

Contact Us

Pathstone Living	507-345-4576
Pathstone Crossing Assisted Living	507-345-4576
Pathstone Way Memory Care	507-345-4576
Pathstone Day Living Adult Day Service	507-345-6506
Pathstone Home Services Home Care	507-385-4210
Pathstone Café	507-385-4361
Gourmet Apron Catering	507-385-4379

www.pathstoneliving.org

PATHSTONE
LIVING
ON SIBLEY PARK

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Mankato, MN 56001

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The Journey

A publication of Pathstone Living, an Ecumen Community

PATHSTONE
LIVING
ON SIBLEY PARK

JULY 2011

Premier Care at Home

Pathstone Home Services provides a helping hand for safe, independent living in the place you love most—your own home.

From skilled nursing care to housekeeping & errands, staff are available for your needs.

Pathstone Home Services staff have experience in obstetrics, pediatrics, synagis administration, and chronic conditions. Services include:

- * Skilled Nursing Services
- * RN Supervision
- * IV and Wound Care
- * Medication Management
- * Home Health Aide Services
- * Dressing & Bathing Assistance
- * Exercise Programs



- * Home Management Services
- * Housekeeping and Laundry
- * Meals and Errands

- * Physical, Occupational and Speech Therapy

Pathstone Home Services, a licensed and medicare certified agency, has provided over 25 years of quality home health care. With offices in Mankato and St. James, we extend our services to the surrounding communities.

To hear what our clients are saying about our homecare services, visit— <http://www.youtube.com/watch?v=BU4mZ5AjFEU> or call us at 507-385-4210.

*Medicare Certified
Home care Agency*

PATHSTONE
HOME SERVICES

State of the Art Technology provides Peace of Mind

MedSmart—Automatic Medicine Dispenser. Load your pills, set timer, and MedSmart will beep, flash and rotate when it's time to take your pills. Flip it over to remove the correct dose.



Easy, Safe & Secure!



Personal Emergency Response System (PERS) is a two-way voice console unit that connects to your existing phone line. If you need assistance, just press the button on your personal activator and the VoiceCare console dials a toll free number and opens a two way voice connection between you and our **24/7 Response Center team**.

To learn more about this technology call 507-385-4210

Pathstone Receives Ecumen's Majestic Oak Award for Alumni Relations Program



Jennifer Pfeffer, Executive Director, Mick Finn, Sr. Vice President of Operations, Ecumen and Beth Colway, Development Coordinator

In 2009, Pathstone Living developed the Alumni Relations Program to stay connected to residents discharged from therapy & rehabilitation care at Pathstone Living. Graduates of this program are invited to an informational luncheon at Pathstone Living to learn about ongoing safety and staying strong in their homes. In 2010, Pathstone Living received Ecumen's Seedling Innovation Award for this initiative. After Ecumen's Lakeshore Community replicated this program, Pathstone Living received the Majestic Oak Award. A beautiful oak tree has been planted on our campus to recognize this honor.

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SPRING EVENTS



Fishing at Madison Lake

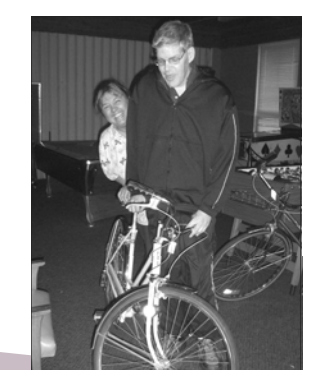


Deef was all smiles until she realized it was a "stinky cat fish"!



Serious about fishing

Thank you to our personal fishing guides from Reel Fishing who provided fishing poles, bait, and assistance removing fish off the hooks!



A special gift for Mike, a longtime resident of Adult Day

After several years of wanting a yellow Schwinn bicycle, Pathstone Day Living staff found one at the Christ the King Garage Sale. It is just like the one he had when he was a boy! The smile hasn't left Mike's face since he received his bike!

Thank you Verizon Wireless !

Employees from Verizon Wireless assisted with gardening in our courtyard. Their time volunteering was paid by Verizon Wireless.



Beth Colway, Development Coordinator

You are Invited to Help Us Create Pathstone Living's Faith Walk

It's underway now with two donors on board. The new Faith Walk has been created to support our faith based mission and to enhance our spiritual care for our residents. The walk will include destinations around Pathstone Living's campus. Locations include our courtyards, main entrance, assisted living entrance, and garden areas.

Each location will include a stone bench with a spiritual message. A guide will be created to provide a map of the bench locations, a spiritual message, and a list of donors who have contributed to the Faith Walk.

If you are interested in supporting our Faith Walk, the donation is \$2,500 per location.

If you would like to discuss this project

THANK YOU!

A special thank you to Lee & Loretta Snilsberg for their gracious gift of \$56,000.00 in celebration of their 70th Wedding Anniversary!



Ecumen has another "Top Workplaces" honor to add to our growing list of workplace awards



Jennifer Pfeffer, Executive Director



Pathstone Living along with other Ecumen communities, has been named on the list of the Top 100 Workplaces in Minnesota based on an employee-based survey project from the Star Tribune. Headquartered in Shoreview, Ecumen came in 11th and joins such well-known companies as Mayo Clinic, Cargill and Thrivent Financial for Lutherans in the Top 20. I'm extremely proud of our team. Great employees make great places to live, and we have that here.

