



Tiffany Johnson
Executive Director

Message from the Executive Director

I'd like to pause this month to acknowledge something essential: our community here at The Pillars thrives because of the remarkable people who care for it. Our staff—across every department—show up with dedication, patience, and heart. They support our residents, one another, and the rhythm of daily life in ways that often go unseen but never go unfelt.

If you'd like to help us recognize their efforts, please consider submitting a nomination to our Staff Appreciation box in the mail room. Residents and families are encouraged to nominate as many staff members as they wish. Each month, we honor a Resident Assistant, and each quarter we celebrate both a Resident Assistant and a staff member from another department. These recognitions remind our team how deeply their work matters.

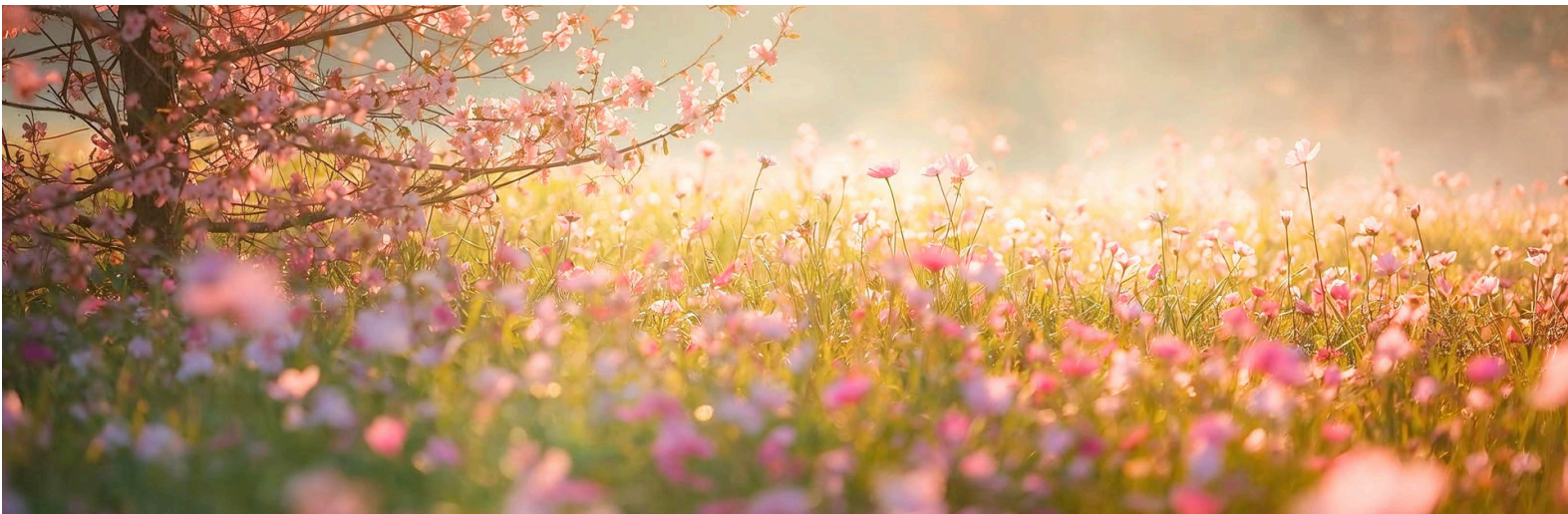
As Mother's Day approaches, I want to extend my warmest wishes to all the mothers in our community—both residents and staff. Thank you for the love, strength, and wisdom you bring into the world. May your day be filled with the appreciation you so richly deserve.

National Nurses Week 2026 is celebrated from May 6th - May 12th 2026.

The week always begins on May 6 (National Nurses Day) and ends on May 12, which is Florence Nightingale's birthday. Florence Nightingale was the founder of modern nursing. Nightingale came to prominence while serving as a manager and trainer of nurses during the Crimean War, in which she organized care for wounded soldiers at Constantinople. She significantly reduced death rates by improving hygiene and living standards. Nightingale gave nursing a favorable reputation and became an icon, especially in the persona of "The Lady with the Lamp" making rounds of wounded soldiers at night.

