



**AUTUMN  
GLEN**

Senior Living

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MANAGED BY  The Goodman Group

## STAFF

**Executive Director**  
Phil Apel

**Director of Nursing**  
Kelley Deen

**Director of Sales & Marketing**  
Cynthia Frances

**Life Enrichment Director**  
Jessica Derx

**Culinary Director**  
Craig Chernosky

**Business Office Manager**  
Julie Morin

**Maintenance Director**  
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**Memory Care Life Enrichment  
Coordinator**  
Katie Olson

**Staffing Coordinator**  
Heather Zander

**Resident Care Coordinator**  
Vanie Heu

**Front Desk Receptionist**  
Megan Spaulding



## IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Kathy D.
- Jane E.
- Virgil N.
- Jack S.



## NEW RESIDENTS

We would like to welcome our newest residents!

- Marilyn D.
- Corinne G.
- Lorraine H.
- Joan P.



## BIRTHDAYS

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

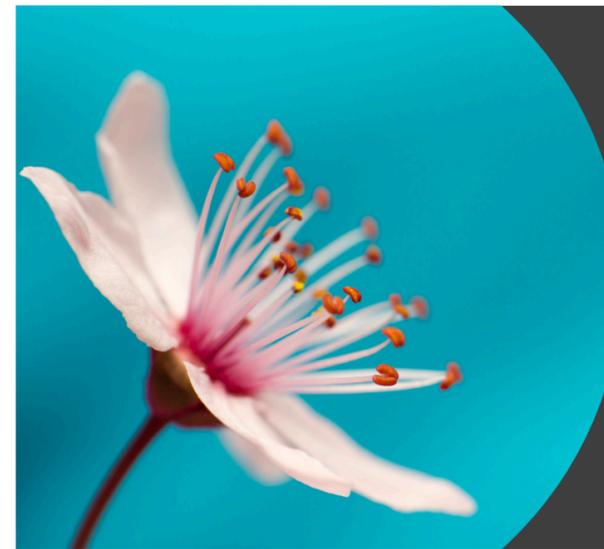
- Arvella H. - 18th
- Janet C. - 20th
- Kathy G. - 23rd
- David G. - 27th
- Shirley C. - 30th
- Sylvia W. - 30th



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# Good Life NEWS

at Autumn Glen Senior Living

MAY 2021

## MAY LIFE ENRICHMENT HIGHLIGHTS

We are all looking forward to May! Warmer weather, blooming flowers, a fresh start. Here are some special events to look forward to this month.

- Wednesday, May 5 – Resident Council meeting
- Friday, May 7 – Mother’s Day Tea Party
- Wednesday, May 12 – Craft Hour with Able Care Home Health
- Wednesday, May 12 – Live music from Mary Hall – Plays guitar and sings, Mary will share her “Remembering Patsy Cline” show with everyone
- Wednesday, May 19 – Live music from Kevin Wegman – Kevin enjoys playing older country songs, sings, and plays the guitar and harmonica
- Sunday, May 23 – Church service with Blessed Hope Baptist
- Wednesday, May 26 – Virtual travel day to Mexico
- Thursday, May 27 – AG Golden Readers Book Club

We are excited to offer more life enrichment outings on the van. In order to accommodate this, we have designated Monday, Wednesday, and Friday as medical appointment transportation days. Tuesdays will be reserved for outings such as shopping or other fun trips. Be on the lookout for additional outings, as our transportation schedule allows.

- Tuesday, May 4 – Dollar Tree
- Tuesday, May 11 – Cub Foods
- Tuesday, May 18 – Target
- Tuesday, May 25 – Cub Foods

Special Holidays in May

- Sunday, May 9 – Mother’s Day
- Saturday, May 15 – Armed Forces Day
- Monday, May 31 – Memorial Day



As we continue to make additions to our Life Enrichment Calendar based on most recent COVID-19 guidelines, any changes will be reflected in our weekly activity schedules.

*Jessica Derx*  
Life Enrichment Director

## A MESSAGE FROM THE EXECUTIVE DIRECTOR

I am very excited about this latest Autumn Glen newsletter. It has important and valuable content that will make our community even stronger. As you may already know, we have launched a new app called GiGi Assistant™ (GiGi) to provide an easy way for everyone to know our currently scheduled activities. I encourage you to download the app immediately! It can be found in the Apple App Store (Apple IOS) and the Google Play Store (Android).