"Top Workplaces" recognizes the most progressive companies in Minnesota based on employee opinions about company leadership, communication, career opportunities, workplace environment, managerial skills, pay and benefits. The analysis included responses from over 60,000 employees at Minnesota public, private and nonprofit organizations.

The Star Tribune Top Workplaces was published in the Star Tribune on Sunday, June 19. The entire report can also be found at www.StarTribune.com/topworkplaces2011.

The rankings in the Star Tribune Top 100 Workplaces are based on survey information collected by Workplace Dynamics, an independent company specializing in employee engagement and retention.

Congratulations to our employees who pushed Ecumen over the top and onto this esteemed list!



From Chaplain Sandra's Desk

The poorest of all persons is not the one without a penny, but the one without a dream. "Where there is no vision, the people perish."
(Proverbs 12:18)

Ask God to give you the courage to follow your dreams.

2011 Upcoming Activities

July

July 6	2:30	July Birthday Celebration
July 7	2:30	Memorial Service
July 11	2:30	Summit Center Choir Singing
July 12	3:30	Music by Les Sasse
July 12	7:30	Music in the Park
July 13	2:30	Aktion Club Meeting
July 18	2:00	Accordion Music by Blake Klaustermeier
July 19	7:30	Music in the Park (Sibley Park)
July 21	2:30	Music in the Courtyard by Allen Carlson
July 30	2:30	Ice Cream Social sponsored by Grace Lutheran Church

August

Aug. 1	2:30	Music by Marv & Carol Nissel
Aug. 3	2:30	August Birthday Celebration
Aug. 4	2:30	Memorial Service
Aug. 8	2:30	Summit Center Choir Singing
Aug. 9	3:30	Music by Les Sasse
Aug. 15	2:30	Music by Del & Caroline Begalka
Aug. 24	2:30	Kiwanis Aktion Club Meeting

September

Sept. 1	2:30	Memorial Service
Sept. 7	2:30	September Birthday Celebration
Sept. 12	2:30	Summit Center Choir Singing
Sept. 13	3:30	Music by Les Sasse
Sept. 15	5:00	Supper Club by Grace Lutheran Church
Sept. 21	2:30	Kiwanis Aktion Club

*More activities are listed on monthly calendar and daily postings.

Ice Cream Social by Grace Lutheran Church
July 30th at 2:30!
Family and Friends Welcome!

AUXILIARY UPDATE

The Pathstone Living Auxiliary would like to thank all the individuals who donated books, volunteered during our book sale project, and worked at the book sale. The sale was a success!



Thank you to the Mankato and Nicollet County Thrivent Chapters for matching dollars to support our book sale!

Join anytime! Simply send \$15.00 to Pathstone Living Auxiliary
718 Mound Ave., Mankato, MN 56001



*Many Hands
Make Light Work*

2011 Innovate Empower Honor Society since 1/1/2011

\$50,000—99,000 Empower Circle
Lee & Loretta Snilsberg

\$10,000—\$24,999 Honor Circle

\$5,000—\$9,999 Investor Circle
L&N Andreas Foundation

\$1,000—\$4,999 Changing Aging Circle
Dr. John & Ann Heimark
Mel Alms

\$500—\$999 Friends of Pathstone Living
IBM International Foundation (Matching gift from Mel Alms)

OUR DONORS

Gifts received January 1 — May 31, 2011

† = Memorial Gifts ♥ = Honor Gifts

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Mr. & Mrs. Richard Oberle
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John & Wendy Kind
Leah Keyes-Hugeback
Litana Hoechst

Note: Although great care is taken to ensure an accurate list of donors, we apologize for any omissions or errors. Please contact the Pathstone Living Development office if an oversight has occurred. 385-4364



2011 Walk to End Alzheimer's

Sibley Park, Mankato, MN Saturday, September 17

Please join Pathstone Living and other Ecumen communities in the Walk to End Alzheimer's.

Registration begins at 8:00 AM

Walk starts at 9:00 AM

The walk will take place at Sibley Park

If you are interested in joining the Ecumen Pathstone Living Team,
contact Laura Templin at 507-385-4291

For a donation form, or more information visit <http://www.alz.org/walk>



Employee Wellness Fair & Staff Appreciation Week

Pathstone Living hosted several events for staff appreciation week (June 6—10) including a complementary lunch, free apples, Culver's ice cream, and a one day wellness fair. The wellness fair included booths with information supporting spiritual, physical, emotional support, dental care, and financial and medical benefits available to our staff.

Thank you to the Mankato YMCA for providing a fitness trainer who shared many fun exercises you can do easily in your home.

Ecumen is committed to supporting the Wellness of employees. Wellness is not limited to just physical health and wellness. Wellness is made up of six components including the following:

Physical Health—properly nourishing and strengthening our bodies

Intellectual Health—seeking ways to challenge our brain power

Spiritual Health—pursuing activities that will inspire our souls

Social Health—engaging others in pleasant companionship

Emotional Health—seeking activities to provide balance in our lives

Vocational Health—seeking knowledge to expand our current jobs while developing our future careers



Marta Arch, RN takes Chaplain Sandra Griffin's blood pressure.



Staff learn various ways to use an exercise band. L to R— Angela Stevens, Kristi Zellmann, Linda McDonald, & Shelly Cornish