



September 2026

Skaalen Beauty Shop

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

Haircut	\$25.00
Shampoo/Set	\$25.00
Perm	\$100.00
Shampoo	\$5.00
Beard Trim	\$8.00

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**.

Upcoming Concerts

September is here! We have a variety of performers scheduled. Starting September 3rd – see the *Middleton Jazz Band* outside in the courtyard at 2:00 p.m. On September 10th, jam out with *Casey Day & Greg Matysik*. Followed by a return of *KG & The Ranger* to the Skaalen Courtyard on September 17th, and *Outreach Voices* at 2:00 p.m. September 22nd in the Chapel. You won't want to miss this lineup!



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.

September 7th



Chaplain's Corner

Autumn greetings!



In the Gospels, Jesus speaks about the kingdom of God and/or the kingdom of heaven about 100 times. What do you imagine when you think about the kingdom of heaven? In our Sunday reading from the Gospel of Matthew back in July, Jesus gives us a few images to hold, to ponder, and to absorb.

In Matthew 13 Jesus said the kingdom of God is like small seeds, the kingdom is like yeast, it's like a hidden treasure. The kingdom of God is like a fine pearl, the kingdom is like a fishing net. When I picture a kingdom, *Lord of the Rings* images come to mind—armed swordsmen, a rundown village, horses, towers, battlements, parapets, and turrets. But Jesus compares the kingdom to the everyday and ordinary, applicable to any era. It seems that every day we live with a view to God's sacred kingdom.

Each day is an opportunity to *live into and from* the kingdom of God. The kingdom is a realm that materializes as we receive the commonplace as sacred. Each day is an opportunity to take in and to point out God's kingdom along our journey. Jesus calls our attention to the familiar. He draws from contemporary objects that are meaningful to those with whom he speaks and says, *begin here*.

Take time and make note of where you find the sacred kingdom today. Make note of what you discover as you speak with people, as you tend to a garden, as you walk through the grocery store, as you struggle to make sense of life's changing seasons. After Jesus shares these parables of the kingdom, he asks his disciples if they have understood all this. They say, "Yes." Diana Butler Bass, commenting on this passage, wrote, "I wonder. Did they really understand 'all this.'? Do I?"

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

"Your kingdom come, your will be done, on earth as it is in heaven." (Matt. 6:10, ESV)

I always invite stories about God working in your lives. Please share! Call, email, or stop over to tell me. Do you have a question or topic that you would like me to discuss in the newsletter? Give me a call, shoot me an email, or send me a note to let me know.

Grief Support

Please join Chaplain James on **Tuesday September 8th** in Stoughton for Grief Support. Whether you've lost a loved one, are navigating a new season of life, are dealing with serious health changes, whatever you may be grieving, know that you are welcome!

We meet from 6:00-7:00 p.m.

September 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 each month.



- September 6th, *You're Called to be a Prophet* — Ezekiel 33:7-11; Romans 13:8-4; Matthew 18:15-20
- September 13th, Continuing Education, Guest Speaker Pastor Marsha Swenson
- September 20th, *How to Live* — Jonah 3:10-4:11; Philippians 1:21-30; Matthew 20:1-16
- September 27th, *Is God Unfair?* — Ezekiel 18:1-4, 25-32; Philippians 2:1-13; Matthew 21:23-32



September 13th

September: Fall Prevention Month

As we welcome the beautiful days of fall, September is also a great time to focus on something that helps us maintain our independence: **fall prevention**. Falls are not an inevitable part of aging, and many falls can be prevented with simple changes and healthy habits.



There are several common questions that residents ask our Therapy Department regarding falls and fall prevention. We thought we would take this opportunity to share some of these questions, along with responses from our Therapy Team here at Skaalen.

Q: How much exercise do I really need?

A: Exercise looks different for everyone, especially as we age. It could be walking outside, joining an exercise group, using a machine, or stretching independently. The key is finding something you like and can do consistently. A great starting goal is to enjoy some form of physical activity every day!



