



Wellzesta

Wellzesta Open Help Lab Sessions

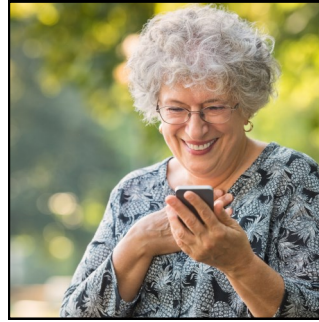
Every Thursday in April
2pm-3pm

Volunteer Office/Tech Center
on Lower Level

If you were unable to join us at one of the Wellzesta training sessions in March or if you have questions about this new tool, please come to one of these open lab sessions on Thursdays.

Ambassador Volunteers will be on hand to help you one-on-one with questions and to help get you started using this new one-stop-shop communication and wellness tool.

Wellzesta is Our Source of Information Starting June 1



Since Wellzesta will be our source for information and communication moving forward, The Minder and the IL Calendar will no longer be created and printed **starting June 1**. Everything that was included in these printed communication tools will now be available in Wellzesta. We know this is a major change, but it's just a different way of looking at the same information. You can also access daily information from Wellzesta on Channel 992.

Also, **all registrations for outings and activities (except open shopping) will be done through Wellzesta starting April 1**. You can now register from the comfort of your home! Registration for outings will open one month before the event date and close one week before the outing. If you do not have a device or do not wish to use your personal devices to register for events, you can use the guest kiosks that will be located around the main building.

"The secret to change is to focus all of your energy not on fighting the old but on building the new."



Music with Jim Kirkendall

Tuesday, April 23
6:30 pm
Town Hall

Jim Kirkendall performs acoustic music singing and playing 6 and 12 string guitars.

On the move!

Move ins

Eileen Goetzke (Johnson) - Commons #106

William Tucker - Commons #107

Transfers, (To)

Pat Vogel - Commons #103

Fran Peterson - Arbors #224

Pat Dunbar - Terrace #223

Mark Olien - Townhome #5261

Joan Strand - Commons #411

Nancy Martin - Gables

Ron Perrier - Gables



Campus Wide Garage Sales

April 26 and 27 starting at 8 am. To join call 5278. Be sure to mark your calendars to see what treasures await you at many Boutwells homes.

Dames & Doughnuts

Friday, April 12

9:30am

Craft Room

Coffee and chat for women.



BINGO AT BOUTWELLS!

Saturdays at 1pm
in the Terrace

Dining Room

Bring \$1 and a dime for a BINGO card that will be good for play all afternoon. Extra cards can be purchased for \$1 per card. Come find out what the "Sock" is.



NEW

Boutwells (New) Book Club

Tuesday, April 2 at 3pm

Craft Room on
Lower Level

Questions, contact
Fred Banister at 3737.



Deceased Friends & Loved Ones



Richard "Dick" Arnold
29 May 1926 - 25 Feb 2024

William "Bill" Longtin
20 Mar 1934 - 1 Mar 2024

Charles "Chuck" Claus
17 Apr 1931 - 3 Mar 2024

Larry Church
24 Feb 1927 - 12 Mar 2024

Colleen Rice
12 Oct 1950 - 15 Mar 2024

Town Center Remodel Schedule

**** Please note that the schedule is subject to change ****

Room Closure Schedule:	Start:	End:	Notes:
Commons Entrance	Mon 3/25	Fri 4/12	
Terrace Entrance	Mon 3/25	Fri 4/12	
Steam Boat Lounge	Mon 4/8	Fri 4/26	
Boom Site Café	Wed 3/27	Mon 4/22	Continental breakfast and lunch will be served out of the Terrace dining room
Café Bathrooms	Mon 4/8	Fri 4/26	
5600 Entrance/Reception Area	Mon 4/15	Fri 5/17	Gables Reception desk will remain open
5600 Parlor/Coat Closet	Mon 4/15	Fri 4/26	
Commons Dining Room	Mon 4/29	Wed 5/22	Meals will be served out of the Club Room

The Diversity, Equity & Inclusion Committee presents:



Amend: The Fight for America Second Episode

with Will Smith

Monday, April 8 at 3pm in the Theater

After ratification the 14th amendment was resisted with the Lost Cause ideology and subversive court rulings.

