NEWSLETTER
November 2026

Ecumen Meadows, 1801 Collegeway, 507-372-7838



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Executive Director's Desk

Dear Residents,



November is such a special time of year. It's a season that reminds us to slow down a little, reflect on the memories we've made, and appreciate the people and simple joys that make life so meaningful.

With Thanksgiving just around the corner, I hope each of us takes a moment to reflect on the many blessings in our lives. Sometimes, it's not the big things that bring us the most happiness, but the little things-a warm smile, a kind word, a good conversation, a shared laugh, or simply knowing someone cares. These are the moments that truly warm our hearts and remind us how much we have to be thankful for.

November also brings World Television Day, a time to appreciate something that has been part of so many of our lives. Think about the shows we grew up watching, the characters who made us laugh, and the programs that brought families together around the television. Whether it's a favorite classic, a good movie, or a show we look forward to each week, television has a wonderful way of bringing back memories and giving us something to enjoy and talk about.

As we celebrate Thanksgiving and recognize World Television Day, I encourage you to take time to enjoy the little things. Watch a favorite show, share a memory with a friend, enjoy a good laugh, or simply spend a moment appreciating the people around you. My hope is that each of you feels valued, cared for, and reminded that you are an important part of our community. I am truly grateful for the smiles, stories, friendships, and special moments we share at the Meadows.

Wishing each of you and your loved ones a beautiful Thanksgiving filled with warmth, love, laughter, and countless blessings!

Best Regards,

Elena Heronimus, Executive Director

November Trivia

November is considered a transitional month around the globe. Depending on where you live, you might begin to welcome hints of winter…or of summer.

Zodiac signs: **Scorpio & Sagittarius**
Birthstone: **Topaz & Citrine**
Flower: **Chrysanthemum**

Quote of the Day

The best way to cheer yourself is to try to cheer somebody else up.

-- Mark Twain

Life in Our Community



2026 Bronze Award

We have some exciting news to share!

Ecumen Meadows has officially won the 2026 Bronze Commitment to Quality Award. This national honor from the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) recognizes our team's hard work, dedication, and commitment to providing the absolute best care for our amazing residents.

We are incredibly proud of our team and will work hard to continue this momentum toward the silver level!

Community Coffee Speaker

Thank you to Scott Rosenberg, Worthington's City Tree Forester, for sharing an informative presentation on the Emerald Ash Borer at our Community Coffee! Scott brought bark samples, larvae, and insects to help us understand the damage this pest causes.

Worthington has lost more than 1,500 ash trees on public land and in parks. The city is working to remove infested trees and replant a diverse mix of species to keep our community safe and beautiful.

We appreciate Scott taking the time to educate us, and we thank him and his team for their continued hard work protecting Worthington's trees!





Life in Our Community continued...







Class of 1954

We hosted a special reunion for members of Worthington High School's Class of 1954, including Carol Wakeman, Edwin Johanning, Angie Mixner, Francis Kuemper, and Carole Hoefker, honoring the memories of their late classmates as well.

Decorated in Trojan red and black, the gathering featured a delicious dinner, 1954 trivia, and plenty of laughter and memories. Glen Hartle correctly named football MVP Burdell Doe, while Carol Wakeman proudly recalled her own reign as Homecoming Queen!

Guests went home with Trojan memorabilia and hearts full of wonderful memories from this special afternoon with lifelong friends.



Lutmer's Anniversary

Bob Lutmer and Mary Hebbelman celebrated 70 years of marriage on October 1, 2026! The couple married at St. Adrian Church on a Monday morning at 9:00 a.m., choosing the date to match Bob's parents' anniversary. After the ceremony, they enjoyed breakfast with family before celebrating at the Adrian school gym—a reception so memorable that they became the first and last couple allowed to hold a wedding reception there during school hours!

Seventy years later, Bob says the secret to a happy, lasting marriage is simple: a whole lot of give and take!

Congratulations, Bob and Mary, on this wonderful milestone!

Life in Our Community continued…

October Birthdays

We have lots of wonderful people celebrating October birthdays at the Meadows, and we gathered several of them for this photo! Sitting, L-R, are Don, Mary, Lois, Carol, and Tom. Standing L-R are Elena, Richard, Roger, Francis, and Rose. Jayse, Paty, Sherry, Bonnie, and Gladys are not pictured.

