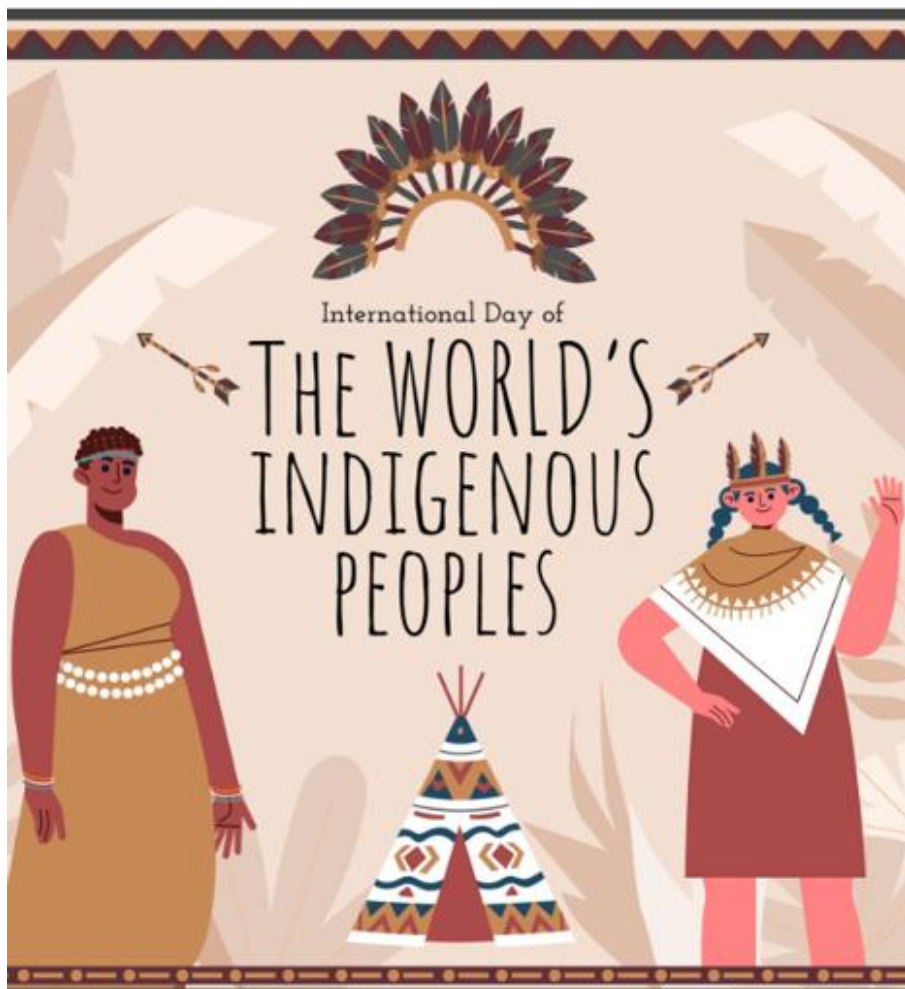


NEWSLETTER

August 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



IN THIS ISSUE

Editor's Desk	2
Life In Our Community ...	3-8
Upcoming Events	10
August Celebrations	10
A Poem to Share	11
Notice Board	12
Bus News	13-14
Laughing Matters	15
Word Search	16

Executive Director's Desk

Hello Residents, Families, and Friends,

Welcome to August!

As the summer season continues, we are reminded of the importance of slowing down and enjoying the moments that make life meaningful. Whether it's sharing a laugh with a neighbor, spending time with loved ones, enjoying the beauty of nature, or participating in one of our community activities, these everyday moments often become our most treasured memories.



This month also gives us the opportunity to recognize the rich history, cultures, and lasting contributions of Indigenous Peoples, whose traditions, wisdom, and stories continue to enrich our communities and inspire future generations.

Along the way, August offers a variety of fun observances, including International Beer Day, Left-Handers Day, and International Dog Day. These lighthearted celebrations remind us that joy can be found in the simplest things and that there is always a reason to smile, connect, and create new memories together.

As you browse through this month's newsletter, we hope you find something that brings a smile to your face, encourages you to try something new, or inspires you to spend a little extra time with those around you. Thank you for being such an important part of our community. Together, we continue to make this a place filled with kindness, friendship, and a true sense of home.

