

TRUMPETER

Serving Seniors of Elk River and Surrounding Communities

Grow. Bloom. Shine.



Traci Larson recognizes Lynn Gerard for her
"20 Years of Service" award.

One short year ago, I joined Guardian Angels as the President/CEO. Since then, I have grown to truly appreciate Guardian Angels' mission, residents, families, staff, board members, and donors. I have also grown in my connections

with the local community that so fully supports Guardian Angels, and all that we do. Growth is a necessary part of life, and our mission must extend to all of those in need, as well as those who want to serve.

In the past year, we have bloomed in many ways! We have finally pushed past the COVID cloud to adjust our policies and remain steadfast in our safety measures, while once again connecting with our neighbors, families and friends. We received the Best Large Business in Elk River award this past fall. We continue to welcome new residents into our Guardian Angels communities. Our census and workforce are stabilizing. Our wellness program continues to grow and extend beyond our walls to the greater community.

Our generous donors celebrated the 2023 Spring Speakeasy Gala by exceeding our goal to raise funds for our employee Empower program. Our mission continues to bloom.

The work that our employees do to make our mission shine is humbling. I have experienced the authentic compassion and commitment of the Guardian Angels staff who, day after day, care for and support our seniors. Earlier this year, Guardian Angels gathered to thank and honor staff at our employee recognition banquet. Six employees received the Angel Among Us Award. Nominated by peers, these individuals in direct care and support services demonstrated excellence in enhancing the quality of life for Guardian Angels residents. Additionally, we recognized 67 employees for serving from three to 35 years. We are grateful for each of the nearly 500 individuals who carry out the mission of serving seniors and their families in the spirit of Christ's love.

I look forward to the next year as we continue to grow, bloom, and shine. - *Traci Larson, President & CEO*

Spring/Summer 2023

- 03** **Bistro at Guardian Oaks**
Onsite Nutrition Choices
- 04** **Volunteering**
Purpose and Passion
- 08** **2023 Gala**
A Roaring Good Time
- 12** **Music as Medicine**
Summer Music Sensation

Angel Among Us Recipients

Molly Kieliszewski, RN (Riverview Landing)
Brenda Lund, Housekeeping/Laundry (Care Center)
Amanda Johnson, Nursing Assistant (Care Center)
Chengsai Xiong, Resident Assistant (By the Lake)
Justin Petrich, Maintenance Technician (Engel Haus)
Pat Johnson, Wellness Assistant (Club GA)

Directory of Services

guardianangelsmn.org

Campus Information 763-241-4438

Corporate Office

508 Freeport Ave. NW, Ste. A, Elk River, MN 55330 • 763-241-4428

Engel Haus

5101 Kassel Ave. NE, Albertville, MN 55301 • 763-498-4594

- ✓ Independent Living
- ✓ Memory Care
- ✓ Assisted Living

Guardian Angels By The Lake

13439 185th Ln. NW, Elk River, MN 55330 • 763-241-7682

- ✓ Assisted Living
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Guardian Angels Care Center

400 Evans Ave. NW, Elk River, MN 55330 • 763-441-1213

- ✓ Short-Term/Transitional Care
- ✓ Inpatient & Outpatient Rehabilitation Therapies
- ✓ Long-Term Care
- ✓ Chronic Disease Management
- ✓ Integrated Memory Care

Guardian Angels Senior Housing

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Subsidized & Market Rate Apartments:

Elk River, Becker, Zimmerman

Pullman Place Cooperative

A 55+ Cooperative Community

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Triniti Home Health † Hospice

403 Main St., Elk River, MN 55330 • 763-241-0654

gaehomecarehospice.org

- ✓ Home Health Care & Hospice
- ✓ Therapy

Senior Dining Sites (Catholic Charities) & Meals on Wheels

Elk River: 763-441-6288

Wellness Centers | Club GA

Elk River

350 Evans Ave. NW, Elk River, MN 55330 • 763-241-4434

Otsego

9200 Quantrelle Ave. NE, Otsego, MN 55330 • 763-635-5463

Warm-Water Therapy Pool, Pickleball Court

The Gym 365

520 Freeport Ave. NW, Elk River, MN 55330 • 763-441-4232

Our Mission

Guardian Angels provides exceptional health care, housing and supportive services to seniors and their families in the spirit of Christ's love.

