

Partner Services at Boutwells

A highlight of some important services offered at Boutwells.



Town Center Beauty Salon and Barber Shop

MondayClosed
Tuesday.....8:30 AM - 3:30 PM
Wednesday.....8:30 AM - 3:30 PM
Thursday.....9:00 AM - 3:30 PM
Friday9:00 AM - 4:00 PM
Boutwells Main Building - First Floor
Phone: *5025



Gables Beauty Salon

Monday.....11:00 AM - 2:30 PM
Tuesday.....9:30 AM - 3:00 PM
Wednesday9:00 AM - 2:30 PM
Thursday.....9:00 AM - 2:30 PM
Friday.....9:30 AM - 1:00 PM
The Gables Lower Level
Phone: *7295



Hand and Foot Spa

8:00 AM –3:00 PM
Monday, Tuesday and Wednesday
The Gables - Lower Level
Phone: *5018



Lakeview @ Boutwells

Mini Medical Clinics
Mondays and Thursdays
9:00 AM - 11:00 AM
Terrace 2nd Floor

Dignified Dental with Dr. Perpich

Tuesday 8:00 AM - 5:00 PM
The Gables - Lower Level
Phone: 342-1598
www.stillwaterfamilydental.com



Chiropractic Care with Curtis C. Schmidt End of Summer Chiropractic Special

Do you have stiff, sore, tight shoulders, hips, neck, back? Get your spine and extremities examined and evaluated at no charge-\$55 value.

Tuesdays & Thursdays 9:00 AM - 4:00 PM
The Gables - Lower Level
Phone: *7307 for an appointment



Circle of Friends Adult Day Care Now part of PHS Family of Services

Monday through Friday 9:00 AM - 3:00 PM
(extended hours available 8:00-AM 4:00 PM)
The Commons– First Floor
Pass through Memory Care or
Drive-up Entrance
Phone: *5800



Lakeview Hospice

“The Gathering at Boutwells Landing”

Open 24 hours
The Commons - First Floor
Enter - Commons Parking Lot
Phone: 275-5781



Monthly Minder

January 2012

Community News & Notes . . .

New Year Wishes

As I write this article for the Monthly Minder it happens to be the ninth day of Christmas, and my true love has just given me a “honey do” list of nine things to do around the house. I don’t know if I will have accomplished all nine items. but by the time you read this article the most important accomplishment will be the meaningful time my wife and I spent together with friends and family. It is my hope as you reflect back on the Holiday Season that you, too, will have warm thoughts of time spent with those you care about.

As we turn our calendars and our attention to the New Year, it is my prayer that 2012 will be a year of peace and prosperity; for the citizens of Boutwells Landing, my hope is that 2012 will also be a year of happiness and good health. To this end, in the coming weeks and months you will hear more about a Fall Reduction initiative at Boutwells Landing.

Shortly after coming here as interim director, I had the pleasure of meeting with David Spencer. Dave shared with me his concern for friends and neighbors on the campus who had experienced the devastating impact of a fall. His research revealed an opportunity to proactively address this.

Falls are a serious public health problem among older adults. In the United States, one of every three seniors over 65 years experience a fall each year, and falls are one of the leading causes of death. Creating awareness alone does not reduce falls.

A leading objectives in 2012 is to reduce the incidence of falls on our campus; we will do this in a variety of ways, including fall investigation, risk assessment and education.

A Fall Reduction task force has been appointed that includes employees and residents of Boutwells Landing. It will be develop an awareness campaign, measurable goals and educational programs; in the end, we anticipate that Boutwells Landing will be a safer and enjoyable place to live. If you have questions or would like more information regarding this initiative, please don’t hesitate to let me know; together we can make a difference in 2012.

~ Greg Carlson



Nutrition and Culinary Department

Terrace Dining Room will be open for Continental Breakfast on New Year’s Eve, and will be closing after Breakfast.

There will be no Sunday Brunch on January 1. The dining room will re-open on Monday, January 2.

Looking for something to do on a cold Saturday January afternoon? Enjoy brunch in the Terrace and head on down to the theater for a 1:30 movie.

Hope to see you there!

More Community News & Notes . . .

Resident Meetings

These are great opportunities to socialize with your neighbors, meet someone new, get overall updates from management, and discuss on-going concerns.



The **Terrace Resident Floor Meetings** will resume in January, 2012 and be held every other month, January, March, May, July, September & November in the Steamboat Lounge at 3:00 pm.

