



On Monday, October 6, 2025, our resident Warren Winterfeldt, a Korean Era Army Veteran,

was one of 80 Veterans on The Honor Flight to our Nation's Capital, Washington, D.C. Among the 80 Honored Veterans on this flight were: one WWII Vet, 23 Korean Vets, & 56 Vietnam Vets – one of which was a female. He was accompanied by his granddaughter, Rebecca, as his Guardian. She herself is a Navy Nurse Corps Veteran.

Their day began with a 4:45 AM arrival at the MSP Terminal 2 Airport for a chartered Sun Country Flight. During the flight a Mail Call was done just as it had been while each served in their respective branches.

Numerous Washington, D.C. memorials, monuments, & sites were taken in via bus & walking tours. Individual Military Branch Memorials, WWII – Korean – Vietnam War, Arlington National Cemetery, as well as the US Capitol, White House, & Smithsonian District Sites. Upon arrival to many of the locations, the Veterans were welcomed with gratitude, handshakes, signs, & cheers by local volunteers & school groups.

Their day concluded with a Homecoming Arrival at 11:30 PM. They were welcomed home by loved ones, local ROTC Detachments, current Military Service Members, as well as, additional community organizations.

The trip was featured on WCCO News.



January Birthdays

In astrology, if you were born between January 1–19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity.

- 1/1 Sara Fasching
- 1/3 Lisa Hill
- 1/8 Sophie Kvale
- 1/17 Joan Roepe
- 1/17 Lucille O'Donnell
- 1/21 Beverly Phifer
- 1/24 Michael Sondergard
- 1/25 Virginia Jerabek
- 1/26 Alice Schwarzkopf



On-site Podiatry

Wednesday, January 28,
8:00 AM in the Chapel.

See Sandra in the office to schedule an appointment.

Grand Meadows' Management Team:

Janelle Kellermann ... Executive Director
Michele Mackenthun ... Operations Manager
Mikaylin Goetze ... Clinical Nurse Supervisor
Kathleen Holland ... RN Care Manager
Sandy Voelkel ... Support LPN
Islam Barrera-Colin ... Maintenance Director
Mark Rieger ... Maintenance Assistant
Angelee Wilkerson ... Director of Dining Services
Sara Brown ... Meaningful Days Coordinator
Sara Fasching ... Health & Wellness Director
Sandra Chaplin ... Administrative Support

GRAND MEADOWS

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Celebrating January

Book Blitz Month

International Brain Teaser Month

New Year's Day

January 1

Someday We'll Laugh About This Week

January 2–8

Bobblehead Day

January 7

Make Your Dream Come True Day

January 13

Fresh Squeezed Juice Week

January 18–24

Disc Jockey Day

January 20

Belly Laugh Day

January 24

Curmudgeons Day

January 29



Greetings from Janelle Kellerman, Executive Director

Happy New Year! We're praying for a healthy and peace-filled 2026 for everyone.

Thank you to all our residents & families for the many special treats they shared with us over Christmas & this past year. We cannot thank you enough for remembering us at Christmas and all your support throughout the year.

The 2025 CRP (Certificate of Rent Paid) forms will be sent out by the end of January. If you have questions, please feel free to contact me or Michele Mackenthun.



12/2 - Norene Schuette



EMPLOYEE SPOTLIGHT

Breanna "Bre" Heldt rejoined our Dietary staff in June of 2025. She had previously worked here from 2016 to 2018. She was born in Martin, Kentucky and graduated from Hutchinson High School. She and her significant other, Justin Peterson, currently live in Hutchinson with a blended family: stepdaughter Elsie Kottke (age 18), Ella Kottke (age 9), Emelia Kottke (age 7), stepson Parker Peterson (age 13), & stepson Greyson Peterson (age 8). They have two cats: Max (age 10) & Kitty Meowzers (age 3). Bre enjoys arts & crafts, music, playing at the park, roller-blading & dancing with her daughters. Connecting with her co-workers & getting to know all of the residents, as well as learning new recipes in the kitchen make Bre's job at Grand Meadows very enjoyable. We're happy to have Bre on our team!

Health & Wellness

By: Sara Brown & Sara Fasching

Wishing everyone a happy & healthy 2026! We are so grateful to all the carolers and visitors that stopped in throughout the month of December to spread Christmas cheer. Looking back, 2025 was full of a lot of fun memorable experiences and we look forward to making many more memories in the coming year.

Be sure to look over the January activity calendar for daily activities and upcoming events. It is our hope there is a little something for everyone to enjoy.

A few highlights include:

- Be on the look-out for snowmen placed around the common areas of the building on January 1st. Collect up to 3 and turn them into Sara(s) for a prize.
- The First Lutheran Kindergarten class will visit on Thursday, January 15th at 1:45 PM in the Lounge.
- The January birthday celebration will be held on January 12th with Bill Litzau playing some classic country music.
- Our outing for January will stay local with a trip to Bump's Restaurant on January 23rd. Sign up in the office if you want to go along.
- We are starting up Headlines again on Monday, January 19th at 10:45 AM. We will read the headlines of the local paper and go in depth on articles of interest. This activity is designed for residents who are visually impaired, but still enjoy hearing the local news.



75 GSL High School Choir
Christmas Carolers on 12/17!

Recipe of the Month



Haystacks

Ingredients:

Butterscotch Haystacks

11 oz. butterscotch chips
1 cup creamy peanut butter
12 oz. chow mein noodles
or

Chocolate Haystacks

11 oz. butterscotch chips
1 ½ cups semi-sweet chocolate chips
12 oz. chow mein noodles

Instructions:

Line 2 baking sheets with parchment paper or wax paper. Place the butterscotch chips and peanut butter in a microwave safe bowl. Microwave for 1 minutes on 50% power. Stir. Repeat, microwave for 1 minutes on 50%, stir. If not completely melted, microwave again for 30-40 seconds. Stir until smooth. Gradually add the noodles to the butterscotch, mixing well to coat them. Use a cookie scoop to quickly scoop mounds of noodles onto the wax paper. Allow the haystacks to harden completely, about 1-2 hours before removing from the tray. Store in an airtight container. Follow the same instructions for the chocolate version of the recipe.



Nursing Notes:

By: Mikaylin Goetze, Clinical Nursing Supervisor



National Glaucoma Awareness Month, observed every January, highlights glaucoma as a leading cause of irreversible blindness, emphasizing early detection through dilated eye exams because it often has no early symptoms, earning it the nickname "sneak thief of sight," with a goal to educate people about risk factors and treatment to prevent permanent vision loss.



On Tuesday, January 27, at 2:00 PM in the Great Room, Sara Brown, Meaningful Days Coordinator, will be facilitating Grand Meadows Dementia Support Group for care givers & loved ones of people living with dementia. This is a welcoming space for families to share, learn, and grow in community. This will begin an ongoing monthly support group.