Women of Today Share Beauty in Bloom



The Women of Today's local chapter donates and delivers Trader Joe's flowers to the Riverview Landing residents each month. This ongoing gift is a true blessing to Guardian Angels. It allows residents to engage their senses and stimulate their cognitive and motor skills. Flowers have proven to boost moods and combat depression. Here, Memory Care residents spend an afternoon making beautiful arrangements and allow the floral scent to fill the entire floor.



Resident Karen and RN Molly Kieliszewski show off the beautiful bouquets of flowers they arranged.

Resident Lorraine likes the brilliant color the flowers provide.





Senior Housing was delighted for the opening of their new on-site Bistro this spring. The space, located at Guardian Oaks Apartments in Elk River, is comfortable and warm. The Bistro menu items include Tana's salads,

sandwiches, soups, wraps, and homemade breakfast and dessert items. There are also a limited number of grocery staples available for residents to purchase.



The Bistro was made possible with proceeds from the 2020 Guardian Angels Gala. Although the actual event was cancelled due to COVID, the financial

support received was a resounding achievement. The vision was to expand the availability of nutritious food to allow residents to age in place and delay the need for more assistance in their daily living. Lindsey Budahn, Housing Director, shared, "Although the wait for the Bistro opening was longer than anticipated due to the pandemic, residents are so grateful to purchase food items without having to leave their apartment buildings". Thank you to all of the donors who generously helped to make this vision a reality!



Volunteer Bistro cashier, Jeanne, helps Lois, a Guardian Angels housing resident, as the first customer on opening day! Lindsey Budahn, Housing Director looks on.

Cretex Brings Spring



Cretex donated 20 small planters with spring flowers. They asked that we put them in the Senior Dining Room on the tables for the tenants to enjoy in honor of the first day of spring. Even if it didn't look like spring outside at that time, it definitely felt like there was hope of spring with the beautiful blooms.



More Bloomin' Fun!



By The Lake residents Pat and Terry show off the flower arrangements they made to welcome spring.



Volunteers Find Purpose at Guardian Angels

Volunteers are as much a part of Guardian Angels communities as our residents, families, and employees. We rely on the support and dedication of our volunteers to fulfill our mission to provide exceptional health care, housing, and supportive services to seniors and their families in the spirit of Christ's love.

Guardian Angels offers a variety of volunteer opportunities for individuals and groups. Our staff will match your interests, skills, and availability with positions and locations that work best for you. We want to make sure that your experience is rewarding for both you and our residents.

New volunteers must complete an application, interview, background study and Volunteer Orientation. Orientation includes information about residents' rights, safety procedures, privacy practices, and volunteer conduct and commitment. We provide training to ensure each volunteer feels prepared and comfortable with their role.

Guardian Angels has a variety of volunteer opportunities available.

Care Center Coffee Shop/Gift Shop

Serve coffee and help residents, staff, and visitors make gift shop purchases.

Bistro at Guardian Oaks

Handle food and merchandise sales in our new Bistro located at Guardian Oaks Apartment.

Senior Dining Site

Assist in the kitchen with senior dining meal preparation and serving.

Photographer

Use your photography skills by taking photos in our Guardian Angels communities and at our internal and external events.

Activity Leader/Assistant

Share your skills, talents, or interests by leading (or helping with) an activity. Think arts, crafts, woodworking, book club, baking, music, fitness, BINGO, manicures, games, or almost anything!

Care Center Escort

Help residents get to and from activities, meals, and appointments by escorting them in their wheelchairs.

Companionship

Be a visitor or friend to someone who needs social connection. Pets are also welcome.

Gardener

Put your green thumb to work at one of our community flower or vegetable gardens. Work alone or alongside residents.

Spiritual Care

Read the Bible to a resident or small group, do a study, pray, or just "be still and know".

For more information on volunteering, contact Lynn Owens, Volunteer Coordinator at **763-241-4460** or **lowens@ga-er.org**.



