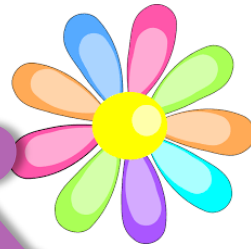


The FINAL MINDER

May 2024



 **presbyterian
homes & services**

Boutwells Landing



Wellzesta Life is Our Source of Information Starting June 1

Since Wellzesta Life will be our source for information and communication moving forward, this is the **FINAL Minder and IL Calendar**. Everything that was included in these printed communication tools will now be available in Wellzesta. We know this is a major change, but it's just a different way of looking at the same information. You can also access daily information from Wellzesta on Channel 992.

Also, all registrations for outings and activities (except open shopping) can now be done in Wellzesta Life. You can now register from the comfort of your home! We've listened to your feedback and we will now **open all registrations the first day of every month starting in June** for that month's outings. Watch for the message in Wellzesta Life on June 1 with the links to register for these outings.



Wellzesta

Wellzesta Additional Training Sessions

Wednesday, May 15 at 1pm

Thursday, May 16 at 10am

Friday, May 17 at 1pm

in Auditorium B

If you still need help learning Wellzesta Life, please join us at one of these 1-hour, in-person trainings.

To sign up, please email jwittek@preshomes.org or call 5039.

If you have Wellzesta questions or need a little help, we will continue to have **Wellzesta Open Help Labs every Thursday at 2pm in May** (except May 2). These are in the Volunteer Office/Tech Center on the lower level.



Independent Living Resident Update Meeting

Thursday, May 2 at 10am

Town Hall & Channel 993

We will have updates from staff and review what to do in case of severe weather.

On the move!

Move ins:

James Mark Irwin - Commons #407

Karen Johnson - Terrace #302

Transfers (To):

Joyce McIntosh - Arbors

Nancy Grebis - Terrace #123

Betty & Gary Faust - Terrace #301

Louise Liffriq - Terrace #416

Marcia & Art Christensen - Terrace #418

Margaret Sunberg - Terrace #421

Janet Zahler - Terrace #404

David & Linda Borer - Townhome #5425

Save the Date!

We will be having an Outdoor Summer Bash, Tuesday, August 6. Watch for more information in Wellzesta Life. Rain location Auditorium A & B.



Dames & Doughnuts

Friday, May 10

9:30am

Craft Room

Coffee and chat for women.



BINGO AT BOUTWELLS!

Saturdays at 1pm
in the Terrace
Dining Room

Bring \$1 and a dime for a BINGO card that will be good for play all afternoon. Extra cards can be purchased for \$1 per card. Come find out what the "Sock" is.



Deceased Friends & Loved Ones

Nancy Rowe

14 Aug 1933 - 20 Mar 2024

Mary Lou Kendle

23 Sep 1936 - 5 Apr 2024

Harvey Clark

31 May 1936 - 14 Apr 2024

Jacque Korn

10 Jun 1950 - 18 Apr 2024

LuJean Swanland

12 Jun 1929 - 18 Apr 2024

Jeannete Call

19 Mar 1948 - 19 Apr 2024

Jeff Riemenschneider

19 Sep 1956 - 20 Apr 2024

Ranae Peterson

25 Jul 1934 - 21 Apr 2024

NEW

Boutwells (New)

Book Club

Tuesday, May 7 at 3pm

Terrace Admin

Conference Room

across from Town Hall

Questions, contact
Pat Hanson at 3575.





Resident-Led Groups & Activities Interest Fair

Tuesday, May 7

12pm-1pm • Town Hall

Let's celebrate all the wonderful resident-led groups and activities we have here at Boutwells Landing.

Stop by to learn more about these groups and committees and get involved!

The Diversity, Equity & Inclusion Committee presents:

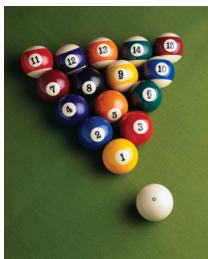


Amend: The Fight for America Second Episode

with Will Smith

Monday, May 6 at 3pm in the Theater

We had technical difficulties in April, so we are reshowing this episode. After ratification the 14th amendment was resisted with the Lost Cause ideology and subversive court rulings.



