

NEWSLETTER

July 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



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Executive Director's Desk

Hello Residents, Families and Friends!

July is a bright and cheerful month filled with opportunities to celebrate, connect, and enjoy the warmth of summer together. It's a time to gather with loved ones, appreciate meaningful traditions, and create special memories with one another.



The month begins with celebrations such as Canada Day on July 1 and Independence Day on July 4, both honoring community, heritage, and the joy of coming together. Later in the month, Bastille Day on July 14 marks an important moment in French history and adds to the many traditions celebrated around the world.

July also brings light hearted observances like International Joke Day and World Chocolate Day- wonderful reminders to share a smile, enjoy a favorite treat, and find happiness in everyday moments.

Toward the end of the month, International Day of Friendship encourages us to appreciate the people who make our lives brighter. Whether enjoying time with family, visiting with neighbors, or reconnecting with friends, July offers many opportunities to celebrate companionship, kindness, and the connections that mean so much.

We look forward to sharing another wonderful month together and wish everyone a happy and enjoyable 4th of July!

Elena Heronimus, Executive Director

July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

Friendship is the golden thread that ties the heart of all the world together.

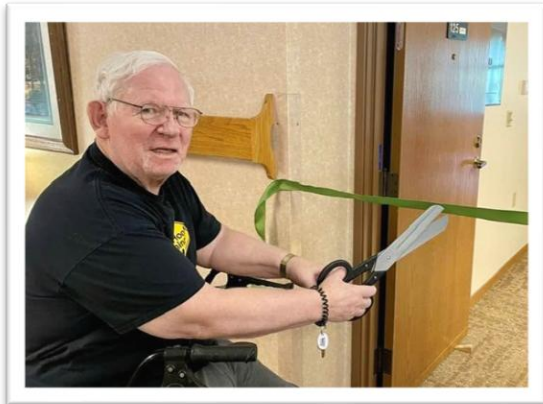
– John Evelyn

New Residents

Agnes Becker recently moved into the Meadows from the family acreage east of Worthington, where she spent the last 57 years. It is where she and her late husband, Paul, raised their five children. Today, her beautiful family has grown to include 10 grandchildren and 15 great-grandchildren! Agnes is well-known in the community for two things: her amazing cooking and her sharp business mind. She ran her own successful home catering business with the wonderfully clever name, "Lettuce Cater for You!" She catered countless weddings, graduations, and birthdays, and was famous for her legendary potato salad! On top of catering, she managed the books and ran parts for their family farm business.



Agnes Becker



Larry Doeden

We are thrilled to welcome our newest resident, Larry Doeden, to the Meadows! Born and raised right here in Worthington, Larry has called this community home his entire life, briefly leaving only to serve in the Army in 1969.

He dedicated his life to farming, raising livestock and crops on the family farm south of town alongside his brother, Roger, and their sister, Janice. It was a real team effort; Janice would head straight to the farm after her full-time nursing shifts to handle all the tillage!



New Residents continued...

Please join us in giving a warm welcome to our newest resident, Ron Anderson!

Ron's move to the Meadows brings him full circle, as he has a special history right here in Worthington. After finishing his military service years ago, he lived and worked in town, spending years employed at the Worthington Power Plant. In a neat twist of fate, he used to live kitty-corner from our community, and he can actually see his old apartment building right from his new window! Before his civilian career, Ron served his country as a submarine sailor with the U.S. Navy. Today, he is the proud patriarch of a wonderful family that includes four children, six grandchildren, and four great-grandchildren!



Ron Anderson

Help us welcome our newest resident, Janice Schuck, to Ecumen Meadows!

Talk about a small world—Janice has some amazing history here! She used to work on our dining team years ago. Even sweeter? Our LPN, Jessica, was actually a flower girl in Janice's first wedding when Jessica was just 5 years old. Their hallway reunion decades later was a really special surprise! When Janice isn't busy cheering on her beloved Green Bay Packers, she loves crafting beautiful handmade cards for family and friends. She is also celebrating 28 years of marriage to her husband Glen, and loves spending time with her 2 children, 3 grandsons, and 3 great-grandchildren. We are so glad you are here, Janice! Welcome home!



Janice Schuck



Life in Our Community



Happy Retirement to an Ecumen Meadows icon, Joyce Bohn!