Please take a moment during that week to thank our 3 nurses that work in the community for all that they do.

- Christina Korthas-Director of Nursing, RN, LALD
- Laurie Root-Assistant Director of Nursing, RN
- Kelli David-LPN





CULINARY CLIPS

Chris Geirsdorf
Culinary Director

Coffee with Chris

This month's topic was "Food Waste". Food waste often isn't from big mistakes; it is a half-used vegetable forgotten in the bottom drawer in the fridge that wilts before it is used. One simple habit can significantly reduce this everyday waste; intentionally chopping vegetables to use across multiple meals during the week.

Meal prep doesn't mean cooking everything in advance or eating the same meal on repeat. It focuses on preparing ingredients, especially vegetables rather than complete dishes.

We use this practice in the kitchen when preparing for upcoming meals.

This discussion brought good conversation with those in attendance and shared the love of gardening and growing our own vegetables.

NEW TIME FOR COFFEE WITH CHRIS

We are now meeting on the second
Thursday at 10:30 am
in the Dining Room area.

Cookie Decorating In Memory Care



Happy or Not

We now have comment cards for our "Happy or Not" system. These are a card with a QR code on them that allows you to scan that code and submit your comments.

We will have them printed and placed at the front desk and in the Community Room soon.

Meal Service and Meal Times

We continue to see more and more Residents coming earlier for meals. Just as a reminder that even though you come before the meal times, it does not allow us to start serving meals earlier. The Culinary staff needs that time to be able to put the finishing touches on the meal and serving the meal to our Memory Care clients.

Breakfast 8 am - 9 am

Lunch 12 noon - 1pm

Dinner 5 pm -6pm



Love Where You Live?
Tell Others!
Your Google Review helps
future residents
and families find their home at
The Pillars.
Scan the QR code to share your
story!



**SCAN ME
to leave a REVIEW**

Slow Down - Speed Limit 5 mph



Rob Vance
Maintenance
Director

Hello and happy May to you all. Here are a few reminders from your maintenance department.

Many of our residents drive, and many enjoy walking throughout our building and grounds. We also welcome visitors each day. With so many people coming and going, keeping safety in mind helps protect everyone in our community.

If you are driving, please stay alert and use extra caution when entering and leaving the building and driving through the parking lot. The speed limit is 5 mph, including in the garage, to help keep pedestrians safe. We also kindly ask that you remind your visitors to follow this speed limit when they are on the property. If you are walking, please be mindful of vehicles, especially in parking areas and near entrances.

For those using electric chairs or mobility devices inside the building, we kindly ask that you travel at a safe speed. Slowing down around corners and in busy areas helps prevent accidents and keeps your neighbors safe.

Another important safety reminder involves what can be flushed down our toilets. Only bodily waste and toilet paper should be flushed. Items such as wipes (even if they say they are flushable), paper towels, feminine products, briefs, and other materials should be placed in the trash. Flushing these items can cause plumbing issues that may affect many residents.

When disposing of these items in trash chutes, please place them in a plastic bag and tie it shut. This simple step helps prevent spills, reduces the spread of germs, and keeps our building clean and fresh.

Thank you for doing your part to keep our community safe and comfortable. By staying aware and making small, thoughtful choices each day, we can all help look out for one another.

Concierge Corner Friendly Reminders

*Family and friends, we welcome you in,
Smiles and laughter from ear to chin.
Just quick sign-in at the front desk space,
Then head off to visit your favorite place.*

*Check your "in-house" mailbox down the first-floor hall,
Where informative updates dropped in for all,
Menus, activities, and all that's new,
Quick & little, but important updates too!*

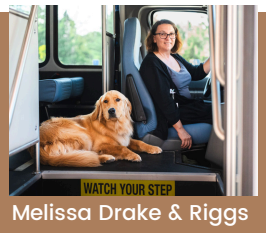
*And Front entrance access—we know it can spark,
A few "how does this work?" questions after dark.
No worries at all, we're here to explain,
With a smile and some help—we'll make it all plain!*