Another way we are enhancing our communication is upgrading our Autumn Glen website, [autumnglenseniiorliving.com](http://autumnglenseniiorliving.com). On our website, you can access our latest visitation and COVID-19 updates, share with others what we offer, and...access this newsletter at any time! The newsletter can be found on our website under the ‘Connect With Us’ tab, then click the ‘Events & Calendars’ menu option, then click the ‘Newsletter’ button.

Our infection control efforts remain an important part of our actions. COVID-19 vaccines have been administered here at Autumn Glen over the course of three very successful vaccine clinics. In addition, we continue to follow the requirements of the Minnesota Department of Health and The Goodman Group. Our policies and procedures are subject to change as the pandemic conditions change, so please do feel free to ask if you have a question. We will continue working to keep our community safe and healthy!

Thank you for your care and support,

*Phil Apel*  
Executive Director

## RESIDENT SPOTLIGHT: LAVONNE F.

Lavonne F. was born in Montevideo, Minnesota on March 19, 1920. She just celebrated her 101st birthday! Lavonne's parents, Raymond and Nina, had five children, and Lavonne is the youngest. Her father worked for the Milwaukee Road railroad. Her mother was a homemaker and a seamstress and passed these skills on to Lavonne. Lavonne loves sewing, crocheting and is very talented at embroidery. She does not like knitting! Lavonne speaks highly of her parents and the example they gave her, something she strived to live up to with her own children.



As a child, Lavonne loved to play sports and was very active. She especially enjoyed girls' basketball and "kitten ball," which is known today as softball. As a teenager, Lavonne loved to go to the Saturday night dances, which cost 25 cents. To pay for these dances she worked hard picking and selling berries. Her favorite dances were the jitterbug, waltz, and two-step. Lavonne graduated high school in 1938 and married her high school sweetheart, Lyle, on September 17, 1944. Lyle was a World War II veteran, having served in the Army National Guard and was awarded a purple heart. He served in Europe, specifically in the battles of Anzio and Kasserine Pass.

Lavonne and Lyle had two children together, Charles and Barbara. Lavonne and Lyle both worked very hard in their careers and had a variety of jobs. After the war, Lyle worked for the Veterans Administration, and together they traveled for his job. Lyle also owned a life insurance agency, served in the Minnesota Highway Department and was a relator. Sadly, Lyle passed away in 1969 at the young age of 49. Lavonne always kept busy working in the home and worked full time after her husband passed away. Lavonne was a bookkeeper, seamstress, and salesperson for Singer sewing machines. She also worked as a telephone operator for 24 years with Northwestern Bell which later became US West.

Lavonne worked hard taking care of her family and being very present with them, especially when her kids were young and her husband was travelling a lot for work. Lavonne now has one granddaughter, Sarah, who married Daniel. Together they have a son, Gerald, who is Lavonne's great-grandson.

Lavonne was asked a few specific questions in order to share more of her life experiences and some wisdom she's learned along the way.

**What is your secret to longevity and good health?** Taking good care of myself and focusing on my family. Eating healthy foods and walking to and from work every day for about 24 years.

**What was the most important invention of your lifetime?** Vaccinations. I've been getting them since they have come out. There are so many. But also, colored pictures really were amazing!

**What is your best advice for a young person?** Live your life right. Be honest, punctual, and hard working. Keep busy and stay out of trouble.

**Is there anything you wanted to do that you never got around to?** No, I got to accomplish everything I strived for.

**Is there a saying or phrase that you find yourself sharing with your family often?** "He who hesitates is lost." You never want to hesitate to do something, otherwise it's lost.

## CANINE CORNER

"The world would be a nicer place if everyone had the ability to love as unconditionally as a dog." - M.K. Clinton

We love all pets at Autumn Glen, especially dogs! Many of our employees and residents have or have had a special pet that has truly left an imprint (or paw print) on their heart.

This month, Cynthia, our director of sales & marketing, wanted to introduce her fur babies to us.

### Chai & Latte

Nine years ago, a friend's Chihuahua had puppies, and she brought them to a meeting to see if she could sell them. It was all I could do to not take them all home with me—they were so adorable! How could I just have one?

