



**Winter 2023**

**Welcome to the  
Skaalen Beauty Shop**

Hello, my name is Sheena and 2023 will be my 8<sup>th</sup> year working in the Skaalen Beauty Shop.

I have over 20 years' experience, and love working with the residents. Making people feel and look beautiful is top priority. We offer a wide variety of services for men and women.

Men's hair cut	\$18
Women's hair cut	\$19
Color	Starting at \$44
Perms (set included)	\$59

The Beauty Shop is open Monday through Friday, from 7:30 a.m. – 1:00 p.m.

We also have options for payment – pay on the day of service or, you may choose to add the charges to your monthly statement.

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



**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.



# Chaplain's Corner

**James Salimes,  
Chaplain**

Happy new year!

What are you reflecting upon as a new year begins? Your health? Your family? Your plans? Your God? Let me take you back to the words I shared in November.

In Matthew 7:7 Jesus said, "Ask and it will be given to you; seek and you will find; knock and it will be opened for you." Of course, we have to ask ourselves, "For what are we asking, seeking, and knocking?" Considering the context of the passage, Jesus compares God's gifts for us to that of a father and child. A father, Jesus said, though he is evil, will give good gifts to his children. How much more will God give good gifts to you and me. In Luke's Gospel, it is written, "How much more will your Father in heaven give the Holy Spirit to those who ask?" Since Jesus calls us to follow him, I believe wisdom to do so should be first for that which we are asking, seeking, and knocking. We must continually attend to our spiritual lives in Jesus.

The text in the Greek literally says, "Keep on asking, keep on seeking, keep on knocking." In other words, pursue, give chase, persevere, persist in prayer, persist in calling out to God. This keeps us dependent on him. Creating in us deeper humility, creating in us deeper gratitude. Fr. Rohr wrote, "[Jesus] was telling us to stay in the position of a beggar, a petitioner, a radical dependent. This is always our spiritual posture, if we are honest...to know that you are always in need, keeps you situated in the right relationship with Life."

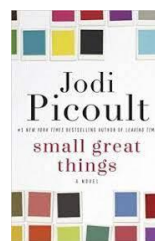
As we find ourselves in a new season, a new year, ask God about *becoming*, ask for wisdom to live as he has described all through the Sermon on the Mount. Seek to follow him with all your heart, soul, mind and strength. Pound hard on the door to endure suffering and learn its lessons. Ask that the Holy Spirit be your guide. God promises to answer. Our faith is a life-long quest, ever deepening, ever humbling, ever dependent on him.

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

***"Trust in the Lord, with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."***

**(Proverb 3:5-6, NIV)**

## 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. We are currently reading "*Small Great Things*" written by Jodi Picoult.

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

# Lenten Season 2023



**Ash Wednesday February 22nd, Chapel Service 10AM**

**DAILY PRAYER—February 23rd-April 6th**

**Monday-Thursday**

**Morning: 8:45AM**

**Afternoon: 3:15PM**

## **HOLY WEEK**

**Palm Sunday April 2nd, 10AM Chapel Service**

**Spy Wednesday April 5th, 10AM Chapel Service**

**Maundy Thursday April 6th, 10AM Chapel Service**

**Good Friday April 7th, 10AM Chapel Service**

## **EASTER SUNDAY**

**April 9th, 10AM Chapel Service**

**\*ALL SERVICES AND PRAYER WILL ALSO BE LIVE ON CHANNEL 900**

## 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 community room and assist residents with their Bingo card.

### Outings

Volunteers assist with resident mobility, holding doors, and visiting with residents during the outing.

### Concert Series

*Thursdays 1:45 – 3:15 p.m.*

Volunteers assist with resident mobility to and from the chapel.

Volunteers are required to present a copy of their vaccination card including the vaccination received and dates received. 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.

## Profiles in Caring



Nina Welch, Billing Specialist joined the Skaalen Staff in April 2013 as a Receptionist. In January 2021, she was promoted to Administrative Assistant and then in October 2021 she transferred to her current position.

Nina's family includes her husband, Pete, two sons, Kyle and Ryan and two step-daughters, Megan and Emily. Nina also has five grand-children, Laney, Jack, Kenzie, Klara and Myla.

In her leisure time, Nina enjoys taking walks, riding her bike, working in her garden and tending to her flowers.

