



Hudson
Menomonie
Chippewa Falls
Baldwin
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Mendota Heights
White Bear Lake
Blaine
Inver Grove Heights
Cottage Grove
Fridley

St. Paul (Highland Park)
Maplewood
Champlin
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North Branch
Lino Lakes

“Make this year a year of finding, of fulfillment, of joy, peace, and purpose”

January/February/March 2017

News From Cottage Grove

Our residents are joyfully ringing in the New Year after a busy holiday season! In our Assisted Living building we have enjoyed visits with Shayla serenading us with her piano playing, as well as welcomed in several other musicians & groups singing Christmas Carols and filling the halls with laughter and holiday spirit! We keep our bodies moving with Jennifer in the mornings and enjoying music, games and the casino trips. We hosted Christmas parties in both buildings with lots of great food, music by Bob Scoggin and Santa & Mrs. Claus too!

In Memory Care we have enjoyed many activities including weekly visits by therapy dog Tank, a Halloween party with kids coming to trick or treat & Thanksgiving dinner with time to appreciate all that we have. We want to thank Armstrong Kindergartener's for singing Christmas songs along with other local Church groups bringing holiday cheer and singing our favorite Christmas tunes. We are settling in for the colder months & relaxing by the fireplace and enjoying the friends & families around us. Well wishes for a safe and happy winter to all!



News From Lino Lakes

Gracewood Senior Living of Lino Lakes had a great holiday season. We had a fantastic holiday party where our residents and their loved ones could gather for dinner and some entertainment. It was nice to see how many loved ones could make it to our party and the residents sure loved seeing all of them as well.

We kicked off a great season of giving with all our volunteer opportunities that will now become a tradition every year or all year long. We gave to Toys for Tots, food shelves, a homeless project in Minneapolis, and adopted a family! From our employees to the residents and from their loved ones, it was an amazing turn out and I'm so proud to have been part of such a great thing.

Looking forward, we are excited to be ringing in the new year and making new goals for the year. Thank you to everyone who have helped us in 2016, we truly appreciate all that you have done!

If you would like to submit anything for the Newsletter, please call us at 800/920-4725.



News From Highland Park



Greetings from Gracewood Highland Park; we hope everyone is staying warm now that winter is finally here! Gracewood has kept busy since last quarter. Over the Holidays, we have worked as a team to decorate the facility with nice festive Décor and beautiful Christmas Trees. Our residents spent a lot of time baking cookies and Holiday treats for our bake sale for our Christmas party, it was a great turn out! We also have enjoyed many musicians that came to play music over the past month, we had a pianist, accordion player, guitarist and a lovely couple that performed any song requested! For our Christmas Party, we welcomed all families and friends to join us for live music, games, food and gifts! We all had a ball. We hosted a New Year's Eve party and dinner for our residents and families, we even had the "ball drop". For our upcoming events, we're looking forward to having the V.A Men's Club join us for "Operation Sight and Sound" on January 26th @ 1:30pm. There will be music and treats available, all are welcome to join! January 6th, we will celebrate our staff Holiday Party for all the staff here at Gracewood, in thanks to all of the great care they provide for our residents. At our last staff meeting we worked together in groups for the sandwich making activity, we donated all sandwiches to the Salvation Army nearby. This activity brought our team together and gave us a purpose to give back

to those in need especially around this time of the year. We're planning for our Second Annual Sweethearts dance on February 14th, with live entertainment, food and fun! We hope you all have a wonderful, warm, rest of the season; God Bless.

News From North Branch

Just like Santa the year 2016 has come and gone too quickly. Our Gracewood family and extended families have had a busy and exciting last couple of months. We have enjoyed special music, gifts and lots of cookies from local clubs, churches and friends. It was all greatly appreciated, we love visitors. One of the highlights was our Christmas Gathering. We had 81 family members join our 30 residents for a Victorian Christmas. We had special music by Curtis and Loretta who dressed in old time costumes and played their beautiful Victorian instruments. Jen and Wendy, our amazing cooks made a delicious meal everyone was raving about. Cheryl Clawson, a local quilter made 30 quilts for our residents – as she has for the past 3 years! Her work is incredible and the quilts are so soft! It was fun to pick which colors and patterns went with each resident's personality! Although we have lost some very dear family members, we have welcomed some special people to our Gracewood family. Our halls are burning bright with life and excitement, it will be great to see what year 2017 will bring. Happy New Year!