I had read somewhere that dogs need a companion, and since I work that was a good enough excuse for me to get two Chihuahuas!

I named them Chai and Latte! Chai being the blonde one of course. They were as different as night and day in personality and temperament! For instance, Chai chased off a fox in the backyard when he was only six months old, and Latte used to hide behind him...Chai being the alpha dog, I guess!

Just recently, Chai passed away, and I was devastated. And so was Latte. With the help of my colleagues' kindness and support, somehow, I survived.

But it wasn't so easy for Latte. After my numerous panicked calls to the veterinarian about Latte's depression over the loss of Chai...miraculously, one day he just improved! In fact, Latte has become much more outgoing. Maybe it's because Chai isn't stealing his cookies and hiding them?

I don't know but I'm so relieved that he is surviving just like his mommy and we are both enjoying each other's company on a new level!



## GREETINGS FROM THE MARKETING DEPARTMENT

I love spring time! Soon the lilacs will be blooming! But I love spring time especially because we have many more tours of interested folks visiting our home at Autumn Glen. This renewed energy is also contagious with our current residents as evidenced by their lovely smiles and "hellos" as we walk through the building, which really sends a great message to our visitors.

Although we can't tour the whole community yet, I'm now allowed to take visitors to the exact apartment that they want to see. I'm so delighted to provide our wonderful calendar of events to them which is growing larger and larger since COVID-19 affected us. And, our new updated menus with fabulous food items too!

Most importantly, Autumn Glen continues to have an excellent reputation among our peers and health providers, and consequently, we are blessed to continue to receive referrals from the professionals!

Why are all of our employees/team members always so happy at work every day? Because it comes from the "top!" In my 26-year career in senior housing, I know first-hand how important it is to work for a company that not only believes in first-class service to the residents, but also providing the best environment for the employees. This attitude is reflected in the day-to-day operations and teamwork here at Autumn Glen.

As always, my door is always open!

*Cynthia Frances*  
Director of Sales & Marketing

## SPOTLIGHT: CULINARY DIRECTOR CRAIG CHERNOSKY



Craig Chernosky is our new culinary director. He has been a great addition to our team at Autumn Glen!

**Who inspired you to become a chef?** My grandmother Sadie. She taught me from the age of four years old how to cook, and by age seven I was cooking Sunday family dinners.

**Is there another chef that you look up to?** Master Chef Al Chase. Chef Chase was my instructor at culinary school where he reminded me every day to have fun and do what you love.

**Where did you grow up?** I grew up in Nelsonville, Texas, a farming community of 57 people (I am not kidding) which is about 75 miles west of Houston. But I have lived for more than 30 years in Minnesota.

**What is your favorite food to prepare for your family?** Anything. I just love cooking for my family. My best guess would be either fried chicken (sandwiches) or grilled hamburgers.

**What made you want to work in senior living dining versus a restaurant?** In the restaurant field, you just go to a job every day and see a lot of different faces, and you may or may not ever see them again. In the senior living community, you get to know residents and get to make a difference in someone's life, and that is what I strive for every day.

## NURSING NOTES: A REFLECTION ON A YEAR OF COVID-19

We have much to reflect on from the last year. Here at Autumn Glen, we can look back and take pride in how hard we worked together to protect everyone from COVID-19. I would like to thank all of the staff, residents, family members, friends, and caregivers who contributed and committed to keeping our community safe and healthy.

The Minnesota Department of Health is regularly reviewing and implementing new guidelines for visits, outings, and quarantine requirements. We embrace these changes and will continue to share them with you as soon as we receive them.

I've been reading about the historically low rates of influenza and other infections throughout the 2020-21 season. Around this time last year, the national map of flu activity published by the Centers for Disease Control and Prevention (CDC) showed many active cases, some sections in a dark purple to indicate "very high" flu activity. This year, the map is a light green in many parts, indicating "minimal" flu activity.

According to the CDC, interventions aimed against COVID-19 transmission, plus flu vaccines, may have substantially reduced influenza cases this season. There are several contributing factors, and I think we can all carry this information forward for future disease prevention.

Looking forward to a happy and healthy spring!

*Kelley Deen*  
Director of Nursing