Please join us in wishing each of them a very happy birthday!





October Anniversaries

We are celebrating **seven wonderful team members** who reached a work anniversary this October, sharing a combined **28 years of service** to Ecumen Meadows!

💚 **Jeana – 5 Years (Dining Assistant):** Jeana loves cats and art, with a couple of her paintings currently on display at the Meadows!

💚 **Bryly – 1 Year (Resident Assistant):** Bryly enjoys getting to know residents and their stories. She also loves creating fun themed T-shirts for Memory Care activities.

💚 **Vanessa – 4 Years (Resident Assistant):** After previously working at the Meadows, Vanessa returned and loves being part of a community where she feels cared about. She recently welcomed a new baby!

💚 **Emily – 2 Years (Resident Assistant):** While attending nursing school, Emily brings compassion, attentiveness, and a calming presence to resident care.

💚 **Ingrid – 7 Years (Dining Assistant):** Ingrid is a talented cake decorator who helps make our special occasions even sweeter!

💚 **Crissy – 8 Years (Housekeeper):** Crissy takes great pride in her work and is loved by the residents she serves. She enjoys camping with her family.

💚 **Angela – 1 Year (Resident Assistant):** Angela celebrated becoming a first-time mom this year and recently welcomed an adorable puppy to her family!

Thank you to each of these amazing team members for the care, dedication, and joy you bring to Ecumen Meadows. We appreciate you! Happy Work Anniversary! 💚

Life in Our Community continued...





MN West – Partnership

We're so grateful for our partnership with Minnesota West Community and Technical College!
A wonderful group of Occupational Therapy Assistant students visits us weekly all semester. They brought lots of fun and excitement to our community this morning with a festive Halloween Bingo game in memory care and energetic cardio drumming to our assisted living exercise class.







Trick or Treat

Halloween was definitely a happy one at the Meadows!
Thank you to everyone who came to our trick-or-treating event!

Life in Our Community continued…



On October 27, 2026, we had the pleasure of welcoming Chris Knoll (Minnesota State Candidate), and Kyle from Care Providers of MN to the Meadows! During their visit, they toured our community, met with residents, and took time to listen and learn about the opportunities and challenges facing assisted living communities. As a licensed nursing home administrator, Chris knows all too well about the challenges facing long-term care communities.

We truly appreciate their time, thoughtful conversations, and willingness to hear firsthand from those who live and work in our community. It was wonderful to have the opportunity to share our experiences and have meaningful conversations about the issues that directly impact our residents, staff, and the future of senior care.

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 November, 2:45 p.m., Both Dining Rooms

Golf Cards
Every Monday in November, 6:30 p.m., South Dining Room

Community Coffee
Every Tuesday in November, 9:00 a.m., South Dining Room

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

Rosary & Mass/Communion
Every Friday in November, 9:45 a.m. & 10:00 a.m.
So. 2nd Floor Activity Room

Happy Hour
Thursday, 5 November, 2:00 p.m., South Dining Room

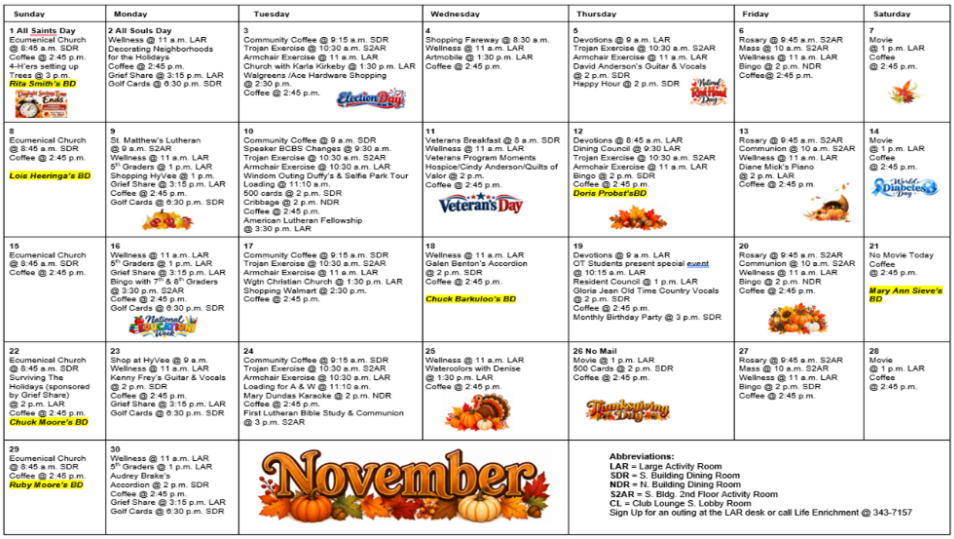
November Birthday Party
Thursday, 19 November, 3:00 p.m., South Dining Room