*So, thanks for your laughter, your smiles, and grace,
You make this community a wonderful place!*

*The utility carts are popular, that much is clear,
They tend to disappear and reappear.
Please return them to the 1st floor closet
when your task is through,
They like their "home base" waiting there too.*



Debbie Tahtinen
Concierge



Melissa Drake & Riggs

Local Medical Transportation

Available every Tuesday from 7:00 AM-3:00 PM and 3rd Thursday per month from 8:00 AM-12:00 PM. Watch the activity calendar for dates.

Call Melissa to schedule your ride. mdrake@greatlakesmc.com

218-999-4962

LIFE ENRICHMENT

🌸 May Moments & Memory-Making Fun! 🌸

Spring is in full swing, and May is blooming with exciting outings, special visitors, and meaningful celebrations you won't want to miss! Be sure to grab your spot early for our most popular events—this month is full of favorites!

Special Outings This Month

Shopping Adventures

May 4 - Aldi (9:40 AM)

May 11 - Aldi (9:40 AM)

May 18 - Walmart (9:40 AM)

May 25 - Aldi (9:40 AM)

🌟 Spots are limited—please sign up early!

Lunch Outings

May 20 - Timberlake (11:00 AM)

May 28th - Florio's (11:00AM)

🌟 Spots are limited—please sign up early



Join an Interest Group!

Looking to connect, create, or try something new? We offer a variety of interest groups for everyone!

Please check the bulletin board in the Community Room for days, times, and details.

Be sure to check the monthly calendar for even more activities and updates. As always, events are subject to change.

Farm Yard Fun with Nayeli

May 7 at 10:30 AM

Animals will be outside!

Get ready for smiles and maybe a few giggles as Nayeli brings her adorable farm animals for a special visit! A perfect chance to enjoy the outdoors and some furry (and feathery!) friends, weather permitting.

Favorite Weekly Activities

Bingo

Mondays, Thursdays, and Saturdays at 1:30 PM Wednesdays at 10:30 AM

Coffee & Chat

Monday through Saturday at 9:00 AM
(*Bonus resident meetups at 10:30 AM and 3:00 PM in the side dining room*)

Fitness Classes

Monday through Friday at 10:00 AM
Weekends at 10:30 AM (via YouTube TV) in the Yoga Studio

Armchair Travel

Fridays at 11:00 AM in the Theater Room

Social Hour

Tuesdays at 1:30 PM

Thirsty Thursday

Thursdays at 3:00 PM in the Pub

The Healing Power of Green Spaces



Jennifer Fox
Memory Care
Coordinator

Enhancing Well-Being for People Living with Dementia

Spending time in nature offers powerful benefits for individuals living with dementia. From reducing stress to improving mood and encouraging social connections, green spaces play an important role in supporting overall well-being.

Nature's Calming Effect

One of the most immediate benefits of time spent outdoors is a reduction in anxiety and stress. Green spaces such as parks and gardens are known to lower cortisol levels, the body's primary stress hormone. For individuals with dementia—who may often feel confused or agitated—the peaceful and familiar elements of nature can provide comfort and a sense of calm.

Boosting Mood and Emotional Health

Nature has an incredible ability to uplift the spirit. Exposure to sunlight increases the production of serotonin, a neurotransmitter linked to happiness and well-being. Regular outdoor activities can help individuals with dementia maintain a better mood and develop a more positive outlook on life. Whether it's tending a garden, enjoying a sunny afternoon, or resting beneath a tree, these simple experiences can significantly enhance emotional well-being.

