

The Pillars Press



Ebenezer Values: Dignity, Integrity, Service, Compassion, Innovation

MARCH 2020

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As we close out the winter season, let's put a twist on the traditional saying and keep our fingers crossed that March is in like a lamb *and* out like a lamb! Be sure to adjust your clocks: Daylight Savings will begin at 2 a.m. on March 8. We'll all be Irish for a day and dressed in green on March 17.

An Irish Blessing:

May love and laughter warm your days, and warm your heart and home.

May good and faithful friends be yours, wherever you may roam.

May peace and plenty bless your world with joy that long endures.

May all life's passing seasons bring the best to you and yours!

Mark your calendars! Our 1st Birthday celebration will be Wednesday, May 13 from 4 – 7 p.m. All are invited to attend!

Resident "Leprechaun" of the Month - Yvonne Thomsen

If you were to describe an Irish person as someone with a kind soul, a twinkle in their eye and a warm smile for all, our March "Resident of the Month" fits the description perfectly! Yvonne was raised in Mankato; she was the oldest of eight and some of her favorite memories include sledding at Sibley Park and swimming (and ice skating during the winter months) at Tourtellotte. Yvonne graduated from Mankato West High School in 1954 and in 1955, she met her future husband, Bernard Thomsen, at a dance at the Kato Ballroom. They wed in 1956 and spent 61 years together. They raised three children: Terry, Dawn and Tom. Over the years, Yvonne worked at a variety of jobs including manufacturing, education, and as a Physical Therapy aide. Yvonne and Bernard lived in Mankato before retiring to Nicollet. They enjoyed traveling, playing cards with friends and bowling. And, Yvonne is not one to brag, so I'll do it for her: in 2013 she was inducted into the Mankato USBC Hall of Fame! With more than 50 years of bowling experience and a career high of 214, she is well-deserving of the honor. After Bernard passed, Yvonne moved to The Pillars and we're truly blessed to have her onsite. She's always on the move – often times attending events for her grandsons. She has four grandsons (Justin, Gavin, Ean and Colton) and loves to cheer on Colton's basketball team: Go Raiders! And, last but not least, her favorite Irish recipe is corned beef hash!



FROM THE DIRECTORS' DESKS



During the month of March, we celebrate “Community Leadership Week.” The Leadership Team at The Pillars of Mankato, along with all of our amazing staff, have done a fantastic job throughout this last year with the opening of our beautiful community. Each Director has embraced their role in creating a warm and welcoming home for our residents and future residents. I am honored to be a member of this great team. Please make sure to share a kind word with one of our great leaders this month – Diann, Melisa, Patty, Jana, Jeff, Heather and Brittney! **Stacy Wihlm, Executive Director**

*Starting in March, on the first and fourth Wednesday of the month at 3 p.m. in the Chapel, I will be leading a video bible study. We'll be reviewing the Book of 1st Peter. Also, the book club will be reading “The Great Alone” by Kristin Hannah. Let me know if you need a copy. And, join me in welcoming our new Activities Assistant: Hannah Miller. She will be starting to lead activities this month and we're so excited to have her join The Pillars! She is a welcome addition! **Heather Bresser, Activities Director***

Please mark your calendars – join us for a “Spring Evening of Elegance” on Wednesday, April 1. We'll start with social and appetizers at 4:30 p.m. and serve dinner at 5 p.m. A flyer will be posted with event details in the display case by the front desk. **Jana Larson, Culinary Director**

MARK YOUR CALENDARS – A Snapshot of Upcoming Events and Resident Activities



Travel to Ireland – St. Patrick's Day Celebration

March 17 at 3:30 p.m.

Join us in the Community Room. We'll showcase a video of Ireland and serve Irish snacks. Be sure to wear green!

David Jones History Presentation

March 18 at 3:30 p.m.

David Jones will share a historical presentation entitled “The Lincoln Assassination: A Fragile Time.” Join us in the Dining Room for this educational event.

Dimensions Neighborhood Family Night

March 19th at 5:45 p.m.

Join us for snacks and refreshments. RSVP to Brittney Sheeran, Dimensions Manager, at bsheer1@fairview.org

Meet Your Neighbors Social

March 24th at 3:30 p.m.

Join us in the Community Room as we welcome our newest residents to The Pillars of Mankato family!

Birthday and Anniversary Celebration with Mark Milner

March 31st at 3:30 p.m.

Join us in the Dining Room for cake and ice cream and help us celebrate our March birthdays/anniversaries!

IMPORTANT NOTE



The Pillars of Mankato Resident Directory

We are excited to announce that we are working on a Resident Directory for our residents. The Directory will feature the apartment number, resident name, resident contact information (phone and email) and a resident photograph. We hope to have the Resident Directory ready to distribute by the end of March. If you initially chose not to participate but have changed your mind, no problem! You will just need to stop by the front desk and sign a new release form.

PICTURE PERFECT MOMENTS AT THE PILLARS



We are pleased to offer our **INDEPENDENCE PLUS** program. Our Independence + programs is ideal for a resident who would like a daily check for safety and peace of mind. Our licensed nursing staff will provide an initial and ongoing assessments so our team can provide assistance during an emergency health event or change in condition and make care recommendations. Our goal is to offer options and services that are tailored to your wants and needs – helping you to age in place. For additional information, please contact Stacy or Melisa.

A funny “spoof” for all our Irish friends: One day three men walk into a pub. They each buy a pint of Guinness. Just as they were about to enjoy their beverage, three flies landed in each of their pints! The first man pushes his beer away in disgust. The second man picks the fly out of his beer and finishes drinking it as if nothing had happened. The Irishman also picked the fly out of his drink and stated with a twinkle in his eye, “Spit it out you little bugger!”

Irish Soda Bread

It's quick and easy – and it's a perfect recipe for St. Patrick's Day!

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|--------------------|-----------------------|
| 4 C. flour | ½ C. butter, softened |
| 4 T. sugar | 1 C. buttermilk |
| 1 t. baking soda | 1 egg |
| 1 T. baking powder | ¼ C. butter, melted |
| ½ t. salt | ¼ C. buttermilk |

Preheat oven to 375. Lightly grease baking sheet. In a large bowl, mix flour, sugar, baking soda, baking powder, salt and butter. Stir in 1 C. of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on a baking sheet. In a small bowl, combine melted butter with ¼ C. buttermilk. Brush loaf. Use a sharp knife to cut an “x” into the top of the loaf. Bake until a toothpick inserted in the the center comes out clean, approximately 45 minutes. Continue to brush loaf as it bakes.

March Facts

Each year March and June end on the same day of the week.



March is popular for basketball, but poor for workplace productivity. A number-crunching firm predicted that American companies lose \$1.9 billion in wages paid to unproductive workers (who spend company time on basketball betting pools!)