



May today there be peace within.
 May you trust God that you are exactly where you are meant to be.
 May you not forget the infinite possibilities that are born of faith.
 May you use those gifts that you have received, and pass on the love that has been given to you.
 May you be content knowing that you are a child of God.
 Let his presence settle in your bones, and allow your soul the freedom to sing, dance, praise, and love.
 It is there for each and every one of us.



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A Letter from our Executive Director

As we approach the holiday season, memories of holidays past always add a little extra meaning and warmth to our celebrations. At Benedictine-Winona, there have been so many memorable holiday happenings over the years.

One of my earliest memories is the Sisters' Christmas Tea. Each year, the beautiful tea set would be polished to a shine and the sisters would host a Christmas Tea for all staff. It was quite a big deal with staff looking forward to this special day and the chance to visit with the sisters. We still have that tea set, but unfortunately, we no longer have the sisters on our campus every day.

Breakfast with Santa and Jingle with the Kringles were also very popular events. Families of residents would gather for a few hours of socializing, good food, picture taking, and, of course, pictures with Santa and Mrs. Claus.

Staff from all departments looked forward to making these such special events.

We have also enjoyed the many, many carolers who have visited our campus and the mini-concerts performed for our residents. These special performances would certainly put anyone in the holiday mood.

The holidays would not be complete without a special holiday meal for our residents and guests. Our culinary teams would go



all out to prepare an extra special meal and decorate our dining rooms for the occasion. Our culinary teams meet with residents prior to the holiday to determine what will be on the menu.

We look forward to making so many wonderful memories with our residents and staff during the upcoming holidays.

When we think of past holidays, it is often the simplest of things that bring us the most happiness.

May your memories of this holiday season be with you throughout the coming year!

Sincerely,

Carol Ehlinger
Executive Director

Carol.Ehlinger@benedictineliving.org



Welcome New Associates



Allison, Culinary Aide, Saint Anne



Hailey, Culinary Aide, Saint Anne



Emily, Nursing Asst, Saint Anne



Joel, Care Asst, Callista Court



Emilie, Culinary Aide, Saint Anne



Jessica, Care Asst, Callista Court



Nancy, Housekeeper, Callista



Melanie, LPN, Callista Court



Heidi, Wellness Coordinator



Kelly, Care Asst, Callista Court



Megan, Culinary Aide, Callista Court



Gabrielle, Administrative Assistant, Saint Anne



Tiffany, Clinical Reimb Mngr, Saint Anne



Alimi, Nursing Asst, Saint Anne



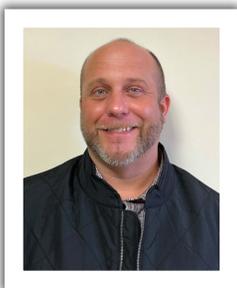
Audrey, Culinary Aide, Saint Anne



Carrie, RN, Saint Anne



Hello! I am Elizabeth, the new Marketing Coordinator! I am a graduate from Winona State University with a degree in Business Administration and have a strong background in marketing and digital communications. In my free time I enjoy being with my family, watching movies, going to live music shows, fishing, hiking, and spending time outdoors. I have been at Benedictine Living Community - Winona for about a month and can say I am honestly so grateful to be here. This community is so welcoming, caring, and thoughtful of one another it is truly an incredible place to work. I am looking forward to continuing to build relationships, getting to know residents, and sharing our beautiful community to all of you through our social media. Be sure to like and follow us on Facebook and Instagram! You can find us on Facebook at www.facebook.com/BenedictineWinona and on Instagram at [@benedictinewinona](https://www.instagram.com/benedictinewinona).



Hi! I'm Joe, the new Human Resource Director. I come to Benedictine-Winona with more than twenty years of healthcare and human resources experience. I am originally from Milwaukee, WI but graduated from Winona State University. I began my healthcare career serving in the US Navy as a Hospital Corpsman. Upon receiving an honorable discharge from the Navy, I continued my work in the healthcare industry where I served in various roles including: Vascular Access Technician - Mayo Clinic, Assistant Manager of Operations - Memorial Blood Centers, Clinic Manager - Ascension Healthcare, Group Health Operations Administrator - Davita Inc, Regional Operations Director - Advanced Pain Management, LLC., Chief of Acute Care Compliance - State of Wisconsin, and most recently as Assistant Director of Human Resources at Winona County. My passion is people. I always look for ways to connect with someone. I enjoy hiking, reading, singing, and eating pizza. It's odd that I listed pizza as a hobby, however I LOVE it that much. FUN FACT: I once ate pizza for 43 days in a row. I'm also a two-time cancer survivor and love dogs.