Women's Billiards Needs Players

Seeking new and experienced players
on **Thursdays at 10 am**
in the **game room** on the lower level.

It's a great way to maintain and improve eye-hand coordination, and we teach anybody willing to try it for the first time. For questions, contact Mary Bjork at 5380.

Check out the Aging & Memory Care Materials in the Library

There is lots of valuable information and resources available about aging and memory care in our library. These shelves are to the left of the library entrance near the large print section.



PASTOR'S PAGE



All creatures look to you to give them their food at the proper time. When you give it to them, they gather it up; when you open your hand, they are satisfied with good things. Psalm 104:27-28

The spring rains have made the lands green, the trees are budding, the soil is being prepared for planting and we are reminded that our Lord keeps speaking new life into creation. If that isn't reminder enough, we hear the birds singing and the critters singing praises all throughout our balconies, yards and ponds! What a gift to have the fresh air of spring around us and to be reminded through creation that we have a Lord who continuously provides for our every need. During this season of new life, we rejoice in getting to put away the heavy winter coats and freely wandering outside without hesitation!

These verses from Psalm 104 remind us again that what we have is not of our own making or creation but all that we have been given comes from the Lord of all creation who is sending that which sustains us until that one day when he wakes us in eternal life. We can trust that when he promises to provide, this Lord keeps that promise. This is also humbling to hear because this also tells us that what we have isn't "ours" but has been gifted to us by the Lord. This same Lord trusts us to care for our many gifts and to share when we have enough so that neighbors will have enough as well.

We have been studying the Lord's Prayer in our Bible Study and a common conversation we have come back to is what it means to have "daily bread". This "daily bread" is not just food but all that we need to live. And God has provided on this earth all that is necessary to live. The problem is that we get in the way. Distribution gets out of proportion, and we have ended up with some neighbors having abundance and some living in scarcity. So, we pray in this prayer to be faithful in using and sharing our Lord's many gifts so that ALL people would have enough to live.

When in your life have you felt like you've had a new start? When have you felt renewed and filled with abundance? How can we as neighbors refresh each other and fill each other's lives with the blessed abundance that our Lord has promised for each of us?

Prayer: Oh Lord, thank you for seeing each of us as your beloved, for providing for our needs and for opening our eyes to serving you as we care for each other. Let us never turn our backs but instead reach out in faithful service whether we need strength to ask for help or the wisdom to share the abundance. In Jesus' name we pray, Amen

~ Pastor Amy

We are Livestreaming our Spiritual Care Programs on Channel 993!



Tuesdays: Bible Study at 3:30pm

Wednesdays: Catholic Mass at 1pm

Thursdays: Chapel Service at 3pm

Fridays: Catholic Mass at 1pm

Sundays: Catholic Mass at 11am; Worship Service at 3pm

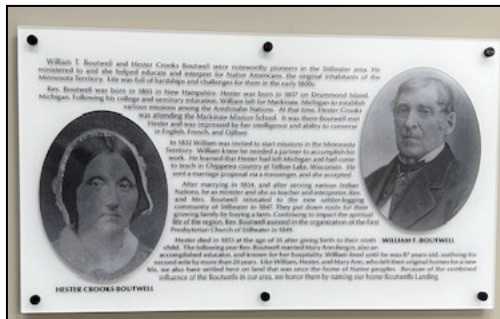
Ecumenical Worship Wednesdays in the Chapel

10am Service

Trinity Lutheran (5/1); St. Paul Lutheran (5/15)

11:30am Service (every Wednesday)

Ascension Episcopal



Check Out The New Plaque For Our Campus Namesakes, William & Hester Boutwell

Be sure to check out the new Rev. William and Hester Boutwell plaque located on the Hallway Wall between the Library and the Gables Entrance. This plaque commemorates our Campus namesakes. It honors their ministry and service to Native Americans and to pioneers in the St. Croix Valley in the early 1800s.

This new plaque was an initiative of the Diversity, Equity and Inclusion and the Land Acknowledgment Teams of the Social Justice Committee. Team members accomplished considerable historical research which included advice and materials from Ray Hunder, the Stillwater Presbyterian Church, Brent Peterson, executive director of the Washington County Historical Society, and Ann Wolff, Stillwater resident and a descendent (great, great, great granddaughter) of the Boutwells.