The next scheduled meetings for **Brownstone residents** are in January 2012.

“Thank you” to all who attended the **Village Home Resident Meetings** in December. The next scheduled meetings are in February.

The first **Commons All Resident Meeting** will take place on January 16th at 9:30 AM in the Commons Family Room. All four floors will meet on the third Monday each month.

Please see the calendar for dates and times. If you need a copy of the meeting schedule, please call or email Bill Peterson to get one.

Bill Peterson - Housing Director *5067
Brownstones and Village Homes

Deb DuFrene - Housing Administrator *5002
The Terrace

Catie Oswald - Resident Services Director *5003
The Commons

January 2nd Schedule



Most regularly scheduled activities will be cancelled Monday, January 2 including the Medical Van, Activity Van, Pool and Wellness Center (The Wellness Center will be open to those with fobs).

Welcome to Boutwells!



Village Homes

Jack & Marlene Payne 5740 Norwich Circle N

I've / we've Moved

Lois Tuckner to the Terrace #116
Polly Thompson to Brownstone A #116
Millie See moved off campus
Robert MacDonald to the Terrace



Caring Connections

The purpose of Caring Connections is to encourage people who are living alone to take part in a variety of activities that provide opportunities for companionship and socializing. We have dinner together once a month at Boutwells and enjoy many other activities throughout the year.

Coming up we will gather for lunch at the Golden Crown Restaurant in Stillwater on January 18th at 11:30 AM. In February, we will go to the Lake Elmo Inn for lunch.

Our monthly dinner in the Terrace private dining room is on Tuesday, January 10th at 5:30 PM (reservations required).

In December, we had a great gathering for the Potluck Christmas Party. “Thank you” to everyone who attended; we hope you had a fun time!

For more information about events, please call Allen Hicks at *3635. For general information about Caring Connections, please call Molly Taylor at *3727.

~ Health and Wellness Boutwells ~

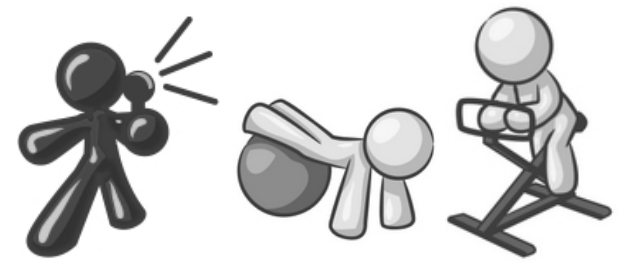
Top 10 Healthy New Year’s Resolutions for Older Adults

We do it every year... make January 1 resolutions to exercise more, eat better and do Suduko puzzles. The American Geriatrics Society Foundation for Health and Aging has compiled the following list of 10 healthy changes for older adults. For more information, see their web site www.healthinaging.org.

- Eat colors (vegetables, fruits, whole grains, fish and healthy fats) – choose vegetables with dark colors for extra nutrition
- Take a multivitamin-mineral
- Move – 30 minutes of exercise most days of the week is recommended
- Toast with smaller glasses – a moderate amount of alcohol is different at every age
- Guard against falls – balance, flexibility and strength exercises can help, speak with your doctor about medications, fall-proof your home
- Give your brain a workout – the more you use your mind, the better it will work for you. Puzzles, cards or conversation over coffee can help.
- Get help to quit smoking.
- Speak up when you feel down – one out of five older adults suffer from anxiety or depression. There are many good options to help, so speak to your healthcare provider.
- Get a good night’s sleep – as we age, our bodies still need 7-8 hours of sleep each night. Void afternoon naps if you have trouble sleeping through the night.
- See your healthcare provider regularly.

To make real changes in your life, think small and do not tackle all 10 changes in the first week. Choose one and be specific – instead of resolving to exercise more, plan on adding one walk per week or one new exercise class this month. A small change is easier to accomplish and reaching a goal feels good! Add another change when you have mastered the first one. Soon, your New Year’s resolutions will be your mid-summer norms.

~Lynn Lueders, CPT



Obesity Awareness

Dedicating January to Obesity Awareness!
Start 2012 with a healthy lifestyle!

We are here for encouragement and to help you make this happen.

Come to the Wings Wellness Center on Fridays for a great workout and a healthy snack.

We are offering a weight loss program to those who are interested. If you would like more information please call *5094 to talk to a Wings Wellness staff.

