannette is a dedicated person who spent years working hard on her family farm with her late husband, Bob. Together, they raised five children, three girls and two boys, and their family has only continued to grow. She is now a proud grandmother of 16, and in just a couple of months, she will be welcoming her 36th great-grandchild!

Jeannette has lived quite an adventurous life! Before she got married, she used to show horses in the Society Horse Shows at state fairs. She and Bob also loved to travel the world, visiting Europe twice, Australia, New Zealand, Tahiti, and even Alaska three different times, along with several cruises.

Welcome home, Jeannette!



Life in Our Community



Today is all about good tunes, bright sunshine, and pure relaxation! 🎵 ☀️ ❤️ 😊

Community Coffee Guest Speaker



Our May Community Coffee speaker was Beth Sorenson, Nobles County Library Director. Beth updated us on all of the great things happening at our local library, including:

THE REMODEL: Along with the improved aesthetics, the library added a new charging station, expanded the circulation desk, redesigned the kids' room, and much more.

PROGRAMMING: The library offers impressive programming for all ages. Programs for children include story time, Kids Club, Wii Gaming, and their big summer reading program for children, to name a few. For adults, the library hosts author visits, book clubs, arts & crafts, and more.

SERVICES: The library offers access to free movies and audiobooks; delivery service between a network of 26 libraries via their van, cleverly named Vincent, short for Vincent Van-Go; access to computers, cameras, and other equipment; and faxing, copying, printing, and scanning services.

Our library is a gem filled with so many offerings. If you haven't been there recently, stop by to check out their new look and all the great resources available to you there. Thank you, Beth, for the great presentation!

May Monthly Birthdays

We had a great time celebrating all the wonderful people born in May during our monthly birthday party! Music, singing, Pineapple upside-down cake with ice cream, and fellowship... What more could you ask for?

Happy birthday to (sitting L-R) David, Joyce E., Marilyn, (standing L-R) Jeanne, Joyce B., and Jan. Not pictured but also celebrating a May birthday at the Meadows are Pat and Alondra. Happy Birthday, everyone!



Life in Our Community ...continued



Library Organizing

A huge THANK YOU to the Demuth sisters, Michelle and Jill, for their incredible work overhauling our library! Their connection to us is a special one—their father, Bob, was a beloved resident here at Ecumen Meadows.

Michelle, who recently retired as the librarian at JCC, generously stepped in to lead this project. She used her professional expertise to revamp the entire layout, making every book easier to see and reach.

Jill, who retired from Hy-Vee in November after 21 years, has become a familiar face around here since February! She volunteers her time helping Life Enrichment with activities, planning, and anything else we need. Jill says this is her way of giving back for the love and care her dad received while living here.

Nursing Department

Shout-out to the absolute best nursing team around - our Ecumen Meadows nurses!

Jessica F., Jessica N., Brandon, and Marissa are the ultimate dream team. They take incredible care of our residents and are always ready and willing to dive in to help anyone, anywhere, at any time. From mentoring our Resident Assistants to backing up every single department, these four do it all with a smile!

They bring endless passion, support, and fun to our community every single day. We are truly blessed with the best! Check out those matching Nurses Week jackets from our Clinical Director, Marissa! Don't they look fantastic?