— Chelsea Naber



Q: Is balance something I can improve?

A: Yes, therapy can perform a comprehensive evaluation to determine a person's risks and source of concern to set up a plan to assist with improving their balance. No matter the person's age or health concerns, therapy can assist with balance issues.

— Jeannie Voegele

Q: What should I do if I start forgetting things?

A: If you find yourself forgetting things more often, consider writing important information down, using reminders, or keeping a calendar. This helps organize your brain and reduces the likelihood of forgetting. Take your time and focus on one task at a time. Implement small changes into your routine and stick to them. If your goal is to remember more appointments, write them down immediately in a calendar and make sure to check it frequently to support your memory!



— Faith Mader



Q: I am having a harder time managing daily activities, now what?

A: There are several "tools" or adaptive equipment that can make challenging tasks easier. Items such as a long-handled reacher can assist with obtaining items from the floor or out of cabinets. Occupational Therapy is a great resource when it comes to adaptive equipment recommendations.

— Karen Slinde

Q: When should I ask for Therapy?

A: Asking for therapy can be helpful if you run into a concern. It's always better to err on the side of caution, call your doctor as soon as you notice something changing. It's much easier to get a head of small issues before they become bigger ones. We are here to help & problem solve.



— Kathleen Kornaus

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.

For additional information on any of the volunteer opportunities listed, please contact Keri Wright at kwright@skaalen.com, or visit our webpage.