THE BLUEBIRDS ARE RETURNING

Did you know that there are three distinct bluebird trails on the Boutwells campus totaling 53 bluebird houses? There is an excellent and colorful scrapbook in the library describing these trails and the location of the houses.



This is the time to prepare the bluebird house for the return of its occupants in late March and April. Last fall many of the boxes were opened and cleaned out. Now is the time to close them up. If you live near a bluebird house take it upon yourself to clean it out and spray it with a disinfectant such as Lysol and then close it up.

If you are on a walking path please take the time to close up any opened boxes. In some cases you may need a screwdriver.



Starting Conversations About Advance Care Planning

National Healthcare Decisions Day, April 16

Who would speak for you about your health care options if you are unable speak for yourself? How do you open a conversation about what matters to you and have a say in your health care? These are the questions for April 16 — National Healthcare Decisions Day, designated by the “Conversation Project” of the Institute for Healthcare Improvement.

Presbyterian Homes & Services (PHS) is lifting up this day to encourage you and the people most important to you, especially those who may be called upon to care for you.

In an era of increasingly complex medical care, we can't afford to ignore life's end, or to separate our medical decisions from our spiritual values. PHS is dedicated to helping you open this conversation about your wishes for care with your chosen family, health care providers and with us. Our approach, “Honoring Choices,” offers encouragement and guidance for you to create a health care directive.

A health care directive is a document that informs others of your health care wishes. It allows you to name a person (“agent”) who will assure that your choices are honored or decide for you if you are unable to decide for yourself. This document has legal authority. Physicians, health care providers and hospital staff are bound by law to follow your directives.

Honoring Choices helps you and your loved ones navigate these conversations focusing on your health goals, spirituality, and what it means to live fully while remaining realistic about the end of life. Talking with the important people in our life can bring us closer together. It also helps us create the foundation of a care plan that's right for us — a plan that will be available when the need arises.

Reach out to Pastor Erik Anderson at 651-430-7213, and he can help you take it step by step and get the conversation started. Or, plan to attend our next Honoring Choices presentation, which will be on Monday, April 29th at 2pm in the Town Hall.

We are Livestreaming our Spiritual Care Programs on Channel 993!



Tuesdays: Bible Study at 3:30pm

Wednesdays: Catholic Mass at 1pm

Thursdays: Chapel Service at 3pm

Fridays: Catholic Mass at 1pm

Sundays: Catholic Mass at 11am; Worship Service at 3pm

Ecumenical Worship Wednesdays in the Chapel

10am Service

Trinity Lutheran (4/3); St. Paul Lutheran (4/17)

11:30am Service (every Wednesday)

Ascension Episcopal

Concert sponsored by
Great Music at Boutwells Committee:

Maud Hixson & Rick Carlson

Monday, April 29

6:30pm

Town Hall

GREAT
AT **MUSIC**
BOUTWELLS LANDING



Hailed as “gently virtuosic”, singer Maud Hixson is a devoted exponent of great songs, ranging from the classic Great American Songbook to the often unsung or forgotten compositions awaiting rediscovery. She performed at numerous concert halls and theaters in Minnesota as well as national venues such as the New York Cabaret Convention and Lincoln Center.

Maud Hixson will be accompanied by her husband, Rick Carlson, highly sought after as pianist and music director for Twin Cities concert series and theater productions. Maud and Rick performed here in 2022, and we are so happy to have them back with us!

DINING OPTIONS

Boutwells Meal Delivery

**For Townhomes, Terrace
and
Brownstones Meal Delivery**



Placing your order is easy!