Many thanks to Wendy Kingbay and Jen Wittek for their support and encouragement during this process. And special thanks to Jen for working with the mechanics of developing the plaque.

The DEI and Land Acknowledgment Teams will be providing additional educational information and resources about Rev. & Mrs. Boutwell and their family and children, including via Wellzesta.

DINING OPTIONS

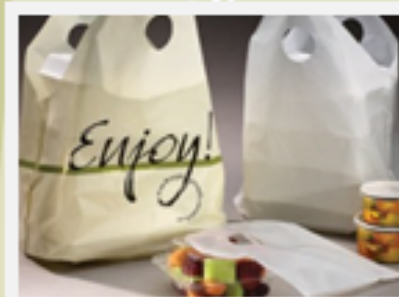
Boutwells Meal Delivery

**For Townhomes, Terrace
and
Brownstones Meal Delivery**



Placing your order is easy!

1. Pick up the monthly meal delivery menu which is included in the Minder
2. Choose your starter (soup/salad/fruit), main entrée & dessert
3. Place your order by calling 7200. Orders must be placed by 9 am on the date of delivery. Please Note: you can place orders days in advance.
4. That's it! Your hot meal will be delivered to you around the noon hour.



Pricing & Other Information:

- Meal delivery is offered Monday-Friday
- Cost is \$14.00
- \$6.50 delivery fee per order

See next page for May delivery menu

Boutwell's Home Delivered Meals May 2024

Call *7200 before 9AM

	29-Apr Monday	30-Apr Tuesday	1-May Wednesday	2-May Thursday	3-May Friday
Soup	Cauliflower Cheese	Clam Chowder	Navy Bean	Chicken with Dill	Vegetable Barley
Choice 1	Chicken Caesar Salad with Dinner Roll	Beef Stroganoff, Buttered Noodles, California Vegetables	Baked Salmon, Dill Butter, Baby Bakers, Zucchini	Cottage Cheese Fruit Plate, Raisin Bran Muffin	Egg Salad Sandwich, Fresh Fruit Cup
Choice 2	French Dip Sandwich, side Caesar Salad	Cheesy Egg Strata, California Vegetables, Fresh Banana	Pork Lyonnaise, Baby Bakers, Zucchini	Spaghetti with Meatballs and Marinara, Vegetable Medley	Beef Pepper Steak, Mashed Potatoes
5-May	6-May Monday	7-May Tuesday	8-May Wednesday	9-May Thursday	10-May Friday
Soup	Corn Chowder	Tomato Basil	Beef Barley	Chicken Wild Rice	Minestrone
Choice 1	Swedish Meatballs, Buttered Noodles, Carrots, Dinner Roll	Beef Stir Fry, Brown Rice, Stir Fry Vegetables	Tuna Sandwich on Whole Wheat, Fresh Grapes	Swiss & Spinach Quiche, Broccoli Sunflower Salad	Ginger Chicken Thigh, Fried Rice with Almonds, Napa Slaw
Choice 2	Greek Chicken Salad, Pita Bread	Grilled Cheese on Wheat, Fresh Fruit Cup	Lasagna Roll Ups with Meat Sauce, Steamed Spinach	Grilled Ham Steak, Au Gratin Potato, Broccoli Sunflower Salad	Fish & Chips, Napa Slaw
12-May	13-May Monday	14-May Tuesday	15-May Wednesday	16-May Thursday	17-May Friday
Soup	Cauliflower Cheese	Black Bean	Vegetable Barley	Navy Bean	Garden Vegetable
Choice 1	Pastrami Sandwich, Fresh Fruit Cup	Chicken Chow Mein, White Rice, Asian Vegetable Blend	Crispy Chicken Tenders, Roasted Sweet Potato, Fresh Strawberries	Egg Salad Sandwich, Sun Chips, Chilled Peaches	Battered Fish, Baked Potato Wedges, Coleslaw
Choice 2	Pork with Mushroom Sauce, Boiled Potato, Vegetable Blend	Mediterranean Shrimp Salad, Garlic Toast, Fresh Fruit	Ham & Pea Pasta Salad, Fresh Strawberries	Spaghetti with Meat Sauce, Roasted Brussel Sprouts, Garlic Toast	BBQ Pulled Pork Slider, Baked Potato Wedges, Coleslaw
19-May	20-May Monday	21-May Tuesday	22-May Wednesday	23-May Thursday	24-May Friday
Soup	Chicken with Dill	Beef Barley	Beef Chili	Lentil	Clam Chowder
Choice 1	Strawberry Chicken Salad, Whole Wheat Breadstick	Chicken Salad Sandwich, Fresh Fruit Cup	Corn Flake Crusted Cod, Rice Blend, Garden Blend Vegetables	Mushroom Swiss Burger, Sweet Potato Fries, Cucumbers & Vinegar	Dijon Dill Salmon, Potato Salad, Watermelon
Choice 2	Tater Tot Hotdish, Fresh Grapes	Beef Tips with Gravy, Mashed Potato, Sautéed Spinach	Cottage Cheese Fruit Plate, Raisin Bran Muffin	Sweet & Sour Pork, Vegetable Fried Rice, Cucumbers & Vinegar	Turkey Wild Rice Salad, Watermelon, Dinner Roll
26-May	27-May Monday	28-May Tuesday	29-May Wednesday	30-May Thursday	31-May Friday
Soup		Black Bean	Corn Chowder	Garden Vegetable	Broccoli Cheese
Choice 1	Closed	Dijon Dill Cod, Garlic Mashed Potato, Green Peas	Roast Turkey, Mashed Potato, Gravy, Beets	Sesame Ginger Chicken, Fried Rice, Green Beans with Red Peppers	Beef Enchiladas, Cilantro Black Beans, Lettuce, Tomato
Choice 2	Memorial Day	Braised Pork Ribs, Red Cabbage, Garlic Mashed Potato	Tuna Melt on Wheat, Chilled Beets, Chips	Beef Goulash, Green Beans with Red Peppers, Roll	Grilled Fish Sandwich, Tartar Sauce, Fresh Fruit Cup

