

NEWSLETTER

September 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



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Executive Director's Desk

Hello Residents, Families, and Friends!

Welcome to September! A month that gently reminds us to slow down, celebrate, and appreciate the people and moments that enrich our lives. As summer begins to give way to the beauty of autumn, we look forward to cooler days, changing leaves, and new opportunities to gather, connect, and create lasting memories together.

We begin the month by celebrating **Labor Day**, a time to recognize and thank the hardworking individuals whose dedication and service help strengthen our communities. It is also a wonderful opportunity to enjoy time with family and friends while reflecting on the value of **kindness, purpose, and helping one another**.

September also celebrates **Classical Music Month**, inviting us to enjoy the timeless melodies that have the power to inspire, comfort, and bring back treasured memories. Throughout the month, we recognize meaningful **days of celebration and remembrance**, including the **International Day of Peace, World Gratitude Day**, and **World Maritime Day**. These special days remind us of the importance of **compassion, thankfulness, friendship, and the connections that unite people across the world**. As the season begins to change, September also offers many opportunities to gather together, share stories, enjoy music, and celebrate the joy of community.

As we welcome this beautiful season, we hope you take time to enjoy the little things—a heartfelt conversation, a favorite song, a peaceful walk, or simply sharing a smile with someone nearby. It is often these simple moments that become the most meaningful memories.

We wish you a September filled with peace, joy, good health, and many reasons to smile.

Warm wishes,

Elena Heronimus, Executive Director



September Trivia

More people are born in September than any other month! Which means that September babies were conceived in the December holiday period... 😊

Zodiac signs: **Virgo & Libra**
Birthstone: **Sapphire**
Flower: **Morning Glory**

Quote of the Day

*Gratitude turns
what we have into
enough.*

Life in Our Community



Diane Mick's Family Variety Show

We were treated to a super cute Variety Show that included a cute Dr. Seuss "Are you my Mother?" puppet show, singing, guitar and piano playing, a "Name That Tune" game, and sweet treats!

A big thank you to Diane Mick, her daughters Hannah and Lydia, and her grandchildren Mason-7, Leo-5, and Hudson-almost 3 for the great entertainment!

Bull Pen Lunch Outing

We had a fantastic outing to Luverne last week! We enjoyed a delicious lunch at The Bullpen Bar & Grill and were delighted to run into some old friends, including former Ecumen Meadows resident Denny Kolander and Stan Hoffman, a longtime friend of Marian, Betty, Leona, and Mary Ann. We also stopped to see Verne the Patriot, the World's Largest Nutcracker! We enjoyed a fun photo opportunity and even caught the attention of a group of bikers heading to Sturgis. They loved our beautiful new bus and stopped to take pictures, too!

Fun fact: "America's Best Restaurants" filmed at The Bullpen shortly after our visit, so be sure to watch for it on an upcoming episode!



Life in Our Community continued...

♥ SKOL Vikings! ♥

We had the best time at our pep rally!
From performing the SKOL chant to eating purple and gold cupcakes, there was no shortage of team spirit!

Thank you to Viktor the Viking for stopping by and taking so many fun photos with everyone. You made the day unforgettable!

Here's to a fantastic football season!
GO, VIKINGS!



Celebrating Claire and Cheryl!!

We proudly nominated two outstanding Ecumen Meadows team members for the Care Providers of Minnesota Awards this year.

Claire Spartz, Resident Assistant, was nominated for the Rising Star Award for her compassion, initiative, and dedication to person-centered care. Claire goes above and beyond to help residents, especially those living with memory loss, feel valued, respected, and connected.

Cheryl Dinsmore, Life Enrichment Manager, was nominated for the Dedicated Service Award in recognition of her 30+ years in senior care. Cheryl's compassion, creativity, and commitment have made a lasting difference in the lives of residents, families, and coworkers.

Although they were not selected for the statewide awards, we are proud to celebrate Claire and Cheryl for the incredible heart and dedication they bring to Ecumen Meadows every day!

Congratulations and thank you, Claire and Cheryl!



Ecumen Meadows Weekly Poll

Be sure to check out the Ecumen Meadows Facebook page each week to view our weekly polls! It's a fun way to see what our residents and friends are thinking, including their thoughts, preferences, and opinions. <https://www.facebook.com/EcumenMeadows>



Life in Our Community continued...

August Birthdays

We celebrated with all of the special people at the Meadows who were born in August! The celebration was extra special because it fell on Pearl's 95th birthday. Her family brought cupcakes, ice cream, and charcuterie plates for everyone to enjoy. Thank you to the Scheepstra family for helping make the celebration so special!

Birthday girls Charlotte, Karen, Pearl, Judy, Joyce, and Arlene gathered for a group photo. Others celebrating August birthdays at the Meadows are Maria, Ali, Merle, Jeana, Ana, Melvin, Liliana, Brandon, Melvi, Alesha, and Shee.