Recreation

Meet the Recreation Team!

Hi! I'm Esther Zimmerman- Director of Recreation and Volunteer Services. I am beyond blessed to have worked here at Benedictine Living Community Winona for the last 9 years. I have 2 small children Evie (5) and Ethan (3). I have been married for 6 years to an avid hunter, Star Trek lover- all things boating man. I love summer and am known to be quite the dancing queen! I am also a Winona State Graduate - Go Warriors!



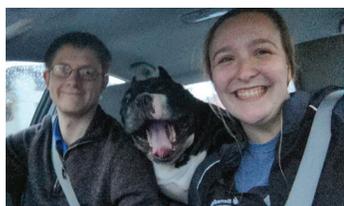
Hello! My name is Emmy Moran and I am from Maplewood, Minnesota. I currently live in Winona with my Fiancé, Alex and my almost 6-month old kitten named Marty. I recently graduated from Winona State with a degree in Exercise Science and was hired on to be a part of the recreation team after I completed my 600-hour internship at Benedictine.

Hi, my name is Kelsey! I am originally from Byron, MN. I graduated from Winona State University with a degree in Therapeutic Recreation. I have been married for 5 years to my wonderful husband Mike. We bought a house last December and have enjoyed making it our home. I love everything outdoors: hiking, camping, backpacking, canoeing, and gardening.



Hello, my name is Heidi Courson, and I graduated from the University of Wisconsin-La Crosse (UW-L) in 2021 with my BS in Therapeutic Recreation. I then graduated again in 2022 with my MS in Therapeutic Recreation. I am a Certified Therapeutic Recreation Specialist and am excited to have recently joined Benedictine Living Community-Winona as a Wellness Coordinator! I am originally from Galesburg, IL but am currently searching for a home in La Crosse, WI with my husband, Kadin, who is a Physical Therapy student at UW-L. I love all types of recreation, especially crafts, gardening, and outdoor activities.

Hello hello! I'm Emily and I am a Wisconsinite through and through. I graduated from UW La Crosse with my BS in Therapeutic Recreation in 2021 after finishing my 6-month internship in Colorado. I have been with my partner for over 3 years, we just got our second dog together. We now have a wiener dog named Puck and an adorable Pit Terrier mix named Lennon. We love taking trips to new places, hiking, swimming, paddle boarding and anything we can do outdoors.



Hi, my name is Stacy. I went to Winona State University where I met my now fiancé and graduated with a BS in Therapeutic Recreation in 2021. I recently bought a house this past year and am enjoying turning it into a home. I have a 4-year-old English Bulldog named Oso; he is the baby of our household. I also have three outdoor rabbits named Kevin, Keith, and Kaitlyn. In my free time I enjoy working on my two businesses, Buzzin' Coffee and My Home Based Life blog.



Bruce Sixty has retired! We will miss the ever so social and sarcastic Packer loving fan around here. After 9 years at Benedictine Living Community-Winona, we wish Bruce the best retirement. Everyone at Benedictine-Winona hopes it is full of Jeep driving days and porch relaxing evenings. Bruce has been a world of laughter and we will certainly miss him as he embarks on his new chapter in life!



Recreation Assisted Living Week 2022



Art Walk



Bake Off



Boat Tour



Cake Walk



Pet Parade

Foundation

Consider Giving to Benedictine Care - By Mark Metzler

Where do you go when money runs out? If you are already a resident at Benedictine Callista Court, our assisted living facility, you stay in the home you know.

Because we are faith-based and not-for-profit, we allow our residents to stay with us in their home in Callista Court as long as they choose, despite financial hardships, with Benedictine Care.

Benedictine Care is a mission-driven effort that was created out of the love for our residents that provides funding to those who have outlived their life savings.

The numbers have increased

More than 30 percent of our residents at Benedictine Callista Court need some sort of aid to help with living expenses. This number has doubled in the past two years.

Each year Benedictine Foundation Winona has raised \$30,000 to help defray costs for residents. This \$30,000 covers about two months of expenses. The rest of the money is covered with Benedictine Living Community Winona absorbing the costs

You have been generous in helping with Benedictine Care over the past several years, but we need to continue to ask for help in making sure our friends are cared for in their homes.

You should be receiving a letter asking for your help in the very near future. Please give what you can.

Still Time to Give for Spas & Showers Renovation

We are continuing to raise money for our showers & spas renovation on floors 2-5 at Benedictine Saint Anne. To date, we have received many gifts and we are well more than halfway to our \$360,000 goal for the project.