Donita Grell, Deb Weispfening and Jerri Volk are part of the volunteer group, Friends of Guardian Angels Care Center.



Volunteer Terri Newstrom shares her time as a Beauty Shop Transporter.

Top Ten Reasons to Volunteer

① Volunteering may help you live longer.

A Longitudinal Study of Aging found that people who volunteer frequently tend to live longer than those who don't.

② Volunteering could decrease your risk of dementia.

According to a University of Calgary Study, retirees who volunteer at least one hour a week are 2.44 times less likely to develop dementia than those who have never volunteered.

③ Volunteering can make you happier.

The Journal of Personality and Social Psychology found that for older Americans, participating in community service and social events was a strong predictor of life satisfaction.

④ Volunteering can lower your risk of high blood pressure.

A study in the journal Psychology and Aging found that regular volunteers are less likely to develop hypertension than non-volunteers. Decrease your stress and benefit from volunteering at the same time.

⑤ Volunteering can positively impact your mental health.

Contributing to organizations that mean something to you feels good and helps boost optimism, joy, and overall mental health.

⑥ Volunteering brings fun into your life.

Many people volunteer as a way to pursue and share their hobbies. Think gardening, playing an instrument, singing, crafting, woodworking, baking, and the list goes on and on.

⑦ Volunteering gives you a chance to give back.

Volunteering is an investment in the community and the people who live in it.

⑧ Volunteering provides a sense of purpose.

Volunteering just one day a month can provide a greater sense of purpose and help you feel more connected to others.

⑨ Volunteering helps you meet new friends.

It is an opportunity to talk with new people, sharpen your social skills and gain lasting friendships.

⑩ Volunteering makes a difference!

Every person and every action counts and makes life better for someone else.

“God’s love and presence continue to shine in our lives.”

Psalm 23 Reflections—by Myron Grams, Riverview Landing resident and retired pastor.

For many people, Psalm 23 is a favorite Bible verse.

King David, author of this psalm, was a shepherd boy before he became king. In this verse, David expresses from a sheep's perspective how they trust and rely upon their shepherd to keep them fed, safe and moving in the right direction.

Most of us have little or no contact with sheep or shepherds. However, we know from Bible passages that shepherds do not chase or drive their flocks. They humbly lead their flocks with much mindfulness of responsibility, safety and care.

God does the same for each of His followers. God guides us, blesses us, and watches over us. His goodness means that we have nothing to fear. Whatever happens to us, and whatever we might endure in life, God is with us.

Could the Ten Commandments be our “path of righteousness”? Could the “dark valleys” represent struggling with our own sin and weakness?

Ultimately, we are “anointed”, we belong to Him, we are God’s children. He leads us away from the angry, roaring river and “leads us beside still waters”. He lets us know: “I am your shepherd, you shall not want.”

Myron adds, “The other morning, I looked out my window and saw the swans on the river. I wondered, ‘where did the sun go?’ I realized that it did not go anywhere, but the clouds simply covered it. My focus was not on the majestic swans, but on the gray clouds. How many times have I missed seeing God because I only look for the obvious? Whether you see it or not, God’s love and presence continue to shine in our lives.”

Psalm 23

The Lord is my shepherd;
I shall not want.
He makes me lie down in
green pastures.
He leads me beside
still waters.
He restores my soul.
He leads me in paths of
righteousness
for his name's sake.

Even though I walk
through the valley of the
shadow of death,
I will fear no evil,
for you are with me;

your rod and your staff,
they comfort me.

You prepare a
table before me
in the presence
of my enemies;
you anoint my head with oil;
my cup overflows.
Surely goodness and mercy
shall follow me
all the days of my life,
and I shall dwell in the
house of the Lord forever.

Friends Reunite After 27 Years!



after many years of battling with congestive heart failure, George passed in 1995, but the couple's ever constant friend, Roy was there and served as a pallbearer at George's funeral.

