

NEWSLETTER

October 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



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Executive Director's Desk

Hello Residents, Families and Friends!

Welcome to October! The arrival of fall brings cooler days, changing leaves, cozy moments, and many opportunities to enjoy the season together.

October is filled with fun and meaningful celebrations. International Music Day reminds us of the special way music can lift our spirits, bring people together, and take us back to some of our favorite memories. World Animal Day gives us a chance to appreciate the pets and animals that have brought companionship, comfort, and joy into our lives.



It's also a great month to enjoy a good book, share a favorite story, or learn something new. And with Curious Events Day, October gives us the perfect excuse to keep wondering, exploring, and asking questions—because we are never too old to be curious!

And then there's **Halloween!** From pumpkins and costumes to favorite treats and memories of Halloweens past, it's a time to have a little fun and enjoy the playful side of the season. We look forward to sharing some Halloween spirit, smiles, and maybe a few sweet treats along the way!

May your October be filled with beautiful fall colors, good music, great stories, laughter, happy memories, and plenty of reasons to smile.

Warm wishes for a wonderful October!

Elena Heronimus, Executive Director

October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

The important thing is not to stop questioning. Curiosity has its own reason for existing.

— Albert Einstein

New Residents



Please join us in welcoming Dolores Holt to Ecumen Meadows! Dolores recently moved from Rapid City to Worthington to be closer to her daughter, Sheryl, and son-in-law, Brad.

Dolores grew up in Faulkton, South Dakota, and worked for the FHA, eventually becoming an office manager. She and her husband, Marion, raised four children and farmed together for 38 years.

Dolores enjoys Wordle, Quordle, crossword puzzles, and Wheel of Fortune. She also has a lifelong love of music and sang in choirs from age 10 until she was 88!

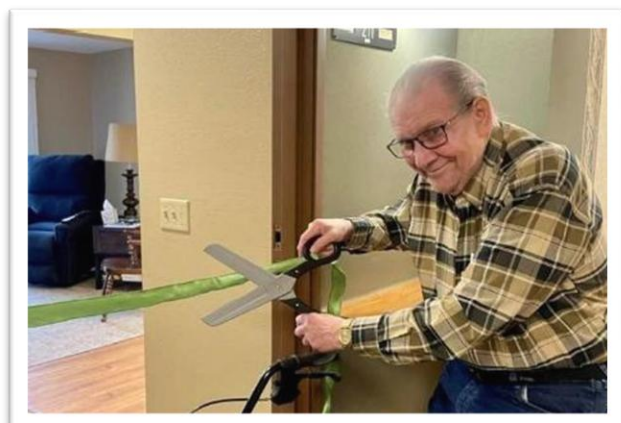
Welcome to the Meadows, Dolores! We're so happy to have you here!



Please join us in welcoming Roger and Marilyn Bode to Ecumen Meadows! They moved to Worthington in 1964 and raised their three children here.

Roger owned and operated the TV Service Center for more than 50 years, while Marilyn ran an in-home daycare. They enjoy traveling, especially to the Black Hills. Marilyn loves crafting and decorating, and Roger enjoys reading.

Welcome, Roger and Marilyn! We're happy to have you here!



Please welcome Paul Ager, the newest member of our Ecumen Meadows family! Many may remember him from his years as a salesman at Rickbeil's, where he enjoyed meeting people and helping families.

Paul loves hunting, especially duck and pheasant hunting, and has many great memories from years spent outdoors with his dad.

Paul has been married to his wife, Nancy, for 34 years. They have two children, Tom and Sarah, and he is also close with his brother, Dean.

We're so happy to have Paul here at the Meadows! Please give him a warm welcome!

Life in Our Community



A Proud Grandparent Moment!

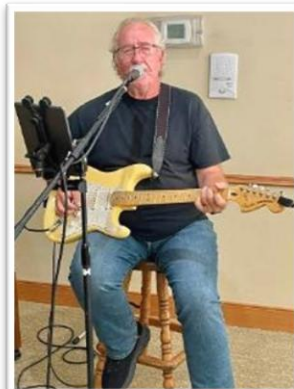
Mary and Bob Lutmer are celebrating their grandson, Zach, who was recently named Captain of the Iowa Hawkeyes football team! A standout athlete at Central Lyon High School, Zach earned a full scholarship to Iowa. He'll graduate this December with a degree in sports medicine and is getting married next June. Mary and Bob couldn't be prouder and will be cheering him on every step of the way!

16th Annual Pet Show

♥️🐾 Thank you to everyone who came out for our 16th annual pet show last night! It was a pawsitively fun time! ♥️🐾



Life in Our Community continued...