The spas and showers are set to be re-done on the east end of floors 2-5, and new showers are set to be added on the west end of floors 2-4. One of the great benefits of this project is that the addition of the showers on the west end will decrease travel time to showers for residents, making it a more dignified experience for them. It will also be helpful with staff efficiency.

Please know that gifts of any size are both welcome and needed.

Donations can be sent to 1347 E. Broadway. Please designate where you would like the gift to be directed. You also can donate online at <https://giving.benedictineliving.org/0023>.

If you have questions, please feel free to contact Foundation Director Mark Metzler at (507) 205-6345 or mark.metzler@benedictineliving.org.



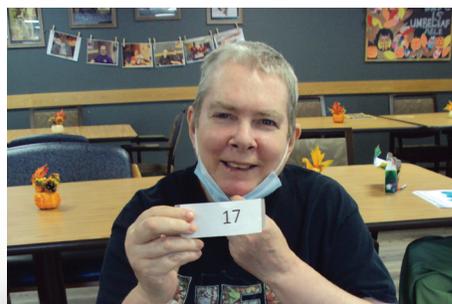
Adult Day

Get Ready for Two Months of Holiday Fun! By Tammy Ross

November is here, and the holidays are upon us! It is one of my favorite times of the year. I want to thank all the staff that participated in Adult Day Service Week in September. We had a busy week with outings in the community, listening to good music entertainment and creating some fall crafts.

November means decorating the Adult Day Center for Thanksgiving! There will be some fun Thanksgiving crafts, including the Thankful Turkey we make every year. Friends will be here to play music for us: Joe Cody, the Carol & Rich Show and Roger Ellis. Gary Froiland will be bringing in one of his music videos for us to watch.

In December, Christmas decorations will go up. We will put up a tree and make glittery Christmas stockings to hang in Adult Day! Our dear friends will be back to play Christmas music for us. We have special Christmas crafts to make and will be having our Christmas party again this year, on December 21st. From all the staff at Benedictine Adult Day, we wish you a Happy Thanksgiving, a Merry Christmas, and Happy Healthy New Year!



Therapy



Hello, my name is Karen Zibrowski and I am the new Rehab Team Leader here at Benedictine Living, Winona. Although this role is very new to me, I have worked alongside former Rehab Director, Allison Biesanz for the last 15 years as a Physical Therapist Assistant. I feel very fortunate to have the opportunity to continue working with an excellent rehab department in this new facet. I'm looking forward to expanding my experience in a management role while also continuing to provide physical therapy services to our residents.

A little bit about myself- I live in my hometown of Rushford with my husband, Josh, and three sons aged, 17, 14 and 9. As a family we enjoy participating in activities such as football, wrestling, fishing, ATV riding and classic car cruises. I've learned to embrace life as a BoyMom!

When I began my career in physical therapy, 23 years ago, my goal was to work with young athletes in an outpatient setting. I soon realized that there were far more job opportunities in Long Term Care. I took my first job with a contract therapy company traveling between a number of small rural facilities in southeast Minnesota. That experience was enough to ignite my passion for working with the geriatric population and lead me to Saint Anne's in 2007. It didn't take long before I felt like I was "home" and I have been so thankful that God has placed me right where I'm meant to be.



Annual Awards

Stephen Nett Recognized With Horizon Philanthropy Award



Winona's Stephen Nett was recognized with the Horizon Philanthropy Award during the Benedictine Annual Conference in Duluth on September 14. Nett said he was honored by the award. "It was totally unexpected and humbling". For the past six years Nett has served as a board member and treasurer of the Benedictine Foundation Winona Board, and is the incoming Chairman of the Benedictine Foundation Board, which oversees foundations at more than 25 Benedictine communities.

Nolan Henderson Honored With Sister Claudia Riehl Living a Legacy Award at Benedictine Annual Conference



Nolan Henderson received the Sister Claudia Riehl Living a Legacy Award at the Benedictine Annual Conference in Duluth September 14, honoring Nolan's commitment to Benedictine's core values and mission.

Nolan, who now works as a cook at Benedictine Living Community Winona, started as a Culinary Aide more than four years ago. Nolan is both respected and well-liked by his fellow employees. He is a trusted employee, and is dedicated to doing the very best for the residents at Benedictine Winona.

Culinary

I'm sure you'll agree that the acts of preparing, serving, and enjoying meals play prominent roles in creating holiday history. Whether it is in a family kitchen or dining room, a restaurant, or a caring facility like BLC-Winona, what we cook and eat, and where and how we do so become lasting memories and lay foundations for traditions in years to come. For myself - and maybe for you, too - many of the holiday stories we tell begin with the phrase, "Do you remember the year we...?" As our food service models have changed and evolved over the last few years, each remembered holiday has a new twist or development or challenge.