- 1. Pick up the monthly meal delivery menu which is included in the Minder**
- 2. Choose your starter (soup/salad/fruit), main entrée & dessert**
- 3. Place your order by calling 7200. Orders must be placed by 9 am on the date of delivery. Please Note: you can place orders days in advance.**
- 4. That's it! Your hot meal will be delivered to you around the noon hour.**



Pricing & Other Information:

- Meal delivery is offered Monday-Friday**
- Cost is \$14.00**
- \$6.50 delivery fee per order**

See next page for April delivery menu

Boutwell's Home Delivered Meals April 2024

Call *7200 before 9AM

	1-Apr Monday	2-Apr Tuesday	3-Apr Wednesday	4-Apr Thursday	5-Apr Friday
Soup	Corn Chowder	Tomato Basil	Beef Barley	Chicken Wild Rice	Minestrone
Choice 1	Swedish Meatballs, Buttered Noodles, Carrots, Dinner Roll	Beef Stir Fry, Brown Rice, Stir Fry Vegetables	Tuna Sandwich on Whole Wheat, Fresh Grapes, Sun Chips	Swiss & Spinach Quiche, Broccoli Sunflower Salad	Ginger Chicken Thigh, Fried Rice with Almonds, Napa Slaw
Choice 2	Greek Chicken Salad, Pita Bread	Grilled Cheese on Wheat, Fresh Fruit Cup, Chips	Lasagna Roll Ups with Meat Sauce, Steamed Spinach	Grilled Ham Steak, Au Gratin Potato, Broccoli Sunflower Salad	Fish & Chips, Napa Slaw
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cauliflower Cheese	Black Bean	Vegetable Barley	Navy Bean	Garden Vegetable
Choice 1	Pastrami Sandwich, Fresh Fruit Cup	Chicken Chow Mein, White Rice, Asian Vegetable Blend	Crispy Chicken Tenders, Roasted Sweet Potato, Fresh Strawberries	Egg Salad Sandwich, Sun Chips, Chilled Peaches	Battered Fish, Baked Potato Wedges, Coleslaw
Choice 2	Pork with Mushroom Sauce, Boiled Potato, Vegetable Blend	Mediterranean Shrimp Salad, Ham & Pea Pasta Salad, Fresh Strawberries	Spaghetti with Meat Sauce, Roasted Brussel Sprouts, Garlic Toast	BBQ Pulled Pork Slider, Baked Potato Wedges, Coleslaw	
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Chicken with Dill	Beef Barley	Beef Chili	Lentil	Clam Chowder
Choice 1	Strawberry Chicken Salad, Whole Wheat Breadstick	Chicken Salad Sandwich, Fresh Fruit Cup	Corn Flake Crusted Cod, Rice Blend, Garden Blend Vegetables	Mushroom Swiss Burger, Sweet Potato Fries, Cucumbers & Vinegar	Dijon Dill Salmon, Potato Salad, Watermelon
Choice 2	Tater Tot Hotdish, Fresh Grapes	Beef Tips with Gravy, Mashed Potato, Sautéed Spinach	Cottage Cheese Fruit Plate, Muffin	Sweet & Sour Pork, Vegetable Fried Rice, Cucumbers & Vinegar	Turkey Wild Rice Salad, Watermelon, Dinner Roll
21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Zuppa Toscana	Black Bean	Corn Chowder	Garden Vegetable	Broccoli Cheese
Choice 1	Coconut Shrimp, Mango Sauce, Baked Sweet Potato, Cauliflower	Dijon Dill Cod, Garlic Mashed Potato, Green Peas	Roast Turkey, Mashed Potato, Gravy, Beets	Sesame Ginger Chicken, Fried Rice, Green Beans with Red Peppers	Beef Enchiladas, Cilantro Black Beans, Lettuce, Tomato
Choice 2	Salisbury Steak, Baked Sweet Potato, Roasted Cauliflower	Braised Pork Ribs, Red Cabbage, Garlic Mashed Potato	Tuna Melt on Wheat, Chilled Beets, Chips	Beef Goulash, Green Beans with Red Peppers, Roll	Grilled Fish Sandwich, Tartar Sauce, Fresh Fruit Cup

Meal Cost \$14, Delivery fee \$6.50

EDUCATION COMMITTEE

LEARNING IN RETIREMENT

Dr. Kevin Smith

Professor of Agronomy at University of Minnesota

Wednesday, April 10

2pm

Town Hall & Channel 993

Dr. Smith will speak about plant breeding research and advances and discoveries in this productive field in American agriculture.

