



ST. ANTHONY

Health & Rehabilitation

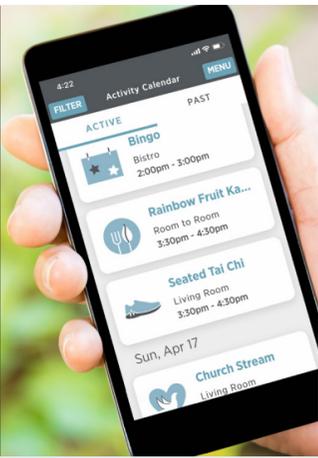
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GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

We encourage residents, guests, caregivers and families to download the app and get connected!



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MANAGED BY The Goodman Group

TEAM MEMBERS

Executive Director
Brenna Hoffman

Director of Nursing
Sue Boyd

Director of Sales & Marketing
Tami Moyer

Life Enrichment Director
Candice-Ann Walker

Business Office Director
Madison Plovie

Maintenance Director
Clint Wamhoff

Social Services Director
Kirsten Zhangazha



IN LOVING MEMORY

We remember our dear friend who has passed in the last month:

- Mary G.



NEW RESIDENTS

We would like to welcome our newest residents!

- Mayer G.
- Elaine R.



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- William K. - 5/7
- David H. - 5/15
- Terry D. - 5/23
- Patricia N. - 5/12
- Dixie S. - 5/22



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Good Life NEWS

at St. Anthony Health & Rehabilitation

MAY 2025

PEARLS OF LIFE® HAPPENINGS

Happy 103rd Birthday to Geri S.!

We had an absolute blast celebrating a truly incredible milestone here in Pearls of Life®! Our beloved resident, Geri S., turned 103 last month, and we couldn't let such a remarkable occasion pass without a party to match her amazing spirit. Geri has been a cherished part of our community, and her warmth, wisdom, and sense of humor continue to inspire everyone around her.

To honor her big day, we planned a joyful celebration filled with all the things Geri loves most. Her wonderful family joined us in full force, bringing smiles and hugs. It was beautiful to see multiple

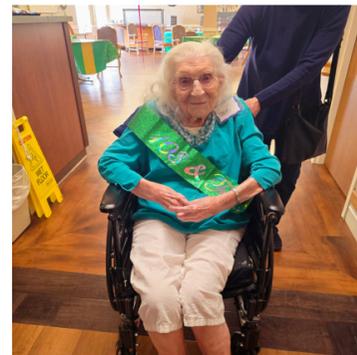
generations gathered to celebrate the life of such a special woman.

No party for Geri would be complete without her favorite treat—brownies! We made sure there were plenty to go around, and they were a huge hit with everyone (especially Geri!). The whole party space was decorated in lovely shades of green, her favorite color, which gave the celebration a fresh, cheerful feel. To top it all off, we were treated to a performance by a talented live singer who brought so much energy and joy to the event.

Geri was glowing the entire time, and the smiles never left the faces of her guests. It was truly a day filled with love, laughter, music and memories that we'll all treasure for a long time. Here's to Geri—103 years of grace, kindness and joy!



Gerri and her family



MARDI GRAS CELEBRATION

Residents had a fun time during their Mardi Gras Celebration. Here are a few photos.



Terry, Carol and Dorothy



Marjorie



Juanita

RESIDENT SPOTLIGHT: PAM

Where are you from?

I was born in Ohio but grew up in Bloomington, Minnesota.

What did you used to do for fun?

When I was a teenager, I loved tubing, hanging out with friends, and I would often babysit.

What was your happiest memory?

When my first child was born.

Do you remember any fads from your youth?

I remember the sparkly cat-eye shaped glasses!

What was your first car?

My first car was a sky blue 1967 Chevy Camaro.

If you could go back in time, what year would you travel to?

I would travel back to 1972 so that I could finish my arts degree at Hamline University.

What life advice do you have?

Don't be afraid of anything. Just go for it!

What is your biggest fear?

Running out of money.

What is most rewarding about getting older?

I can express myself freely and show off my creativity without being afraid of judgment.

What are you most proud of?

I am most proud of finishing my bachelor's degree in nursing while juggling being a mom of two kids.

What are the most important lessons you learned?

Don't let mean or rude people get to you or cloud your judgment, be kind to everyone, and smile!

What kind of things and activities make you the happiest now?

Expressing my creativity, art, live music, and nature.

What kind of music do you enjoy??

Rock 'n roll, traditional, and classical.

If you could eat one meal for the rest of your life, what would it be?

I would eat a really good hamburger and fries.

What is your favorite dessert?

A Snickers Blizzard from Dairy Queen.

TEAM MEMBER SPOTLIGHT: JEFF

Where are you from?

I was born and raised in St. Louis Park, Minnesota.

How many siblings do you have?

I have one sister five years younger than me.

Are you married?

Yes, we've been married for 18 years. We were set up on a blind date by mutual friends.

What was your first job?

Delivering newspapers.

What is your favorite thing about your career?

No two days are the same, and I'm always busy. I'm new to the maintenance field, so there's always something to learn.

What are your hobbies?

Cooking, gardening, and driving my cars on racetracks like Road America and Brainerd International Raceway.

What two radio stations do you listen to in the car the most?

MPR and 93X.

If you could choose to do anything for a day, what would it be?

Drive on a racetrack. It's both exciting and relaxing.

If you could only eat one meal what would it be?

Pizza!

What is your biggest fear?

Letting people down.

What is your favorite season?