Years passed, and eventually Betty and Roy lost contact with each other. A few months ago, Betty shared the memory of her dear friend with Care Center Recreation Leader, Ruth Watts. Ruth decided to see if she could locate Roy, and was indeed

Twenty-seven years ago, Guardian Angels Care Center resident Betty Johnson and country music entertainer, Roy Holdren, met at a local Spring Lake Park, MN hangout called Povlitzki's.

The now closed Povlitzki's was known as a safe and friendly place to enjoy a game of Texas Hold'em and quality country music and dancing on Friday and Saturday nights. Betty worked as a waitress at the popular hangout and Roy and his band, "Sweetwater," were regular performers. It didn't take long for Betty and the band to become the best of friends, and in later years, led to the marriage of Betty and band member, George Johnson.

Over the years, Roy was one of the couple's closest friends and sang at their wedding in 1994. Sadly,

able to find him. Roy is currently living in the Twin Cities area and performing throughout the community and at local senior facilities. One thing led to another, and friends Betty and Roy were reunited in February, when he performed for the residents at the Guardian Angels Care Center.

After twenty-seven years of contact, Betty and Roy share many memories and an undeniable love for the music that founded their friendship. They are a true testament that friendship isn't about who you've known the longest but rather about who makes you smile brighter, sing louder, dance better, and who remains your friend in all stages of life.

Please join us for our Angels & Birdies Golf Tournament on **Wednesday, June 7, 2023.**

This charity scramble tournament is open to the entire community. Proceeds will be applied to the project that started in 2021 of creating putting greens at each of the Guardian Angels Assisted Living communities.

For those who are not golfers, but don't want to miss out on the fun, consider registering for our classic summer BBQ dinner held at the end of the golf day. For more information or to register please visit guardianangelsmn.org.



Growing our Future

Guardian Angels Senior Services, ISD 728, Anoka Technical College, and Anoka-Ramsey Community College have collaborated to offer area high school students Nursing Assistant Certification at no cost. This course is designed to prepare students for entry-level jobs in nursing homes, home healthcare, and other healthcare facilities. The course includes instruction and practice of basic nursing skills, communication skills, infection control techniques, mental health, and social service needs. After completing the course, student will be eligible for the Minnesota Nursing Assistant/Home Health Care Certification Competency Examination.

Recently, ISD 728 was awarded a State of Minnesota grant for nearly \$5000 meant for equipment and supplies to support this well-established partnership. These funds purchased a training manikin, several wheelchairs, blood pressure cuffs, stethoscopes, scales, gloves, gowns, and other items students use for skill training. "We just started another course with 20 students who will benefit from this equipment through hands-on learning in our labs," said Jennifer Schreifels, Guardian Angels Nurse Educator.

Since 2016, over 250 high school students have graduated from this program and have gone on to provide resident care and support nursing services.

New classes start in the fall and spring of the year. If you know of a high school student who may be interested in Nursing Assistant Certification, have them contact their high school counselor.



Nicole Novotny (GA), Laura Cleveland (Anoka-Ramsey), Ann Frazier-Hansen (Instructor Anoka-Ramsey), Amy Lord (ISD 728), Jennifer Schreifels (GA), along with the training manikin in the bed.

What is Watered, Will Grow



Guardian Angels Elim Home Care & Hospice Rebrands to Trinity Home Health & Hospice

Over the last year, Trinity Home Health & Hospice, formerly known as Guardian Angels Elim Home Care & Hospice, has been busy rebranding its agency. Not

only has the name and tagline been updated, but new scrubs were ordered, a brand-new website is now live, and print materials now proudly match the new color scheme. Continue reading to learn more about the full transformation that has taken place at Trinity Home Health & Hospice and how they continue to grow, bloom, and shine!

Caring is Our Calling

As the team contemplated a rebrand suitable to their compassionate care and synergistic team, they pondered the word, *Trinity*. The leadership team felt strongly that this represents the ongoing relationship

between Trinity and both parent companies: Guardian Angels Senior Services of Elk River and Cassia an Augustana/Elim affiliation. The name, Trinity Home Health & Hospice, now represents the special bond between the agency and its parent companies over the last 30 years.

