

# MASSAGE THERAPY

Minnesota Masonic Home provides leading-edge massage therapies in a peaceful and restorative setting. Our highly trained massage technician offers a number of curative options that promote healing, reduce stress, elevate your mood, and your immune system!

Massages available include:

- **Swedish Relaxation:** This full body massage incorporates long, gliding circular strokes with kneading of the surface muscles to achieve pain relief, stress reduction and general relaxation.
- **Therapeutic:** This deep-tissue treatment combines traditional massage and a variety of compressions, stretches and movements. Great for advancing your performance, endurance and recovery time.
- **Reflexology:** All-over relaxation is obtained by massaging your feet. This ancient therapy, based on the belief that all organs of the body correspond with points on the foot, provides a soothing sense of well-being.
- **Lymphatic Drainage:** A sufficient lymph flow has been shown to delay aging and create a healthy body. This light touch massage stimulates your lymph system's circulation.
- **Chair Massage:** Relieve stress and feel refreshed after this convenient upper body massage. Whether you are taking a break from a busy day or preparing for a big event, our massage therapist can help you relax.
- **Myofascial Release:** Release your emotional and physical tension through a gentle, pro-longed stretch of the connective tissue that runs through the entire body (fascia). Used to treat neck and back pain, headaches and recurring injuries.

Discounted rates are available for current residents! Call for an appointment (952-948-7909) and realize one or more of the many benefits massage therapy can offer you!

# CLUSTER HOME NEWSLETTER

FEBRUARY 2023

## EXERCISE CLASS!

We will be offering an exercise class instructed by a professional fitness instructor who specializes in senior fitness. This class is open to all abilities and can be modified based on what you are comfortable with. You can choose to sit or stand. Some examples of what the class has to offer is stretching, light aerobics, balance and strength training.

The class will be offered in the Assisted Living Activity Room on Thursdays at 1:00pm. This is a free activity for all Cluster residents.

## BIRTHDAYS

|                  |      |
|------------------|------|
| JIM MORRIS       | 2-4  |
| KAREN SINNER     | 2-9  |
| MICHAEL LANDRUM  | 2-10 |
| JOYCE SUTHERLAND | 2-12 |
| DELORES BEDNAR   | 2-16 |
| MARILYN GEBAUER  | 2-23 |
| DELLA ROTH       | 2-25 |

## MOVE-INS

PLEASE HELP US  
WELCOME DOROTHY  
"DOTTIE" JANSSEN!  
(5255)

# HAPPY VALENTINE'S DAY!

# LEADER FEATURE

**Fun Fact:** Our therapy department currently has 63 employees delivering exceptional service to our clients! In 1 day, we currently provide an average of 6,266 minutes of therapy.



Hello All,

My name is Cheryl Matz Au, and I am the Director of Rehabilitation at MN Masonic Home. I have been working at Minnesota Masonic Home for 16 years, 14 of those years as Director of Rehabilitation. I am an Occupational Therapist, and my previous experience was quite varied including hospital-based inpatient and outpatient, community out-patient, in-patient rehab and skilled nursing with transitional care and long-term care experience as a treating therapist for over 30 years!

I have enjoyed every minute and appreciate the opportunity to learn from all my patients and colleagues along the way. I feel very blessed to have fallen into this profession and able to serve so many along the way. I'm a Minnesota girl – grew up in Waseca – about 70 miles south of here and graduated from the University of Minnesota. I have lived and worked as an Occupational Therapist in Hong Kong, Los Angeles area, Dallas and came back home in 1995 to finish raising my family here in Bloomington. I have two adult sons, one of which is married and lives in St. Paul and the other who lives with me as he carves his path. He is a great help to me and my dad, My dog Bella gives me much joy but is a handful! I love walking with her around the wooded areas in our neighborhood – until we meet other friends! Good thing she likes to cuddle, too. I also enjoy traveling, the Minnesota Wild and sewing/crafts. My dad lives at Masonic Square, so I get to spend a lot of time with him for which I am very grateful! I have lived in Bloomington since moving back to Minnesota and knew of Minnesota Masonic Home for many years before coming here to work. It was a true blessing when I made the transition, and I am so proud to work in this place that puts customer service and our clients first.

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CONCERT IN DAN PATCH HALL STARTING AT 1:00 PM FEATURING MONROE WRIGHT. MONROE PERFORMS CLASSIC MOTOWN MUSIC AS WELL AS CLASSICS FROM FRANK SINATRA AND TONY BENNETT.

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JOIN US AT VALENTINE'S HAPPY HOUR STARTING AT 3:00 PM IN DAN PATCH HALL. WE WILL HAVE VALENTINE'S COOKIES AND STRAWBERRY DAIQUIRIS.

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ARBORETUM OUTING! WE WILL BE GOING TO THE ARBORETUM FOR LUNCH AND SIGHTSEEING. THIS YEAR'S THEME IS *GARDENING WITH NATURE* FEATURING A SPECIAL EMPHASIS ON GARDENS THAT BENEFIT BIRDS, BEES AND BUTTERFLIES. BUS PICK UP WITH BE AT 10:30 AM. ADMISSION IS FREE. PLEASE RSVP TO NATE (952-948-7971) BY FEBRUARY 16TH.

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ASH WEDNESDAY SERVICE WILL BE HELD IN THE CHAPEL STARTING AT 2:00 PM.

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HISTORY PRESENTATION IN THE CHAPEL STARTING AT 1:00 PM. DAVID JONES WILL BE PRESENTING ON CHARLES LINDBERGH. CHARLES WAS AN AMERICAN AVIATOR, MILITARY OFFICER, AUTHOR, INVENTOR, AND ACTIVIST.

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CONCERT IN DAN PATCH HALL STARTING AT 1:30 PM FEATURING LEAGUEAIRES. LEAGUEAIRES IS A WOMEN'S GROUP THAT SINGS SONGS FROM ARTISTS SUCH AS THE ANDREWS SISTERS AND FRANK SINATRA. THE GROUP IS VERY LIVELY AND POPULAR AROUND THE TWIN CITIES AREA. THEY PERFORM HERE ONLY ONCE A YEAR. IT IS A HIGHLY RECOMMENDED CONCERT!

BINGO WILL BE HELD EVERY MONDAY AND FRIDAY AT 1:00 PM IN THE ASSISTED LIVING ACTIVITY ROOM.

## FEBRUARY ACTIVITIES