Gifts & Grants

July 1, 2026 – July 31, 2026

Corporate Congregations

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

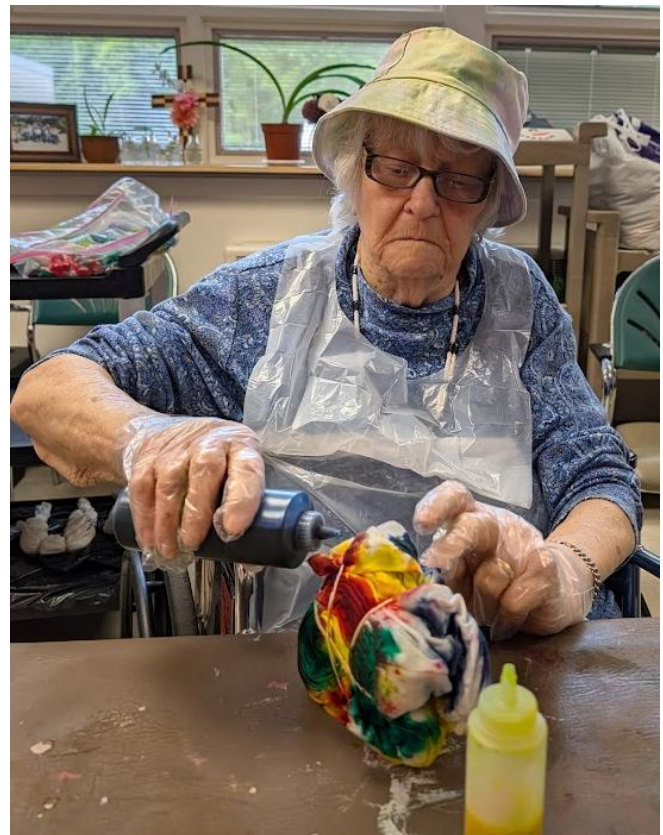
Louise Beckwith Bequest

Individuals

Robert O. Kluge
James & Denise Salimes

Photos from Resident Events

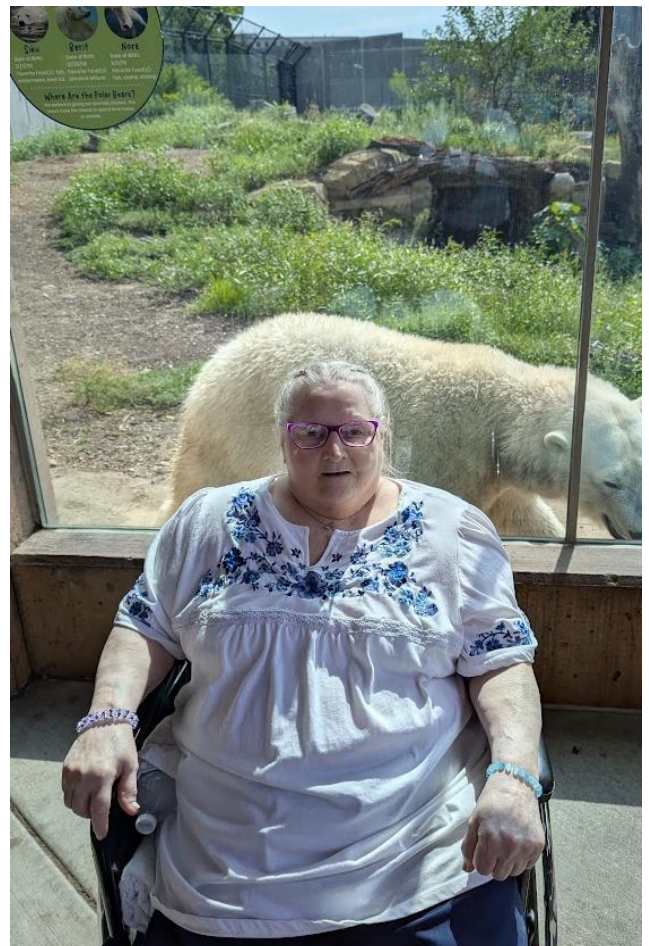
Photos by Keri Wright



Tabletop Tie-Dyeing



Outing to the Henry Villas Zoo





***Between the
(stone) Lions***

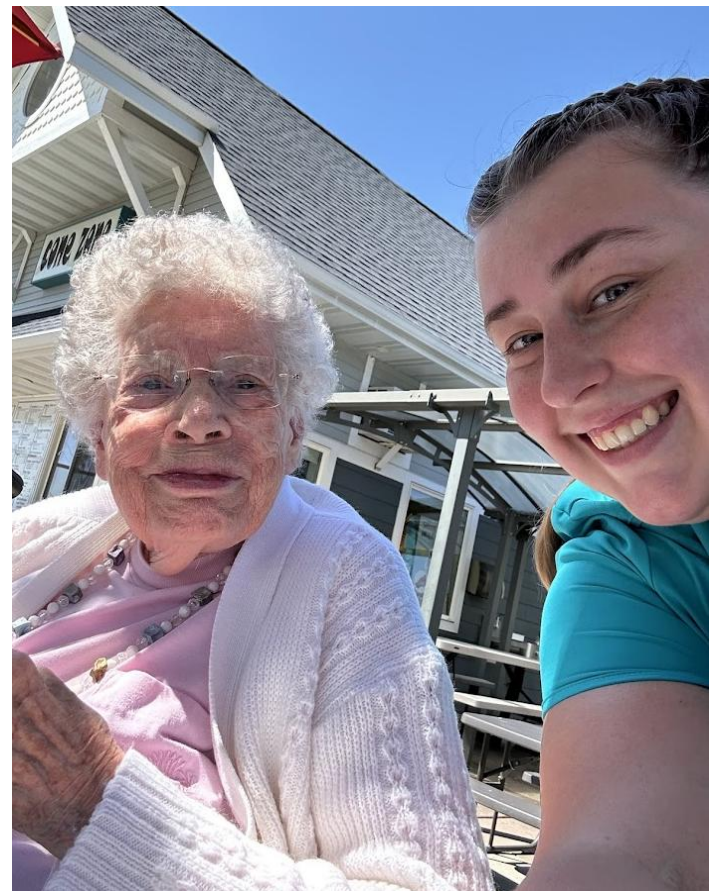
***Comparing
wingspan to
our animal
ancestors***



Group Photo



***Enjoying some Ice Cream
at Cone Zone***





Lunch Outings

