



Amy Johnson Residence

**Newsreporter XXXVI
Number 6**

November/December 2019

Thank You Friends

We are grateful for the caring and gifts that we received from so many. Our thanks to Tony and Sandy Menke, Steve Antenello, Kirsten Cross, Theodore King, Doug Diestler, Duane Jagiello and friends, Jennie Theisen, Stephanie Bowron, Monica Ehman, Ted Johnson, Kathy Kenyon, Maura (for the delicious cookies!), Jim and Judith Ritchart, Marilyn and the entire Reierson family for the annual Christmas party.



Joyful Christmas songs with the Reiersons!



The front hallway, the hub of much activity, gets even busier during the holidays, with all the beautiful decorations and deliveries, families with kids coming to visit, and our medical assistants on the phone, lining up our various outings and appointments.



Margaret and Joan addressing the AJR newsletter



Sunshine, the house cat, naps in the Thanksgiving decorations.

Activities

We were busy these last two months of 2019, especially with all the holiday decorating and celebrating. The kitchen staff put out extra special meals, which makes us all the more determined to get our daily exercise in! Some mornings, we have four walkers, Luanne upstairs, faithfully adhering to her motto (which she reminds all of us), "Move it or lose it!" Tim has joined Carla and Wanda walking laps in the downstairs hallway, and Mr. Quirk, a former hockey goalie, is now doing a set of 12 step-ups on the stairs. Marilyn, Mike, Joan, Dan Z. Pat D. Brian, Margaret, Kathleen, Peg, Steve all walk one of the 30 minute, 1 mile step classes in the living room.

We have had a lot of singing these months. Stephanie Bowron comes once a month to play the piano for our sing-alongs. Our favorites to sing are: *Goodbye Yellow Brick Road*, *A Little Help from My Friends*, *Moon River*, *Let It Be*, and *How Great Thou Art*. Stephanie has a magical gift for remembering and figuring out songs by ear, so we try to stump her with song requests, even some theme songs from our favorite shows growing up.

Dr. Jim and Judith Ritchart brought their portable recording studio to the house, and as a group, we sang and recorded the Dylan tune, *Shelter from the Storm*. We love the chorus!

"I've heard newborn babies wailing like a mourning dove, and old men with broken teeth stranded without love. Do understand your question man, is hopeless and forlorn? Come in she said I'll give you shelter from the storm."



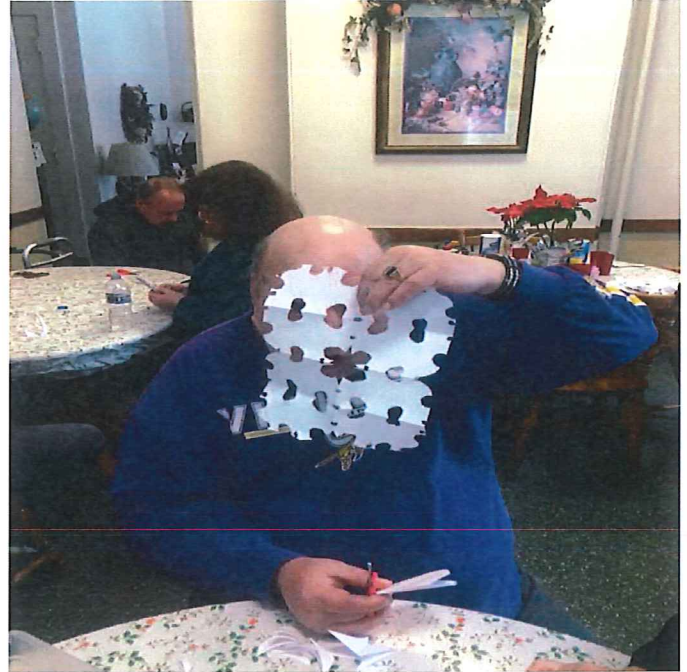
Doc helps Kathleen record a tambourine track for our record.

