

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

From the Executive Director

I would like to thank you for your warm welcome since starting at Boden Apple Valley in January. You have all made me feel so special. I know that there are still a lot of people that I have yet to meet so please feel free to stop by the next time you visit your loved ones.

The Residents have been part of the Resident Council here at the community where they get to discuss any issues or concerns that they may have as a group. This information is documented and brought to our leadership team for discussion and a plan is created to ensure that their needs are met and concerns are addressed. We also have a Food Council that they are also able to participate in if they choose. This is where they bring up all food related things. Both of these are conducted monthly. Coming soon we will be implementing a Family Council. This is where we encourage families to join us at the community to discuss different topics of their choosing. We hope to roll this out in June.

We are coming up on our three-year anniversary this summer and are in the early planning stages. We cannot wait to share all of the excitement with you in July.

Kelli Fenske

Employee Spotlight

This month in the nursing department we want to highlight a very important duo.

Alexius and Nylexius Waller have been working at Boden Senior Living since November of 2022. "Lex and Ny" are wonderful caregivers. They are funny, sympathetic and have huge hearts for their residents here at Boden. They are very hard workers and have always been a strong support to the nursing team. Lex and Ny do everything together! They live together having recently moved into their first apartment together, they work together here at Boden and now they are entering a new chapter in their lives. They are attending Dakota County Technical College and working toward their LPN degree. And doing it together!

We are grateful for Lex and Ny and everything they bring to our residents at Boden.



The Boden Boltz are having so much fun with the Forklift Racing League!

Our team has grown significantly this year and we continue to improve each week.

Whether you are a driver, pit crew, scout or on the cheer team you are apart of the Boden Boltz! We are fiinally feelling official with our new Team T-Shirts. You will see many residents wearing them throughout the week. Please come cheer on the BOLTZ every Tuesday at 1:00 PM



Chaplaincy

Reflections from Chaplain Jody

Being a chaplain here at Boden is a true honor. One of the greatest joys of my role is creating space for meaningful conversations and deep sharing. I love hearing your stories—both from years gone by and from the experiences and reflections of your daily life now. These moments of connection are what community is all about.

In the Gospel of Matthew, we read:

"When Jesus went ashore and saw a large crowd, he had compassion on them and healed their sick." —Matthew 14:14

Jesus didn't begin with sermons—he began with compassion. Father Richard Rohr puts it beautifully: "The important thing about what God seems to want to be doing in history is to create a community of compassion where people care about one another."

During worship this past week, I asked if anyone had a name of someone they wanted to pray for. Four people shared names, and together we prayed for Brenda, Theresa, Catherine, and Marcus. It was a simple but meaningful act of caring for one another.

I also continue to notice how deeply our staff cares for this community—and how you care for one another. One day, I saw a table of ladies still talking long after lunch had ended. I hadn't formally met one of the women, so I went over to introduce myself. She began to share her story with me, telling me how her family brought her to Boden—how she came "kicking and screaming," convinced it was the worst thing that could happen. But then, with a warm smile, she said (and I share this with her permission):

"I sat down at this table with these ladies, and I was home."

Despite having different backgrounds and even different ways of practicing their faith, the love and care shared around that table made her feel at home, and continues all these months later. That, to me, is what we mean when we pray the words from the Lord's Prayer:

"Thy will be done on earth as it is in heaven."

We don't have to be perfect to create something sacred. Whenever we choose compassion, whenever we care for each other, we bring a little bit of heaven to earth. Thank you for being part of this loving and grace-filled community.

With gratitude, Chaplain Jody Please introduce yourself to our three newest residents at Boden. Theresa and Ray just moved into 102 and Dana has moved into 126. They would love to meet all of you. If you haven't already introduced yourself to them, please do so.

Our Red Cross Blood drive is just around the corner! On June 20th , Boden is hosting it's first ever Blood Drive. People from the community also staff and residents are welcome to donate. Please stop by my office if you would like me to sign you up or if you have any questions.

Kory Telfer Marketing Director

Nursing

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

 \cdot Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.

 \cdot Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.

 \cdot Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.

• Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.

• Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.



HAPPY BIRTHDAY

Sharon G 5/2 Bill 5/7 Jeff 5/ 10 Rodger 5/11 Esther 5/12 Sheila 5/13 John 5/18 Cynthia 5/ 21 Jan 5/24 Don 5/27 Rita 5/28

Boden Summer Choir Concert Thursday June 5th