



The **AGELESS SPIRIT**

Stories to *inspire, enlighten & inform*

The Melody of **Living Life Fully**

*The inspiring story of
Mary and Jonathan Preus*

HOT OFF THE PRESS

*Capital Campaign
Construction Update*

Always **Something Fun**

*See what fun our seniors
got up to this summer!*



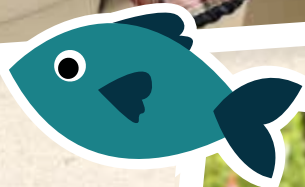
FALL
2025
EDITION



Catholic
Eldercare

Always Something Fun

From fishing to gardening to gathering together, we love to live life to its fullest. Here's a look at some summer fun moments.



The Melody of Living Life Fully

Say “hello” to Wyndris residents...Mary and Jonathan Preus. Partners in music, mission and marriage for 61 years (and counting), they’re living proof that the spirit doesn’t age—it plays on like a good jazz tune. Married for over six decades, the couple met at family gatherings, reconnected at college, and fell in love while touring Norway with the Luther College band—31 concerts in 30 days. “Somewhere in there, we decided we wanted to spend our lives together.”

And that they did—through 2 children, 5 grandchildren, and 2 great-grands, plus years of teaching, missionary service in Africa, and academic pursuits (Mary has a PhD in Classics, Jonathan was a Lutheran pastor and seminary professor), making music with friends through it all. Jonathan still plays the clarinet and Mary the flute. Both love singing and believe in music as medicine. “Even when memory fades, music stays,” says Mary. “We see it every week in Giving Voice Chorus, which we joined when reading music became hard for Jonathan with his dementia.”

The couple has lived at Wyndris independent living for 3 years. “When I walked in, I knew immediately,” Mary recalls. “The light, the energy, the people—it just felt right.” And the music followed. Jonathan’s old jazz band, “*Lazy Does It*,” still swings by to play, as does daughter Catherine with Celtic fiddle music. “We bring in what we love and we’re surrounded by others doing the same.”



Mary and Jonathan Preus during missionary work in Africa



“

*Encourage others
and remind yourself
often: you are in
God’s hands.*

Twice a week Jonathan attends the CEC Adult Day Program. “He gets good meals, games, and music with wonderful staff and I get space to do the things that fill me up.” River Village also provided 2 weeks’ respite care for Jonathan so Mary could visit family in San Antonio. At the intake interview, “this tall, beautiful nurse walked in. Her name tag said *Tecla*,” Mary adds. Seeing a likely Africa connection, Mary mentioned living in Tanzania and Nigeria and learned that Tecla was from Kenya. “So I switched languages to Swahili and Jonathan followed along thanks to our years teaching in Swahili.” During his respite stay, Tecla greeted Jonathan in Swahili and got the appropriate Swahili response. “His positive experience there reassures me that, if the day comes when I can’t care for him at home, River Village will be the right place,” says Mary.

The Preuses are still out and about every day walking, socializing, and making music. To keep an ageless spirit, “Get out every day. Stay curious. Make music. Connect with friends, even the ones you haven’t talked to in a while. Encourage others and remind yourself often: *you are in God’s hands.*”

Their life together continues to be rich in harmony, purpose, and joy—a beautiful reminder that the ageless spirit never retires...it just keeps playing. ➦



Congrats! Janet Hovde and Kiran Dahlin won the Innovation-Excellence in Practice Award for our Wellness Program, Leading Age MN Stars Among Us Awards. Pictured with Marie Barta, Operation Director (Left), Janet Hovde, Kiran Dahlin.

A Look at *What's New...*



So thankful to Northeast Bank Foundation for their \$20,000 donation to our Together for Good, Forward in Faith Skilled Care transformation. *Left to right: Chris Fitzmorris, Bill Helmers, Eva B. Rasmussen, Mark Ethen, Greg Baumberger, Thomas Beck and Tom Glass.*

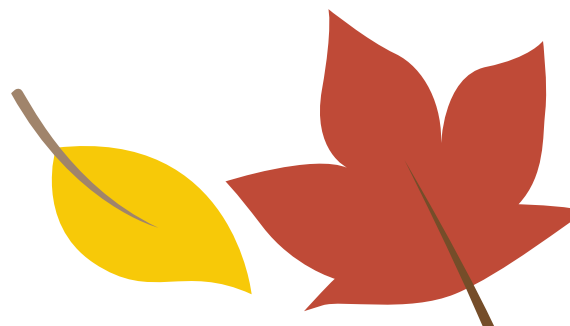


Beauty shop Barb Retiring after 30 years.

We'll miss you, Barb!



The U of M Master Gardener program helps plan, execute and maintain the raised bed gardens with the Main Street Lodge Seniors.



TOGETHER FORWARD FOR GOOD IN FAITH▶▶

honoring our past. enhancing our future.

OUR SKILLED CARE CAPITAL CAMPAIGN

HOT OFF THE PRESS.

We've been knocking down walls to build new chapters. Thanks to you, we've raised \$1,400,000—enough to get our Skilled Care Transformation going.

Here's a sneak peek at the latest, as of press time:

Phase 1:

Construction began in the dining room and lobby, which will be converted into new private suites. Our Care Center seniors will move from the 1st floor to their beautiful new spaces.

Phase 2:

The first floor rooms will be gutted and work will begin to transform them into 3 inviting neighborhoods, each with their own living room, dining room and kitchen.

We'll also build out the wonderful 3-season porches for the 1st, 2nd and 3rd floors. And begin work on the grab-and-go café to be enjoyed by our residents, family and friends.

"Seniors are very excited about the new private rooms, while families are especially eager for the four-season porches—calling them 'a perfect way to enjoy our beautiful outdoor views year-round,' especially from the 2nd and 3rd floors," adds Marie Barta, Director of Operations, Skilled Care Services.

Upon completion, seniors and their families will enjoy beautiful new spaces designed for comfort, accessibility, and meaningful connection—enhancing daily life for all.

EXCITED TO SEE?

Stay tuned for an invitation to an Open House to see our beautiful, new spaces.

[GIVETOCEC.ORG](https://givetoccec.org) ▶▶



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