



Spring 2022

**Holy Week & Easter
Worship Services at Skaalen**

Palm Sunday

April 10

"A Little Man on a Donkey"

Wednesday

April 13

Art Displays with readings and hymns

Maundy Thursday

April 14

"Hospitality"

Good Friday

April 15

"Handing Ourselves Over"

Easter Sunday

April 17

"Removing Stones"

All services will be held
at 10:00 a.m., in the Skaalen Chapel.
All residents are welcome!
If you prefer to watch the service from
your room, please turn to channel 900.

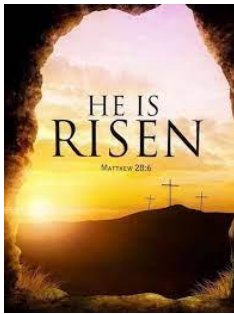
Easter Menu

Pineapple Glazed Ham
Twice Baked Potato
Cascade Vegetable
Fruit Salad
Dinner Roll
Lemon Meringue Pie



Chaplain's Corner

**James Salimes,
Chaplain**



Christos Anesti! Alithos Anesti! (Christ is risen! Truly, he is risen!)

My dad's side of the family is Greek. I can remember as a young boy, walking into my Great-

Grandmother's apartment on Orthodox Easter and reciting the above salutation. We attended beautiful Orthodox services on holidays which were full of symbolism and passion. My take away from Greek Orthodoxy was a wider and deeper understanding of God's grace.

The other half of my roots, my mother's side, is Catholic. I attended parochial school until the sixth grade. As an altar boy, I stole sips of the sacred wine. ☺ But what I learned attending mass each week, is that long before we have the slightest notion of who God is, he is with us. We don't have to change for God to love us. It is his unconditional love that changes us.

Recently, I contacted my mom and dad, and let them know what a blessing it was to grow up in different denominations and thanking them for modeling unity in diversity. They did not get caught up in the many things that divide denominations, but rather they honored our unity in Christ.

In a few weeks, Christians all over the world remember and celebrate the death and resurrection of Jesus Christ. Christ bore the sins of the world, was raised again, defeating death, and lives to make all things new.

That's good news! This is the unity we share among denominations, which, thankfully, in God's grace and love, spreads beyond the boundaries of any church doctrine and influence. And the beautiful thing is that Christ invites each of us to participate *with him*, amplifying his grace and love.

As we recognize Christ's passion, how will you participate with him in love? Throughout each day, how will you experience his grace? How have you been made new this year? Where are you maturing? Throughout life, we go through many deaths and resurrections. In what ways have you failed? What did you learn? What do you want to let go of in your current season of life? What needs to die? What needs to be resurrected? What needs to be reconstructed? What new things are you discovering in your soul? Are you allowing God to love you just as you are?

Let the verse below soak in. And reread the questions above. May we accept God's love for us and be attentive to Christ at work in our hearts, and participate with him in making the world better.

Peace,
Chaplain James
jsalimes@skaalen.com
608.873.5651 Ext. 7218

"The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing." (Zephaniah 3:17)

March Was Full of Fun Activities

Mardi Gras party! March 1



Tattoos & Beverages March 4



St. Patrick's Day Crafts



**Residents painted
shamrocks on
March 8 to
decorate
their doors**

St. Patrick's Day Party!

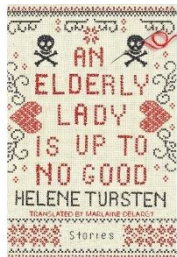


Everyone is Irish on St. Patrick's Day!





Chapter a Day



Residents are invited to turn their televisions to channel 900 each Monday through Thursday at 11:00 a.m., as Chaplain James reads a *Chapter a Day*.

Beginning on, April 25, Chaplain James will be reading "An Elderly Lady is Up to No Good."

If you have any questions, please call Chaplain James at 608-873-5651, extension 7218.



Skaalen Volunteers

Skaalen is currently recruiting volunteers to assist in the following areas:

Chapel Volunteers

Sunday 9:30 – 11:30 a.m.

Volunteers will post the hymn numbers for the service, light candles, distribute worship bulletins and hymnals and assist with resident mobility to and from the Chapel.

Bingo Helper

Wednesdays 1:15 – 2:45 p.m.

Volunteers assist with resident mobility to and from the Chapel and assist residents with their Bingo card.

One-to-One Visitors

*Weekdays 10:00 – 11:00 a.m.
2:00 – 3:00 p.m.*

Volunteers will be matched with residents that would enjoy having someone to stop in and visit with them.

Summer Concert Series

Thursdays 1:45 – 3:15 p.m.

Each Thursday afternoon from May to September there will be a concert held in the courtyard. Volunteers assist with resident mobility to and from the concerts and scoop and serve ice cream.