We hope your special day was 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 September, 2:45 p.m., Both Dining Rooms

Golf Cards

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

Community Coffee

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

Devotions

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

Rosary & Mass/Communion

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

Happy Hour

Monday 10, September, 2:00 p.m., South Dining Room

September Birthday Party

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

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

Special Days

7th Labor Day

11th Patriot Day

13th Grandparents Day

13th-19th Assisted Living Week

16th Annual Pet Show

22nd 1st Day of Autumn

26th National Johnny
Appleseed Day

29th National VFW Day

This is a small image of our September calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	7 No Mail Movie @ 1 p.m. LAR 500 Cards @ 1:30 p.m. SDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR Myron Martin's BD	1 Community Coffee @ 9 a.m. SDR KTD Team Speaking @ 9:30 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR First UNO @ 1:30 p.m. LAR Walgreens or Farmer's Market Shopping @ 2:30 p.m. Coffee @ 2:45 p.m.	2 Shopping Fareway @ 8:30 a.m. Wellness @ 11 a.m. LAR Rebbie Lee's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. Virgil Wierzema's BD	3 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Painting Wood Crafts @ 2 p.m. LAR Coffee @ 2:45 p.m. Loren Goettisch's BD	4 Rosary @ 9:45 a.m. SZAR Mass @ 10 a.m. SZAR Communion @ 10 a.m. SZAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m.	5 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. Margaret Utesch's BD
13 Grandparents Day Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	14 St. Matthew's Lutheran @ 9 a.m. SZAR Wellness @ 11 a.m. LAR Card Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR Myron Martin's BD	8 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR American Reformed @ 1:30 p.m. LAR Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR	9 Shopping HyVee @ 8:30 a.m. Wellness @ 11 a.m. LAR Drive in the Country @ 1 p.m. Sign Up UNO Cards @ 1:30 p.m. SDR Coffee @ 2:45 p.m. First Lutheran Bible Study & Communion @ 3 p.m. SZAR	10 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:15 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Galen Benton's Accordion @ 2 p.m. SDR BILT Happy Hour @ 2 p.m. Betty Taurid's BD	11 Red, White & Blue Rosary @ 9:45 a.m. SZAR Mass @ 10 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m.	12 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
20 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m. Vernette Wierzema's BD	21 Wellness @ 11 a.m. LAR Coffee @ 2:45 p.m. Diane Mick's Piano @ 2 p.m. LAR Golf Cards @ 6:30 p.m. SDR	15 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Armchair Exercise @ 11 a.m. LAR American Reformed @ 1:30 p.m. LAR Kwik Trip @ 2:30 p.m. Sign Up Coffee @ 2:45 p.m.	16 Shopping Walmart @ 8:30 a.m. Wellness @ 11 a.m. LAR Automobile @ 1:30 p.m. LAR Coffee @ 2:45 p.m. Pet Show @ 6 p.m. outside LAR Carol Jeffers' BD	17 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:15 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Resident Council @ 1 p.m. LAR Caregiver Support Group sponsored by Moments Hospice @ 2 p.m. LAR Coffee @ 2:45 p.m.	18 Turkey/Western Day Rosary @ 9:45 a.m. SZAR Mass @ 10 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m. Deb McLeod's BD	19 Loading for KTD Parade @ 1 p.m. LAR Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
27 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m. Linda Moore's BD	28 Wellness @ 11 a.m. LAR Around the Clock @ 2 p.m. NDR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR	22 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. SZAR Shopping & Lunch in Sheldon Loading @ 10:30 a.m. Sign Up 500 Cards @ 1:30 p.m. Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m. Vona Mae Vihlen's BD	23 Shopping Fareway @ 8:30 a.m. Wellness @ 11 a.m. LAR Audrey Brake's Accordion @ 2 p.m. SDR Coffee @ 2:45 p.m. Carol Jeffers' BD	24 Devotions @ 9 a.m. LAR Trojan Exercise @ 10:15 a.m. SZAR Armchair Exercise @ 11 a.m. LAR Michelle Wierzema's Piano @ 2 p.m. SDR Monthly Birthday Party 3 p.m. SDR	25 Rosary @ 9:45 a.m. SZAR Mass @ 10 a.m. SZAR Communion @ 10 a.m. SZAR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m.	26 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
				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		

September Celebrations

Resident Birthdays:

- 2 ~ Virgil Wiertzema
- 3 ~ Loren Goettsch
- 5 ~ Margaret Utesch
- 7 ~ Myron Martin
- 10 ~ Betty Taarud
- 18 ~ Deb McLeod
- 20 ~ Vernetta Wiertsema
- 22 ~ Vona Mae Vihlen
- 23 ~ Carol Jeffers
- 27 ~ Linda Moore



Please join us in the South Dining Room on Thurs., Sept. 24 for the Birthday Party



Employee Birthdays:

- Maria G ~ 19th
- Nancy W ~ 23rd
- Avi G ~ 25th
- Kendra S ~ 27th
- Erika M ~ 28th

Employee Anniversary:

- Jocelyn M ~ 5th ~ 3 yrs.
- Ali T ~ 6th ~ 4 yrs.
- Vanessa M ~ 9th ~ 10 yrs.
- Denise E ~ 10th ~ 8 yrs.
- Lily R ~ 20th ~ 5 yrs.
- Jose C ~ 20th ~ 5 yrs.
- Kurt G ~ 22nd ~ 15 yrs.