Bingo on Sundays. Community meeting, check-ins, and Bible study on Mondays. Tuesday is often for personal chores and logistics. We treat ourselves mid-week on Wednesdays. Bluestone Medical and Psychiatry visits Thursdays. And at the end of the week, water Friday, where we reward our exercise efforts with a bottle of cold water. At various times we are running here and there, to the post office, the dentist, the optometrist, or to pick up our new prescription eye glasses. In November, we enjoyed a trip to the Minnesota History Center, to see and hear the Prince and First Avenue interactive exhibits.

December saw us lightening an Advent candle each week, frosting cookies and cupcakes, cutting out snowflake mobiles, and telling Devonna what we wanted Santa to bring us for Christmas.



We love our cook Stephanie's chef salad Thursday!



We joked with Tim that his snowflake looked like one of his old hockey masks?!



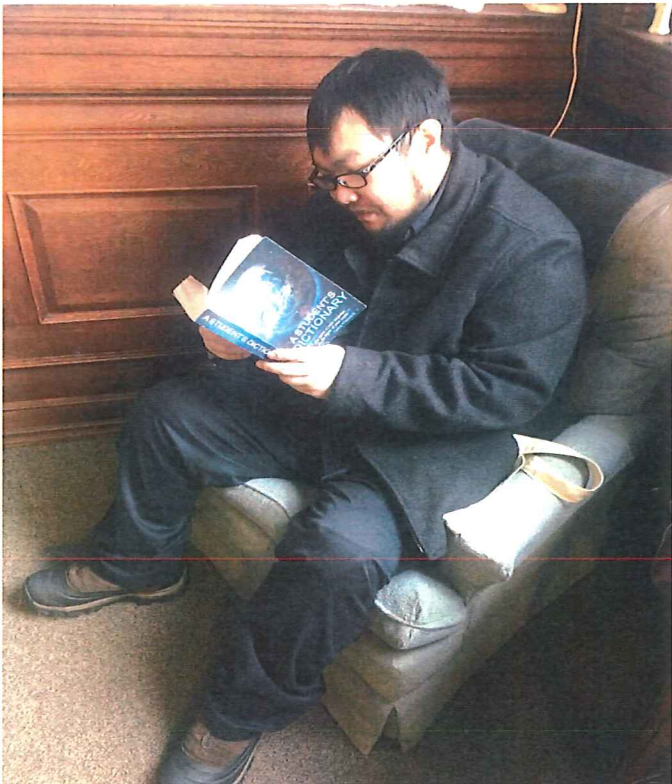
Steve's snowflake was the ace of diamonds!



Marilyn's final touch adding sprinkles to her cookie.

November/December Outings

Rick, Cheryl, Pat D. Margaret, Marilyn, Yeng, and Kathleen are our **library** goers these days. The change in season has us now going to the Rondo library on University, because of the indoor parking and easy access. Marilyn is augmenting her mystery reading with the odd novel now. Rick, Pat, and Joan get music. Yeng likes math and science.



Yeng reads the student dictionary for fun.

Sheered and beautified at **Great Clips** were: Gary, Marilyn, Mike, Lee, Dan Z. Luanne, Brian, and Steve.

Margaret, Pat D. Kathleen, Yeng, and Joan went to the **Minnesota History Center** for the Prince and First Avenue exhibits.

Patty M. Kathleen, and Yeng searched for treasures and bargain deals at **Goodwill**.

Cheryl, Tim, Luanne, Margaret, Pat D. Kathleen, and Yeng were our movie goers at **Woodbury 10**. In November we saw *Ford vs. Ferrari*, and all were entertained. In December, we saw the biopic, *Judy*, about the legendary Judy Garland. We all agreed Renee Zellweger will win an Oscar for her performance.

Lee, Wanda, Tim, Mike, and Kathleen dined at **Golden Corral**. Brian, Mike, and Lee accompanied Wanda to **Culvers** for her birthday. When we ordered the wrong food for the birthday girl, the woman taking the order gently corrected us, saying, "Wanda always gets this." They know one of their best customers by name at **Culvers**. Joan, Marilyn, and Yeng went with Lucille to **Red Lobster** for the Monday all you can eat shrimp. Dan Z. Luanne, Cheryl, Tim, Yeng, Pat D. Kathleen, Lucille, helped Margaret celebrate her birthday at **Great Moon**.

