

April 2024

Resident spotlight: Judy Peterson

Not new to the area, but new to our Croixdale family, Judy Peterson joined us here in 2023. Judy has lived in the Stillwater area her entire life. Growing up here with her parents, three brothers, and one sister, Judy and her family are no strangers to our community. Judy relocated to Bayport 29 years ago and understands the love we share for our city.

Starting a family of her own, Judy married her husband in 1960 at 19 years young. Together they had two children, Terry and Betsy.

Staying local, Judy worked at St. Croix manufacturing for 15 years, Cub Foods within their bakery department for 25 years, and at one of our Presbyterian Homes community, Boutwells Landing in Stillwater, Minn. Judy now spends her days within our Croixdale community. She enjoys shopping, decorating, and spending time with her cat! You may see Judy playing five hundred, bird watching, or even enjoying our Croixdale garden. Our garden is resident-run and is tended to between spring and summer months. We are so blessed that Judy chose to make her home at Croixdale.

Welcome, Judy!"

Resident Nametags

If you would like a name badge to wear around our community, please stop at the front desk and we will make you one!



WELCOME NEW RESIDENTS:	
	Jerry Starzinski– Apt. 235
	Darryl Germain– Apt. 203
	Deb Francis– Apt. 30
	Alouise Laverty– Apt. 239
	Joyce Welander– Apt. 231

Croixdale

Staff spotlight: Kari Huckels

Kari Huckels started serving as one of our clinical nurses here at Croixdale in January. Before coming to Croixdale, Kari served as a nurse at Abbot Northwestern Hospital, served as a Hospice nurse, and has served at other assisted living communities.

Growing up in Roseville, Minn., Kari relocated to Stillwater, Minn., in 2001. She lives here with her husband Paul and children Alex and Elsa (both in their twenties). Alex currently works for Cub corporate, and Elsa will be graduating from Michigan Tech University this spring! Their family is also accompanied by an 11 year-old lab named Lola.

In her free time, Kari enjoys reading, partaking in craft projects, and spending time with her family at their family cabin in Winter, Wisconsin. To relax, Kari enjoys solving the daily Wordle (Phone App) and reading.

We are so blessed to have Kari as one of our support nurses here at Croixdale!

Welcome, Kari!



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STAFF ANNIVERSARIES

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Nora Thoreson– 1 Year

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Tracy Howard– 2 Years

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Nick Brown– 1 Year

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Brianna Carey– 1 Year

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Gail Bittermann– 3 Years

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Cassie Edgerton– 2 Years

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Shizuko Purnick– 12 Years

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Taylor Weaver– 4 Years

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Croixdale Market News

COVID at-home tests are now available for purchase in the Croixdale market for \$15/box. There are two tests in each box. If you are unable to come down to make your purchase, we can do it for you, charge your account, and deliver it to your door. Please call reception for more details.



Life enrichment spotlight

Coming soon: Trishaw E-Bike

Croixdale's Board of Directors recently approved the order and purchase of an electric trishaw bicycle. This is an electric (battery-powered) bike that seats one pilot and up to two riders in the front. For the past few years, we have been able to borrow a similar bike and now we will have our own! We expect the bike to arrive sometime in June or July. Stay tuned for more details!

Trishaw pilots needed

If you (or someone you know) is interested in becoming a trained trishaw pilot, please reach out to Kelly at 651-275-4842. Trishaws are surprisingly easy to pedal and steer. Training will be required in order to pilot this bike.



Volunteer opportunities

We are seeking 2-3 male volunteers that would enjoy engaging in conversation with the men in our memory care once or twice each month.

This would be an easy volunteer opportunity for our IL and AL residents, and having visitors would mean a lot to the men living in our memory care.

Please contact Kelly if you are interested in volunteering at Croixdale: 651-275-4842.

A joyful word

God knows your every need and your every move. We, on the other hand, don't always remember God! But we have a promise. If we cry out to Him and seek Him, He will be there.

"The righteous cry, and the Lord hears and delivers them out of all their troubles."

PSALM 34:17

Croixdale

Nuts and bolts

In March, Croixdale installed a new and improved phone system. As a part of this change, internal calls must all begin with '275' rather than the '*' asterisk. For example, to get the front desk you must dial 275-4800.