With the rebranding and continuous growth of the company, Trinity saw that with a new name, there was also the opportunity to use the term *Home Health* instead of *Home Care*. In this industry, "home health" represents companies that provide skilled services and "home care" often refers to companies that provide cleaning or non-skilled services.

As this spring season brings forth new life, we are proud to share the growth that has taken place at Trinity. Guardian Angels now feels that the amount of care, support, and passion poured into its home health and hospice work is truly represented through its new name, tagline, website, and marketing materials.

A Roaring Good Time



Guests took a step back in time to the Roaring 20's at the Guardian Angels '2023 Speakeasy Gala' held on March 11 at Bunker Hills Event Center. To get past the bouncers at the sold-out event, attendees needed to say the password, "I'm an Angel – Let Me In".

More than 300 guests came dolled up and dapper in their flapper dresses, headbands, hats and gangster wear to enjoy a festive gathering complete with lively conversation, laughter, delicious food,



games & raffles, silent and live auctions, and most importantly, opportunities to support the mission and work of Guardian Angels.

This year's proceeds will help launch a new employee enrichment program called Empower. This program will go beyond traditional workplace training and benefits

to support one of Guardian Angels' most valuable resources: those who work to carry out the mission each and every day.

The '2023 Speakeasy Gala' was the Bee's Knees and the Cat's Meow for all who attended, volunteered, and generously gave. The event was a smashing success netting \$130,000.



Thank You 2023 Speakeasy Gala Auction Donors

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Jeffrey & Maxine Skold
Debra Smith
Mindy Smith
Spire Credit Union
Steve & Debbie Spires
Colleen Stacey
Harold & Linda Stadstad
Darrel & Mary Steen
Hedy Stehrenberger
Stevens Insulation, LLC
Ronnie & Carrie Stevens
Sheryl Stevens
Ron & Gloria Stricker
Sun Drivers Ladies
Golf League
Gerald & Janice Swanberg
Dick Swanson
Shirley Sweeney
Jeffrey Syring
TNT Complete
Services Inc.
Joanne Tacheny
Roger & Sharon Tadsen
Jerry & Roberta Takle
The Bank of Elk River
Jeff Theune and Regina
Laroche-Theune
Betty Thomas
Mary Beth Thomas
Shey Anne Thomas
Larry & Wanda Thoreson
Thrivent Financial
Jeff & Cindy Thrun
Janet Tracy
Jeff & Karen Travis
Tributary Advisor Group
Trinity Home
Health & Hospice
Tom & Vicki Tyler
UPS
US Foods
Hailey Upton
Chase Urista
Mark Urista
Colleen Van House
Family of Marilyn Veidel
Gordy & Laurie Vetsch
Lauren Voss
Ken & Pamela Wagner
Dave & Nancy Waletzko
Travis Wark
Ken Warneke
Judy Watson
Mike and Betty Weaver
Gail Weber
Mike & Kris Weber
Marilyn Weckman
Gary & Ann Wedl
Sandy Weicht
Tom Werk & Lorie
Schulstad-Werk
Werner Family Trust
Deb Weston
Prudy Wilson
Stewart & Debbie Wilson
Matt Wocken
Jeff & Natalie Yusen
Marjorie Zacharda
Vincent & Brenda
Zachman
Nick & Bette Zerwas
Jonnie Zvonek