The last two months of the year, our super shoppers hit: **Famous Footwear, Michaels, Target, Walmart, Dollar Tree, and Kohls**.



Luanne's drawings include our animal friends too.

Rick, Joan, Gary, Lucille, Marilyn, Mike, Peg, Luanne, Wanda, Patty, Margaret, Yeng, Lee, Carla, Brian, and Kathleen, all enjoyed our annual Christmas sojourn to Kathy Kenyon's beautifully decorated home.

Inspirational Thought

"But do not be satisfied with stories, how things have gone for others. Unfold your own myth, without complicated explanations, so everyone will understand the passage, we have opened you. Start walking towards the teacher, the sun. Your legs will get heavy and tired. Then comes a moment of feeling the wings you have grown lifting."

- Sufi poet, Rumi

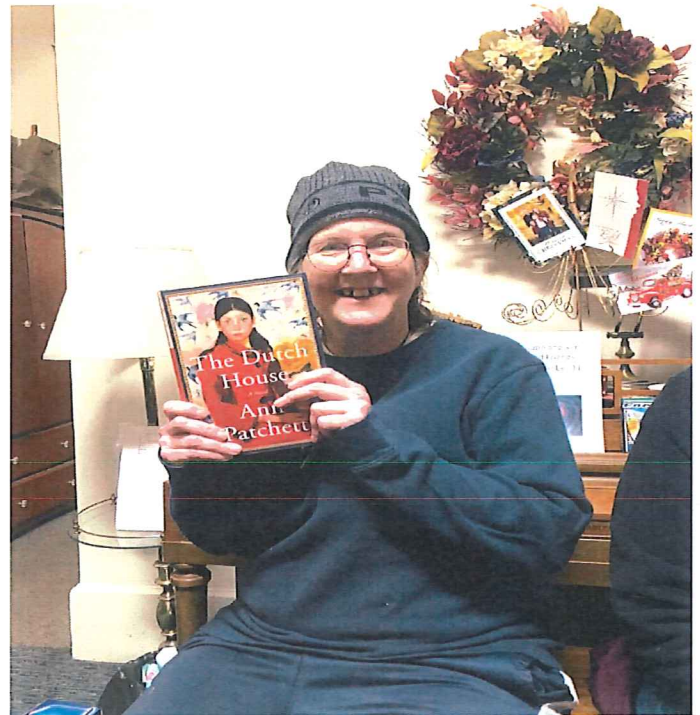


Happy Birthdays

Dec. 2 - Lucille McCain writes poetry that is sometimes printed in this newsletter. Most often she is waxing poetic around the house. Suffice it to say, Lucille is a character and keeps us amused and entertained. She is a pescatarian.

Dec. 2 - Wanda Nustad is our resident hugger. Most days she is asking someone, "Do you like it here? I like it here." Her question is followed by a big hug that makes your day and reminds you to be happy and grateful for the home we share.

Dec. 27 - Margaret Connelly is a generous person who is kind to others and quick to want to help out. She is very funny and makes us laugh. Margaret is the queen of the non sequitur and one liner. Her favorite author is Ann Patchett.



Margaret's favorite author's new novel for Christmas



Christmas Eve smiles from Brian and Lucille.



Environmental News

Let's be much more conscious of our use of single use plastics. Make a survey of your house and implement ways to use reusable shopping bags and food containers.

Roaming Reporter wants to know ...

If you were stranded on a desert island, what one thing would you want with you?

Rick - (smiles) A boat

Pat D. - Water

Brian - A TV

Cheryl - My Diet Coke!

Lee - Food and a chef to cook it, and a home to myself.

Dan J. - Food, I guess

Wanda - Money

Luanne - My Saint Theresa saint card

Dan Z. - I suppose a banana tree

Steve - I like it here

Peg - A Bible

Mike - Chocolate chip cookies!