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

Special Days

1st	All Saints Day
1st	World Vegan Day
2nd	All Souls Day
3rd	Sandwich Day
8th	Tongue Twister Day
8th	Diwali
9th	Inventor's Day
11th	Remembrance Day
11th	Veterans Day
12th	World Ballet Day
13th	World Kindness Day
14th	Monet's Birthday
21st	World Hello Day

This is a small image of our November calendar.



November Celebrations

Resident Birthdays:

- 1~ Rita Smith
- 8 ~ Lois Heeringa
- 12 ~ Doris Probst
- 18 ~ Chuck Barkuloo
- 21 ~ Mary Ann Sieve
- 22 ~ Chuck Moore
- 29 ~ Ruby Moore



Please join us in the South Dining Room on Thurs., Nov. 19 for the Birthday Party.

Employee Birthdays:

- Grace S ~ 1st
- Vanessa M ~ 4th
- Kurt G ~ 5th
- Kaitlyn W ~ 9th
- Kelly S ~ 26th
- Bryly M ~ 28th
- Leslie M ~ 29th



Employee Anniversary:

- Afton N ~ 3rd ~ 9 yrs.
- Maria V ~ 11th ~ 2 yrs.
- Jayse G ~ 14th ~ 3 yrs.
- Nancy W ~ 30th ~ 11 yrs.



Poem to Share

A November Blessing

Author: Unknown

As autumn leaves drift to the ground,
And quiet beauty gathers ’round,
We pause to see the gifts we share,
The love of friends, the gift of care.

The days grow short, the air turns cold,
Yet hearts can shine with warmth untold.
A smile, a laugh, a hand held tight,
Can make a cloudy day feel bright.

For every kindness, big or small,
For family, friends, and one and all,
May gratitude fill all we do,
And bring us peace the whole month through.

So welcome, November, crisp and new,
May joy and blessings come to you.
And may we always find a way
To give thanks for each passing day.



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.

- Ron Anderson
- Carol Jeffers
- Monica Marske
- Ervin Renken
- Pat Ludlow

NEW STAFF

Welcome to those who joined our team in the past few months!

- **Chelsy R – RA**
- **Claudia W – RA**
- **Imelda B – DA**

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 are 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 **at least 24 hours' notice** so they can prepare accordingly.

Guest Meal Prices:

- Regular Guest Meal: **$15 per person**
- Holiday Guest Meal: **$19 per person**

You can pay at the **front desk with Caryn**.

Thank you for helping us plan and ensure everyone enjoys a wonderful dining experience!

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 10:00 a.m., is our shopping day.
Please avoid scheduling appointments during this time.





Laughing Matters



Worms & Whiskey

Will was trying to teach his son about the evils of alcohol.

He put a worm in a glass of water & another in a glass of whiskey. The worm in the water lived while the one in the whiskey curled up & died.

“All right, son,” Said Will, “what does that show you?”

“Well, Dad, it shows that if you drink alcohol, you will not have worms.”

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.

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 firm ring.

Crouching down to the child’s level, the priest smiles compassionately and asks, “And now what, my little man?”

The boy replies, “Now we run!”

The Clever Elephant

A squirrel is living in a pine tree.
One day he feels it shaking, looks down, and sees an elephant climbing the tree.
The squirrel asks: "What are you doing climbing my tree?"
"Well, I'm coming up here to eat some pears," says the elephant.
"You idiot, this is a pine tree; there are no pears."
"Well, I brought my own pears.

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