



# Our History



# Walker Methodist:

# Celebrating 70 Years

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# about walker



**At Walker Methodist, we believe age does not hold you back. That's why we've created communities where you have the freedom to enjoy the activities and lifestyle that suit your needs. Guided by our mission and our values of respect, imagination, and collaboration, our goal is to help older adults live fully each and every day.**

Walker Methodist specializes in lifestyle, housing, and healthcare services for older adults. We own, operate, and manage housing communities, provide rehabilitation services, and operate leading sub-acute transitional care centers that help people recover from hospitalizations or surgeries so they can return home.

Walker Methodist is proud of its deep roots dating back to 1876. Predecessors to today's Walker Methodist Community are the Bethany Home and Harriet Walker Maternity Hospital. Today, we are a leading provider of lifestyle, homes, healthcare, and rehabilitative services. Our mission guides both our creativity and innovation as we continually seek opportunities to build programs, service offerings, and residences in the future.

### **Our Mission:**

**Life. And all the living that goes with it.  
Enhancing the lives of older adults through a culture of caring, respect, and service.**

### **Our Vision:**

**As the leading senior services provider, Walker Methodist offers the best place to live and work.**

### **Our Values:**

**Respect. Imagination. Collaboration.**

# our history



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**While our commitment to seniors began 70 years ago, our foundation of service goes back much further. In 1876, Harriet Walker and three other women founded the Bethany Home to meet the needs of unmarried, pregnant women. When Harriet passed in 1916, her husband and children pledged funds for a new facility and Harriet Walker Maternity Hospital opened in 1930.**

Also operating during this time was the Elim Home for the Aging, which was sponsored by the Methodist Church. In 1943, Elim Home was renamed the Methodist Home and began to meet the needs of aging adults in a different, more engaging way. In a time when the demand for the maternity hospital was in a decline, Archie Walker, Harriet's son, formed a partnership with the Reverend of the Methodist church.

On November 6th, 1945, Walker Methodist Home for the Aged was founded. 20 years later, a five-story care center - one of the largest in Minnesota, was opened. Over the last 20 years, Walker Methodist has expanded services throughout the Twin Cities area. Each senior living community is unique and offers various levels of senior care including independent living, assisted living, memory care, transitional care, skilled nursing, and more. Always focused on life. And all the living that goes with it.

On the following pages you will find a brief timeline of the development of our communities and how they continue to serve the older adults of Minnesota today.

# HISTORICAL TIMELINE

- 1876** • Harriet Walker and three other women started Bethany Home for unwed mothers.
- 1945** • Maternity home needs declined, a partnership with the Methodist church formed, and Walker Methodist Home opened its doors.
- 1975** • The Walker Methodist Foundation was established to ensure high quality of housing and health care could be provided.
- 1983** • The Gamble Building of Walker Methodist Health Center opened.
- 1984** • The Senior Club, an Adult Day Program, was established.
- 1985** • Walker Methodist Place residence opened in Minneapolis, MN.
- 1986** • Walker Methodist on Kenzie opened in St. Anthony, MN.
- 1987** • Walker Methodist at Hazel Ridge opened in Maplewood, MN.
- 1988** • Walker Methodist at Westwood Ridge opened in West St. Paul, MN.
- 1990** • Walker Methodist Plaza opened in Anoka, MN.
- 1992** • Walker Methodist Elder Suites (now Care Suites) opened in Edina, MN.

Walker Court within Walker Methodist Health Center was added to allow for independence with accessible full medical help available.

• **1996**

The Alzheimer's Village at Walker Methodist Health Center opened.

• **2001**

Walker Methodist Chemical Health Program at Walker Methodist Health Center was added, and has since retired.

• **2004**

Walker Methodist on Lyndale opened in Minneapolis, MN.

• **2005**

Walker Methodist River community was established in Anoka, MN.

• **2005**

Walker Methodist Highview Hills community opened in Lakeville, MN.

• **2009**

To reflect changing expectations and preferences, a new mission statement was adopted: "Life. And all the living that goes with it."

• **2012**

Walker Methodist at Westwood Ridge expanded to include care suites, memory care, and transitional care.

• **2012**

Walker Methodist partners with MUSIC & MEMORY to provide the Miracle of Music and personalized music therapy to residents.