We said a bittersweet farewell to our dear hairstylist, Joyce, who has run the Meadows salon for an incredible 25 years! She has been with us longer than any other team member or resident, and our community simply won't be the same without her! Our talented Joyce always left everyone both looking and feeling beautiful. We love her dearly and will miss very much!

Of her clients, Joyce said "You've all been a friend, mom, and Grandma all in one to me! Never once did it feel like work in the entire 25 years!" 🥹❤️

Thank you for everything, Joyce! Cheers to you!



Les Johnson and his fishing buddy Dan reeled in this absolute beauty of a Largemouth Bass last week! They safely released it back into the water, so they can hopefully experience the thrill of catching it again. The exact location where this took place is a closely guarded secret...unless you happen to be our nurse Jessica F's kids. Being the great guy that he is, Les took the kids out over the weekend to show them the ropes and share his favorite hidden fishing hole!



A huge thank you to Sterling Pharmacy - Worthington Pharmacist Amanda Schmitz for her fantastic presentation on high blood pressure at Community Coffee this morning! Amanda shared interesting insights and surprising facts about hypertension. For instance, did you know that age, genetics, and ethnicity all play a role in your risk level? Luckily, we can actively lower our risk by adopting healthy habits like managing weight, exercising regularly, and cutting back on salt.

Amanda wrapped up the morning by answering questions and hosting a raffle for a brand-new blood pressure monitor. Congratulations to our lucky winner, Tom Murphy!

Life in Our Community continued...



Presenting the Class of 2026!

We hosted a Graduation reception to celebrate our amazing team members Ashley, Jase, Natya, and Taylor. Ashley, Jase, and Natya are three of Worthington High's newest graduates, while Taylor, who couldn't attend the party, just graduated from Minnesota West with her LPN certification. All three of our high school graduates have big college plans this fall. Ashley is heading to Minnesota West, Jase is attending Southeast Technical College in Sioux Falls, and Natya is off to Buena Vista University in Storm Lake.

We predict a very bright future for all four of these outstanding graduates!



Our hearts (and stomachs!) were full after a wonderful celebration at The Meadows. We are incredibly blessed to have 37 of the finest men living here at The Meadows, alongside 12 amazing team members. To celebrate them, we fired up the grill for a special Father's Day steak dinner! The day was made even brighter thanks to the generosity of our community. A huge thank you to C & B Operations - Minnesota (John Deere) and Titan Machinery - Worthington, MN (Case International). Your donations of great hats, toy tractors, and koozies made for perfect gifts and door prizes. We appreciate your support so much!

Happy Father's Day to all of the amazing dads out there!

Events

Coffee Time

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

Golf Cards

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

Community Coffee

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

Devotions

Every Thursday in July, 8:45 a.m.,
Large Activity Room

Rosary & Mass/Communion – Mass July 24th

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

Happy Hour

Thursday 16, July, 2:00 p.m., South Dining Room

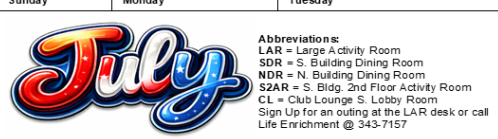
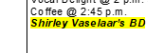
Galen Benton & July Birthday Party (calendar dates changed)