Memorials and Honorariums 10/01/2022–03/31/2023

In Memory Of

Linda

Jane Lindenfelser
Gwen Aldridge
Stewart & Debbie Wilson
Jeanne Andersen
Mary A. Dare
Dan & Doris Anderson
Paul & Charlene Sheets
Ken Warneke
Doris Anderson
Dick Swanson
Jan Anderson
Dan & Sonja Dixon
Doug & Pat Hackman
Richard Anderson
June Anderson
Victor Arnold
Joanne Arnold
Leah Bailey
Peter Bailey
Lloyd Barthel
Patricia Abraham
Carol Anderson
John & Patty Bailey
Tim & Maggie Bailey
Tom & Mary Bender
Bruce & Cathy Dalchow
Dan & Sonja Dixon
Larry & Teresa Ebert
Dick & Nancy Gongoll
Guardian Angels of Elk River
Doug & Pat Hackman
Bill & Julie Hudson
Dan & Linda Krieger
Richard Kroll
Jeff & Traci Larson
Tim & Joyann McChesney
Mary McNair
James & Gloria Morrisette
Dan & Valerie Nelson
Paul & Nicole Novotny
David & Janice Plude
William & Becky Raadt
Don & Kitty Schumacher
Paul & Charlene Sheets
Jeffrey Syring
The Bank of Elk River
Stewart & Debbie Wilson
Maxine "Susie" Barthel
Michael & Dorene Barthel
Paul R. Becker
Gail Becker
Lorraine Beltrand
Jerry & La Nay Brostrom
Dave Bleyhl
Charlie & Jean Brown
Hazel Boone
Jim & Karen Acers
Florence Borkalow
Caroll Nigon
George Brust
Dan & Sonja Dixon
Doug & Pat Hackman
Greg and Harold Burley
Evelyn Burley
Lucy Carlson
Myron & Florence Grams
Arlean Carpenter
Joyce Carpenter
Hya Clark
Karen Gilreath
Joyce Coder
Jim & Jan Berg
Melvin & Diane Busiahn
Jim & Sandy Coder
Fleming Financial Group
Ruth Matchinsky
Larry Norris

Muriel Courteau

Jane Lindenfelser
Joanne Czynscon
Lawrence Czynscon
Merle & LaVerne Dahlheimer
Vincent & Brenda Zachman
Joyce Danforth
Charlie & Jean Brown
Don & Kitty Schumacher
Ed, Esther & Richard Danner
Carolyn Nelson
Gladys Dehen
Nancy Fuller
Annemarie Douglas
Katherine Rompf
Milton & Elaine Dwyer
Pat Dwyer & Kim Carter
Adrienne Ellingson
Eldon & Penny Johnson
John Ernst
Carol Black
Patty Chase
Larry & Jean Cook
Myron & Florence Grams
Geri Rootes
Anna Mae "Tippy" Frank
Jane Lindenfelser
Georgine Genck
Paul & Charlene Sheets
Floyd Goenner
Margaret Goenner
Ida Golub
Jeff & Natalie Yusen
Lorna Grant
Marjorie Zacharda
Alfred Grell
Vicki McMillan
Alden Hageman
Margaret Barsody
Mary A. Dare
Gordy & Cheryl Dehmer
Dan & Sonja Dixon
Greta Ege
Donita Grell
Doug & Pat Hackman
Donna Hannah
David Hanson
Arthur & Joan Hennington
Jack & Carol Hines
Jerry & Marianne Jackson
Janell Johnson
Philip & Teresa Johnson
Charles Larson
Don McRae
Judy Nelson
Bruce & Barbara Nelson
Cedric & Marlys Olson
Colleen Olson
Bobbie Peterson
Reg & Joanne Powell
Beda Sander
Mary Schuldt
Paul & Charlene Sheets
Sun Drivers Ladies Golf League
Gerald & Janice Swanberg
Shirley Sweeney
Jerry & Roberta Takle
Sandy Weicht
Lorraine Hanus
Paul & Charlene Sheets
Dick & Gloria Hinkle
Ashok & Jackie Chattopadhyay
Georgine "Pinky" Holland
Dorothy Englund
Laura Gamble
Bryant & Mischelle Johnson
Rodney & Sara Provart
Guy Reed
Jeffrey & Maxine Skold