Wishing you a month filled with happiness, good health, and many wonderful moments.

Warm regards,

Elena Heronimus, Executive Director

August Trivia

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had!

Zodiac signs: **Leo & Virgo**
Birthstone: **Peridot**
Flower: **Gladiolus**

Quote of the Day

We do not inherit the Earth from our ancestors; we borrow it from our children.

- Indigenous Proverb

Life in Our Community



Our Artmobile friends brought us a fun afternoon of crafting. Check out the neat American flags we made out of wine corks!

We recently were the lucky recipients of a "Create with Chris" card-making class with Chris Brouwer!

We had no idea we were capable of making such beautiful, professional-looking cards, but Chris made it so easy!

Once again, we need to sing our praises to our dear friend and volunteer, Jill Hinsperger. Jill arranged and paid for this fun class. She is so good to us! Thank you so much, Chris and Jill!



Life in Our Community continued...

Young Marines Honor Our Flag at Ecumen Meadows

YM/GySgt Mitchell, YM/SSgt Star, YM/SSgt Ahrens, and YM/LCpl Seachris recently presented the 13 Folds of the U.S. Flag at Ecumen Meadows in Worthington, explaining the meaning behind each fold and the traditions of the flag-folding ceremony.

The Young Marines also proudly donated a new U.S. flag to Ecumen Meadows to be displayed at the community.

Thank you to the residents and staff of Ecumen Meadows for the warm welcome. It was an honor to share this meaningful tradition with you.



Welcome to Our New Hairdresser!

Please join us in welcoming Angela, the new hairdresser at the Ecumen Meadows Salon! Angela recently took over from our longtime hairdresser, Joyce, and we thank Joyce for her years of dedicated service.

Angela lives near Heron Lake with her husband and two children and brings 25 years of hairstyling experience. Be sure to stop by the salon and say hello!



Life in Our Community continued...



Community Newsletter: Worthington City Band

With our new community bus ready to roll, we wasted no time heading to the park to enjoy the talented Worthington City Band at the bandshell. Residents enjoyed a beautiful evening of music by the shores of Lake Okabena—the perfect way to spend a summer night! 🎵 🌞 🌊

June Birthdays

We wrapped up June with a wonderful birthday celebration honoring Monica, Wanda, Jim, and Leo! 🎉 We also want to wish a very happy birthday to Agnes, Emily, Pat, Terry, Bill, Estrella, Isaac, and Bob, who celebrated their special days throughout the month. We hope each of you had a fantastic birthday filled with joy, laughter, and sweet memories. Happy Birthday from all of us at Ecumen Meadows!



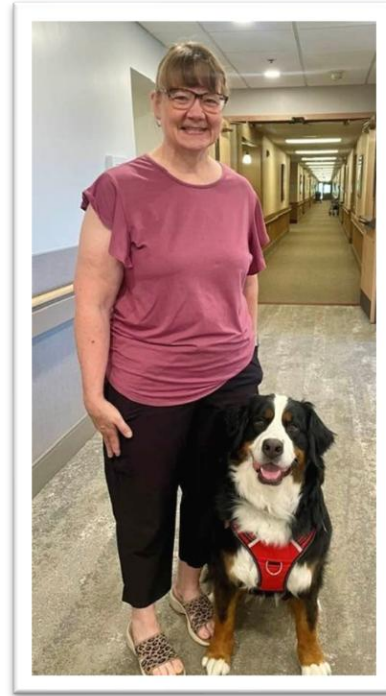
Life in Our Community continued...

Aspen's Visit

We made two wonderful new friends last week when Julie Jelinek visited with her lovable 2½-year-old Bernese Mountain Dog, Aspen.

What started as finding a furry companion soon became something much bigger. After a veterinarian noticed Aspen's calm, gentle nature as a puppy, Julie was encouraged to pursue dog therapy training. Since then, Aspen has earned her American Kennel Club Canine Good Citizen certificate and, together with Julie, became a certified Pet Therapy Team through the Alliance of Therapy Dogs.

It was easy to see they were meant to bring comfort and joy to others. Our residents loved meeting Aspen, and we can't wait to welcome Julie and Aspen back for another visit!