• **2014**

Walker Methodist partners with Struthers Parkinson's Center to continue to provide superior senior care.

• **2014**

Walker Methodist residents, staff, and family celebrate 70 years young, continually supporting our mission of Life. And all the living that goes with it.

• **2015**



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**The commitment of the Walker family and staff has extended generation after generation. Archie Walker, son of founder Harriet Walker, passed the legacy on to his son Walter and his wife, Elaine – who continues to serve on the Walker Methodist foundation board today.**

# our communities

**With ten vibrant senior living communities in the Twin Cities metropolitan area, Walker Methodist's senior living residences offer many levels of care, services, amenities, and opportunities to live life fully.**



### **Care Suites**

Walker Methodist Care Suites in Edina, MN provides a truly unique experience for our senior living residents. With 72 apartments, our intimate senior community and cozy surroundings create an atmosphere that makes you feel right at home. Our attentive, 24-hour nursing staff ensures your every need will be met with an unmatched level of personal service and superior assisted living care. Here you'll find plenty of opportunities to engage in an active social life while your wants, needs, and dreams are supported by our expert staff and Registered Nurses. The Care Suites Community Offers:

- Assisted Living
- Care Suites
- Memory Care
- Retirement Community Living
- Respite Care

## **Hazel Ridge**

At Walker Methodist Hazel Ridge, you'll have the time to do the things you truly want to do. Enjoy the kind of freedoms you may have thought were not possible in a senior community. This vibrant retirement community is located in Maplewood, MN next to Markham Pond, and is alive with activities and rich in natural beauty. At Hazel Ridge, you can live as independently as you like and receive health care as you need. We offer a variety of optional health and personal care services to ensure your comfort and continued independence.

The Hazel Ridge Community Offers:

Retirement Community Living • Housing with Services • Independent Living •



## **Health Center**

At Walker Methodist Health Center, located in Minneapolis, MN, our interdisciplinary care-giving model ensures each individual receives an unmatched level of care and compassion from a multi-skilled team. This team is comprised of nursing, social service, culinary, therapeutic recreation, rehabilitative therapy, and spiritual care professionals. Our Health Center team works closely with each and every individual to provide care and services that promote dignity, autonomy, and comfort. The Health Center Offers:

Long-Term Care •  
Memory Care •  
Rehabilitation •

Transitional Care •  
Fitness Center •  
Chapel •





## Highview Hills

Highview Hills is a place to enjoy all aspects of living, learning, friendship, and wellness. You can live as independently as you wish, with the peace of mind knowing that a full range of services and care are available should you ever need them. Our quiet, residential setting, in Lakeville, MN, was chosen as one of the Best Places to Live by Money magazine. Highview Hills won the 2014 and 2015 SUN Newspapers Readers' Choice Award for Best Senior Apartments in Lakeville, MN. At this senior assisted living community, you're near a park, and just blocks from a historic downtown, restaurants, shopping, art center, churches, medical clinics, and professional services. The Highview Hills Community Offers:

- Assisted Living
- Care Suites
- Independent Living
- Fitness Center
- Memory Care
- Rehabilitation
- Retirement Community Living



## Kenzie

Stay active and independent yet still enjoy the safety and amenities that Walker Methodist Kenzie has to offer, located in St. Anthony, MN. Adults 62 years and older can take advantage of this affordable living option, and have access to quality, life-enhancing resources. Walker Methodist Kenzie features attractive one-bedroom apartments in a three-story building with an elevator. All apartments are wheelchair-accessible. The Kenzie Community Offers:

- Independent Living
- Subsidized Housing

## **Lyndale**

Stay active, be social and take advantage of an independent lifestyle without any home maintenance at Walker Methodist Lyndale, a senior living community in Minneapolis, MN. Here you'll find affordable senior living for adults 62 years of age and older, and have access to quality life-enhancing services. Our attractive one-bedroom apartments, each with a full kitchen, are designed to make life comfortable and easy.