Andy & Donna Horvath

Carolyn Parker
Marlys A. Jacques
Amy Murray
Timothy Jewett
Patricia Olson
Joan Job
Arthur Job
Moss Magers
Marlys Johnson
Virginia Bruns
Paula Johnson
Marguerite I. Jordan
Rance & Judy Baker
Blanche Jurkiewicz
Caroll Nigon
Maxine Kent
Bruce Kent
Rosie Knudson
Elaine Alvord
Anita Kolles
Rich & Betty Belanger
Oliver & Geraldine Lampi
Michael & Dorene Barthel
Thomas Lange
Jeanette Lange
Margaret Longie
Jane Lindenfelser
Nel Lubesmier
Mary A. Dare
Don McRae
Dan & Sonja Dixon
Myron & Florence Grams
Carol J. Mills
Alex & Diane Baluczynski
Ben & Bea Bastyr
Todd Bauer
Myrtle Brutlag
Sue Campbell
Children's Minnesota
Karen Christensen
Mary A. Dare
Allan & Rosemary Davisson
Dan & Sonja Dixon
James Dobihal
Gary & Gail Fitch
Diane Gallagher
Dick & Nancy Gongoll
Guardian Angels of Elk River
Donna Hannah
Jack & Carol Hines
Bill & Julie Hudson
Jerry & Marianne Jackson
Janet Jones
Sheryl Juenemann
Jeffrey & Shirley Knowlen
Dee Kratzke
Dan & Linda Krieger
Gayle Kvnevold
Jeff & Traci Larson
Jane Lindenfelser
Dan & Jean Lindh
James Lundberg
Carla McNair
Don McRae
Murray Mills
Bud & Sherry Mutterer
Robert & Janice Needham
Colleen Olson
Reverend Thomas Renquist
Susan Russell Luttenegger
James & Mary Beth Schmitt
Marilyn Schroeder
Don & Kitty Schumacher
Harold & Linda Stadstad
Darrel & Mary Steen
Ron & Gloria Stricker
Shirley Sweeney
Jeffrey Syring

The Bank of Elk River
Jeff Theune & Regina
Laroche -Theune
Jeff & Karen Travis
Sandy Weicht
Prudy Wilson
Jonnie Zvonek
Norma Mohr
Mary A. Dare
Guardian Angels of Elk River
Dave & Julie Raitz
Jack Mowry
Dan & Sonja Dixon
Guardian Angels of Elk River
Doug & Pat Hackman
Roger & Cecilia Hebeisen
Jack & Carol Hines
Dan & Linda Krieger
LB Carlson
Jennelle LeBlanc
Paul & Nicole Novotny
Melinda Parsons
Jackie Schuelein
Paul & Charlene Sheets
Jeff & Cindy Thrun
Colleen Van House
Deb Weston
Ione M. Nichols
Richard & Joanie Nichols
Melford Opstad
Arlene Opstad
Norma Jean Orwald
Myron & Florence Grams
Mildred Pearson
David & Chersti Pearson
Vera Peloquin
Karen Gilreath
Bernice "Bunny" Reesnes
Brian & Lindsey Budahn
Dan & Sonja Dixon
Sonja Dixon
Myron & Florence Grams
Donita Grell
Doug & Pat Hackman
Curt & Barb Hinkle
Paul & Martha Johansson
Dan & Linda Krieger
Richard & Joanie Nichols
Paul & Nicole Novotny
Heather Olawsky
Ray & Judy Reistad
Paul & Charlene Sheets
Jerry & Roberta Takle
Bernard Remer
Charlotta Fagerstrom
Ella Rivers
Charlie & Jean Brown
Ron & Gloria Stricker
Sue Rondeau
Paul & Charlene Sheets
Herb Ruprecht
Doug & Pat Hackman
Orie H. Sachs
Nellie Sachs
Charlie Schuldt
Mary Schuldt
Frank & Adeline Sebeck
James & Velma Morgen
Lester Shugquist
Deborah Mahutga
Roberto Sobalvarro
Guardian Angels of Elk River
Dan & Linda Krieger
Jane Lindenfelser
Jeff & Sue Nagorski
Patrick E. Sweeney
Charlie & Jean Brown
Greta Ege
Don & Kitty Schumacher

James Tacheny

Joanne Tacheny
Margaret Tarnowski
Jane Lindenfelser
Betty Jo Thomson
Nancy Hassett
Martha Adele Travis
Elton & Marian Cunningham
Marillyn Donaldson Veidel
Paul & Charlene Sheets
Grace vonRuden
Robbie Arnes
Chuck Waknitz
Jane Lindenfelser
Madison Weber
Mike & Kris Weber
Gerald Wells
Mary A. Dare
Jerry & Roberta Takle
Lloyd Werner
Werner Family Trust
Jane Wilson
Jim & Karen Acers
Thomas Wilson
Stewart & Debbie Wilson