Wishing you all Good Health and Happiness
Wings Wellness Team

~ Education at Boutwells ~

How to Look At & Understand Great Art Mondays

March 19 through May 14, 2012
10:00 AM - 11:00 AM
Theater • Cost: \$5.00

This excellent art course consists of 36 thirty-minute lectures (two lectures per session) and is presented in two nine week parts. The first 18 lectures ended December 19th.

Sign ups for new participants will begin Thursday, February 2 with a \$5.00 registration fee.

Sylvia McCallister *3600

Eunice Johnson *5683

Medical Myths, Lies and Half-Truths:

What We Think We Know May Be Hurting Us

Mondays, January 9 – March 12
10:00 AM -11:00 AM
Cost: \$5.00 per person

Checks payable to Boutwells Education Committee

Have you ever wondered how medical science approaches subjects such as dieting, probiotics, vaccination, herbalism, acupuncture, homeopathy, cell phones and hypnosis?

Professor Steven Novella of the Yale School of Medicine presents a series of lectures to help recognize medical misinformation and to make use of reliable evidence-based information when making health-related choices.

Looking ahead....

2012 Spring Great Decisions Series

Thursdays in March and April 2012. Check your February Monthly Minder and calendar for more information.

“Informed Decisions”

A Monthly Educational Series

How to Prevent Falls & Stay in Your Home Longer

Presented by
Lakeview Homecare &
Optage Home Therapy Team

Monday, January 16
3:00 PM - 4:00 PM
Town Hall

*How to make your home safe.

*Learn what services are available to you that may enable you to stay in your home versus a care Facility.

Coming in January...



“BALANCE MATTERS”

Mondays and Wednesdays
2:00 PM - 2:30 PM
Wings Wellness Studio

This 30 minute exercise class is dedicated to improving balance and fall prevention. Exercises - seated and standing are designed to work on posture, leg strength and overall body awareness.

Please join us, starting Wednesday, January 4th, for this new addition to our wellness classes!

Chaplains Corner . . .

New Year New You 2012

New Years' resolutions usually fade away within a month. Good intentions to change behavior, eliminate bad habits and turn over a new leaf usually fail because of two or three things: the power to change may be insufficient, the plan of action could be inadequate and personal accountability may be non-existent.

Andy Allen suggested a book called; Younger Next Year, a great book that gives four principles to achieve lasting change and a younger you. The most obvious are exercise and good nutrition. The other two relate to our purpose and giving back.

Chuck Swindoll discusses one of our most important attributes, attitude. “The impact of attitude on life is more important than facts, education, money and circumstances. We have a choice everyday regarding the attitude we will embrace. We cannot change people, our past or circumstances, but one thing we can do is play on the one string we have and that is our attitude.” The Bible says, “In everything give thanks for this is the will of God”.

The real power to change comes from God, so depend on the strength that He gives day by day. The plan of action includes finding purpose and mission and creating a strategic plan that includes objectives, and action steps to accomplish the mission. And, finally, one needs to be accountable to people and family. Giving an accounting is a stewardship responsibility I willingly submit to so I stay focused and sensitive to daily temptations.

Have a great new year by working on all four areas of life and achieve more success in all areas of life. Make this Happy New Year A masterpiece!!

By blessing others we are blessed,

Chaplain Larry Forsberg 275-5055

Chaplain Bruce Ruggles 430-7213

“Friends We Have Lost”

Jean Stenseng	12/31/1921 - 11/10/2011
Mary Atwell	05/19/1914 - 11/28/2011
Fred Fisher	02/15/1919 - 12/05/2011
Robert Mulhausen	06/07/1930 - 12/05/2011
Sister Margaret Cashman	09/14/1936 - 12/06/2011
Samuel “Sam” Jones	12/02/1937 - 12/06/2011
Jeraldine “Jerry” Struthers	06/03/1919 - 12/08/2011
Marion Powers	02/11/1920 - 12/08/2011
Sister Maria Kobal	03/05/1915 - 12/11/2011
Sylvie Senn	04/30/1912 - 12/14/2011
Lucille Lindstedt	05/19/1920 - 12/15/2011
Robert Wilfer	10/02/1931 - 12/21/2011
Ingeborg Cook	08/04/1911 - 12/22/2011
Mary Lou Grohs	05/27/1921 - 12/24/2011

New Years Prayer

Thank you Lord for giving me
The brand new year ahead
Help me live the way I should
As each new day I tread.