The Lyndale Community Offers:

Independent Living • Subsidized Living •



## **Place**

For almost 30 years, Walker Place has been the choice for people who value an active and independent retirement community. Our 55+ residence, with amazing views of downtown Minneapolis, is located in the popular East Harriet Minneapolis neighborhood near Lakes Calhoun, Isles, and Harriet. Our expert staff is here to support your needs and desires and to maximize what you want from life. As a registered Continuing Care Retirement Community, Walker Place offers access to all the health care services you need, all on the same campus. The many services and amenities provide comfort and convenience, and on-site assisted living and nursing care offer peace-of-mind to residents and their families.

The Place Community Offers:

Assisted Living • Long-Term Care •  
Continuing Care • Retirement •  
Retirement Community Community Living  
Independent Living • Fitness Center •





[WalkerMethodist.org](http://WalkerMethodist.org)

## Plaza

Walker Methodist Plaza, a senior living community in Anoka, MN, has been collaborating with residents to help them lead richer, more fulfilling lives since 1990. Located in historic downtown Anoka, we are committed to enhancing the quality of your life and partnering with you to help achieve your wants, needs and dreams. Walker Methodist Plaza is centrally located, just a short walk to parks, churches, banks, restaurants, shops, clinics, and more. Inside you will find spacious apartment homes, fulfilling activities, a caring staff, and a host of conveniences that make all the difference.

The Plaza Community Offers:

Assisted Living • Retirement Community •  
Independent Living • Living



## River

Reclaim your independence and erase your to-do list at Walker Methodist River. Here adults 62 years and older enjoy an affordable living option, along with the peace of mind that comes with our life-enhancing amenities and secure housing.

Stay active, socialize and have plenty of time to relax in our friendly community. Walker Methodist River features attractive one-bedroom apartments in a six-story building with an elevator. All apartments are handicapped accessible. The River Community Offers:

Independent Living • Subsidized Housing •





## Westwood Ridge

Discover the perfect combination of life-enhancing services, friendly staff, and natural beauty atop a scenic hill in West St. Paul, MN. The Walker Methodist Westwood Ridge senior community offers a continuum of health care that allows you to choose the services you need, when you need them. Westwood Ridge's beautiful apartment homes are designed for older adults. Gathering places include card and game areas, library and computer center, an exhibition kitchen and a state-of-the-art fitness center. Relax on beautiful patios overlooking the woods or take a stroll on groomed trails. The Westwood Ridge Community Offers:

- Assisted Living
- Care Suites
- Independent Living
- Memory Care
- Rehabilitation
- Retirement Community Living
- Transitional Care
- Fitness Center

# care options

**At Walker Methodist, we strive to provide superior care to all older adults, regardless of health and needs. Walker Methodist senior living communities are places where you have the freedom to enjoy the activities and lifestyle that suit your personal needs and desires. Our goal is to ease your burdens so you can live fully each and every day.**

### **Independent Living**

Simplify and enjoy all that life has to offer in our maintenance-free and comfortable apartment homes and communities. Ease your burdens and give yourself more time to participate in exciting social events and outings, enjoy restaurant-quality dining, and experience our focus on customer service. And in some independent living communities, additional home services - like housekeeping or health care - are available.



### **Assisted Living**

Live an active life in our maintenance-free apartment homes and communities with the support of healthcare and personal services should you ever need them. Be assured by our 24/7 onsite healthcare staff, health monitoring, medication management, and skilled RN oversight. Participate in exciting social events and outings, enjoy restaurant-quality dining, and experience our focus on customer service.



## Memory Care

As Alzheimer's and other forms of dementia progress, a personalized Memory Care program may be needed. Memory care is unique to each individual resident, and tailored to their needs. Memory care is provided by professionally trained and skilled nurses and resident assistants who are prepared to cater to the individual needs of each and every memory care resident. There is an increased staff-to-resident ratio, as well as specialized programming. Walker Methodist also partners with the MUSIC & MEMORY® program in an effort to bring music into the lives of people, specifically those with Alzheimer's or dementia.



## Care Suites

Comfortable and private care suites with 5 to 1 customer-to-staff ratio provide 24/7 healthcare services as you may need them. You'll be comfortable with our attentive healthcare staff, medication management, skilled RN oversight, and expert spiritual care team. We partner with support providers, such as hospice. We are happy to serve either long-term or respite customers. All care suites residents can participate in tailored social events and gatherings.