In Honor Of

Joyce Coder
Mike and Betty Weaver
Anna DeMars
Patricia Johnson
Dick & Dale Elliott
Paul & Charlene Sheets
Rosie Enghusen
Gregory Enghusen
Francie Foyt
Don & Peggy Foyt
Betty Johnson
Charles & Marcia Engvall
The Marriage of Madeline Gregeresen & Logan Krieger
Kate Hansen
Lillian Stevens
Sheryl Stevens

We are extremely grateful for your thoughtful gifts to Guardian Angels. Every effort has been made to ensure the accuracy of this list.

If you are aware of a correction or omission, please contact the Guardian Angels Fund Development Office at **763-635-5476**. Thank you!

Note: "In Memory Of" and "In Honor Of" names in bold and underlined reflect loved ones who are being remembered by the donors listed below them.

Music to our Ears

Music has often been referred to as the soundtrack to our lives. A simple song can take you back years to a specific memory or feeling. Music is deeply linked to our personal history.



When you hear the song "You Are My Sunshine", what do you think of? How about when you hear "Sweet Caroline," or "Amazing Grace"? Did you recall a specific time in your life or a feeling that instantly brought you back somewhere?

Sometimes music is the only medicine the heart and soul need.

Research studies confirm that music is extremely beneficial to individuals facing a wide range of ailments including Parkinson's, Alzheimer's, dementia, depression, anxiety, and even terminal illness. Music has been shown to regulate blood pressure and heart rates, bring comfort to loneliness, grief and loss, and even improve overall quality of life.

This summer Guardian Angels has big plans to bring residents, families, staff, and supporters together by hosting a Summer Music Sensation at each of our senior living communities. There will be live outdoor nostalgic music that encourages socialization, brings back memories from long ago as well as creating new ones. Dates are forthcoming, so be sure to take a look at our Facebook and website postings.

We need your help to make these events and ongoing music programming a reality. We are asking you to consider a gift to support music activities and the Music Therapy Program at Guardian Angels. This is truly a gift that will bless each and every one of our residents.



Music Therapist Kari sings to a Guardian Angels resident.

With Mother's Day and Father's Day fast approaching, you may want to consider giving a gift in their honor or memory. You can also make a contribution for a loved one's birthday, anniversary, or any occasion that is special to you.

A simple and safe way to support Guardian Angels is to

become a monthly donor by checking the Make this a Monthly Reoccurring Gift box. This allows you to set up a gift once with the donation to reoccur monthly without any extra work from you!

Your gift will put a smile on a resident's face - and a song in their heart!

Guardian Angels
508 Freeport Ave NW STE A
Elk River, MN 55330
guardianangelsmn.org

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Yes, I want to support Music Programming at Guardian Angels!

Name _____

Address _____

City/State/ZIP _____

Phone number _____

Email address _____

I/we would like to make a gift of:

☐ \$500 (Family of Angels' Member) ☐ \$250 ☐ \$100 ☐ \$50

☐ Other _____

☐ Make this a Monthly Reoccurring Gift

Method of payment:

☐ Donate online at guardianangelsmn.org

☐ Enclosed is a check payable to **Guardian Angels**

☐ Charge this gift to: ☐ VISA ☐ Mastercard ☐ Discover

Credit Card Number _____

Expiration Date _____ Security Code _____

My gift is: ☐ In memory ☐ In honor of _____

Use my gift for:

☐ Guardian Angels Music Programming

☐ General Endowment which provides funding for future needs

☐ Other, please specify _____

Check if:

☐ You have included Guardian Angels in your will or estate plans

☐ You are interested in estate planning or the **Legacy Society**

Guardian Angels is an IRS 501(c)(3) organization. Your gift is tax-deductible as provided by law.

Please complete this form and send it to: Guardian Angels
508 Freeport Ave NW, STE A
Elk River, MN 55330

Spring/Summer 2023

If you no longer wish to receive this publication or would prefer to receive it electronically instead, please contact us at fundinfo@ga-er.org or call 763-635-5476.