Wednesday 22, July, 3:00 p.m., South Dining Room

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

Special Days

- 1st** Canada Day
- 1st** International Joke Day
- 4th** Fourth of July
- 7th** World Chocolate Day
- 10th** National Kitten Day
- 14th** Bastille Day (France)
- 14th** Cow Appreciation Day
- 15th** National Hot Dog Day
- 24th** Cowboy Day
- 30th** Friendship Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. 	6 Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. 1st Lutheran Bible Study @ 3 p.m. SZAR Golf Cards @ 6:30 p.m. SDR	7 Donor Celebration for New Bus @ 11 a.m. Outside LAR Jon & 1st Catered Dinner <i>RSVP by July 2</i> Coffee @ 2:45 p.m. 	8 Shopping Fareway @ 8:30 a.m. Wellness @ 11 a.m. LAR Chris Kleibrock & Cindy Anderson Vocal Delight @ 2 p.m. SDR Coffee @ 2:45 p.m. 	9 Devotions @ 8:45 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Rock-Nobles County Cattleman Burger Picnic Pinchle @ 1:30 p.m. NDR 500 Cards @ 1:30 p.m. SDR Coffee @ 2:45 p.m. 	10 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. 	11 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. 
12 Ecumenical Church @ 8:45 a.m. LAR Catholic Daughters Sisterhood Event @ 11:2 p.m. SZAR Coffee @ 2:45 p.m. 	13 St. Matthew's Lutheran @ 9 a.m. SZAR Wellness @ 11 a.m. LAR Jolene Kuhls Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. Methodists @ 3 p.m. CL Golf Cards @ 6:30 p.m. SDR	14 Community Coffee @ 9:00 a.m. SDR Gail Radke Medicare Changes @ 9:30 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 10:45 a.m. LAR Blueline Cafe @ 11:20 a.m. Grace Community Church @ 2 p.m. LAR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR	15 Shopping Walmart @ 8:30 a.m. Wellness @ 11 a.m. LAR Armchair Exercise @ 1:30 p.m. LAR Coffee @ 2:45 p.m. Load for Band Concert @ 6:30 p.m. 	16 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Rock & Roll Happy Hour @ 2 p.m. SDR Justin Lesaman's Piano Music @ 2 p.m. SDR Coffee @ 2:45 p.m. 	17 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. 	18 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. 
19 Ecumenical Church @ 8:45 a.m. LAR Organ Recital - St. Adrian Loading @ Noon Coffee @ 2:45 p.m.	20 Wellness @ 11 a.m. LAR Coffee @ 2:45 p.m. Card Bingo @ 1 p.m. NDR 1st Lutheran Bible Study @ 3 p.m. SZAR Golf Cards @ 6:30 p.m. SDR 	21 Community Coffee @ 9 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Christian Reformed Church @ 1:30 p.m. LAR Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m.	22 Shopping Fareway @ 8:30 a.m. Wellness @ 11 a.m. LAR Around The Clock @ 2 p.m. NDR Coffee @ 2:45 p.m. Load for Band Concert @ 6:30 p.m. 	23 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Resident Council @ 1 p.m. LAR Galen Benton's Accordion @ 2 p.m. SDR Monthly Birthday Party p.m. SDR	24 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.	25 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. 
26 Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. 	27 National Korean War Veterans Armistice Day Exercise @ 11 a.m. LAR Drive in the Country @ 1 p.m. Cribbage @ 1:30 p.m. NDR Uno @ 2 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR 	28 Community Coffee @ 9 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 10:45 a.m. LAR CD's Cafe @ 11:20 a.m. Gail Radke presents "Fraud Prevention" @ 2 p.m. LAR Coffee @ 2:45 p.m.	29 Shopping HyVee @ 8:30 a.m. Wellness @ 11 a.m. LAR Denise's Watercolor Class @ 2 p.m. LAR Coffee @ 2:45 p.m.	30 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Audrey Brake's Accordion @ 2 p.m. SDR Coffee @ 2:45 p.m. SDR	31 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. 	

July Celebrations

Resident Birthdays:

- 8 ~ Shirley Vaselaar
- 12 ~ Carole Hoefker
- 17 ~ Marlis Ling
- 20 ~ Greg Platt
- 22 ~ Ruth Heidebrink
- 26 ~ Joan Rotschafer
- 26 ~ Sandy Lubben
- 27 ~ Janice Schuck



Please join us in the South Dining Room on July 22 for the Birthday Party

Employee Birthdays:

- Denise E ~ 1st
- Tira W ~ 2nd
- Lily M ~ 5th
- Crissy M ~ 9th
- Afton N ~ 11th
- Hser W ~ 16th
- Alice T ~ 20th
- Joy G ~ 22nd
- Hira C ~ 23rd
- Chelsea H ~ 27th



Employee Anniversary:

- Erika M ~ 8th ~ 12 yrs.
- Melvi G ~ 22nd 2 yr.
- Angie A ~ 25th ~ 3 yrs.



