



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 Roepke
- 1/17 Lucille O'Donnell
- 1/21 Beverly Phiifer
- 1/24 Michael Sondergard
- 1/25 Virginia Jerabek
- 1/26 Alice Schwarzrock



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



**OUR TEAM** **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 1<sup>st</sup>. Collect up to 3 and turn them into Sara(s) for a prize.
- The First Lutheran Kindergarten class will visit on Thursday, January 15<sup>th</sup> at 1:45 PM in the Lounge.
- The January birthday celebration will be held on January 12<sup>th</sup> with Bill Litzau playing some classic country music.
- Our outing for January will stay local with a trip to Bump's Restaurant on January 23<sup>rd</sup>. Sign up in the office if you want to go along.
- We are starting up Headlines again on Monday, January 19<sup>th</sup> 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.