

Facility News

I'm excited to share with you our first community service project! In February we assembled sandwiches for "The Sandwich Project" Our contribution went to The Inner-City Christian Ministry. Their Street Team is an outreach ministry of the ICCM Life Center with the mission of "Bringing the Kingdom to the Streets." Their desire is to share God's love and power with those they meet at parks, liquor stores, shelters, and bus stations. They do an amazing job praying with these individuals in need, delivering them a meal and inviting them to a church service. Most of these individuals are battling addiction, homelessness, and abuse. Our staff and residents assembled 200 sandwiches for those with food insecurities.

Kris Souza

Director Of Community Life



Boden Senior Living | 5399 155th St. West, Apple Valley, MN 55124 | (952) 955-9453



Age Magnificently



Our Community Newsletter

Discover what's going on in your neck of the woods

Lets Celebrate!

Resident Birthdays

Vickie 3/6

Bev 3/9

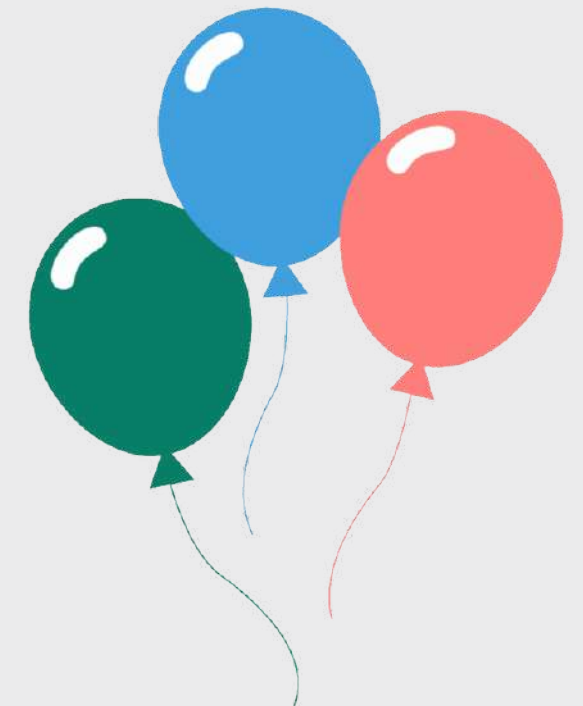
Cynthia 3/18

Karen 3/21

Carolyn 3/26

Maria 3/29

Ron B 3/31



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Community Life

We are having a lot of fun in our community making many memories! We won in the TRYathlon two weeks in a row and continue to beat our personal best. The residents are working very hard competing and working as a TEAM. We enjoyed a Magic show, an afternoon visit from Primrose Preschool and outings to the Pancake House, Lunds and Byerly's and Freddy's. We also hosted another Lifespark building for Bingo and Happy Hour. Residents had a blast, and we look forward to getting together again in April to bowl.

Blessings,
Kris

Executive Director

It has been two months since I have started at Boden Apple Valley. It has been an absolute pleasure working with you and your loved ones. If you have not done so already, I welcome you to follow our Facebook page. We keep it updated with recent staff updates, resident events, and community events we are involved in. Boden - Facebook Page. The Minnesota Department of Human Services (DHS) and Board on Aging (MBA) has created a new Report Card for Assisted Living Facilities. We feel extremely proud and honored to say we are the only facility within a 15-mile range that has 5-stars in both Resident Quality of Life and Family Satisfaction. You and your loved ones filled out a survey stating we are one of the best places to live. I have attached the communication we received from MN DHS explaining how they produced the scores. The Minnesota Department of Human Services (DHS) and Board on Aging (MBA) announced today that the state's new Assisted Living Report Card is now live. This new tool allows consumers to look up assisted living residences and find comparative ratings based on resident and family surveys, as well as ratings based on state inspections.

All licensed assisted living facilities across the state are included on the report card; however, only those who participated in 2022-2023 resident and family surveys and received enough responses currently have ratings. The report card will expand over the next year, adding more ratings based on 2024 resident and family surveys and the Minnesota Department of Health's (MDH) licensing surveys and investigations. For more information, please see the DHS Assisted Living Report Card Launch news release and the DHS Assisted Living Report Card information webpage.

Please reach out if you have any questions.

Thanks Kevin

Community Life Cont..



Marketing

Our Boden family is growing and we have so much to be thankful for. Spring is coming! We are busy planning a special event for you that will happen every month called "Coffee with a Cop". This will be taking place the second Tuesday of every month at 10:30 in the Dining room. We will gather around a table and share important information from our police officer Sara. We will cover topics like Fraud, Theft, Safety, and any other topic you would like. Coffee with a sweet treat will be served. This casual coffee group will give you an opportunity to ask questions and get to know our Police liaison officer Sarah better.

Kory



Nursing

10 Tips for a good nights sleep

1. Stick to a sleep schedule.
2. Exercise 30 minutes per day.
3. Avoid caffeine, alcohol, and nicotine before bed.
4. Avoid large meals late at night.
5. Avoid medicines that delay or disrupt your sleep.
6. Don't take naps after 3:00 PM.
7. Relax before bed.
8. Take a hot bath or shower before bed.
9. Create a good sleep environment.
10. Have the right sunlight exposure during the day.



Boden Leadership



Volunteer Opportunity

We are looking for volunteers to sit with residents who are in their final stages of life. This will allow family members to take a break, eat and step away knowing their loved one is not alone. Please contact Jackie or Kris if you are interested. When the need becomes available we will reach out.

February Resident of the Month



Ron Kohls was born on Oct 25, 1956, to Charles and Alyce Kohls. Ron and his five siblings lived on a 155-acre farm in Apple Valley where Boden Senior Living resides.

Ron graduated from Rosemount High School in 1975.

After graduation Ron attended Dakota County Technical College for Architecture Technology. He later completed his education at Inver Hills Community College where he received his associate degree in architectural technology.

Ron's first career began at Winsor/Farcy Architecture as an Architecture Technician/Drafter. Ron and his twelve colleagues worked together drafting the 40 story Wells Fargo Building in St. Paul. Every weekday at 6 AM Ron starts his day watching WCCO weather where they show the building, he helped design. Ron is very proud of all the efforts he and his team put forth. To this day it is still the tallest building in St. Paul and the red flashing lights remain on top.

Ron later worked at Opus Architectures in MTKA, and Leo A Daly in MPLS.

Ron's other careers included working at the Running Room as a running instructor and in sales. At the stores grand opening he had the pleasure taking a run with Frank Shorter, who won the Gold Medal in the Marathon during the 1972 Olympics. Ron has many other hobbies which include photography, collecting toy diecast cars, collecting historic newspapers and designing cabinetry.

Ron has lived in Apple Valley most of his life but in 2007 he purchased his first townhome in Cobblestone Lake.

After selling Ron moved to Boden in 2022. Ron is a huge asset to our community and currently serves as our Team Captain for our TRYathlon. He is a leader in our building and brings his athletic ability to our community. He is kind to everyone, has many friends in the building and can tell you an enormous number of stories about the city of Apple Valley. Ron enjoys living at Boden for many reasons but mostly because he can watch the sun rise from the East from his room as he did when he lived in his family farmhouse. This feels like home to me.

Happy St. Patrick's Day **Resident Party Wednesday**

March 13th -3 PM