News From Champlin

Happy New Year family and friends! We started December off right with musical performances by Dick Szyplinski, Tony Garry and even the Champlin Park High School choir came and sang us beautiful songs of the holiday season. Our Christmas Party was a huge success! We had over 100 people to celebrate with us. We have many entertaining events to get us through the next chilly months. We now have a regular piano player stopping by a few times a month! We also have our first ever Snowball Dance on January 19th. Residents will be dressed to impress as we socialize and dance the night away! We continue to do crafts every Tuesday. Painting Christmas ornaments, decorating Christmas cookies and building snowmen were among the favorite crafts we have done the last few months. Our residents are ready to start a new year and all the blessings it will bring.



News From Fridley

Happy New Year from White Pine Fridley! We can't believe how fast this year has gone by! We have had a wonderful holiday season here in Fridley with festive parties including great food, entertainment, fun and families! In October we held our fall festival with the Polka Spotlight dancers providing an afternoon of polka fun. Our resident Halloween party was a smash with residents enjoying getting all dressed up for fun food, games and music. We celebrated Thanksgiving with a feast for residents and their families. The residents enjoyed giving back this year by working together to make sandwiches for the homeless. Our residents and staff did a great job as always decorating for the holidays and December was a month filled with Christmas music and carols, baking and parties! We held our Annual Holiday party on the 16th and were so blessed to have so many families and friends share a great meal with us! Guests enjoyed violin music before dinner and after dinner music and carols, as well as a visit from Santa and his elf! On Christmas Eve residents enjoyed opening gifts and had another amazing dinner with family on Christmas day! As we approach the New Year we are getting our resolutions ready to have another great year in 2017!



News From White Bear Lake

White Bear Lake ended this quarter with a visit from St. Nick and a couple of his elves! We have had a great time this quarter. We had great entertainment, celebrated the holidays with family and friends, made amazing crafts, honored our Veterans and celebrated another centurion's birthday. We are excited to be moving forward to the new L.I.F.E. program and celebrate the wonders of winter. We hope that you all had a wonderful holiday season and have a great new year!



News From Chippewa Falls



Burrrrr.... it's been a cold winter here in Chippewa Falls. We hope that you all are staying nice and warm! Although there hasn't been very much snow this year, the wind and the frigid temperatures are making up for it. Our friends on the patio have been getting less and less.

Santa made sure to make a stop in Chippewa! Tenants enjoyed peppermint ice cream, hot or cold apple cider, and Christmas cookies. Music Jack came to play some Christmas songs too. Santa made sure to bring everyone a Christmas present. Everyone must have been pretty good.

We have welcomed Don and Fr. Bill to Chippewa Falls. Fr. Bill has said many times, "I don't think I could like it here anymore than I do! Everyone is so friendly and so helpful."

With the warm welcome of some new tenants we also will miss Tillie, Lorraine, and Greg. We have many good memories of them and we will remember them in this sad time.

We hope everyone has had a good 2016! Now, let's bring 2017 in with some cheer! Make it a great year!



News From Baldwin

We are happy to welcome new friends and family here with us to Baldwin Comforts of Home. We have gotten 4 new friends to add to our family. One of those friends is teaching us how to speak polish, as a new activity we are incorporating a polish word of the day. Also during the month of December, we had a large family dinner for the residents and their families. About 30 people showed to eat lunch and spread holiday cheer. To celebrate our holidays our staff picked a resident's name out of a hat and we did a secret Santa for all our residents. Hope everyone has a happy holiday and Happy New Year!

News From Menomonie

We welcome 2017 with joy in our hearts. If the new year brings us as much fun and excitement as 2016 did we will be over the moon. We have enjoyed so many entertainers, volunteers, carolers, and events it is hard to name them all! Thank you to everyone!

2017 also brings big news and some changes to our campus that we want to share. Katie Lunderville long time caregiver and former Assistant Manager has accepted the House Manager position at the Assisted Living! Leighann Lehman a veteran employee from the memory care has accepted the role as the Assistant Manager as well! What great roles these will be for them, Congratulations ladies!

The lady's tea and men's breakfast continue to be wonderful! A BIG Thank You to Julie Colson-Assisted Living Life Enrichment Coordinator for putting these on! We recently held our annual family and resident Holiday celebrations and gatherings. What a wonderful turnout for all events! Thank you all so much for coming and joining in the fun, it was great to see everyone and share in all the love.