Give me gentle wisdom
That I might help a friend
Give me strength and courage
So a shoulder I might lend.

The year ahead is empty
Help me fill it with good things
Each new day filled with joy
And the happiness it brings.

Please give the leaders of our world
A courage born of peace
That they might lead us gently
And all the fighting cease.

Please give to all upon this earth
A heart that's filled with love
A gentle happy way to live
With Your blessings from above.

~ Charlotte Anselmo ~

Computer Adventures

Turn Off Your Computer or Leave it On?



The question often comes up in conversations. Computer manufacturers report components in newer machines last about the same amount of time whether the machine is left on all the time or turned off at the end of each day.

Reasons to Turn Off Your Computer

- Save \$30-\$100/year in electrical bills. Using power-saving features on a computer reduces the electrical expense of leaving the computer on.
- High Speed/broadband Internet, like we have at Boutwells Landing, leaves a computer at greater risk to hackers when left on.
- There is less danger of electrical surges affecting your computer when it is turned off.
- Computer malfunctions are often resolved when turning off and restarting a computer.

The consensus of reports that I read is that is best to turn off the computer when it will not be used for several hours.

Free Computer Learning Experience.

At Boutwells we are fortunate to having free opportunities to get acquainted with home computer applications by attending Open Computer Labs scheduled twice each month and computer clubs that meet monthly in Classroom 2. Computer experience is not required and all residents are invited to attend.

Complete 2012 schedules are available in the bins located just outside of Classroom 2 for the Open Computer Labs, Mac Computer Club and PC Computer Club.

Ray Hunder, ext. *5326

rhunder@boutwellslanding.com

...Amid the Winter's Snow...

...is another title for the *Hymn for Christmas Day* written by Edward Caswall in 1858. Mr. Caswall did not aim his beautiful hymn towards the dangers of the season, but as we all know, winter's snow and ice are not always nice. Here are some tips for keeping safe and preventing falls during the winter months...



- Wear boots with non-skid soles.
- Walk only on cleared paths.
- Sprinkle de-icer, salt or sand on any icy surface. Place a scoop in a small plastic bag and take it with you when you go out.
- If you go out to walk or to get the mail, ask a friend to watch you or check on you later.
- Even though it's cold, keep your hands out of your pockets.
- Don't carry heavy loads. It's better to make several trips than to carry many packages at one time.
- Slow and steady wins the fall prevention race.

~ Lynn Lueders, CPT

Sources: MN Fall Prevention and the CDC



~ Special Events and More at Boutwells ~

January Craft Workshop

Wednesday, January 4

1:00 PM to 3:00 PM

Creative Arts Studio

Bookmarks and Stamping

Strawberry Shortcake Social



Friday, January 13

3:00 PM • Town Hall

“Happy Birthday Party!”

Sing-Along with the

Rex Accordion Band!

Friday, January 27

2:00 PM • Town Hall

Join us for our monthly Birthday Party.

“Holiday Snow Flake Ball”

Dance music provided by

John Kujda Band

Saturday, January 14

6:30 PM - 8:30 PM • Auditorium



A make-up of December's dance! You won't want to miss this festive event! Beverages, beautiful desserts and hors d'oeuvres will be served. No reservations necessary.



Soup Tasting!

Friday, January 6

3:00 PM • Town Hall

Come enjoy a heart-warming bowl of soup. There will be a variety of soups to taste.

White Bear Big Band

Monday, January 23

6:30 PM • Auditorium

Come hear songs from the Big Band Era!



Blueberry Pancake Breakfast

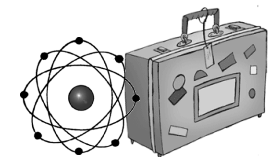
Saturday, January 28

8:30 AM

Commons Card Area (2nd Floor)

Cost: FREE • Sign-up necessary

January is National Blueberry Month, so let's celebrate with a homemade breakfast from our Activities Staff! Blueberry pancakes and beverages will be served. Limit 20 people.



The Science Museum of Minnesota

“Suitcase Science “

Friday, January 20

3:00 PM • Town Hall

Suitcase Science is a community-inspired theater piece and exhibit that highlights many scientific disciplines: anthropology, geology, chemistry, sociology and more! The Amazing Object Whisperers have traveled all around Minnesota performing narratives about Minnesotans' stuff. Behind every object is a story. Every item you touch speaks and if you listen closely, you'll hear a story-a story of science. This is a project funded with money from the vote of the people of Minnesota in 2008.