BLT Happy Hour

Our BLT happy hour was lots of fun! Kenny Frey was our entertainer, and baby Briggs made a VIP guest appearance! Another great, happy hour, TGIF style!



September Anniversaries

Celebrating Our Team Members! ♥

This September, six wonderful team members are celebrating a combined **47 years of service** to Ecumen Meadows!

♥ **Vanessa – 10 Years:** Vanessa loves making a difference in residents' lives and treasures the friendships she has made with her teammates.

♥ **Kurt – 15 Years:** Kurt takes pride in helping residents get safely to appointments and bringing plenty of laughs with his dad jokes!

♥ **Ali – 4 Years:** Ali says the Meadows feels like a second family. She especially enjoys the warm greetings and genuine friendships with residents.

Also celebrating this month:

♥ **Denise – 8 Years:** Denise enjoys helping new residents begin their next chapter and building meaningful friendships throughout the Meadows community.

♥ **Lily – 5 Years:** Lily works hard on the overnight shift to keep our Memory Care residents safe, happy, and healthy.

♥ **Jose – 5 Years:** Jose loves cooking and baking, trying new recipes, and seeing residents and team members enjoy his creations.

Please join us in congratulating and thanking these dedicated team members for all they do to make Ecumen Meadows such a wonderful place to live and work! ♥

Life in Our Community continued...



A Sweet Family Visit!

Lucille had a wonderful weekend meeting her newest great-granddaughter, little Emilia Larae, or “Millie” for short! Born May 18, Millie has already brought so much joy to the family.

Millie is Lucille’s **22nd great-grandchild**, joining her 5 great-great-grandchildren. With the family continuing to grow—and a granddaughter recently engaged—there are sure to be more exciting family milestones ahead!

September Birthdays

We celebrated all of our September birthdays with piano music and a delicious carrot cake! We gathered (sitting L-R) Carol, Linda, Vona Mae, Loren, and (standing L-R) Margaret, Vernetta, and Deb

for a group birthday photo.

Others celebrating a birthday at the Meadows this month are Virgil, Myron, Betty T., Maria, Nancy, Avi, Kendra, and Erika.

Happy birthday, everyone!



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.

To see more of what our community is doing, check out our Facebook

<https://www.facebook.com/EcumenMeadows>



Events

Coffee Time

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

Golf Cards

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

Community Coffee

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

Devotions

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

Rosary & Mass/Communion

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

October Birthday Party

Thursday 15, October, 3:00 p.m., South Dining Room

Happy Hour

Monday 19, October, 2:00 p.m., South Dining Room

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

Special Days

- 1st National Pumpkin Spice Day
- 4th National Cinnamon Bun Day
- 8th National Hero Day
- 11th Clergy Appreciation Day
- 12th Columbus Day
- 12th Indigenous Peoples' Day
- 15th National Pregnancy & Infant Loss Remembrance Day
- 16th National Boss's Day
- 21st National Apple Day
- 26th National Pumpkin Day
- 30th National Candy Corn Day
- 31st Halloween