Poem to Share

Leisure

By W. H. Davies

What is this life if, full of care,
We have no time to stand and stare.

No time to stand beneath the boughs
And stare as long as sheep or cows.

No time to see, when woods we pass,
Where squirrels hide their nuts in grass.

No time to see, in broad daylight,
Streams full of stars, like skies at night.

No time to turn at Beauty's glance,
And watch her feet, how they can dance.

No time to wait till her mouth can
Enrich that smile her eyes began.

A poor life this if, full of care,
We have no time to stand and stare.



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.

- Jeannette Lynn
- Ellen Vortherms
- Jim Schissel

NEW STAFF

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

- **Delma G** – Housekeeping

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

Guest Meals

Planning to have a guest join you for a meal? Please give the kitchen **24 hours' notice** so they can prepare accordingly.

Guest meals are **\$15 per person** and can be paid for at the front desk with Caryn.

Thank you for helping us plan ahead and ensure everyone has a great dining experience!

Complaint Procedure

Questions, concerns and complaints should be addressed first with the appropriate staff person (Whoever the Dept Supervisor is that the complaint is about). If the matter remains unresolved, the Resident or Resident's family member or Designated Representative should contact the Meadows Executive Director (Elena Heronimus). Her office is in the South building off of the lobby.

Ecumen Meadows Leadership Team

Executive Director 507-343-7145: Responsible for the overall management of the staff, building and daily operations of the community.

Senior Living Consultant, 507-343-7141:

Responsible for the first point of contact, tours, admission process, waitlist, being a resource for prospective residents and their families, along with frequently promoting Ecumen Meadows in the community through various networking opportunities.

Business Officer Specialist, 612-237-3087:

Responsible Accounts Receivable for the community, including resident billing, LTC insurance questions and processing, and answering any billing questions.

Environmental Services Director, 507-343-7146:

Responsible for residents needs in Maintenance, Housekeeping & Laundry.

Culinary Director, 507-343-7144: Responsible for managing the preparation and service of meals, ordering the food, planning menus and supervising staff. The Dining Director is responsible for all aspects of food service and managing the staff.

Life Enrichment Director, 507-343-7157:

Responsible for developing & coordination of a successful activities & volunteer program.

Clinical Director, 507-343-7142: The Clinical Director oversees the nursing services provided to residents and ensures community compliance with current regulations and standards.

Reception Desk, 507-343-7147: The Front Desk is your resource for all things Ecumen Meadows and then some. If we don't know the answer we will have an idea of where to get it. Stop by or call us if we can help you with anything.

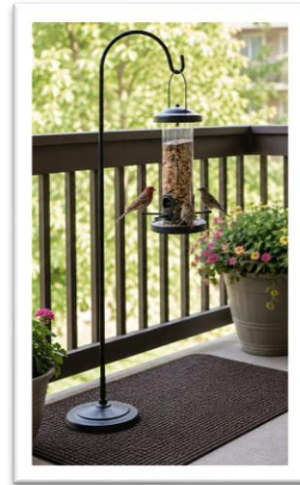
Registered Nurse, 507-343-7143: The Registered Nurse supports the Clinical Director in relation to nursing services provided within the community.

Noticeboard continued...

A Friendly Reminder About Bird Feeders

Please be mindful of your neighbors below when feeding birds on your patio. To help prevent birdseed from falling through to the apartments below, please place a rug or mat underneath your bird feeders.

Thank you for helping to keep our community clean and considerate of all our neighbors!



Bus News

VAN & BUS SCHEDULE

Our Van and Bus are available

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

Please call the front desk at 507-343-7147
to schedule a ride to your appointment.

Please call 24 hours before your scheduled appointment.

Just a reminder that on Wednesday, from 8:30 a.m. to 9:30 a.m.,
is our shopping day.

Please try not to schedule appointments during this time.



Laughing Matters



Grandpa's New Phone

Grandpa proudly showed his grandson his brand-new smartphone.

"Look what I got!"

His grandson said, "That's awesome, Grandpa! Does it have facial recognition?"

Grandpa smiled.

"I don't know, but every time I pick it up, it asks me for a password."

The grandson replied, "That's normal."

Grandpa shook his head.

"Not when it's sitting there looking right at me!"



One-Liners

What's the most expensive fish called? *A goldfish.*

What's an alligator in a vest called? *An investi-gator.*

When a lemon is sick, what do you do? *Give it lemon-aid.*

Word Search

CLASSICAL MUSIC



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

Violin
Flute
Adagio
Quartet
French Horn
Violin

Timpani
Clarinet
Fanfare
Beethoven
Concerto
Timpani

Piano
Tempo
Ensemble
Vivaldi
Melody
Piano

Cello
Forte
Largo
Harp
Mozart
Cello