

FOR IMMEDIATE RELEASE
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Pathstone Living Elders Make A Difference
Locally & Around the World

Residents of Pathstone Living, an Ecumen owned senior community located in Mankato, MN are part of an international club that participates in fund raising initiatives that support service projects helping children in third world countries. The club is called Kiwanis “Aktion” Club. It is one of only two such clubs in the world, located in a senior care community!



The Aktion club was established to create opportunities for elderly residents the ability to be engaged in their community and be active participants in service projects that support others. The Pathstone Living Kiwanis Aktion Club is a service club comprised of approximately 25 residents who reside in the nursing home and assisted living apartments. The club is a non-profit service club chartered by the Mankato Downtown Kiwanis Club.

The residents of Pathstone Living have participated in a variety of fund raising projects to raise money to pay for their club dues.

“ We are very proud of the residents involved in the new Aktion Club. Members of the club demonstrate their leadership skills and have opportunities that promote a sense of purpose and dignity in their life at Pathstone Living.”

Jennifer Pfeffer, Executive Director, Pathstone Living

How Did The Club Begin?

A representative from the Downtown Mankato Kiwanis Club learned about an "Aktion Club" in a nursing home in Pennsylvania while attending a Kiwanis Convention. Upon returning to Mankato, the idea was brought the Mankato Club, and after a bit of research and information gathering, the process was underway to charter a Kiwanis

Aktion Club at Pathstone Living. After meeting with the residents and explaining the concept of a club possibility – the interest started.

The membership has been steadily growing. Club members enjoy participating in hands on service projects. The first service opportunity was a Kids Against Hunger packaging event. The Downtown Mankato Kiwanis Club donated \$500 to Kids Against Hunger for the food ingredients. The Pathstone Living Chapel was transformed into an assembly room. All ingredients, measuring devices, scales, bags, and boxes were brought into the Chapel, and in just two hours the residents packaged over 4,000 meals.

In just one year, the club has held three packaging events for Kids Against Hunger at Pathstone Living and residents packaged 14,688 meals to feed starving children in third world countries.

Kids Against Hunger.

Feeding families around the world...and around the corner.

“Our first retirement community called me one day and asked if there was something they could do that wasn’t too strenuous. They were really concerned about not standing too long, or being able to fulfill their commitment. Once they began, started with a passion, and packed the most food I’ve ever had any group pack per person, and they’ve completed three times since. Although a few of them are over 90, they are able to package food for starving children. They are making a difference, and they can feel that. A person that rushes into a burning building to save a life is considered a hero, but a person making food that will save a child’s life must be considered one too. Through their efforts, they pack on average 4,700 meals per event. That’s a lot of lives saved, that’s a lot of good being done. God bless this generation, they are of value, and they are valuable.”

Tim Stromer, Kids Against Hunger, Mankato

“We are very proud of the new Kiwanis Aktion Club at Pathstone Living in Mankato, MN. Sponsored by the over 100 member Mankato Kiwanis Club, the new group is unique in the entire country and around the world. Although there are many Aktion Clubs that have been started since the late 1980s it is rare to find one as part of a Nursing Home. The Pathstone Living Kiwanis Aktion Club gives member the opportunity to:

- * Provide an opportunity to contribute to the community*
- * Develop mechanical, creative, and intellectual abilities*
- * Social interaction awareness*
- * Improve self-esteem*
- * Develop leadership skills*
- * Achieve personal and service goals*

Members of Aktion Clubs find gratification in staying active in providing service to their communities. The Pathstone Living Aktion Club is making a difference for a number of residents of this Community!”

Stewart Ross, Kiwanis International Trustee (from Mankato, MN)

Accomplishments In Just One Year:

A Chartered Kiwanis Aktion Club with Kiwanis International

Completed three packaging events for Kids Against Hunger
Total meals packaged = 14,688.

Popcorn Sales at “Concert in the Park” (Sibley Park, Mankato, MN)
Residents sell popcorn to raise money for club projects & pay for their yearly club membership dues.

Cookie Sales – An ongoing event to help raise money to support their projects

Aktion Club donated \$100 to the local Salvation Army to use toward school supplies for kids in need



What's On Deck? Operation MN Nice Packaging Event

On December 9, 1:30 PM Club members will fill boxes for 40 men & women serving over seas including Afghanistan, Iraq & Saudi Arabia to help support initiatives for Operation MN Nice. Once again, the Pathstone Living Chapel will transform into an assembly area.
* A Thrivent Grant of \$800. was awarded to the Aktion Club to purchase the supplies.

December 15, 2009 – Packaging Event for Kids Against Hunger at Pathstone Living.

About Pathstone Living

Pathstone Living is a senior living campus located in Mankato.

Pathstone Living provides a wide spectrum of senior housing services including 69 nursing home beds, of which 25 are used for short-term rehabilitation patients, 20 memory care rooms, and 59 assisted living apartments. Pathstone Living also offers home care and technology, adult day living services, transportation and meal delivery services. Pathstone Living provides care to approximately 450 adults in our community.

Pathstone is owned and operated by Ecumen, Minnesota's largest nonprofit senior housing provider, serving more than 11,000 people in 74 communities in Minnesota, Wisconsin, Iowa, North Dakota, and Idaho. Of those 74 communities, Ecumen operates 56 independent living and/or assisted living communities (35 owned, 21 managed) and 18 health care centers (9 owned, 9 managed).

For more information visit www.pathstoneliving.org