This is a small image of our October calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 October Abbreviations: LAR = Large Activity Room SDR = S. Building Dining Room NDR = N. Building Dining Room S2AR = 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						
4 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	5 Wellness @ 11 a.m. LAR 5' Graders @ 1 p.m. LAR 500 Cards @ 2 p.m. SDR Coffee @ 2:45 p.m. Girl Share @ 3:15 p.m. LAR Golf Cards @ 6:30 p.m. SDR	6 Community Coffee @ 9 a.m. SDR Scott Rosenberg, Emerald Ash Borer @ 9:30 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Armchair Exercise @ 11 a.m. LAR Greg Wedel, LOVE Inc @ 1:30 p.m. LAR Walgreens Runnings Shopping @ 2:30 p.m. Coffee @ 2:45 p.m. Carol Walkman's BD Mary Lutner's BD	7 Shopping Fareway @ 8:30 a.m. Wellness @ 11 a.m. LAR Painting Gnomes @ 2 p.m. LAR Additional Winath decorating (Bring yours back from last month if you'd like to embellish) Coffee @ 2:45 p.m.	8 Devotions @ 8:45 a.m. LAR Healing Aid Checks @ 9:15 a.m. LAR Trojan Exercise @ 10:15 a.m. S2AR Armchair Exercise @ 11 a.m. LAR Gangster Support Group with Moments Hospice 2-3 p.m. LAR Coffee @ 2:45 p.m. Aspen Pet Visit @ 4 p.m. MGSouth Sherry Swanson's BD	9 Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. Bonnie Elumant's BD	10 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
11 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	12 Columbus Day St. Matthew's Lutheran @ 9 a.m. S2AR Wellness @ 11 a.m. LAR Diane Moks Piano & Vocals @ 2 p.m. LAR Coffee @ 2:45 p.m. Girl Share @ 3:15 p.m. LAR Golf Cards @ 6:30 p.m. SDR	13 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Armchair Exercise @ 11 a.m. LAR 1015 Steak House Lunch outing @ 11:00 a.m. Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. S2AR Gladya Haack's BD Tom Lobben's BD	14 Shopping HyVee @ 8:30 a.m. Wellness @ 11 a.m. LAR Mark Browning Minor Guitar & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m. First Lutheran Bible Study @ 3 p.m. S2AR Don Lorenzen's BD	15 Devotions @ 8 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Armchair Exercise @ 11 a.m. LAR Galen Blanton's Accordion @ 2 p.m. SDR Monthly Birthday Party @ 3 p.m. SDR Aspen Pet Visit @ 3 p.m. MGSouth	16 Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m.	17 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. Lois Martin's BD
18 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m. Franz Kumpfer's BD	19 Wellness @ 11 a.m. LAR Wayne Lee Piano & Vocals @ 2 p.m. SDR Happy Hour @ 2 p.m. Girl Share @ 3:15 p.m. LAR Golf Cards @ 6:30 p.m. SDR	20 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Armchair Exercise @ 11 a.m. LAR Solid Rock Church @ 1:30 p.m. LAR Cribbage @ 2 p.m. NDR Coffee @ 2:45 p.m.	21 Shopping Walmart @ 8:30 a.m. Flu/Covid Vaccine Clinic @ 10 a.m.-noon LAR Kenny Ray, Guitar & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m.	22 Devotions @ 8 a.m. LAR Trojan Exercise @ 10:15 a.m. S2AR Armchair Exercise @ 11 a.m. LAR Michelle Wienski's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. SDR	23 Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m.	24 Movie @ 1 p.m. LAR Coffee @ 2:45 p.m.
25 Ecumenical Church @ 8:45 a.m. SDR Coffee @ 2:45 p.m.	26 Exercise @ 11 a.m. LAR Bill Jamerson's GGC Program @ 2 p.m. LAR Coffee @ 2:45 p.m. Happy Hour @ 2 p.m. Girl Share @ 3:15 p.m. LAR Golf Cards @ 6:30 p.m. SDR Richard Carr's BD	27 Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Armchair Exercise @ 11 a.m. LAR Pizza Ranch @ 11:00 a.m. Audrey Blake's Accordion Sing-Along @ 2 p.m. SDR Coffee @ 2:45 p.m.	28 Shopping HyVee @ 8:30 a.m. Wellness @ 11 a.m. LAR Denise's Watercolor Class @ 1:30 p.m. LAR 500 Cards @ 2 p.m. SDR Coffee @ 2:45 p.m.	29 Devotions @ 8 a.m. LAR OT Student-led Activity @ 10:15 a.m. LAR (TBA) 1st Lutheran Bible Study & Communion @ 1 p.m. S2AR Candy Anderson's Piano & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m. SDR	30 Rosary @ 9:45 a.m. S2AR Mass @ 10 a.m. S2AR Wellness @ 11 a.m. LAR Halloween Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m. Meadow's Trick-or-Treaters @ 4-6 p.m.	31 Halloween Movie @ 1 p.m. LAR Coffee @ 2:45 p.m. Rose Schussel's BD

October Celebrations

Resident Birthdays:

- 3rd ~ Roger Bode
- 6th ~ Carol Wakeman
- 6th ~ Mary Lutmer
- 8th ~ Sherry Swanson
- 9th ~ Bonnie Eismann
- 13th ~ Gladys Haack
- 13th ~ Tom Lubben
- 14th ~ Don Lorenzen
- 17th ~ Lois Martin
- 18th ~ Francis Kuemper
- 26th ~ Richard Cam
- 31st ~ Rose Schissel



Please join us in the South Dining Room on Thurs., Oct. 15 for the Birthday Party



Employee Birthdays:

- Jayse G ~ 1st
- Paty G ~ 5th
- Elena H ~ 25th

Employee Anniversary:

- Vanessa B ~ 1st ~ 4 yrs.
- Bryly M ~ 6th ~ 1 yr.
- Emily S ~ 8th ~ 2 yr.
- Ingrid G ~ 14th ~ 7 yrs.
- Jeana D ~ 19th ~ 5 yrs.
- Crissy M ~ 23rd ~ 8 yrs.
- Angela B ~ 31st ~ 1 yr.



Poem to Share

The Season of Gold and Grace

The morning air turns crisp and clear,
As autumn whispers, "Change is here."
The trees let go of summer green,
To paint a breathtaking, golden scene.