Meal Cost \$14, Delivery fee \$6.50

EDUCATION COMMITTEE

LEARNING IN RETIREMENT

Mrs. Joanne Pitulla

Wednesday, May 8

2pm

Town Hall & Channel 993

The subject of her talk will be "electoral college facts and foibles".

NEWS & VIEWS



Tuesdays
9am - 10am
Steamboat Lounge

We meet to discuss various current events.

No matter what your political

preferences, we agree to disagree. Our meetings are held every Tuesday. If you wish to participate via zoom, there is a group that meets at the same time on Tuesdays.

For zoom meetings, please call Joe Johnson at 651-492-6608 (cell).

For our "in person" meeting at 9am, feel free to just stroll in. We promise a lively conversation.

EDUCATION COMMITTEE THEATER PRESENTATIONS

Playing in the Movie Theater at 10am on Mondays and Wednesdays

For more information contact David Schweickart at 3712

MONDAYS

May 6

Fork Over Knives, pt. 2

May 13

JFK: A Presidency Revealed Pt. 1

Inauguration - The Coldest War

May 20

JFK: A Presidency Revealed Pt. 2

May 27

JFK: A Presidency Revealed Pt. 3

Civil Rights - Dallas

Documentaries

WEDNESDAYS

May 1

The British Origins of the US Navy

American Revolution on River, Lake and Sea

May 8

Alexander Hamilton and the Early Navalists

British Blockade and the War of 1812

May 15

Pirates of the Barbary Coast and Caribbean

Naval Expeditions from Antarctica to Japan

May 22

Civil War Ironclads, Torpedoes and Submarines

Union Gunboats on Confederate Rivers

May 29

Union Victories from Charleston to Cape Fear

Mahan's Navy and the Spanish-American War

Great Courses: The History of
the United States Navy

FOREIGN/CLASSICAL FILMS



6:30pm May 9 • Quartet

PG-13, 2012, Comedy/Drama
1 hour 38 minutes



Once-popular opera diva Jean Horton (Maggie Smith) creates a stir with her arrival at Beecham House, a home for retired performers. No one feels the uproar more than Reginald (Tom Courtenay), Jean's ex-husband, who still stings from her long-ago infidelity. Most of the other Beecham residents are delighted, and try to convince Jean to join them in a performance of "Rigoletto." Jean, however, knows that she is long past her prime and is reluctant to sully the memory of her once-lovely voice.

