



2/10- Dorothy Baumann
2/11- Beatrice Zellmann



Getting to Know... Cheryl Voelz

Cheryl moved to Grand Meadows in June of 2025 from her home near Grand Meadows. She was born in Arlington & graduated

from Winthrop High School. Dennis & Cheryl were married on May 1, 1971. He passed away October 13, 2010. Cheryl had a career in Tupperware sales, as well as many years in the food industry. She worked at A & W, Bumps & GRHS, where she spent 16 years as the manager of the Dietary department. She has been blessed with three children Chad (Nina), Joel & Joia Ziegler (Bill). She's a proud grandmother to Kayla, Carly (Chris), Ashley, Katilyn (Stephen), Abby, Zach, Carter & Jaxon, as well as great-grandson Charlie & another grandchild on the way. Cheryl enjoys crocheting, playing cards & games, cooking and baking. We're happy she's joined our Grand Meadows' family!



March Birthdays

In astrology, those born between March 1–20 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, romantic, creative dreamers, they are charitable helpers who “go with the flow.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown. For these eternal optimists, no odds are ever considered insurmountable.

- 3/1 - Dorothy Baumann
- 3/4 - Viviana Lopez
- 3/4 - Raelyn Williams
- 3/5 - Anabel Perez
- 3/8 - Marvin Gustafson
- 3/11 - Kaitlynn Bickmann
- 3/16 - Whitney Root
- 3/16 - Virginia Dammann
- 3/21 - Cheyenne Fairchild
- 3/26 - Marcella Matousek
- 3/27 - Delvin Dittmer
- 3/27 - Tiffany De Leon
- 3/30 - Rhonda Goetze

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 March

Irish American Heritage Month

Mad for Plaid Month

Women's History Month

Employee Appreciation Day
March 6

Iditarod Begins
March 7

Daylight Saving Time Begins
March 8

Plant a Flower Day
March 12

St. Patrick's Day
March 17

World Poetry Day
March 21

International Hug a Medievalist Day
March 31

Greetings from Janelle Kellermann, Executive Director

At the February Resident meeting, we reviewed our emergency procedures, which are included in this newsletter. We do this each year in February & August to refresh everyone's memory on what to do in an emergency situation.

Included in the newsletter is the Easter RSVP form. Please complete your RSVP by March 23 for the noon meal to be served on Easter Sunday, April 5. If you are going to be out that day, let us know that as well. Happy Spring!



In February, Grand Meadows Leadership Team did a team building outing to Game Show Battle Room in St. Louis Park. The group was randomly divided into two teams, Whiskey Business & Grand Ladies. It was a friendly, but fierce competition.

Health & Wellness

By: Sara Fasching, Health & Wellness Director, & Sara, Brown, Meaningful Days Coordinator

As we get closer to Spring, we have lots to look forward to this month. The temperature is warmer and we are gaining daylight.

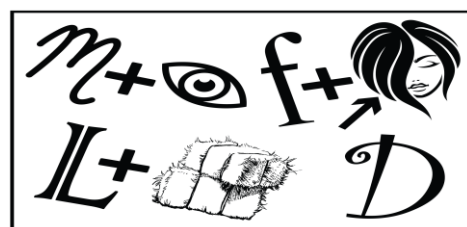
As far as the activities goes, we have fun things planned to brighten our days. The March birthday celebration featuring Chuck Thiel is on Monday, March 9th at 2:30 PM. Also, this month, the Ridgewater nursing students will present their Health Fair on Wednesday, March 11 from 2:00-3:30 PM. Come check out their creative displays and ask questions to learn more about the topics presented.

Be sure to wear green on March 17th. We all can be Irish for the day, no matter our heritage. The First Lutheran Kindergarten class will return for more interaction on March 19th at 1:45 PM. It's always a fun-filled afternoon when they visit.

Meaningful Mind Moment:

Take a minute to do a couple mind puzzles for brain health.

3rd x CHARM



Answer Key: Top-third times a charm.
Bottom-My Fair Lady

Kitchen Korner: By: Angelee Wilkerson, Director of Dining Services

Cozy & Hearty
CHICKEN SOUP
RECIPE

| INGREDIENTS | INSTRUCTIONS |
|--|--|
| <ul style="list-style-type: none"> • 2 cups shredded cooked chicken • 3 carrots, sliced • 2 celery stalks, chopped • 1 onion, diced • 3 cloves garlic, minced • 6 cups chicken broth • 1 cup egg noodles • 1 tsp dried thyme • Salt & pepper to taste | <ol style="list-style-type: none"> 1. Sauté onion, carrots, celery & garlic. 2. Add chicken, broth & seasonings. 3. Simmer 15-20 minutes. 4. Add noodles & cook until tender. 5. Season with salt & pepper. |

READY IN 30 MINUTES!
♥ EASY & DELICIOUS | ⌚ SERVES 4

TIP OF THE DAY
For a crisp skin on a baked potato, prick the skin several times and place a few drops of oil on the potato, then rub it in. Sprinkle with salt and bake.



Nursing Notes By: Mikaylin Goetze, Clinical Nursing Supervisor



Data from the 2021 Global Burden of Disease Study—the largest effort to understand health challenges facing people across the world—found that **54% of Americans** (more than one in two people) had at least one neurological condition in 2021.

The most common conditions are:

- **Tension-type headache** (affecting more than one in three people)
- **Migraine** (affecting more than one in six people)
- **Diabetic neuropathy** (affecting one in 20 people)

What Can You Do?

1. **Pay attention to symptoms:** Frequent headaches, memory changes, and feelings of numbness or weakness should be taken seriously.
2. **Talk to a doctor:** Neurological conditions can be managed or treated with the help of a neurologist or trained medical professional.
3. **Maximize brain health:** Exercise regularly, follow a healthy diet, and assess your modifiable risk factors such as high cholesterol, sedentary habits, obesity, and diabetes. (**Check out the Meaningful Mind Puzzles on page 2).