Marilyn - A jar of peanut butter

Joan - Water

Carla - I don't know, (follow up question, what do you not want to live without?) smile, love

Tim - Water

Patty - Food

Yeng - A fishing pole

Gary - A radio

Lucille - Norman

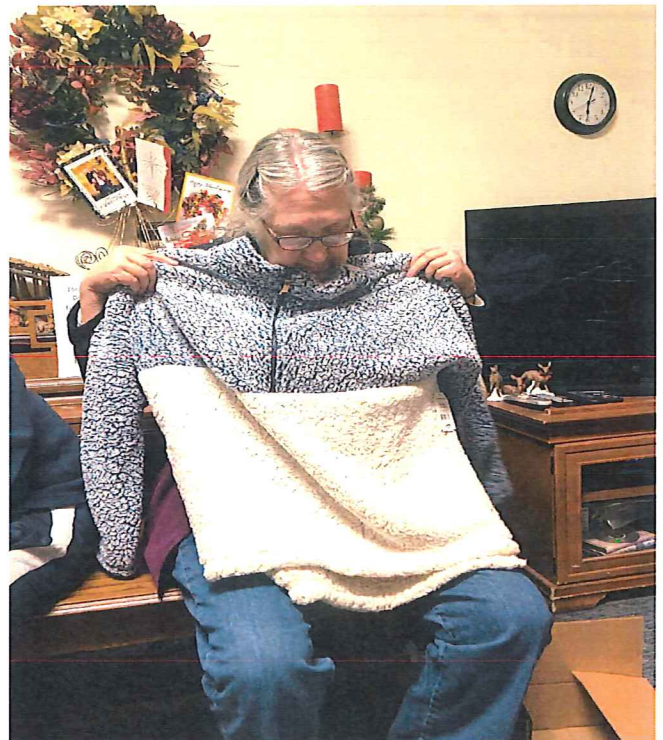
Kathleen - How much food can I take? A cell phone, but will there be a tower?

Rosie - My cigarettes and a lighter

Margaret - Water, a full kitchen and fire



Sunday afternoon game of Skip-Bo with Mary Kaye our office manager, and her son Aidan.



Santa brings Cheryl a new warm and cozy fleece.

Goodbyes



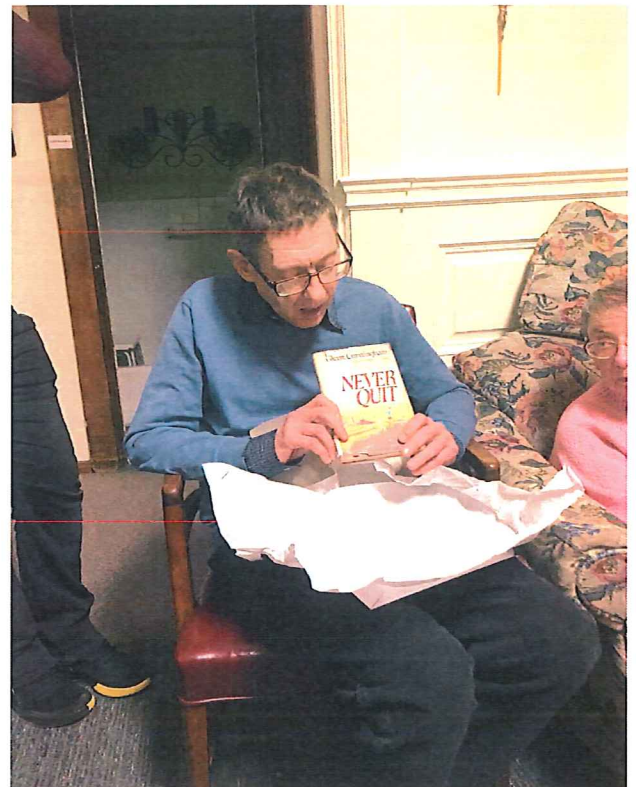
We remembered Santa Bob and his love and generosity , with a cake.



One Monday morning after the holidays were over.



Charlotte and Rosie.



The title of Dan's gift book, and the inspiration of his careful study of life, gives us a new motto for 2020!