April is Severe Weather Awareness month. Education will be provided at our April Resident meeting.



Croixdale residents enjoyed the ride to The Dalles House in February. The food was great!

A letter from Mrs McGillicuddy: The Teaching Cat

One autumn day when we were living on our farm, a half-grown, little gray cat came to our door. It was so friendly, a little hungry and we soon discovered, already trained. So we let it stay and it seemed to want to stay.

At the time my daughter was about 3 years old, and I was attempting to train her to use a potty chair. Jenny, our daughter, really wasn't paying much attention to my careful instructions. Then, one day I noticed the potty chair had been used, but I knew it wasn't Jenny that used it. This happened several more times! Then we both saw it together — the kitty was using the potty chair! Prim and proper, dainty as a doily, the cat used the potty chair!

Well, after that demonstration, Jenny was all in. Training was a done deal! The little furry guest was like a traveling preacher of former times, in a few weeks, she was gone. We hadn't even really named her before she was on her way. We looked for her and asked around but it's really hard to find a lost cat in the country. I always thought that that kitty was living out somebody's Karma and she had "promises to keep".

Hope you are enjoying this wonderful, warm winter and keeping all of your promises!

Till later, Mrs. McG.

Medical Emergency Resources

Are you living in the Terrace? Have you considered using or having a Medical Alert System in your apartment?

Medical alert systems are monitored 24/7 and can dispatch family or first responders if needed. They provide a quick alternative to reaching for a phone, remembering phone numbers or having to press more than one button. You can get the assistance you want or need even if it doesn't require medical treatment. There are many different companies and options out there, and we have provided a few resources if you were considering getting a medical alert system.

Life Alert	lifealerthelp.com	800-813-3104
Lively	lively.com	866-244-6652
Philips Life Line	lifeline.philips.com	800-451-0525

Sweet & saucy

Quick reminders

- Breakfast is 7:30 a.m. to 9:30 a.m.
- Lunch is 11:30 a.m. to 1 p.m.
- Take out begins at 12 p.m. (noon)
- Dinner is 4:30 p.m. to 6 p.m.

Based on kitchen staffing, special orders (burgers, BLT's, grilled cheese) are only available at lunch and only for dining -in due to time required to prepare. If you know you will not be available to pick up a meal you may call the kitchen and we will place a meal in fridge for later pick up. Please remember to call the kitchen prior to 11 a.m. to order meals if you are needing delivery.

Thank you, Eric Olson



Croixdale residents enjoyed a visit to the Como Conservatory in February.

Croixdale
750 Highway 95 North
Bayport, MN 55003

651-275-4800
Croixdale.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Resource corner

Did you know that Croixdale has three 'in-house' TV channels?

Channel 990—Watch our building's front entrance

Channel 991—Enjoy morning fitness and nature cameras

Channel 992—Calendar, Menu, and Announcements

You can also find Croixdale's newsletter, menus, and activity calendars online! Go to Croixdale.org and then find the 'At Our Community Section' on the right.

Would you like to see more photos of what's going on at Croixdale? Like us on Facebook!

Thank you, volunteers for making a difference every day

St. Francis of Assisi famously said, "Remember that when you leave this earth, you can take with you nothing you have received – only what you have given." At Presbyterian Homes & Services (PHS), our vital corps of volunteers understands this better than most.

Although National Volunteer week is celebrated in the third week of April, PHS community recognition events are held from early April through May. Each of our campuses hosts tea, luncheon or other events to give a gracious thanks to those who serve year-round.

Volunteerism is one of the hallmarks of PHS. From the very beginning, local church members, children, service clubs, neighbors, resident family

members and staff have volunteered in every one of our communities. We are blessed to have a wide diversity of volunteers, some who are here once a year, and some who are with us every day, including our own residents.

These volunteers complete a variety of tasks — reading to residents, assisting with activities, tending gardens, delivering mail, running errands and helping with office projects. Our volunteers lighten the work of the staff and brighten the days of our residents.

If you are interested in volunteering, contact volunteering@preshomes.org.

Please take time to thank a volunteer today!