~ Valley Tours ~

"1968"

Exhibit Minnesota History Center



Tuesday February 7

Depart 11:15 AM • Return 4:15 PM

Cost \$35.00

Deadline: Saturday, January 7

Visit the exhibit which covers the culture events, politics, protests, assassinations, pop culture, TV, Music and other aspects of 1968. Dine on your own in the café, visit the gift shops.

"Springtime in Paris"

Minnesota Orchestra

Saturday March 3

Depart 6:30 • Return 11:00

Cost \$74.00

Deadline: February 3



Sit back and relax and let pops music conductor Sarah Hicks be your guide through this concert that celebrates the romance of Paris and our collective love affair Paris. Enjoy an evening showcasing French Music and composers. Cole Porter said it best: I love Paris in the springtime...

~ Valley Tours Reminders ~

Guthrie's McGuire Proscenium Stage

"Charley's Aunt"

Sunday, January 15

Depart 12:00 PM • Return 4:30 PM

Seats still available

This charming and popular British comedy centers on two Oxford students in search of a chaperone for a proper visit from their girlfriends. A fellow student impersonates a millionaire aunt in this hilarious tale!

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Old Log presents

"Everybody Loves Opal"

Wednesday, January 18

Depart 10:45 AM • Return 5:15 PM

.....

"A Mighty Fortress (is our basement)"

Plymouth Playhouse

Thursday January 26

Depart 10:30 PM • Return 4:30 PM

"Ragtime the Musical"

Park Square Theater

Tuesday February 14

Depart 9:00 AM • Return 2:45 PM

Cost \$67.00

Deadline : Friday, January 13

Our first stop –the Machine Shed, for a hearty breakfast (included). Then to St. Paul to see "Ragtime". This sweeping epic, rich with the syncopated new music of 1906, portrays their daily struggle of a disillusioned immigrant, a successful ragtime pianist and a suburban white housewife who each strive to claim a place in the evolving character of early 20th Century America.

Learn to Draw!

Artist Sharon Weiser

Thursdays, February 2, 9, 16 and 23

1:00 PM - 2:30 PM



Creative Arts Studio - Cost: \$20.00 per week

Learn to draw what you see. This class deals with the four principles of drawing – proportions, angles, plumb lines and positive/negative shapes. Basic instruction in perspective will also be covered. Fun, insightful drawing exercises provides the student with the knowledge and skill to draw any subject. Enjoy demonstrations by the instructor as well as critiques and lots of encouragement. Information handouts included.

Supply List:

1. Pencils (any kind) or any drawing tool you would like to use.
2. 11x14 or larger sketchbook or sheets of paper and a drawing board larger than the paper and clip to hold paper.
3. Eraser.
4. Sharpener or razor blade.
5. Table easel.

Instructor Sharon Weiser is an award winning Arizona artist who recently relocated to Stillwater. She has been teaching art/painting for 30 years, including classes at the University of Wisconsin-Stout. Weiser believes that anyone can paint and draw. Her passion to inspire that talent creates a supportive, positive experience in the classroom where all students can achieve the joy of painting.

Additional Upcoming Classes:

Beginner Acrylic - March 1, 8, 15 and 22

Fee-\$30 per week

Oil Painting (Any Level) - April 5, 12, 19 and 26

Fee-\$20 per week

****You do not need to attend all three classes.**

Sign up for those that interest you.

Boutwells Landing

Railroad



December was a busy month with our trains running for all the visitors. Thank you for stopping by! If you haven't had a chance to stop by or would like to visit again, the train room will continue to be open as follows:

Monday through Friday, 9:30 AM – 12:20 PM

Wednesdays, 3:30 PM – 5:30 PM

Thursdays 6:30 PM – 9:30 PM

The trains are an ongoing project constantly changing with kits to assemble, scenery to paint, layouts to plan and track to lay. So come on in, see what's happening and tell us what you think. Happy New Year to you all!

You are Invited!