6:30pm May 30 • Gaslight

PG-13, 1944, Thriller/Mystery
1 hour 54 minutes

After the death of her famous opera-singing aunt, Paula (Ingrid Bergman) is sent to study in Italy to become a great opera singer as well. While there, she falls in love with the charming Gregory Anton (Charles Boyer). The two return to London, and Paula begins to notice strange goings-on: missing pictures, strange footsteps in the night and gaslights that dim without being touched. As she fights to retain her sanity, her new husband's intentions come into question.



FOUR TYPES OF EXERCISE

Balance, endurance, flexibility, and strength are four types of exercise that encompass a well-balanced exercise program and contribute to one's overall health and physical abilities. Last month, we highlighted endurance; did you utilize the Rate of Perceived Exertion Scale with your cardiovascular activities? Read on to learn more about flexibility!

FLEXIBILITY

Flexibility allows us to move joints through a normal range of motion. As we age, flexibility decreases which may contribute to changes in gait patterns, difficulty with reaching or tying shoes, and/or stiffness with general mobility.

So how do we maintain our flexibility? We stretch!!! Stretching improves range of motion, promotes good blood circulation, aids in better posture, and relieves muscle tension. Always be sure to stretch when your body is warm - do a little movement, such as walking, to get your muscles warm before stretching! Once the body is warm, stretches should be held for about 30 seconds. It is normal to feel tension in the muscles being stretched, but it should never be painful.

Try these stretches:

Seated Hamstring Stretch: Sit towards the edge of a firm chair. Extend one leg keeping the heel of the foot on the ground and the toes pointed upward. Take a breath in. On your exhale, hinge at your hips, leaning forward, and reaching down your extended leg towards your toes. Hold for 20-30 seconds.

Shoulder Stretch: Raise one arm across the body at chest height. Pull that arm into your chest with your opposite hand. Hold for 20-30 seconds.

Lateral Neck Stretch: Keeping your shoulders relaxed, drop your right ear towards your right shoulder. A stretch will be felt on the left side of the neck. Be sure to keep the shoulders from shrugging up toward the ears. Hold for 20-30 seconds.

Be sure to perform these stretches to both sides of the body! If you are unsure where to get started or need assistance with learning stretches for specific muscle groups, contact your Fitness Instructor!

THERAPY THOUGHTS

A Spotlight on Speech Therapy

May is National Speech-Language-Hearing Month. The following are a few disorders that our on-site Speech Language Pathologist can help you address to improve your confidence and quality of life:



Common Speech, Language, and Swallowing Disorders

Aphasia

- Problems speaking or signing, understanding, reading, and writing
 - ◊ Does not affect intelligence
 - ◊ Commonly caused by stroke

Cognitive Communication Disorders

- Problems thinking that can impact communication
 - ◊ Attention, memory, problem solving, thought organization

Apraxia of Speech

- Problems with planning and coordinating movements required for speech

Dysarthria

- Problems with muscles and nerves used for speech and/or breathing

Dysphagia

- Problems with swallowing
 - ◊ Can be caused by a variety of illnesses and injuries

Voice Disorders

- Problems with voice involving pitch, loudness, and vocal quality impacting ability to communicate

Speech Therapy can address these disorders and more through various exercises, activities, and adaptive techniques. To work with Speech Therapy, ask your doctor to send orders to the Boutwells rehab department (Fax # 651-430-7223).



Please join us this month in thanking Maddie, our on-site Speech Language Pathologist for her great work and commitment to our community!

Pages for Ages Writing Group

Monday, May 13

2pm · Craft Room

Questions please contact Ginny at 5916 or 651-275-5916.

See a writing sample from one of the group members below.