With every leaf that softly falls,
A quiet peace fills up our halls.
For nature shows us, year by year,
There is great beauty to find here.

We gather close as days grow brief,
And find our comfort, joy, and peace.
Together in this cozy place,
We greet the fall with warmth and grace.



Noticeboard

IN MEMORIAM

To the families and friends of our late residents & team member – may you be comforted by the knowledge that your loved ones are at peace.

- Ricardo Paniagua
- Jeannette Van Hal
- Wanda Douglas
- Audrey Westendorf

Unscheduled Service

A charge will be added to your statement for services or assistance that are not currently included in your services plan.

Licensed Nurse: \$45 per 15-minute increment

Resident Assistant: \$18 per 15-minute increment

Housekeeping: \$25 per 15-minute increment

Maintenance: \$30 per 15-minute increment

Thank you for your understanding.

NEW STAFF

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

- Grace S – RA
- Anahi R – RA
- Addison B – RA
- Edwin L - RA

We hope that you enjoy your time here!

Halloween Candy Donations

We gladly accept donations of wrapped Halloween candy or monetary gifts to help make Halloween special for our **Trick-or-Treaters!**

 **Friday, October 30th**

 **4:00–6:00 p.m.**

 **Large Activity Room**

Thank you for helping us make Halloween a fun and memorable evening for everyone!



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

Decorations Outside of Apartment Doors

Maintenance staff can assist with hanging pictures, curtain/valance rods, etc. For decorating outside your apartment, residents may have decorations as long as they are not fixed to the wall or obstructing the walkway. Residents cannot hang or attach anything to the apartment door or lights. Live plants, wreaths, dried flowers, and branches are not permitted.

DO NOT HANG
decorative holiday wreaths
on door or entry lights.



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!

Noticeboard continued...

Power Strips

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, and power strips are not overloaded or used with high-load devices such as appliances or devices with heating elements. (Insert picture of power strip and extension cord)



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 avoid scheduling appointments during this time.



Resident Council Meeting

Resident Council meeting on September 17th, 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 Vihlen 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. Related to window washing, Austin found the bids from Sioux Falls 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. The housekeeper, Bea, is no longer with Ecumen. There have been some complaints about Joy, the previous housekeeper. 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 ahead of time. 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 Hieronimus 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. **** Since the meeting, it was determined that tenants of the storage rooms don't all lock them, so we aren't able to leave them unlocked. Sorry for the confusion on this issue.* 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 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



Caregiver SUPPORT GROUP

Sponsored by Ecumen Meadows & Moments Hospice

Support
Encouragement
Resources
You Are Not
Alone

You Are Invited!

Caring for a loved one can be rewarding, but it can also bring challenges, stress, and many emotions. You don't have to navigate the journey alone.

Please join us for our **Caregiver Support Group**, an informal and welcoming gathering where caregivers can connect with others who understand the experience of caring for a loved one.

Moments Hospice will provide **additional support and resources from their Chaplain and Social Worker**, who will be available to share information, answer questions, and offer support during the gathering.

Our group provides an opportunity to:

- ♥ Share experiences and encouragement
- ♥ Connect with other caregivers
- ♥ Learn about helpful caregiving resources
- ♥ Talk openly in a supportive and caring environment
- ♥ Take a little time for yourself

Feel free to invite your family members!



Date:
October 8th



Time:
2:00 p.m.



Location:
Ecumen Meadows
1801 Collegeway
Worthington, MN
Large Activity Room

*A place to
connect, share
and find
support.*

Caring for a Loved One During the Gathering?



If your loved one needs an activity while you are at the support group, they are welcome to join us in Memory Care for an activity during the meeting.



Please RSVP if interested.

Please contact
Jessica Neitzel
at **507-343-7153.**



ECUMEN®
Meadows

Moments Hospice™

Laughing Matters

The Sports Teacher

A woman got a job as a sports teacher for a group of 16 year old boys.

She notices a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She takes pity on him and decides to speak to him.

'You ok?' she says.

'Yes.' he says.

You can go and play with the other kids you know' she says.

'No, it's probably best I stay here.' he says.

'Why's that honey?' she asks.

The boy looks at her incredulously and says,

"Because I'm the Goalie!"



One Liners



Word Search

UNUSUAL CREATURES



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

Pangolin

Blobfish

Numbat

Quokka

Axolotl

Komodo Dragon

Natterjack

Manatee

Thorny Devil

Anglerfish

Marmoset

Tapir

Lemur

Lemming

Narwhal

Ocelot

Armadillo

Kakapo

Sea Angel

Caiman