Events

Coffee Time

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

Ecumenical Church Service

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

Golf Cards

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

Community Coffee

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

Devotions

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

Rosary & Mass/Communion

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

Joyce Bohn's Retirement Party

Tuesday, June 2, 9:30 a.m. South Dining Room

Meadows Employee Graduate Celebration

Thursday, June 4, 2:00 p.m. South Dining Room

Men's Special Dinner

Wednesday, June 17, Noon, Large Activity Room

Happy Hour

Tuesday, June 23, 3:00 p.m. Outside permitting

June Birthday Party

Monday, June 29, 3:00 p.m. South Dining Room

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

Special Days

- 4th National Cheese Day
- 5th National Donut Day
- 6th D-Day
- 10th National Iced Tea Day
- 14th Flag Day
- 17th National Root Beer Day
- 19th Juneteenth – No Mail
- 21st Happy Father's Day
- 21st First Day of Summer
- 21st World Music Day
- 25th National Bomb Pop Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Wellsite @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR	2 Community Coffee @ 9:15 a.m. SDR Joyce Bohn Retirement Party @ 9:30 a.m. Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Compass Relieved Pastor Chat @ 1:30 p.m. LAR Cribbage @ 2 p.m. NDR Vintage Shopping @ 2:30 p.m. Coffee @ 2:45 p.m.	3 Shopping Fairway @ 9:15 a.m.-5 a.m. Wellsite @ 11 a.m. LAR Denny Gettar's Vocals @ 2 p.m. SDR Coffee @ 3 p.m.	4 Devotions @ 9:45 a.m. LAR Dining Canteen @ 9:30 a.m. NDR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Muscle Shakes Party @ 2 p.m. SDR Graduation Reception @ 3 p.m. SDR	5 Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Wellsite @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m.	6 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.	
7 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.	8 St. Matthew's Lutheran @ 9 a.m. S2AR Compass @ 11 a.m. LAR Cindy Anderson's Piano & Vocals @ 2 a.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR	9 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Final Lutheran Bible Study & Communion @ 2 p.m. S2AR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR Leo Zofrenkamp's 80	10 Shopping H/Vee @ 9:30 a.m. Lunch for Lamore Salad Luncheon @ 10:30 a.m. Bingo @ 2 p.m. LAR Coffee @ 2:45 p.m. Jay Kuhn's 80 Wanda Douglas's 80	11 Devotions @ 9:45 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Award The Clock @ 2 p.m. NDR Coffee @ 2:45 p.m.	12 Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Wellsite @ 11 a.m. LAR Bingo @ 2:45 p.m. Coffee @ 2:45 p.m.	13 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.	
14 Flag Day Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. Monica Manley's 80	15 Wellsite @ 11 a.m. LAR Address @ 12:45-1:40 p.m. LAR S2AR @ 1:30 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR Pat Coulter's 80	16 Community Coffee @ 9:00 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Final Lutheran Church Service @ 1:30 p.m. LAR Lunch @ 2 p.m. NDR Ladies Night @ 2:30 p.m. Coffee @ 2:45 p.m.	17 Shopping Walmart @ 9:30 a.m. Men's Special Dinner @ 10:30 a.m. Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m. Leaving for Beld Concert @ 7:30 p.m.	18 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Address @ 12:45-1:40 p.m. LAR Dinner @ 2 p.m. SDR Coffee @ 2:45 p.m.	19 Juneteenth - No Mail Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Wellsite @ 11 a.m. LAR Bingo @ 2:45 p.m. Coffee @ 2:45 p.m. JUNETEENTH FELLOWSHIP	20 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.	
21 Father's Day Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. Happy Dad	22 Wellsite @ 11 a.m. LAR Address @ 12:45-1:40 p.m. LAR S2AR @ 1:30 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR Pat Coulter's 80	23 Community Coffee @ 9 a.m. SDR Presentations & Free Blood Pressure Checks @ 9:30 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Trojan Breaks Reception @ 2 p.m. Outside weather permitting Happy Hour @ 3 p.m. Outside	24 Shopping H/Vee @ 9:30 a.m. Wellsite @ 11 a.m. LAR Wellsite with Dinner @ 2 p.m. LAR Coffee @ 2:45 p.m.	25 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11 a.m. LAR Address @ 12:45-1:40 p.m. LAR Lunch @ 2 p.m. SDR Coffee @ 2:45 p.m. SDR	26 Rosary @ 9:45 a.m. S2AR Bingo @ 10 a.m. S2AR Wellsite @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m.	27 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.	
28 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.	29 Wellsite @ 11 a.m. LAR Glen Benton's Accordion @ 2 p.m. SDR Monthly Birthday Party @ 3 p.m. SDR Golf Cards @ 6:30 p.m. SDR	30 Community Coffee @ 9 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Amateur Exercise @ 11:15 a.m. LAR Burger King @ 11:15 a.m. Final Lutheran Bible Study & Communion @ 2 p.m. SDR Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m. Rita Larson's 80				Abbreviations: LAR = Large Activity Room SDR = S. Building Dining Room NDR = N. Building Dining Room S2AR = S. Shop, 2nd Floor Activity Room CL = Club Lounge S. Lobby Room Sign up for an ending at the LAR desk or call Life Enrichment @ 343-7157	

June Celebrations

Resident Birthdays:

- Leo Bofenkamp ~ 9th
- Jim Kuehne ~ 10th
- Wanda Douglas ~ 10th
- Monica Marske ~ 14th
- Pat Ludlow ~ 15th
- Bill Cowan ~ 22nd
- Bob Ludlow ~ 30th



Please join us to celebrate the Birthdays in the South Dining Room on Thurs. June. 14th, at 3 p.m.