Celebrating Our Team! ❤️

July, we're celebrating three incredible Resident Assistants who together have 17 years of dedicated service at Ecumen Meadows!

- ❤️ Erika – 12 Years: Loves building meaningful relationships with residents and says their stories, smiles, and laughter have been a true blessing.
- ❤️ Melvi – 2 Years: Provides exceptional care and shares her creative talent by braiding hair for residents and teammates alike.
- ❤️ Angie – 3 Years: Brightens every day with her positive attitude and enjoys bringing smiles to residents and their families.

Congratulations, Erika, Melvi, and Angie, and thank you for your compassionate care and dedication. Happy Work Anniversary! 🎉❤️

Life in Our Community continued...



Rock Nobles Cattlemen's Association & Edgerton Bakery

One of our favorite summer traditions is when the Rock Nobles Cattlemen's Association treats our residents to a delicious burger lunch! For years, Jerry, Julie, and Jesse Brake have grilled burgers in our courtyard, filling the air with an aroma that always brings everyone together.

This year's event was especially meaningful. Jerry's parents, Don and Doris Brake, and Julie's parents, Bernard and Diane Thier, were all once residents we had the privilege of caring for. Although they are no longer with us, we're grateful that the Brake family continues this special tradition and the connection it represents.

The meal was topped off with fresh buns from the Edgerton Bakery—delivered by Carl himself—and even a visit from the bakery's famous gnomes!

A heartfelt thank you to Jerry, Julie, Jesse, the Rock Nobles Cattlemen's Association, and the Edgerton Bakery for making this wonderful day possible.

Life in Our Community continued...

Rock 'n' Roll Happy Hour

There was a whole lotta shakin' going on at our Rock 'n' Roll Happy Hour! Justin Lessman had everyone singing along with his energetic piano performance and classic rock favorites.

After the music, residents enjoyed delicious homemade rhubarb cake made with fresh rhubarb from Cheryl's garden. The plants were a gift from our friend Kyle of Prairie Rehab a few years ago, making this sweet treat even more special. It was a wonderful afternoon filled with great music, laughter, and good company!



July Birthday's

July is a month full of celebrations at Ecumen Meadows! We're recognizing 17 residents and team members celebrating birthdays this month. Pictured are Sandy, Greg, Marlys, and Janice.

Happy Birthday to all our July celebrants, including Denise, Tira, Lily, Shirley, Crissy, Afton, Carole, Hser, Alice, Ruth, Joy, Joan, Hira, and Chelsea! We hope your birthdays are filled with joy, laughter, and wonderful memories.



To see more of what our community is doing check out our FaceBook
<https://www.facebook.com/EcumenMeadows>