We continue to strive to provide exceptional care for the residents of Comforts of Home, one of the new programs we are starting is our L.I.F.E program focusing on quality of life, movement, memory, and many different levels of activities. It has been a hit! We are looking forward to the new programs and activities for all to enjoy. We wish you all health and happiness in 2017 and hope to see you all soon!



News From Maplewood

Greetings from Gracewood of Maplewood. The past few months seemed to go by way too fast. We have had several new residents move into Gracewood and we have had a good time getting to know each other – meal times are very enjoyable with all the discussions and storytelling.

In the month of October, we had Shelly's Pony come and visit. Everyone enjoyed petting and hearing stories about the miniature pony. At the end of October, we had a Halloween Bingo party and afterward the daycare friends came over in their costumes and trick or treated with us.

In November, we had several days of entertainment from folk music to Polka to Jazz. We all agreed the Jazz band was the best – we aren't just saying that because their Father lives here!

December was our busiest month. There were Christmas cookies to bake, Christmas ornaments to make and trees to decorate. Everyone helped to get the building ready for our Christmas party. We had our celebration on December 8th. We started out with a delicious meal prepared by Pam, Kitchen manager, and John. We had great entertainment in both of our programs and ended the evening with each resident getting a gift from their Secret Santa. The party was a success due to the great families, friends and staff. At the end of the month the residents tied blankets to donate to Children's hospital. We look forward to ringing in the new year at Gracewood and we wish everyone a Happy Healthy 2017!



News From Hudson

We hope this new year catches up with you and finds you well. 2016 was filled with many amazing memories for us here at Comforts of Home. This holiday season our residents enjoyed a variety of musical stylings from local musicians. Houlton Elementary School also stopped by for Christmas caroling and brightened each resident's day with a handmade holiday card. Thank you to all family and friends who attended our Christmas party this year. We had a great turnout and the residents really enjoyed visiting with everyone. We will be toasting to 2017 with our residents and look forward to what the new year has in store. We are excited to plant gardens donated by Purple Tree and watching our vegetables and flowers grow. We would like to wish you and your family a blessed and Happy New Year!



News From Hugo

The past months have been busy with a variety of parties and visitors at Gracewood of Hugo. A local Girl Scout troop celebrated Halloween with the residents. They brought crafts to make with the residents and they sang songs. The girls even arrived in costume. The day of Halloween, the residents had preschool children from a local childcare center come trick or treat. The children also did some Halloween finger plays for the residents. It was fun to see them in their costumes. We were fortunate to have St. Croix Hospice come to honor the Veterans at Gracewood on Veteran's day. They talked about the history and significance of Veteran's day and gave certificates and pins to all our veterans. The music therapist led us in patriotic music that we sang along to. The ceremony concluded with refreshments for everyone. December was full of parties, visitors, and carolers. We had two Christmas parties during the month. The first was held in the beginning of December with family members of the residents. Our chefs prepared a wonderful meal and we had beautiful piano and guitar music during dinner followed by a sing-a-long with Santa making a surprise appearance. Later in the month, we held a smaller Christmas party with residents and staff. It started with Tony rocking some Christmas tunes. We then had a nice variety of snacks followed by gifts for all the residents. We were fortunate to have a local business "adopt" our residents for the Adopt-a-Grandparent program. During our party, they brought in gifts for every resident and platters of cookies.

In the coming months, we are looking forward to Marcia starting Bible study again every Thursday morning. The librarian will continue reading stories to us for the next five months. We will also have our 2nd annual Valentine's Day dance in February. Everyone at Gracewood of Hugo would like to wish everybody a happy and healthy 2017!



News From Inver Grove Heights

Winter is here, so is the fun. The festivities are aplenty in our building this season. We are all very proud because our building looks so festive and colorful, we just love it. We had our Christmas party this month with music, lots of family, and a glorious Ham Dinner.

We are all very excited for our Secret Santa. Our wonderful and thoughtful employees, picked residents names so everyone will get a special gift on Christmas day. We can't wait to see their big smiles on that day!

We are all preparing for more fun in the upcoming months with a Summer in February beach party, and lots of other fun events ahead.

Wishing all of you a very happy, joyful, warm, and cozy winter.