NEWS & VIEWS



**Tuesdays
9am - 10am
Steamboat Lounge**

We meet to discuss various current events.

No matter what your political preferences, we agree to disagree. Our meetings are held every Tuesday. If you wish to participate via zoom, there is a group that meets at the same time on Tuesdays.

For zoom meetings, please call Joe Johnson at 651-492-6608 (cell).

For our "in person" meeting at 9am, feel free to just stroll in. We promise a lively conversation.

EDUCATION COMMITTEE THEATER PRESENTATIONS

Playing in the Movie Theater at 10am on Mondays and Wednesdays

For more information contact David Schweickart at 3712

MONDAYS

April 1

Lost Twin Cities #1

April 8

Lost Twin Cities #2

April 15

Lost Twin Cities #3

April 22

Lost Twin Cities #4

April 29

Fork Over Knives, pt. 1

Documentaries

WEDNESDAYS

April 3

Queen Victoria—"We are not amused"

Friedrich Krupp—The New Plutocracy

April 10

Louis Pasteur: Modern Laboratory Science

Count Leo Tolstoy: Lord and Serf

April 17

Alfred Dreyfus: First Act of the Holocaust

David Loyd George: Champion of the Poor

April 24

Adam Smith—The Wealth of Nations

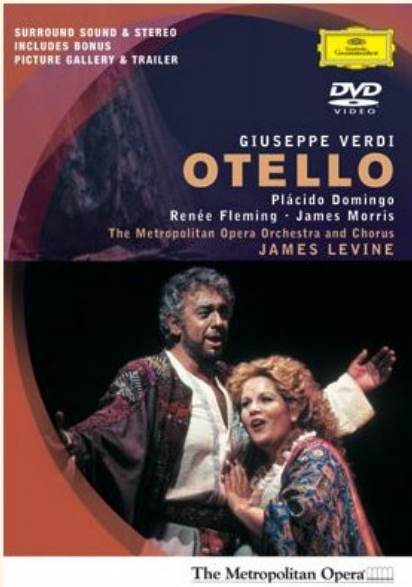
Marie Antoinette—Queen Beheaded

*Great Courses: European
History and European Lives*

FOREIGN/ART FILM SERIES

6:30pm April 11 • Otello

NR, 1995 Metropolitan Opera
2 hours 22 minutes



Plácido Domingo and Renée Fleming sing the tragic lovers Otello and Desdemona in Giuseppe Verdi's great opera, based on Shakespeare's play Othello. *Otello*, which premiered in 1887, deals with universal themes that are as timely today as when created: Racism, the clash of cultures, so-called "honor" killings, and the pathologies of jealousy and revenge. All of these are expressed in music of ineffable beauty and majestic power.

Verdi's monumental score is fully the equal of Shakespeare's famous tragedy—and both demand great actors. This is one performance where both playwright and composer are well served. Plácido Domingo's Otello is one of the glories of the operatic world, beautifully sung and so commandingly acted that audiences are devastated by the end. Renée Fleming's ravishingly beautiful Desdemona is deeply moving, and as Iago, James Morris is as beguiling as he is menacing. Under James Levine's conducting the Met orchestra and chorus are vital characters in the drama.

Joanne Pitulla will provide an introduction and inter-act commentaries.

6:30pm April 25 • A Man for All Seasons

G, 1966 British
2 hours

When the highly respected British statesman Sir Thomas More (Paul Scofield) refuses to pressure the Pope into annulling the marriage of King Henry VIII (Robert Shaw) and his Spanish-born wife, More's clashes with the monarch increase in intensity. A devout Catholic, More stands by his religious principles and moves to leave the royal court. Unfortunately, the King and his loyalists aren't appeased by this, and press forward with grave charges of treason, further testing More's resolve.