## Transitional Care

Transitional care refers to the coordination and continuity of health care during movement from one health care setting to another. Short-term, respite care, and rehabilitation can enable you to quickly regain your health so you can return home when you are ready. Transitional care communities at Walker Methodist provide specialized programs for short-term dementia, medication regulation, and a thorough cardio-pulmonary program. Experience skilled nursing care, 24/7 personal services, and rehabilitation services as you may need them including physical therapy, occupational therapy, and speech therapy.



## Long-Term Care

Long-term healthcare and personal services are provided in a comfortable setting. Participate in exciting social events and outings, enjoy restaurant-quality dining, and experience our focus on customer service. Long-term care provides seniors with excellent care in a skilled nursing environment, along with a safe, comfortable living community where they can continue to live life to the fullest.

## Continuing Care Retirement Community

A CCRC is specifically designed to meet the lifestyle and health needs of older adults as needs change. A CCRC typically includes independent living apartments with an on-site care center consisting of assisted living, skilled nursing, and memory care. Because the full spectrum of care needs is anticipated and addressed in one location, residents of the community can avoid having to move from campus if their needs—or the needs of their spouse—should change.



## Housing with Services

Housing with Services communities are senior living communities with housing, meals, and care available. They offer or provide, for a fee, one or more regularly scheduled health-related services or supportive services, offered or provided directly by the community.





## Retirement Community

A retirement community is a housing complex designed for older adults who are generally able to care for themselves and who hope to “age in place” utilizing a continuum of care. A continuum of care can be provided through Walker Methodist’s available services or through partnerships with agencies in the community. Activities and socialization opportunities are provided to enhance the Retirement Community experience. When considering a move to a retirement community, a primary consideration is how long a person can live at the community if health needs change. Moving to a community with many options will support you through life’s changes.

The good news is there are senior living options available for those who wish to remain independent and maintain their current lifestyle while receiving assistance as needed. Families and older adults should consider which activities or daily routines are enjoyable and important for them to participate in.

## **Spiritual Care**

Our historic connection with the Methodist church began in 1945 when the Methodist Home, operated by the Norwegian-Danish Conference, and the Harriet Walker Maternity Hospital merged to become Walker Methodist.

At all our locations, Walker Methodist is led by the power of the Christian spirit, and in particular, in accordance with the concepts of the general ministry of all believers. Walker Methodist is deemed by the United Methodist Conference as an “Advanced Special Giving Mission”, a place where the Methodist Church can fulfill its own mission for caring for seniors.

Spiritual care assists residents in tapping into what gives them meaning, including religious beliefs and practices – but is not limited to this. A person’s spirituality is a deep, inner resource from which to draw from, especially during times of challenge and transition. Spiritual care can offer a sense of calm, hope, and healing to older adults. Chaplaincy programs allow the expression of grief and loss and create a safe place for feelings to be released. Walker Methodist is blessed with an Auxiliary group and team of dedicated volunteers who support other spiritual activities including parties, holiday gift giving, companionship, chapel escorts, fundraising, advocacy, and more.

Spiritual care is an integrated part of an individual’s care plan, as well as Walker Methodist’s culture and community. Through spiritual care, we help residents find the positive in their journey of life and encourage them to discover that they have the courage and strength to live their story.



[WalkerMethodist.org](http://WalkerMethodist.org)



what our residents  
& families are saying

## Marion: “I feel very safe here.”

Marion found Walker Methodist Hazel Ridge with the help of her daughter and has enjoyed living here for nearly eight years. She likes spending time in her comfortable home enjoying a good book (she's an avid reader), tackling crossword puzzles, and doing a little bird watching. She especially enjoys viewing the variety of birds that visit the four feeders on her scenic porch. “I see chickadees, goldfinches, nuthatches, and even cardinals every once in a while,” says Marion.

But Marion's secret to living well is keeping active. She goes to all the exercise classes offered at Hazel Ridge including aerobics, strength training, and even yoga. Lately she's tried out a new strength-training routine for a full hour that “works every part of your body.” Though she was a bit sore after the first day, she's adjusted and is up for the challenge.