News From St. Croix Falls

Hi Everyone from St. Croix Falls, Happy New Year!! Hope everyone had a wonderful Christmas and a great upcoming New Year 2017. Wanting to wish Happy birthday to the following residents Ethel Hunter, Virginia Melin, and Elizabeth Sewell. Many activities always going on throughout the year. Huge thanks for all the groups that did Christmas caroling for us, residents really enjoyed the singing. A big Thanks to our activity gal Stacy, she helped decorate for Christmas which everyone enjoyed. We have a lot of football fans with the Green Bay Packers and Vikings playing on Christmas Eve. It was a great party, so many watched the game and eat many snacks. Our Christmas Party was a great success with lots of snacks and many laughs. Our caring staff always giving their love, and kindness to all resident's families and visitors. We look forward to the next coming months and new things always ahead. Have a safe Happy New Year 2017!!!



News From River Falls

Merry Christmas and Happy Holidays from the River Falls Campus! 2016 has been such an exciting year, filled with lots of new and exciting experiences. With the year almost to the end, we have been reminiscing about all the events that have happened and looking forward to expanding on to the events in 2017. There have also been several changes to the River Falls campus, particularly in the past six months. The Grand Apartments is now an Independent Senior Living and we have also added a Men's Memory Care Unit at the Lodge. The Men's Memory Care unit is still kicking off but we have added Men's club for a few residents to enjoy throughout the day. A few days a week our gentlemen get to go and spend some quality one on one time with a staff member and get to enjoy activities such as, football videos, catch, and many other fun manly activities. To end the year, every building on campus held a Holiday party filled with caroling, music, cookie decorating, tons of delicious food and other activities. To make Christmas extra special at one of the buildings, we had an amazing donation made by two outside sources who donated gifts so each of our residents had gifts to open on Christmas morning. Thank you for the wonderful donations and spreading the holiday cheer for everyone! We hope everyone had a great holiday season and we wish you Happy New Year!



News From Blaine

BRRRRRR White Pine Blaine has declared that winter has finally arrived. We had a spectacular year, and will have to declare 2016 one of the best years yet! We kept busy with new and old entertainers, tea parties, festivals, games, and goodies. Let's not forget our annual Oktoberfest, had the house a rocking especially in Memory care. They sure do know how to party. November we had a special day with our veterans, first at Blaine High School, then each visit was honored with a pin and recognition from the Blaine VFW. December brought us snow and the arrival of Santa and Mrs. Clause for our Christmas Party. Santa passed out candy canes and brought good cheer to all the residents and families. This year each of our residents also received a few Christmas gifts that were collected and donated, thank you Antionette and everyone that helped. We had many volunteers that helped make this year one for the records.

While we say goodbye to 2016, we look forward to spending time with both old and new friends in 2017. White

Pine has many activities to look forward to this coming year. We will have Catholic Church every Wednesday with St. Joes, other religions will be served by local Pastors, and Reverends on Mondays. Prim Rose school will be joining us once a month, along with a new kids club to keep us entertained. Therapy dogs come every week, and our own resident puppy Maisey will come a few days a week to brighten our lives. Blaine I will still have music every month, trips to Walmart, and lunch out, we may even venture back to the Mall of America! We have many things to be thankful for in the past year and many adventures yet to come in the New Year.

“Yes we love all the activities for our family member. Staff is wonderful.”
Family of Esther Jeatran

News From Mendota Heights

Season’s greetings! This winter wonderland doesn’t stop us from having a good time! Residents helped us decorate the building by adding some personal touches to their own home made ornaments. We have had quite the eventful season so far! We had a Thanksgiving party and a Christmas party. We did secret Santa for our residents. We have been lucky to have some great entertainment as well! Girl Scouts stopped by and sang songs, we had a choir come one evening and perform after dinner, we also had a small band come play some oldies music! In addition, Mendota Heights wanted to give back this season! Residents helped us make sandwiches for the sandwich man to pick up to hand out to the homeless. Caregivers and a couple family members went out to do a little late night volunteering at Feed My Starving Children in Eagan. We donated \$200 to Second Harvest Heartland that resulted in 1,200 people receiving a nice holiday meal. We are pleased to announce that on behalf of senioradvisor.com, White Pine in Mendota Heights has been rated by our families as the best of assisted living in Mendota Heights for 2017. This award recognizes senior living and home care providers who receive consistently high ratings and positive reviews. The award is designated to fewer than one percent of providers nationwide. We are feeling very proud!! We are also in the process of creating a nursery and a children’s play area. We welcomed some new residents and made some new friends. Our energy is high here at Mendota so please stop by to enjoy it with us! Until next time, stay warm!