Encouraging Social Connections

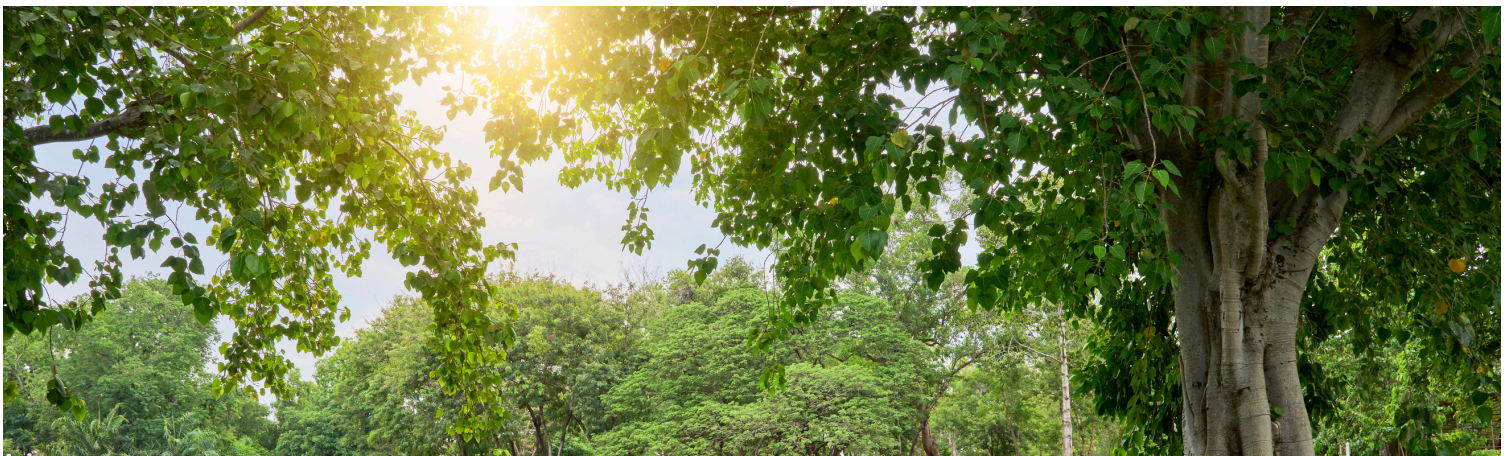
Outdoor activities also create valuable opportunities for social interaction, which is essential for mental health. Group activities like nature walks or gardening clubs allow individuals living with dementia to connect with others, build relationships, and feel a sense of belonging—all while enjoying the benefits of the outdoors.

Engaging the Senses

Nature provides a rich sensory environment that indoor spaces often cannot. The sights, sounds, and smells of the outdoors stimulate the senses and engage the mind. Activities such as birdwatching, picking flowers, or listening to rustling leaves can spark curiosity and activate different areas of the brain, potentially supporting cognitive function.

A Simple Step Toward Better Quality of Life

Incorporating nature into daily routines doesn't have to be complicated. Even small moments outdoors can make a meaningful difference. Green spaces offer comfort, connection, and stimulation—enhancing quality of life for individuals living with dementia and those who care for them.





Please join us in celebrating our Employee of the Quarter, Debbie Tahtinen!

Debbie is known throughout our community for being friendly, helpful, pleasant, welcoming, and wonderfully professional. Residents and families often share that she is always ready to help, always smiling, and always willing to go the extra mile.

Her support makes a difference every single day—whether she's greeting someone at the door or stepping in to help with a challenge. She truly embodies the spirit of our community and what it means to care.

We are so grateful for her dedication and the positivity she brings to our team.

Thank you for being such an essential part of our community, Debbie—we appreciate you more than you know!

Please join us in celebrating our Employee of the Month, Bev Campbell!

We're proud to recognize our incredible resident assistant Bev Campbell for their compassion, dedication, and heart for resident care. She goes above and beyond every day to bring comfort, dignity, and kindness to those she serves—and it truly makes a difference in their lives.

Thank you for your hard work and for being such a valued part of our team. This honor is so well deserved!



Do you know a team member who goes above and beyond?

We invite you to help us recognize their hard work by nominating them for Employee of the Quarter! Simply fill out a comment card in the Community Room and share your experience. We love celebrating the great work happening every day—and your input helps us shine a light on those who make our community so special.