After this year, we will be saying, "Do you remember the year we replaced the floor in the Callista Court kitchen?" That is the project in progress in the culinary department as I am writing this. The Saint Anne and Callista Court cooks and culinary aides consolidated into one hard-working team that prepared the food for all BLC-Winona residents and clients in the Saint Anne kitchen. All equipment and supplies were removed from the Callista Court kitchen, and the dining room had to be put into service as a storage area. This has all been a challenging process, including meal deliveries to Callista Court apartments, and lots of extra servings prepared by Saint Anne cooks, but we are confident that we will be spending the

holiday season with a new-looking kitchen.

We always look back to popular meals to create our holiday menus, especially for Thanksgiving and Christmas. While our menus are not in place at the time of this writing, you can count on turkey, stuffing, and pumpkin pie for Thanksgiving. We spend some time each month with residents during the Resident Council and All-Resident meetings to take suggestions for upcoming holiday meals, and Christmas 2022 will be no exception. Previous Christmas dinners have featured prime rib and garlic shrimp, plus peppermint cheesecake for dessert! We expect similar requests this year.

While the food and the meal service may be part of a memorable holiday, it is the people of Benedictine-Winona that are most important to our holiday history. Last year, as we were finishing up the Thanksgiving meal service, one of our residents, a small woman with a quiet voice, said to each culinary aide and cook as we passed her table, "Thank you for spending Thanksgiving with us." We are so fortunate to be invited to prepare a holiday table, whatever its form may be, for the people who make Benedictine-Winona their home.

Each year, we strive to make our dining services part of a joyful holiday experience. Whatever the challenge, and whatever the outcome, we want it to be cheerfully memorable. We hope that each of us can say, "Do you remember the year we spent the holidays with the wonderful people of Benedictine-Winona?" And I say to everyone reading this newsletter, "Thank you for spending some part of your holiday with us!"

Anne Leckenby
Assistant Director of Culinary Services



Callista Court



Katy Johnson

Greetings!

With changes in regulations from the CDC and MDH, we are now able to passively screen all guests for COVID. What does this mean for the guests at Callista Court? We ask that you read the posted signage and do not enter the building if you are positive for COVID, have been exposed to COVID, or have signs or symptoms of COVID. Guests **MUST** continue to use hand sanitizer and wear a mask. You no longer need to take your temperature or complete a screening form. This also means that we have unlocked our MAIN ENTRANCE doors during normal reception hours. Thank you for your kindness, understanding, and assistance with our frequent updates and changes. Thank you for helping to keep everyone safe.

We have new landscaping to three areas of Callista Court (installed mid-October). The first area is along the boulevard (facing Dairy Queen), the second is around our circle drive (by the utilities), and the last is in the back of the building outside our kitchen area. Please stop by and take a look at our updated curb appeal!

We also have a new kitchen floor! This project was a big undertaking and affected our meal service to residents. A HUGE shout out to the Saint Anne's and Callista Court Culinary Department for making this project as seamless as possible.

May you have a wonderful holiday season filled with laughter, joy, and cheer!

Resident Stories

What special things does your family do at Thanksgiving, Christmas, or New Years?

On Christmas Eve our family always walked across town to my grandmother's house to have dinner and open presents. We'd sing on the way home. One year (when I was debating if there was a Santa Claus) we passed a classmate of mine's house. We could see through the window that George (my friend) was sitting on Santa's lap! That settled it for me, and I announced "I believe, I believe!" When we got home, we found that Santa had left us our gifts there. Christmas was a magical time in those years. Later the older children and my parents attended midnight mass and we always had Christmas dinner in our home. *Submitted by: Lucy Ortega*

What Holiday holds the most meaning for you and why?

It was during the Depression in the thirties. My mom and dad had begun farming in Iowa. I had an aunt who was a waitress in Chicago. She mailed two of the most beautiful Raggedy Ann dolls for my sister and me! We loved them and I often think of Aunt Betty's kindness to us.

Submitted by: Mary Wiczorek



Spiritual Care

By Dennis Kunkel

I must admit Holiday Memories have grown a lot for me over the years. The season has become more than just about my “church duties” but very personal.

First Christmas memories, childhood gifts, getting gifts for others, my own family Christmas, “church duties”, and the crèche are some of the most important aspects of these wonderful memories.