Employee Birthdays:

- Emily S ~ 13th
- Terry W ~ 16th
- Angie A ~ 22nd
- Estrella B ~ 29th
- Isaac D ~ 29th

Employee Anniversary:

- Caryn H ~ 2nd ~ 11 yrs.
- Taylor M ~ 9th ~ 1 yr.
- Joe R ~ 20th ~ 10 yrs.
- Cindy A. ~ 30th ~ 1 yr.

May Work Anniversaries

We are celebrating five amazing team members who had work anniversaries last month!

Please join us in thanking them for their commitment to our residents:

- ♥ Natya (RA, 1 Year) – Natya already graduated from Minnesota West and will graduate from Worthington High School in less than two weeks! This fall, she is attending Buena Vista University to pursue her nursing degree.
- ♥ Ashley (RA, 1 Year) – Ashley is also graduating from WHS this month! Fun fact: Her favorite color is pink.
- ♥ Brandon (RN, 3 Years) – Brandon is currently enjoying his first year of fatherhood with his beautiful baby boy, David. When he isn't at work, he lives to fish!
- ♥ Maria (RA, 1 Year) – Maria loves working here because she enjoys helping others and plans to pursue a career in nursing. Fun fact: Her sister, Paty, works in our dining department. Even though Maria is two years older, people mistake them for twins all the time!
- ♥ Xavier (RA, 2 Years) – Xavier isn't pictured because he is at home caring for an ailing loved one - a true testament to the compassion that makes him such a valuable team member. His hobbies include running and listening to music.



Let's hear it for Natya, Ashley, Brandon, Maria, and Xavier!
Happy work anniversary!

Poem to Share

The Sunlight on the Garden

Louis MacNeice

The sunlight on the garden
Hardens and grows cold,
We cannot cage the minute
Within its nets of gold;
When all is told
We cannot beg for pardon.



But where the road runs onwards
And sings into the trees
There will be the tramp of living,
The tune of passing bees,
And no one sees
The long wind's griefless laughter.

Yet we can still rejoice there,
Though every day be brief,
For beauty still surrounds us,
Beyond our care and grief,
And leaf with leaf
Makes music in the branches.

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 8:15 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!

- Amaia A – RA
- Melissa B – RA
- Kathy M – RA

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 Angela.

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.

Lobby Carts

Just a quick reminder—when you're finished using the carts, please return them to the lobby so they're available for others. Thank you so much for helping keep things running smoothly!



Warm Weather & Air Conditioning

As we head into warmer temperatures, please keep your patio doors and windows closed while the air conditioning is running. Leaving them open can put extra strain on the AC units and may cause them to freeze up. This can damage the units or cause them to break down.

Thank you for your cooperation!



Sade Potter, Nail Technician, will be coming on Monday, June 8th.

Information and sign-up are in the Large Activity Room. This is not related to our Podiatry Service: Strictly Voluntary.



Resident Council Meeting

Resident Council meeting on May 21st, 2026, at 1 p.m.

14 residents were present when the meeting was called to order. Minutes from the previous meeting were approved upon a motion made by Vona Mae Vilhen and seconded by Greg Platt.

Although hindered by other events, Austin Anderson and Joe are planning to work outside to catch up on landscaping tasks. Regarding window washing, Austin found the bids from Sioux Falls to be less expensive than the local bids. Air filters will be changed when they arrive after purchasing from an alternate vendor. The carpets affected by the water intrusion will be replaced in the near future. One resident noted that the south building's gutters are clogged and should be cleaned, along with the dryer ductwork. One of the housekeepers is no longer with Ecumen. There have been some complaints about one of the housekeepers. Austin asked that she be given a chance to see improvements after coaching.

Nancy Ward shared that the next Dining Council will be on June 4th @ 9:30 a.m. in the NDR. Reminder to purchase guest meal tickets before they are needed. If you are going out or will be absent, it saves time and effort to let people know in advance. Half portions, small portions, regular, and large portions are available and may be noted on your menu.

Denise Erwin informed everyone that Ecumen has paused sales incentives presently. We have 5 open apartments, with 2 being due to water intrusion.