Marion also likes being social, whether it's playing cards with friends or going on weekly outings for lunch out on the town. “There is so much to do. Our Director of Activities does a great job and brings a lot of people in for various programs.” This all adds up to Marion being very content with her life at Hazel Ridge. “It's a very friendly place with good meals and a great staff. We have an extremely good chef and I feel very safe here.”

## Hank: “It’s fun to live here.”

With the help of his son, Hank set out to find a new place to call home. They looked at four communities, but Hank was so impressed by the warmth of the staff, he selected Walker Methodist Hazel Ridge during his first visit here.

Hank quickly made friends and truly enjoys his new home. “The people are all so nice. They are just wonderful.” He also raves about the food. “We’ve got a chef that you can’t believe. It’s just like home-cooked meals.” And the good food is enhanced by the accommodating staff. “The young people who serve in the dining room are so nice.”

Hank loves to stay active and prefers to take advantage of the convenient complimentary van service Hazel Ridge offers, in addition to Metro Mobility, so he doesn’t have to drive. “I’ve never been in an accident, but I figured, why press my luck?”

Hank puts his warm, friendly personality to use, socializing and playing cribbage. “It’s fun to live here.” He says the secret to aging is being kind to people (he knows everybody’s name). That’s why his favorite hobby is making personalized greeting cards for people, which he calls “Hankmarks.” This includes his 43 grandchildren and great-grandchildren.

“I treat them all the same,” he says. “They all get ‘Hankmarks’ on their birthdays and anniversaries.”



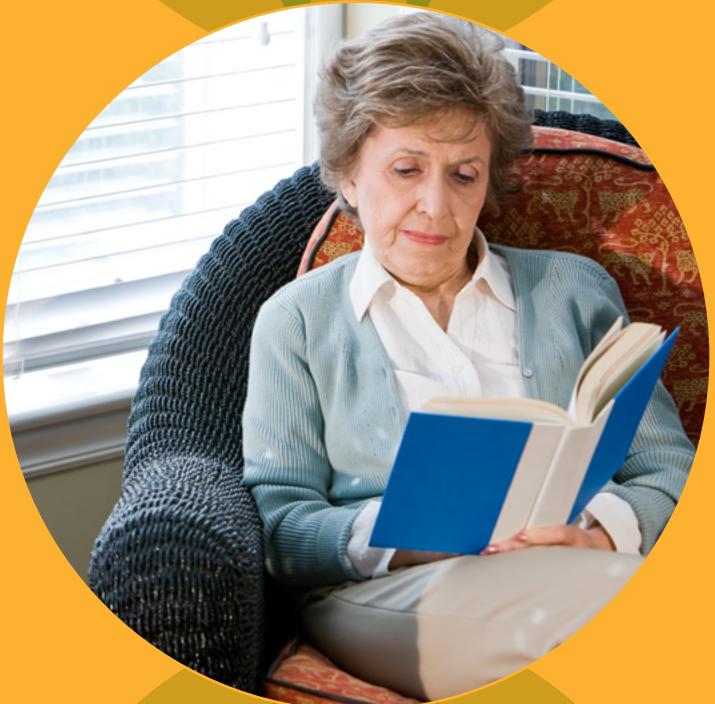
## Marilyn: “The therapists were so reassuring. I had excellent nurses and aides.”

After breaking her hip in a bad fall, Marilyn required intensive therapy. She was familiar with Walker Methodist Health Center and felt the care was outstanding, so she requested to stay at the Transitional Care Unit.

Initially, she was fearful she would not be able to regain her health and mobility. But she was able to stay optimistic with the help of the positive, upbeat staff. “The therapists were so reassuring. I had excellent nurses and aides. Everybody worked together to get you comfortable and make sure you were getting what you needed.” This helped her remain dedicated to her rehabilitation program and regaining her mobility. She also was grateful for the loving therapy dogs that visited each week.

Marilyn also appreciated the conveniences and hospitality available at the Health Center. “There are a lot of reasonably priced amenities available right there.” She enjoyed the twice-a-week movies, as well as the salon services. She also loved how the Health Center welcomes visitors who are invited to enjoy an affordable meal with you.

Most of all, Marilyn was impressed by how cooperative the staff was. “They all got along well together and with the residents. They respected your privacy, too.” In the end, Marilyn was very grateful for having such a healing and positive experience at the Health Center.