Events

Coffee Time

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

Golf Cards

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

Community Coffee

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

Devotions

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

Rosary & Mass/Communion

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

Happy Hour

Monday 17, August, 2:00 p.m., South Dining Room

August Birthday Party

Monday 24, August, 3:00 p.m., South Dining Room

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

Special Days

- 1st** National Sunflower Day
- 2nd** National Sisters Day
- 3rd** National Watermelon Day
- 4th** Coast Guard Day
- 7th** Purple Heart Day
- 14th** Navajo Code Talkers Day
- 24th** National Peach Pie Day
- 26th** National Dog Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
2 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m. Judy Lorenzen's BD 	3 Gruis Family Music @ 10 a.m. SDR L'Attitude Vocal Duo @ 2 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR 	4 Community Coffee @ 9 a.m. SDR Memorial Auditorium Presentation @ 9:30 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Solid Rock Church @ 1:30 p.m. LAR Walgreens & Kwik Trip Shopping @ 2:30 p.m. Coffee @ 2:45 p.m.	5 Shopping Fareway @ 8:30 a.m. Wellness @ 11 a.m. LAR Summer Fun Jingo @ 2 p.m. NDR Coffee @ 2:45 p.m. 	6 Devotions @ 8:45 a.m. LAR Dining Council @ 9:30 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR 500 Cards @ 1:30 p.m. SDR Pinocle @ 1:30 p.m. NDR Jewelry Making @ 2 p.m. LAR Coffee @ 2:45 p.m.	7 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. 	8 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
9 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	10 St. Matthews Lutheran @ 9 a.m. SZAR Wellness @ 11 a.m. LAR Victor the Viking @ 2 p.m. NDR Coffee @ 2:45 p.m. First Lutheran Bible Study & Communion @ 3 p.m. SZAR Golf Cards @ 6:30 p.m. SDR 	11 Community Coffee @ 9:00 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Bull Pen (Luverne) Loading @ 11:15 a.m. Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR Charlotte Christians' BD 	12 Shopping HyVee @ 8:30 a.m. Wellness @ 11 a.m. LAR Mark Browning Miner's Guitar & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m.	13 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. Merle Belz's BD	14 Rosary @ 9:45 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Diane Mick's Family Present @ 2 p.m. LAR Coffee @ 2:45 p.m. Joyce Graven's BD 	15 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
16 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m. 	17 Wellness @ 11 a.m. LAR Denny Gerber's Vocal Happy Hour @ 8:45 a.m. SDR Golf Cards @ 6:30 p.m. SDR	18 Community Coffee @ 9 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Abundant Life Church @ 1:30 p.m. LAR Cribbage @ 2 p.m. NDR Farmer's Market @ 2:30 p.m. Coffee @ 2:45 p.m.	19 Shopping Walmart @ 8:30 a.m. Wellness @ 11 a.m. LAR Artmobile @ 1:30 p.m. LAR Coffee @ 2:45 p.m. 	20 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Galen Benton's Accordion @ 2 p.m. SDR Coffee @ 2:45 p.m. SDR Melvin Johnson's BD 	21 Rosary @ 9:45 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo sponsored by Moments Hospice @ 2 p.m. SDR Coffee @ 2:45 p.m.	22 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
23 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	24 Exercise @ 11 a.m. LAR Audrey Brake's Accordion @ 2 p.m. SDR Monthly Birthday Party @ 3 p.m. Golf Cards @ 6:30 p.m. SDR Pearl Scheepstra's BD 	25 Community Coffee @ 9 a.m. SDR Lake Shetek Boat Ride & Lunch @ 1:30 p.m. SDR 500 Cards @ 1:30 p.m. SDR Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m.	26 Shopping HyVee @ 8:30 a.m. Wellness @ 11 a.m. LAR Denise's Watercolor Class @ 2 p.m. LAR Sign Up Coffee @ 2:45 p.m. Car Show @ 6:30 p.m. Outside Karen Weinzel's BD	27 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Michele Wieneke's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. SDR	28 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. Arlene Kruse's BD 	29 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
30 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m. 	31 Drive in the Country @ 9:45 a.m. Wellness @ 11 a.m. LAR Coffee @ 2:45 p.m. Drive in the Country @ 1 p.m. 500 Cards @ 1:30 p.m. SDR First Lutheran Bible Study & Communion @ 3 p.m. SZAR Golf Cards @ 6:30 p.m. SDR			Abbreviations: LAR = Large Activity Room SDR = S. 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 @ 343-7157		

August Celebrations

Resident Birthdays:

- 2nd ~ Judy Lorenzen
- 11th ~ Charlotte Christians
- 13th ~ Merel Belz
- 14th ~ Joyce Gravon
- 20th ~ Melvin Johnson
- 24th ~ Pearl Scheepstra
- 26th ~ Karen Weinzetl
- 28th ~ Arlene Kruse



Please join us in the South Dining Room on August 24 for the Birthday Party



Employee Birthdays:

- Maria V ~ 2nd
- Ali T ~ 3rd
- Jeana D ~ 15th
- Ana H ~ 18th
- Liliana H ~ 21st
- Brandon T ~ 24th
- Melvi G ~ 24th
- Alesha H ~ 28th
- Shee P ~ 28th

Employee Anniversary:

- Rose C ~ 11th ~ 1 yr.
- Hira C ~ 11th ~ 1yr.
- Stefanie S ~ 12th ~ 7 yrs.
- Jessica F ~ 18th ~ 1 yr.
- Paty G ~ 22nd ~ 3 yrs.
- Tira W ~ 22nd ~ 3 yrs.
- Al K ~ 23rd ~ 5 yrs.
- Alice T ~ 25th ~ 1yr.
- Avi G ~ 29th ~ 4 yrs..