My first Christmas memory might be one that I got from a picture not necessarily a real memory, but something that developed into a memory. The memory might even be something foreshadowing my life working for the Church... It was a time when I thought our family crèche was life size (I know it was not, but at the time it felt like it was). I remember climbing into and becoming one of the figures. I cuddled in next to one of the shepherds and the animals and held my hands in prayer. Now those plastic figures barely seem doll sized, I think this speaks to how we all need to cuddle into the story of the Nativity.

Growing up in a big family like mine we didn't get a lot of gifts but very thoughtful ones. We usually got one, maybe two from Santa, and we drew names for each other. The fondest gift I got, which I was very clear I wanted, was a Mattel handheld football game. My Mom wrapped it into about 15 different boxes that I had to go through to get it. I had a feeling that in the big huge box was the little handheld game I wanted. I could read my mom better than she thought at the time. But it still made a great memory for me and it was fun opening all those boxes.

I remember one year in college I took a lot of time to carefully pick out gifts for people. It's not that I didn't think about it before but my transformation of getting gifts and giving gifts changed. I was much more excited about giving than receiving.

This brings me to my own little family Christmases. It has been fun getting gifts for the kids especially the toys and reading stories about Christmas to them at bedtime. The excitement in their eyes is what makes the season very magical. Bringing my “church duties” together with my family made it even more special especially when my youngest got to be baby Jesus. We had the kids dress up at home for our own little Nativity. Still one of my favorite Christmas photos.



Most recently, I have to admit that Christmas during Covid, including my “church duties” as a Chaplain have been very special. I love preparing music and talking about how Christ is the center the season. The whole holiday season starting with Advent (including Thanksgiving) and the last official day of the Christmas Season which is The Baptism of the Lord, the week after Epiphany.

Happy Holidays everyone and remember that Jesus is the reason for the season!

Training Center



Kimberly Nahrgang, RN
Staff Development
Director/Training Center
Coordinator

Do you remember fall, winter, and all their germ-ridden festivities before Covid? **Me too.**

Do you remember gatherings where the only reason it would be unsafe to be with family and friends would be not cooking the stuffing properly or leaving the potato salad out too long? **Me too.**

Do you remember when your aunt described you at the Thanksgiving table as being “so positive” and was referring to your sparkling personality, not the most recent viral test? **Me too.**

Do you remember licking the envelopes of 50 Christmas cards without a second thought and now you wonder if this is considered a super spreader event? **Me too.**

Do you remember finding out at Christmas a home test with 2 pink lines meant people had been sleeping together, not that they shouldn't? **Me too.**

Do you remember when you complained about getting socks and underoos under the Christmas tree and now realize those were stellar gifts compared to cheap hand sanitizer and 1 ply toilet paper? **Me too.**

Do you remember when we didn't have to question St. Nick being boosted and if he washed his hands after “laying a finger to the side of his nose”? **Me too.**

Do you wonder what we will remember 10, 20, and 30 years from now of what we have experienced in the past 3? **Me too.**

Do you wonder “what next”? **Me too.**

Do you say “bring it on”? **Me too.**

Do you still want a pony? **Me too!**



Environmental Services Update

“O Christmas tree, O Christmas tree How lovely are thy branches” With the holiday's coming up I wanted to send out a reminder of what decorations are and aren't allowed for the safety of the residents and staff at Benedictine Saint Anne and Benedictine Callista Court.

- No real wreaths or Christmas trees are allowed inside the building
- Doors and walls cannot be covered with more than 75% of the surface area
- Artificial trees for resident rooms need to be under 3 ft. and need to be placed in a safe location not causing a tripping hazard to staff or residents.
- Artificial Christmas trees, lights, wreaths, and more that light up and are brought in need to have a UL tag on the cord (please see below)



Changing Seasons & Changing Wardrobes

Benedictine Saint Anne Residents & Families

During this time of year we see a lot of clothes coming in to stay warm in these colder months. Please take home clothing items that are not being used as space is limited in resident rooms. If you are bringing in new clothes for residents be sure they are given to reception or nursing letting them know they need to be labeled with the resident's name. This will help us ensure the items get back to the individual.

Thank you!

Tessa Marks
Assistant Executive Director



Benedictine

LIVING COMMUNITY | **WINONA**

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NOVEMBER / DECEMBER 2022

BENEDICTINE LIVING COMMUNITY | WINONA



Benedictine

FOUNDATION | **WINONA**

Thanks to your generous donations our residents at Callista Court and Saint Anne have been able to enjoy good weather on our spacious patios.

We thank you and ask you to consider a donation to our latest project, renovating the showers & spas at Saint Anne.

Donations can be sent to 1347 E. Broadway
Winona, MN 55987.

You also can donate online at
<https://giving.benedictineliving.org/0023>

