

May 2026

Skaalen Beauty Shop

The Skaalen Beauty Shop offers a wide variety of services for men and women.

Haircut	\$25
Sh/Set	\$25
Perm	\$100
Shampoo	\$5
Beard Trim	\$8

The Beauty Shop is open every Thursday and every other Friday, from 7:30 a.m. – 1:00 p.m. If you have any questions or, would like to schedule an appointment, please call **Rebecca** at **608-893-8125**.

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.

New Speech Therapist

Skaalen Nursing & Rehab welcomes **Faith Mader**, our new speech therapist.

Hi everyone, my name is Faith and I am the new Speech Therapist at Skaalen. I'm originally from River Falls, Wisconsin, but have been living in the Twin Cities since graduating from Minnesota State University, Mankato. I'm excited to join the team and get to know all of you. Helping others communicate, swallow safely, and stay connected with loved ones is something I'm very passionate about. Outside of work, I enjoy staying active, trying new restaurants, and spending time with my husband and our rescue pup, Nellie!

If you see me around, please feel free to stop me and say hello. I look forward to meeting the residents on the Skaalen campus.

May 25



May is National Speech-Language-Hearing Month



Celebrating Communication and Connection

May is **National Speech-Language-Hearing Month**, a time to highlight the importance of communication, hearing, and safe swallowing — skills that are essential for staying connected, independent, and engaged in daily life.

Why It Matters for Seniors

As we age, changes in hearing, speech, or swallowing are common, but they are not something seniors have to simply accept. Challenges in these areas can affect:

- **Social engagement:** Difficulty hearing or expressing thoughts may lead to isolation.
- **Safety:** Trouble swallowing can increase the risk of choking.
- **Quality of life:** Clear communication supports independence, confidence, and emotional well-being.

How Speech-Language Therapy Helps

Our speech-language therapists work with residents to:

- Improve **hearing strategies** and ensure proper use of hearing aids
- Enhance **speech clarity** and voice strength
- Support **memory and cognitive communication skills**
- Address **safe swallowing and eating techniques**



Even small improvements can make a big difference in day-to-day interactions and overall safety.

Tips for Better Communication

- Face each other and maintain eye contact when speaking
- Reduce background noise during conversations
- Speak slowly and clearly, using short sentences if needed
- Check hearing devices regularly and keep batteries fresh
- Stay socially active — join group activities, games, or story sessions

This May, let's celebrate the gift of communication and take steps to maintain strong hearing, speech, and swallowing health. Our therapy team is here to support residents in staying connected, confident, and fully engaged in community life. We can be reached at 608-873-5651 extension 7376.

Chaplain's Corner



Greetings friends!

Last fall I attended my first six-day silent retreat. This month I'll share a piece I wrote to include in the newsletter of Wood and Water Retreats:

I pulled into the drive at Wood & Water for a six-day silent retreat, then texted my wife letting her know that I had arrived. She texted back, "Shhh..."

The next day I sat near the trailhead of the bike path along the south branch of the Root River, where water gulps, leaps, and swirls, finding its way around and over rocks.

Splashing, slapping, even whispering... "Shhh..."

I began to wonder, what if there were no rocks in the river? Would I hear the water whisper?

Were there no rocks, the waters, mute.

Then next day, on a trail far above the cabin, I left the path to find a place to wait. Far above me, among sparse brown leaves—clapping, rustling, even whispering... "Shhh..."

What if there were no leaves in the tree? Would I hear the wind whisper?

Were there no leaves, the wind, dumb.

So, what did I hear then? What had they to say? I think I heard, "Lean in."

And when I leaned in, I heard, "Impediments elicit life."

Impediments elicit life.

The answer was not to wade into the river and remove the rocks. The answer was not to shake the tree into reticence.

In the days that followed I prayed to Spirit, "Grant me the wisdom and discipline to notice, to be aware, to embrace, to respond to impediments in my soul that I might participate in new life, new directions, new relationship."