Summer. Warm weather and plenty of sunshine.

If you could go back in time, what year would you travel to?

1945. The excitement of World War II ending, the transition to a post-war economy, and the start of the Cold War.

What one thing could you not go one day without?

Movement. I have a hard time just sitting around.

Do you have a favorite holiday?

Christmas.

What is your favorite dessert?

Rhubarb crisp.



SOARING®: SUPPORTING THE SPIRIT

Often, people ask me what cultural differences I experienced when I moved to the United States many years ago, and the answer might surprise you. One of the biggest differences is small talk with strangers.



In my home country, it's considered strange and inappropriate to ask a total stranger, "How are you doing?" if you don't know the person or don't have enough time to listen to the answer. We even have a joke in my culture that you should be careful asking how someone is doing because you may end up listening to the person's life story from birth until the present time. There's some truth in that joke. The deeper truth hidden in that joke is that if you are asking how someone is doing, you should have time to listen to the answer — that you are creating a safe, welcoming space for the person to share how they are really doing.

I am not against small talk, but we all could benefit from giving the person in front of us real time to answer, "How are you doing?" We can learn something new about the person when we listen deeply. We can realize that someone may be having a difficult time and be supportive. We can learn that someone has similar thoughts as us, despite perceived differences. We can create a unique connection when we just take time to deeply listen. People used to write letters to each other, making time to write and express their deeper thoughts. It also takes time to respond.

When someone gives us their time to listen, it makes us feel valued and seen. The best gift we can give to one another is the gift of time, to simply be with someone. I want to invite you, next time you ask how someone is doing, to give extra space and time for this person to answer. We all could benefit from that and discover something new.

Natalia Filimonova
Spiritual Care Director

West Hills Village Senior Residence (Portland, OR)

CORI'S POETRY CORNER



We have entered
the month of May
the bridge between
the regeneration
of spring
and
the fruition
of summer
this is a bridge
that not only exists
in the natural world
but within us
it is a bridge
that comes into existence
after our season
of deprivation
that carries us
to our season
of abundance
for all
the month of May holds
fertility-rebirth-life

MEET POPPY

Poppy is a 5-year-old cocker spaniel that Lori adopted in November 2023 from a rescue organization in Wisconsin. Poppy has a 16-year-old cat brother named Jaxon, and they get along great. Poppy loves treats and quickly learned how to shake to get them. She is very sociable and thinks everyone she meets while out walking wants to say hi and pet her, which she loves. Poppy is enjoying her time visiting the residents and making new friends.



Phyllis

FAMILY COUNCIL

St. Anthony Health & Rehabilitation would like to invite any family members who are interested in forming a Family Council. Family Councils are made up of family members of current residents. While Family Councils may be structured differently, many councils seek to explore topics related to elder care. The community is responsible for providing a meeting location for Family Council meetings. A staff liaison may be authorized by the Family Council to attend meetings and respond to written requests that result from the meeting. If anyone is interested in forming a Family Council, please reach out to brenna.hoffman@stanthonyhealthand rehab.com at any time.

LIFE ENRICHMENT HIGHLIGHTS

Happy May, everyone! The sun is shining, and we are excited for some fun activities planned in May:

- May 1: Live music with Barbara Lee at 2:15 p.m. (2N Dining Room)
- May 3: St. Anthony Kentucky Derby at 2:15 p.m. (2nd Floor Lounge)
- May 5: Cinco de Mayo and quesadillas at 2:15 p.m. (2N Dining Room)
- May 8: Resident Council at 10 a.m. (2nd Floor Lounge), Valiant Veterans® at 2:15 p.m., followed by intergenerational K-Kids at 4 p.m. (2N Dining Room)
- May 9: Lost Sock Memorial Service at 2:15 p.m. (2nd Floor Lounge)
- May 19: Backyard games and Ice Cream Day at 2:15 p.m. (2nd Floor Courtyard)
- May 22: May Birthday Party at 2:15 p.m. (2N Dining Room)
- May 26: Memorial Day live music at 2:15 p.m. (2N Dining Room)
- May 28: "Wicked" movie showing at 2:15 p.m. (2nd Floor Lounge)
- May 29: Friends, Pie, and Live Music at 2:15 p.m. (2N Dining Room)

National Skilled Nursing Care Week

May 11:

- Mother's Day showing at 10 a.m. (2nd Floor Lounge)
- Mother's Day dessert bar with live music at 2:15 p.m. (2N Dining Room)

May 12:

- Cozy Day movie at 10 a.m. (2nd Floor Lounge)
- Pampering spa time at 2:30 p.m. (2N Dining Room)
- Lounging with music and sweet treats at 7 p.m. (2nd Floor Lounge)

May 13:

- Caricature drawing at 10 a.m. (2nd Floor Lounge)
- Mini donuts and pink lemonade at 10:15 a.m. (2nd Floor Lounge)
- Baby goats at 2:15 p.m. (2nd Floor Courtyard)

May 14:

- Mad Hatter Pass the Bag card game at 10:30 a.m. (2N Dining Room)
- Mad Hatter Tea Party at 2:15 p.m. (2N Dining Room)

May 15:

- Sports Day: Grilled brats and hot dogs at 10 a.m. (2nd Floor Lounge)
- Live music with Jim K. at 2:15 p.m. (2N Dining Room)

May 16:

- Do You Know Your Neighbor Day game at 10:30 a.m. (2S Dining Room)
- Mr. Rogers movie and popcorn at 2:15 p.m. (2nd Floor Lounge)