Poem to Share

Keep a-Goin' *By Frank L. Stanton*

If you strike a thorn or rose,
Keep a-goin'!
If it hails, or if it snows,
Keep a-goin'!
'Tain't no use to sit and whine
When the fish ain't on your line;
Bait your hook and keep on tryin'
Keep a-goin'!

When the weather kills your crop,
Keep a-goin'!
When you tumble from the top,
Keep a-goin'!
S'pose you're out o' every dime,
Gittin' broke ain't any crime;
Tell the world you're feelin' prime
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup,
Keep a-goin'!
See the wild birds on the wing,
Hear the bells that sweetly ring;
When you feel like sighin', sing
Keep a-goin'!



Noticeboard

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.

- Linda Bultmann
- Gwen Pfundt

NEW STAFF

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

- **Jade N** – RA
- **Achan A** – RA
- **Manuela R** - RA

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



SCAM ALERT

The Worthington Police Department has learned of a new scam in the area involving individuals claiming to work for Wells Fargo.

In this scam, the caller claims that the local Wells Fargo branch is closing and that money in the victim's account is at risk of being lost. The scammer then offers to provide the victim with a ride to Sioux Falls. Once there, the victim is instructed to wire transfer money to an account provided by the scammer.

If you have been a victim of this scam, please contact the Worthington Police Department at 507-295-5400.

If you receive a call claiming to be from Wells Fargo and are asked to take these or similar actions, do not send money or provide personal or financial information. Hang up and contact your local Wells Fargo branch directly using a phone number you know to be legitimate.

Please share this information with family members, friends, and others who may be targeted by this scam.



Bus News



Bus News continued...

Our New Ride Has Arrived! 🚌💚

What a wonderful day! We officially welcomed our brand-new transportation vehicle with a special dedication and celebration alongside our residents, team members, families, and community partners.

Following a heartfelt dedication by Ecumen CEO Cyrus Batheja, our beautiful new vehicle made its grand debut. Even more special, our residents and team members had the opportunity to help design it, drawing inspiration from Lake Okabena—the true gem of Worthington and a place that means so much to our community. After the ceremony, everyone enjoyed a delicious meal catered by Jon-E-1 BBQ.

We are incredibly grateful to everyone who donated and helped make this dream a reality. A special thank you goes to Gloria Carlberg, Mike Woll Investments, and the Worthington Regional Healthcare Foundation for their generous support.

Our deepest appreciation also goes to our amazing Life Enrichment Manager, Cheryl Dinsmore. Cheryl led this project from the very beginning, pouring her heart, time, and dedication into making it happen—even contributing a generous personal donation. Her passion and commitment were instrumental in bringing this dream to life.

This new transportation vehicle will make a tremendous difference in the lives of our residents, providing safe transportation to medical appointments, volunteer opportunities, shopping trips, community events, and exciting Life Enrichment outings. We can't wait to see where the road takes us next!



Laughing Matters



The Lost Contact Lens

A teenager lost his contact lens in the garden and after a fruitless search, he told his mother it was nowhere to be found. His mother went outside and within a few minutes found it.

"I really looked hard mom" said the youth, "How did you manage to find it?"

"We weren't looking for the same thing" said his mother, "You were looking for a small piece of plastic. I was looking for \$350 dollars!"

The Doorbell

A priest is walking down the street one day when he notices a very small boy trying to press the doorbell on a house across the street.

However, the boy is very small and the doorbell is too high for him to reach. After watching the boy's efforts for some time, the priest walks across the street to the little boy and, placing his hand kindly on the child's shoulder leans over and gives the doorbell a solid ring.

Crouching down to the child's level, the priest smiles benevolently and asks, "And now what, my little man?"

To which the boy replies, "Now we run!"

Jonah and the Whale

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though a whale is a very large mammal, its throat is very small.

The little girl stated that Jonah was swallowed by a whale. The teacher reiterated that a whale could not swallow a human, it was impossible.

The little girl said, "When I get to heaven I will ask Jonah."

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him!"

Word Search

INDIGENOUS PEOPLES OF THE WORLD



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

Maori	Inuit	Sami	Aboriginal
Ainu	Maya	Mapuche	Navajo
Cherokee	Hopi	Apache	Cree
Ojibwe	Tlingit	Quechua	Aymara
Guarani	San	Dayak	Yanomami
Haida	Mohawk	Seminole	Torres Strait