[WalkerMethodist.org](http://WalkerMethodist.org)



## Brad: “Our mom is in good hands and living happily in a safe and healthy setting.”

My mom was the first resident in the Walker Methodist Care Suites memory care suites. Care Suites was actually her second memory care residence. For a number of reasons, we weren’t happy with the first community. Through the help of a family friend, we looked into moving my mom to Care Suites and decided it was a better fit.

The physical layout at Care Suites creates a “village-like” feeling. We noticed differences in the staff immediately. One of the nurses said to me right away: “Tell me about your mom, what does she like? The better we know her, the better we are able to serve her.” That question sums up the Walker difference.

Then there are extra things like the Music & Memory<sup>SM</sup> program, which was a natural for my mom, because she has always loved music.

At Care Suites, I’ve never seen my mom look or appear anxious or under stress. It’s a very gentle environment where she can sit out in the lounge with others or be able to go to her room and take a nap when she wants to. There is a contentment and peacefulness that we see on her face.

My family is very happy that our mom is at Care Suites. It’s a great comfort knowing that she is in good hands and living happily in a safe and healthy setting.



# our mission, vision, & values

## **Our Mission:**

**Life. And all the living that goes with it.  
Enhancing the lives of older adults through a  
culture of caring, respect, and service.**

## **Our Vision:**

**As the leading senior services provider,  
Walker Methodist offers the best place to live  
and work.**

## **Our Values:**

**Respect. Imagination. Collaboration.**

At Walker Methodist, we have the privilege of implementing care programs and life enrichment into the care of some of our residents. Many Walker Methodist residents enjoy life to the fullest, with an assertive, talkative, lively, and positive attitude and outlook.

Both families and care professionals have expressed gratitude for the various programs in place and are continually pleased with the pleasant attitude and mood in their loved ones and residents.

There are endless opportunities in our senior living communities to make new friends and welcome new people into your families. From neighbors to caregivers, senior living community managers to fellow residents, the Walker Methodist family is ready to welcome you home.



# why choose walker methodist



At Walker Methodist, family extends beyond parents and children. “Family isn’t always blood. It’s the people in your life that want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what.”

**We believe everyone at Walker Methodist - from employees to residents - is a part of our family.**

And within our family we trust, support, love, and believe in one another. Deep, caring relationships are built every day as we meet and learn new things about one another.

# conclusion

We appreciate the many families, businesses, organizations, and individuals who have helped shape Walker Methodist into what it is today. Without the unending support and belief in our values of respect, imagination, and collaboration, our mission would not be possible.

We pride ourselves in being a leading provider of lifestyle, homes, healthcare, and rehabilitative services for older adults across Minnesota. Our mission guides our creativity, innovation, and success as we continually seek opportunities to build and develop our programs, service offerings, and senior living residences in the future.

**Walker Methodist communities provide opportunities for older adults to make new friends and welcome new people into their lives. From neighbors to caregivers, senior living community managers, to fellow residents, the Walker Methodist family is ready to welcome you. We hope you'll continue to join us in celebrating Life. And all the living that goes with it!**

**Did you like this eBook?  
Share it with your friends!**





**Care Suites**

**7400 York Ave South • Edina, MN 55435 • 952.835.8351**

**Hazel Ridge**

**2730 Hazelwood Street • Maplewood, MN 55109 • 651.779.9779**

**Health Center**

**3737 Bryant Ave South • Minneapolis, MN 55409 • 612.827.5931**

**Highview Hills**

**20150 Highview Ave • Lakeville, MN 55044 • 952. 985.9000**

**Kenzie**

**2626 Kenzie Terrace • St. Anthony, MN 55418 • 612.781.0755**

**Lyndale**

**6130 Lyndale Ave South • Minneapolis, MN 55419 • 612.869.8484**

**Place**

**3701 Bryant Ave South • Minneapolis, MN 55409 • 612.827.8500**

**Plaza**

**131 Monroe Street • Anoka, MN 55303 • 763.422.1226**

**River**

**1906 South Ferry Street • Anoka, MN 55303 • 763.421.0434**

**Westwood Ridge**

**One Thompson Ave West • West St. Paul, MN 55118 • 651.455.3999**