FOUR TYPES OF EXERCISE

Balance, endurance, flexibility, and strength are four types of exercise that encompass a well-balanced exercise program and contribute to one's overall health and physical abilities. Last month, we learned that balance is the foundation of all movement. Did you try any of the balance exercises? Read on to learn more about Cardio Fitness!

ENDURANCE

Endurance, or cardio, exercises are important for our circulatory system, heart, and lungs! We utilize the **Rate of Perceived Exertion** scale to assess how hard we are exercising. This numerical scale goes from 1-10 with the lower end of the scale (1-2/10) equaling very light intensity exercise and the higher end of the scale (9-10/10) equaling maximum intensity exercise. The CDC recommends adults over the age of 65 participate in 150 minutes a week of moderate intensity activities such as biking (NuStep/Sci-Fit), brisk walking, dancing, or swimming! Moderate intensity exercise would equal 4-5/10 on this scale – you can carry a conversation, but it might be a little breathy!

Try these exercises to get your heart rate up:

Sitting and Standing options presented below to reach abilities of all our residents. If you are unsure where to get started or need assistance progressing these exercises, contact your Fitness Instructor!

SEATED ENDURANCE EXERCISES:

- March
- Step Out, Out, In, In
- Seated Jacks
- Alternating Leg Kicks

Repeat each exercise for 30 seconds, equaling 2 minutes of cardio! Complete additional rounds as able!

STANDING ENDURANCE EXERCISES:

- March
- Step Together (Right foot steps Right, step together, Left foot steps Left, step together)
- Modified Jacks (No Jump, just tap one foot outward!)

Repeat each exercise for 30 seconds, equaling 90 seconds of cardio! Complete additional rounds as able!

THERAPY THOUGHTS

Lymphedema – What is it and How Can Therapy Help?



What is lymphedema?

- Lymphedema occurs when fluid stops draining because lymphatic system is not working properly.
 - ⇒ Can cause **abnormal swelling** in arms, legs, abdomen, neck, etc.
 - ⇒ If untreated, can cause: movement limitations, decreased oxygen to tissues, poor wound healing, infection, cellulitis, skin disorders, elephantiasis
- Frequently seen in people who have had cancer or damage to lymph nodes

What is lymphedema therapy?

- A combination of manual lymph drainage (massage), compression, exercise, and potential referral for a compression pump for maintenance.
- 2-3 sessions per week for about 75 minutes each

What are the possible benefits of lymphedema therapy?

- Reduced swelling, pain, and discomfort
- Improved skin color and texture
- Reduced risk for infection
- Improved wound healing

How do I get started?

- Ask your doctor for orders for occupational therapy to address lymphedema.
 - ⇒ Have orders sent to the Boutwells rehab department.

Additionally, April is Occupational Therapy month. Please join us in thanking our OT staff members for their great work and commitment to the Boutwells community!



Bonnie Foster, OTR/L, CLT



Danielle Erler, OTR/L



Mary Ellen Smith, COTA/L, CLT



Mary Snyder, COTA/L

Partner Services at Boutwells Landing



Dignified Dental with Dr. Perpich



The Gables - Lower Level

Tuesdays from 9am - 4pm

Call 7305 or 651-351-0890 for an appointment

New patients welcome! Refer a friend and save \$50.

www.stillwaterfamilydental.com

facebook.com/dignifieddental

Town Center Salon

Boutwells Town Center - First Floor

Tuesdays - Fridays from 8:30am - 4pm (closed Mondays)

Phone: 5025



Gables Salon

The Gables - Lower Level

Mondays & Thursdays from 9am - 2pm

Phone: 7295

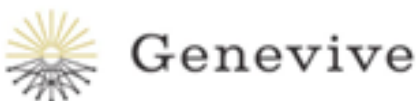
Optage Hand & Foot Care Clinic

We partner with you to live independently, actively and with purpose in your home. Optage is the home and community based services division of Presbyterian Homes & Services.

The Gables - Lower Level

Wednesdays from 8:30am - 4pm

Phone: 5018



An extension of Presbyterian Homes and Services offering On Site Primary Care Services. Offering Primary Care Services in the Care Center, Assisted Living, Memory Care and Hearth.