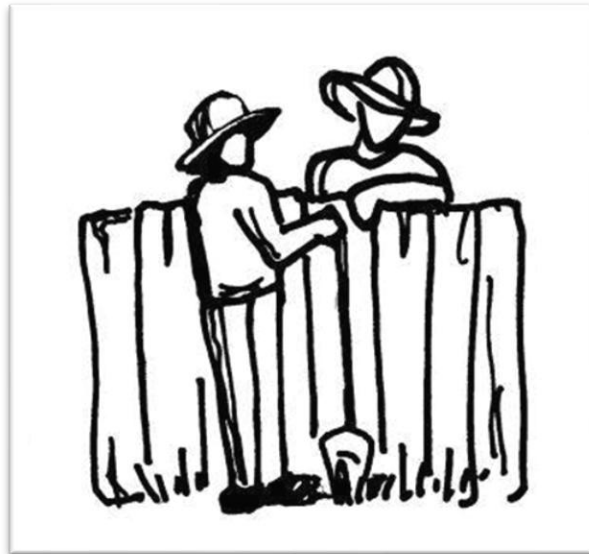
Poem to Share

A Time to Talk

By Robert Frost

When a friend calls to me from the road
And slows his horse to a meaning walk,
I don't stand still and look around
On all the hills I haven't hoed,
And shout from where I am, "What is it?"
No, not as there is a time to talk.

I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.



Noticeboard

NEW RESIDENTS

A very Warm welcome to:

- **Agnes Becker**
- **Larry Doeden**
- **Ron Anderson**
- **Janice Schuck**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

- **Desi T** - Cook
- **Kylee S** - DA

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 Angela.

Who You Going to Call? (after hours)

If you have a maintenance problem outside of business hours, please call the RA's Cell phone so they can contact our on-call maintenance.

507-329-6111

New Postal Rates - July 12th

Book of Stamps - \$16.40

Letters (1 ounce) - .82 cents

Letters (metered 1 ounce) - .78 cents

Domestic postcards - .65 cents

International postcards - \$1.75

International letter (1 ounce) - \$1.75



We have four terrific team members with June work anniversaries! Together, they represent 23 incredible years of service to our community!



♥ Taylor (Dining Assistant, 1 Year) – When Taylor isn't serving delicious meals and big smiles to our residents, she is pursuing her dream of becoming a Nurse Practitioner. She recently earned her LPN certification and is now working toward her RN license. We love supporting her career journey!



♥ Caryn (Administrative Assistant, 11 Years) – The "Fixer of Everything" sign on Caryn's desk fits her perfectly. Besides being the friendly face at our front door, she patiently provides tech support for phones, TVs, computers, and the office copier. She handles every single task with endless kindness.



♥ Joe (Maintenance Technician, 10 Years) – Joe is known by everyone for his happy disposition and easygoing demeanor. From maintaining our large building and grounds to driving residents to appointments, Joe does it all. He always makes time to visit and bond with our residents and team members.



♥ Cindy (Resident Assistant, 1 Year) – Cindy is missing from the photo because she was catching some well-deserved sleep before her evening shift! Although she wasn't here for the photo, Cindy gave us a quote. She says, "I love coming to work every day!" Her supervisor, Marissa, says Cindy is awesome at communicating, spends time building relationships with residents, and is always ready to jump in and help out her team.

Bus News



July 7th

Donor Celebration for unveiling of the New Bus
11 a.m., outside of the Large Activity Room
Jon-E-1s Catered Dinner

Laughing Matters



The Poacher

A Game Warden is walking along a beach one morning when he spots a man with a bucket of lobsters.

The Warden walks up to the man, flashes his badge, and says, "You're in big trouble, buddy. Poaching lobsters is a serious offence."

The man answers, "You've got it all wrong, these lobsters are my pets! Every morning I take them out for some exercise. I let them swim around in the ocean for a few minutes and then whistle them back in."

The Warden looks at the man skeptically and says, "Okay then, prove it."

The man proceeds to throw the lobsters into the ocean and both he and the Warden stand there waiting. After a couple of minutes, the Warden looks at the man and says, "That's long enough, now whistle your lobsters back in."

The man turns to the Warden and says "Lobsters? What lobsters?"



Short Jokes

What did the cat say when the mouse got away? You've got to be kitten me!

Who did the ghost invite to the party? Any old friend he could dig up!



Word Search

CHOCOLATE



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

Fudge
Chocolate
Ganache
Mocha
Sweet

Fondue
Cocoa
Sauce
Powder
Frosting

Icing
Dark
Truffle
Mousse
Brownies

Cake
Fondant
Milk
Sugar
White