Marissa Marten and Elena Heronimus were unable to attend the meeting. One resident asked if the door to the storage room could be unlocked, as each individual door has its own lock. Austin stated that we could do that. **** Austin will address more on this later****. One resident made a motion that MLB be a replacement for the Telemundo station. Motion was seconded with additional discussion. Motion carried. One family member asked if sports could be watched in the dining rooms on Sundays. We are able to watch anything offered on our regular cable channels. These TVs aren't "smart" TVs, so we aren't able to stream any shows. There was a discussion about the recent Sunday Tornado warning and the excellent work the staff did to keep everyone safe. Residents are able to use the elevators in a watch, so that is your best time to come to the first floor, where our safe zone is, before a warning exists.

Cheryl updated a committee of Senior Ecumen Executives, and the Meadows Transportation Committee has been meeting weekly, and a vehicle meeting our criteria has been selected. Everything is proceeding wonderfully and should be on site within a couple of short weeks.

We are also recipients of a Nobles Cooperative Electric grant for \$1,400 to be used for bunker gardens, trellises, a flagpole, and other outdoor needs. One resident asked if some funds could be used for outdoor games.

Read from the Resident Bill of Rights # 10-11.

Our meeting was adjourned upon a motion made by Joyce Broesder and seconded by Myron Martin.

Respectfully submitted,
Cheryl Dinsmore
Life Enrichment Manager, Recorder

Nurses Notes

Staying Safe When It's Too Darn Hot

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So, check the outside temperature on summer days. If it is above 90°, older people should keep in mind the following tips:

- DID SOMEONE SAY SUNBURN?** Use broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.
- STAY OUT OF THE SUN:** If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.
- AIR CONDITIONING:** Spend as much time as possible in air-conditioned spaces. If you do not have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center.
- STAY HYDRATED:** Drink plenty of cool water, clear juices, and other liquids that do not contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).
- DRESS APPROPRIATELY:** Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat, and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- COOL DOWN:** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you are feeling warm. Do not have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.



Kitchen News

Kitchen News

If you know that you will not be coming for a meal, please indicate it on your meal slip.

Either put an “X” on that meal or call North Kitchen at 507-343-7144 or South Kitchen at 507-343-7156 to cancel the meal at least 24 hours in advance.

If there is something on the menu that you do not like, simply cross it out. You may substitute an item from the “Always” menu.

You may also request a smaller portion of any item. Just indicate it on the appropriate line of the menu slip.

Please help us keep wasted food to a minimum.

Please do not take any utensils or dishes back to your room.

Guest Meals

Just a friendly reminder: if you are planning to have a guest(s) for a meal, please give the kitchen 24 hours' notice. You can pay for the meal at the front desk with Caryn. Guest meals are \$15.

Always Available Menu

When filling out your menu for the next day, be mindful that the kitchen staff needs a final count to prepare the meal. Changing your meal choice right before the meal can throw the count and time to prepare the meal for all residents.

Kitchen Areas

Residents and/or their families are not allowed in the kitchens or in the refrigerators.

Only team members are permitted in these designated areas.

If you need assistance or an item from the kitchen, please ask the kitchen staff or an RA.

Bus Fundraising News



 **Big News is Coming in June!** 

We have exciting news coming soon!
As soon as we receive more details, you will be the first to know.

Thank you for your patience and understanding!

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

Laughing Matters



The Hearing Test”

An elderly man named Frank goes to the doctor and says, “Doc, I think my wife is losing her hearing.”

The doctor says, “Well, there’s a simple way to test it at home. Stand about 20 feet away from her and ask a question. If she doesn’t respond, move closer and ask again. Keep going until she answers.”

Frank says, “Great idea. I’ll try that tonight.”

So that evening, Frank walks into the house and sees his wife in the kitchen cooking dinner.

He stands in the hallway, about 20 feet away, and calls out, “Honey, what’s for dinner?”

No answer.

He moves a little closer, about 15 feet away. “Honey, what’s for dinner?”

Still nothing.

He walks into the living room, about 10 feet away. “Honey, what’s for dinner?”

Silence.

Now he’s getting concerned. He moves right up behind her, just a couple feet away, and asks again, “Honey, what’s for dinner?”

His wife turns around and says, “For the **FOURTH** time, Frank... we’re having chicken!”



Word Search

MUSICAL INSTRUMENTS



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

Guitar
Violin
Piano
Clarinet

Drums
Saxophone
Xylophone
French Horn

Viola
Harmonica
Ocarina
Trumpet

Vuvuzela
Ukelele
Accordion
Bugle

Cello
Bagpipes
Flute
Sitar