Please join the family and friends of

Bernice Westlund

Celebrates her 100th Birthday

Open House

Saturday, February 11

between 1:00 PM and 3:30 PM

Town Hall



Light refreshments will be served. Please let the family know if you can join them by completing the below RSVP by inserting your name in the blank, tear out this corner and drop it in the RSVP Box located at the Housing Receptionist's desk **NO LATER THAN February 6th.** ***If you have any questions, please contact the family at (651) 458-1001.***

I plan to attend: _____

Open House for Bernice Westlund

February 11, 2012

Out & About



Don't Forget! • Sign-up Day • Tuesday, January 3

8:45 AM • Terrace Atrium

Sign-up required for the following outings

Trader Joe's

Saturday, January 7

Depart 12:30 PM • Return 2:30 PM

Bring money for shopping

Limit 11 plus 2 wheelchair spaces

Movie Outing "War Horse"

Sunday, January 8

Departure Time TBA • Depart Main Entrance

Cost: \$4.00

Pay at theater; popcorn and soda extra

Limit 11 plus 2 wheelchair spaces

Lunch Bunch

"Golden Crown"

Tuesday, January 10

Depart: 11:30 AM • Return 1:30 PM

Main Entrance

Limited Menu • Pay / Order at Restaurant

Menu items are \$5.50 or \$6.50

Including tax and tip • Beverages are extra

Limit 11 plus 2 wheelchair spaces

If driving separately, please list so on sign-up sheet

Looking Ahead...

February Lunch Bunch "Lowell Inn"

Tuesday, February 7

Red Hats and Caps

Chianti Grill in Roseville

Saturday, January 14

Depart 11:30 AM • Return 2:00 PM

Main Entrance

Limit 11 plus 2 wheelchair spaces

Everyone Welcome!

Science Museum's Omni Theater

"Amazon"



Lunch at Elements Café

Tuesday, January 17

Depart 11:30 AM • Return 3:00 PM

Main Entrance

Cost: \$7 plus the cost of lunch if desired

Limit 11 plus 2 wheelchair spaces

Enjoy a lunch at Elements Café, located on the museum's sixth floor. It offers tasty entrees, salads, pizza, and beverages, plus incredible views of the Mississippi River! Then go next door to enjoy a viewing of the show "Amazon." This Academy Award-nominated film takes you on a journey of discovery through a timeless land where reality is more startling than myth. Travel through a rainforest teeming with exotic animals like jaguars, pink dolphins, electric eels, and piranhas.

Out & About



Don't Forget! • Sign-up Day • Tuesday, January 3

8:45 AM • Terrace Atrium

Sign-up required for the following outings

Weekend Lunch Outing

Red Lobster • Oakdale

Saturday, January 21

Depart 12:00 PM • Return 2:30

Main Entrance

Pay and order at restaurant

Limit 11 plus 2 wheelchair spaces

If driving separately, please list so on sign-up sheet

Breakfast at Perkins!



Women's

Monday, January 16

Depart 8:45 AM

Who? All Female Residents

Men's

Monday, January 23

Depart 8:30 AM

Who? All Male Residents

Lunch Outing

"Donatelli's"

Featured on The Food Network's

"Diners, Drive-ins and Dives"!

Tuesday, January 24

Depart: 11:30 AM • Return 2:00 PM

Main Entrance

Pay and Order at restaurant (tax and tip extra)

Lunch Menu prices: \$6.00-\$9.00

Plus a daily lunch special

Limit 11 plus 2 wheelchair

If driving separately, please list so on sign-up sheet.
2692 East County Road E, White Bear Lake, MN

"The Dragons are Singing Tonight"

Southern Theater • Minneapolis

Saturday, January 28

Depart 12:00 PM • Return 4:00 PM

Depart Main Entrance

Cost: \$23.00

This is a new musical based on the well-loved book of dragon poems. The score comes to life with sixteen songs in a story of an ordinary boy, a magical girl, and a nasty, nasty dragon. Thirty boys from the Minnesota Boys Choir, 2 dazzling aerialists from Circus Juventas, 12 musicians, and countless puppets both giant and small create a wonderful world of dragons. The musical tale inspires us with humor, beauty, and the simple message to believe.

Limit 8 plus 2 wheelchair spaces

East Metro Symphony Orchestra

Woodbury East Ridge High School

Sunday, January 29

Depart: 2:15 PM • Return: 5:30 PM

Main Entrance

Cost: \$7.00

Checks payable to Boutwells Landing

See an exciting combo of a Barbershop Chorus and the East Metro Symphony Orchestra!

Limit 11 plus 2 wheelchair spaces

Outing and Event Cancellation Policy:

Refunds will not be given for cancellations made after an event sign-up deadline.