Volunteers are required to be fully vaccinated, including a booster vaccine, and present a copy of their vaccination card. In addition, they will be required to follow Skaalen's infection control policies and procedures, be screened upon arrival and to wear a face mask and safety glasses or face shield while on duty. Volunteers experiencing symptoms of COVID-19 or other illness, will be expected to cancel their volunteer duties until symptoms have cleared and the Skaalen Infection Control Preventionist has cleared them to return.

If you would like to learn more about Skaalen Volunteer opportunities, please call Dawn Zaemisch at 608-873-5651, extension 7240.

Gifts & Memorials

October 1 – December 31, 2021

In Memory of Earl Fossen

Louise Beckwith
Shirley Erdahl
Wilma Furseth

In Memory of Lena Hinton

Family & Friends
Wilma Furseth
Pamela & Roger Parsons

In Memory of James Murray

David & Darci Bryan

In Memory of Robert Thompson

Gladys Thompson

In Celebration of God's Love

Alan Sorenson

Karen Berg Estate

Thrivent Choice Dollars

Irene Sherman

Individuals

Mary Bennett
Robert Kluge
Kris Krentz
Dale & Marilyn Peterson
James Salimes
Marlene Weber
Randall & Meredith Williams

Business & Organizations

Alliant Energy Foundation Matching Funds
ELCA South Central Synod of Wisconsin
Skaalen Spirit Team
Candy Bar Sales
Wreath & Roping Fundraiser
Thrivent

Corporate Congregations

Bethlehem Lutheran Church, Brodhead
Bethlehem Lutheran Church Women,
Brodhead
Central Lutheran Church, Edgerton
Covenant Lutheran Church, Stoughton
First Lutheran Church, Stoughton
Grace Lutheran Church, Cambridge
Hope Lutheran Church, Milton
Jefferson Prairie Lutheran Church,
Poplar Grove
McFarland ELC, McFarland
St. John Lutheran Church, Evansville
St. John Lutheran Church, Janesville
St. John's Lutheran Church, Oregon
St. Paul's Liberty Lutheran Church, Deerfield
St. Paul's Liberty Lutheran Women of the
ELCA, Deerfield
United Methodist Church, Stoughton



Internship Update

Hello Everyone,

My Administrative Residency has been going by very well. It's crazy for me to think that I will be graduating here in May. The time has flown by very fast. I am extremely grateful for all the learning opportunities that I have been given here at Skaalen and for all the connections that I have made. I feel like a whole new person since when I started my Administrative Residency. Lately I have been helping out where I can and focusing on my Leadership Projects. One Project that I am most proud of is my internal operations project, where I implemented a new process for ordering medical supplies. Based on the new process we were able to decrease medical supply ordering times down on average by 69%, which equates to just under 30 minutes saved. My current plans upon graduation are to take a month or two off to enjoy summer and spend time with my family before I start to look for a full-time position somewhere. I would like to thank everyone for being so kind to me here and for helping me learn and grow. I am beyond grateful.



Sincerely,
Alex Roegner



Resident Email

The resident email address is
resident@skaalen.com

Please be sure to include the resident's name in the subject line. Our Leisure and Support Services Staff print and deliver resident emails every day. Residents have an opportunity to send email messages, with the assistance of a staff member, at various times during the week.

Profiles in Caring



Emily began her career at Skaalen in November 2014, when she joined the Housekeeping Staff.

Emily and her husband, Shawn, have ten nieces and nephews and their dog, Ellie.

Emily's favorite hobbies and leisure time activities include camping, wine tasting and fishing. Emily enjoys spending time with family and friends, traveling and bird watching.

When asked if she has a treasured memory of a resident, Emily recalls the time during the COVID pandemic that she surprised a resident with a Bloody Mary. She said, "He enjoyed it greatly!"

Emily credits her Great Grandma for her interest in working in long-term care. Emily says, "I was very close to my Great-Grandma growing up. The last three weeks of her life, she was in a nursing home. She seemed so sad. So, I vow to make the difference in any way I can, so the residents aren't so lonely."

Thank you Emily, for making a difference and being a friend to the residents!

Skaalen Beauty & Barber Shop

It has been so wonderful to open our doors and be able to serve the residents of the condo community again!

A few reminders - When visiting the Beauty Shop or Foot Clinic, please meet us at the c-wing entry doors in the lower parking lot. A mask is required for all appointments.

- Men's Hair cut \$18.00
- Woman's Hair cut \$19.00
- Perm (includes cut) \$59.00
- Color \$44.00
- Shampoo set \$21.00



The Beauty Shop will be closed March 28 - April 3, 2022.

If you have any questions, or would like to schedule an appointment, please call (608) 873-5651, Extension 7325.

Thank you, Sheena Hessler,
Beauty Shop Manager