FICKLE FASHIONS

LADIES FASHIONS WERE DEFINITELY INFLUENCED BY WWII IN THE 40'S. DUE TO LIMITED FABRICS THEY WENT TO A LINE SKIRTS WITH KNEE LENGTH HEMLINES. PANTS BECAME A STAPLE INCLUDING OVERALLS AND BOOTS WORN FOR FACTORY WORK. WITH SILK AND NYLON RATIONED, LEGS WERE BARE OR PAINTED. BALLET SHOES REPLACED HEELS. HATS WERE A MUST—ESPECIALLY FELT FEDORAS. AFTER THE WAR, IT RETURNED TO DRESSES ADORNED WITH BEADS, LACE AND FRINGE, GLOVES , PILLBOX HATS AND RED NAIL POLISH.

THE 50'S SAW PEDAL PUSHERS, (NOW KNOWN AS CAPRIS), POODLE SKIRTS, FULL SKIRTS WITH CRINOLINE PETTICOATS, BOBBY SOX, SADDLE SHOES, KITTEN HEELS, STILETTOS AND SHORT HAIR.

THE 60'S BROUGHT THE HIPPIE REBELLION TO ALL RULES. THEY INTRODUCED FLORALS, CROCHET, TIE DYES, BELL BOTTOMS, GOGO BOOTS, MINI SKIRTS AND BIKINIS.

THE 70'S SHOWED PLATFORM SHOES, FEATHERED HAIR, HOT PANTS, LOVE BEADS, MOOD RINGS, JELLY SHOES, WIGS AND HAIRPIECES.

THE 80'S: PERMED HAIR, LEGGINGS, LEG WARMERS, SHIRTS WITH SLOGANS, POWER SUITS, HOOP EARRINGS, PADDED SHOULDERS AND LEOTARDS.

THE 90'S (MADONNA) SATIN BUSTIERS, TORN JEANS AND HIGHHEELS. JEANS WERE TAPERED, HAIR LEFT NATURAL OR TIPPED AT THE ENDS WITH HEADBANDS, BASEBALL CAPS OR SCRUNCHIES. THE "GRUNGE" LOOK.

2000'S DRESSES OVER JEANS, FANCY PURSES, SCARVES, BELTS, TUBE TOPS, UGGS, PASH-MINAS, MAXI SKIRTS, FLIP FLOPS, CAMIS, COLORED HAIR WITH WAVES.

2010'S WEDGES AND JEANS, FANNY PACKS, LEGGINGS, LOAFERS AND ANKLE BOOTS, NOVELTY PURSES, FLOPPY HATS, BLAISERS AND PIXIE CUTS. (PREPPY LOOK).

2020'S. THE PANDEMIC CHANGED FASHIONS COMPLETELY. BECAUSE OF THE ISOLATION, CLOTHES WERE WORN FOR COMFORT. SWEATPANTS AND SHIRTS, COZY CASHMERE, OVERSIZE CLOTHING, WILD HAIR COLORS, STRAIGHT HAIR OR BUNS AND HI TOP SHOES. TODAY, NEARLY ANYTHING GOES!!!!!!!

Partner Services at Boutwells Landing



Dignified Dental with Dr. Perpich



The Gables - Lower Level

Tuesdays from 9am - 4pm

Call 7305 or 651-351-0890 for an appointment

New patients welcome! Refer a friend and save \$50.

www.stillwaterfamilydental.com

facebook.com/dignifieddental

Town Center Salon

Boutwells Town Center - First Floor

Tuesdays - Fridays from 8:30am - 4pm (closed Mondays)

Phone: 5025



Gables Salon

The Gables - Lower Level

Mondays & Thursdays from 9am - 2pm

Phone: 7295

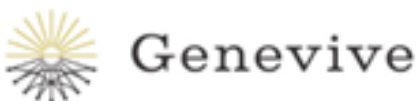
Optage Hand & Foot Care Clinic

We partner with you to live independently, actively and with purpose in your home. Optage is the home and community based services division of Presbyterian Homes & Services.

The Gables - Lower Level

Wednesdays from 8:30am - 4pm

Phone: 5018



An extension of Presbyterian Homes and Services offering On Site Primary Care Services. Offering Primary Care Services in the Care Center, Assisted Living, Memory Care and Hearth.

MEMORIAL DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Banner	Flags	Memorial
Battlefield	Friendship	Military
Bravery	Gatherings	Peace
Celebration	Heritage	Service
Cemetery	Hero	Tribute
Decoration	Holiday	Veteran
Duty	Legendary	Worship