In my journal I wrote, "What if I leaned into moments of fear, of reluctance, of embarrassment? Into what new expanses of love would I step?"

Throughout my six days, I leaned in and the whispering silence unfolded tensions in my heart. I took up what a friend of mine said a month prior to coming on the retreat. She said,

"Delight in the unfolding."

Impediments elicit life. Lean in. "Shhh..."

If you ever get the chance, I'd encourage you to go on a silent retreat. Begin with two or three days, go deep inside yourself, and listen to what God has to say. If you'd like more details about my experience, please reach out.

**"For God alone, my soul waits in silence; from him comes my salvation."
(Psalm 62:1, NRSV)**

Peace to you and your family,
Chaplain James
608.873.5651, Ext. 7218
jsalimes@skaalen.com

Norwegian Dancers



Skaalen Therapy Entrance (1000 Ridge Street)

Date: Wednesday, May 13th at 10:00 a.m.

Amount: FREE! No reservations needed!

Come celebrate Syttende Mai with a performance at Skaalen by Stoughton's very own Norwegian Dancers! We also have the Syttende Mai King & Queen visiting starting at 9:30 am. **Our only requests are that you bring a chair along if you prefer not to stand and to please be mindful of our other residents when finding a spot to sit. In the event of rain, the event will be moved to the Skaalen Chapel and we will be unable to seat guests.** We hope you can join us!

Photos by Keri Wright from Syttende Mai, 2025



May Worship Schedule

Ecumenical Worship Service held each Sunday at 10:00 a.m. in the Skaalen Chapel. We celebrate the Eucharist on the 1st and 3rd Sundays of the month.



- May 3rd, *Communion, Precious Stones* — Acts 7:55-60; 1 Peter 2:2-10; John 14:1-14
- May 10th, *Orphans and Offspring* — Acts 17:22-31; 1 Peter 3:13-22; John 14:15-21
- May 17th, *Communion, The Two Necessities* — Psalm 24; Verses 1-6 presented by Guest Pastor Rev. Dr. Terry Morrison
- May 24th, *Day of Pentecost* — Numbers 11:24-30; 1 Corinthians 12:3b-13; John 7:37-39
- May 31st, *Hold Fast to What is Good* — 1 Samuel 2:1-10; Romans 12:9-16b



Gifts & Memorials

January 1, 2026 – March 31, 2026

In Memory of Louise Beckwith
Family of Louise Beckwith
Laura Just
Betty Elsner
Karen Nielson

Corporate Congregations

Cooksville Lutheran Church, Evansville
Covenant Lutheran Church, Stoughton
First Lutheran Church, Stoughton
McFarland ELC, McFarland
St. Paul's Liberty Lutheran, Deerfield

Business & Organizations

GoodCoin Giving Fund
Skaalen Spirit Team – Super Bowl Day

Individuals

James Salimes
Alan R. Sorenson

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

Wilma Furseth
Stephen A. Peterson

Skaalen Volunteers

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

1:1 Visitor

Volunteers visit with a resident and provide one on one activity through peer-lead games and recreation.

Bingo Helper

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

Chapel Volunteers

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.

Outing Volunteers

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

Concert Series

Volunteers assist with resident mobility to and from the chapel and outdoor courtyard.

Library Assistant

Volunteers organize and straighten bookshelves, and assist residents to select books.

Gardening Club

Volunteers assist residents with the flower and vegetable raised-bed gardens.

Ice Cream Server

Volunteers help serve ice cream to residents during social events.

Please Contact Keri Wright for more information at kwright@skaalen.com

Or see our [Volunteer Oppurtunities](#) webpage.

Photos from April Events and Outings

Photos by Keri Wright

Visits from the Easter Bunny





**Puzzles with Peers,
Paper Airplane Contest,
Wisconsin Store Outing,
& Rose Day**