When asked if she has a favorite memory of a resident or fellow staff member she replied, "I have made so many friendships with the residents and their families. It has been a great experience."

When asked if there was a person who had influenced her decision to pursue a career in long-term care she said, "No influence. I just wanted a change from what I had been doing (working in a bank). I'm glad I made the move."

We're glad Nina made the move too! Thank you Nina for your compassion and dedication to the residents and their families.



# ***Gifts & Memorials***

***January 1, 2022 – December 31, 2022***

**In Memory of Pat Backus**

Louise Beckwith

**In Memory of Cliff Bakken**

Wilma Furseth

**In Memory of Thomas Beatty**

Sheila Beatty

**In Memory of Robert Beckstrand**

Bruce & Barbara Abbett

Dianne Marie Anderson

Phillip & Karna Anderson

Sheila Beatty

Ronald Berger

Ronald & Lou Ann Ellingson

John & Janet Finney

Kristin & Michael Garey

Sara & David Gill

Jill & Kent Hoard

Thomas & Mary Lynch

Wayne & Nancy Paulson

Spongberg

Chris & Rhonda Storlie

**In Memory of Jean Beckwith**

Louise Beckwith

**In Memory of John Deegan**

Madelyn & Michael Doyle

**In Memory of Lowell Fjalstad**

Rick & Donna Curley

Edith & Curtis Julson

Debra Stluka

Lori Wetzel

**In Memory of Audrey Fosshage**

Elmer & Norma Baker

David & Karen Bakken

Emily & Josh Fridgen

Dick & Judy Haas

Curtis & Linda Hanson

Steven & Sara Kelley

Anna Peterson

Rhonda & Mike Ruffini

**In Memory of Butch Furseth**

Louise Beckwith

**In Memory of Addie Gault**

Roger & Joyce Utermark

**In Memory of Floyd Hayes**

Louise Beckwith

**In Memory of Don Heggstad**

Shirley Erdahl

Lisa Jaehnig-Olson

**In Memory of Lloyd Hensel**

Louise Beckwith

**In Memory of Lena Hinton**

Wilma Furseth

**In Memory of Teresa Kittleson**

Louise Beckwith

**In Memory of Barbara Meyer**

Willard Buchta

Brett & Lori Veerman

Kim Meyer Weisenberger

**In Memory of Barbel Ramthun**

Mark & Karen Benson

Wilma Furseth

Debbie Murphy

Kristi Myers

Amie Ramczyk

**In Memory of Elaine Rice**

Louise Beckwith

**In Memory of Dorothy Speth**

Louise Beckwith

**In Memory of Robert C. Thompson**

Gladys Thompson

**In Memory of Nora Ylvisaker**

Mary Zoroufy

**In Honor of Barb Kittleson's 55 Years  
of Service to Skaalen**

Mark & Karen Benson

**In Honor of Hugh Russell (Past Board  
Member)**

Joyce Russell

**In Celebration of God's Love**

Alan Sorenson

**The Kathryn L. Schroeder Fund**

# ***Gifts & Memorials***

***January 1, 2022 – December 31, 2022***

## **Business & Organizations**

Alliant Energy Cyber Grants – Matching Funds  
Fidelity Charitable  
Shillelagh Foundation  
Skaalen Spirit Team – Artisan Sales  
Skaalen Spirit Team – Candy Bar Sales  
Skaalen Spirit Team – Casual Dress Day  
Skaalen Spirit Team – Wreath & Roping Sale  
Skaalen Village Clubhouse  
Thrivent Financial  
Vennevoll, Inc.

## **Corporate Congregations**

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



## **Individuals**

Anonymous  
Sally Billing  
George & Solveig Carlson  
Wilma Furseth  
Robert Kluge  
Sue Hartmann  
Alvin & Leanne Menninga  
Deb Pundt  
James Salimes  
David & Margaret Sharpe  
Margaret Smyth  
Marlene Weber

## ***Thank you to the following individuals for selecting Skaalen to receive Thrivent Choice Dollars***

Mary Elvekrog  
Janice Everett  
Carolyn & John Hanson  
Donna Leek  
Terry Niedfeldt  
Susan Nygaard  
Stephen Peterson  
Irene Sherman  
Martin O. Seffens  
Sally Yazbec



# Residents Welcome 2023!



**Perfect Snow  
for a Snow Mouse!**