



Our mission is to go above and beyond our customer's expectations, by providing quality living environments that enhance our resident's lives physically, socially, and spiritually.

The Lang Nelson Experience Q2 2025

The Lang Nelson Experience...Live it!

The Experience is an informative insert that celebrates all of the value added services and advantages available to you. We appreciate our residents!

Joe Knows!

Yes, Joe Mauer and Joe Schmit are now forever synonymous with the Lang Nelson Experience, and each of you. Sure, you may know both Joe's as local celebrities. Mauer, a hall of fame Minnesota Twin and Mr. Schmit, a local TV personality for KSTP. At one time or another, both may have even graced your living room television sets. (Maybe some of you were lucky enough to see Joe Mauer play inside Target Field, or you have heard Joe Schmit give commentary at the Minnesota State High School hockey tournament).



Besides being two success stories, some of the nicest gentlemen you'll ever meet, The Joes know Minnesota, The Joes know Sports, and The Joes know Lang Nelson. Joe Schmit and Lang Nelson have partnered over the years, this year making it a third time. The last being in 2018. Each time Joe commits to making an impact and using his experience and relationship to help drill down on how and why relationship, and remaining kind, matters.



Most recently, The Joes teamed up to write a children's book, entitled **The Right Thing To Do**. It's a story of "making an impact with kindness and compassion" and seemed to resonate with the Lang Nelson Experience and our commitment to go above and beyond and create memorable experiences.

No matter where you know either Joe from, know that **Joe Knows** Lang Nelson and what it takes to be the best!

We C.A.R.E.

Each year, Lang Nelson wraps its arms around a theme or mantra, which is designed to energize and motivate its residents, staff, and the greater community. 2025 is no different, except, we have chosen to go above and beyond by picking both an annual and quarterly focus.

This year, CARE is the overriding message, as we work to better care for ourselves and one another. It also acts as an acronym, giving meaning and purpose behind each of the 4 letters, and them taking on their own unique focus each quarter. **Connect, Align,**

Relationship, and Experience are cornerstones of the Lang Nelson Experience now and forever.



As we begin the second quarter, we switch from align to connect. Yes, we felt it important to begin the year focusing on alignment, to clarify, confirm, and reset, to ensure all things and people were positioned to best serve you and the business. We now look forward to celebrating and connecting with each of you, through Lang Nelson Resident Visit Month, and all the fun that the Spring and Summer months bring. From there, we look forward to reminding ourselves and you of the meaningful relationships and the overall experience which have been formed over 50 plus years in business, we believe it is second to none.

Stability Matters!

We understand the uncertainty that many of our residents are feeling in this very divisive political climate. Regardless of your political affiliation, **stability matters to us all**.

Lang Nelson is here to reassure you that our loyalty lies with you, our residents, and we will do everything possible to continue to deliver a clean, fun and welcoming home for you and your family, for years to come.

We have all been feeling the pain of higher grocery prices, higher insurance costs and higher living expenses. As housing operators, we are committed to providing a stable housing community with full buildings, engaged and active residents, and of course a caring and committed site staff.

What can you do today to participate in the success of your community?

- 1) Pay your rent on time on the 1st of the month every month.
- 2) Live the Experience; attend events, participate in activities, be neighborly and respectful.



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The Lang Nelson Experience... Live it!

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- 3) Keep us and those important to you notified about how happy you are living within the community.

The housing industry is very strong in the Twin cities metro and greater Minnesota. There are not enough apartments for everyone that is looking for a home. We are thankful you chose us, and we thank you for participating in the success of your community by following the three participation standards above.

If you have any questions, please see your site manager or email info@lanel.com

The Dirt on Gardening: Benefits to Your Mind, Body, and Soul

In honor of Earth Day on April 22, here's the dirt on gardening and the benefits it can bring to your mind, body, and soul:

- **Gardening is physically good for you.** Gardening, a low-impact exercise, falls into this category.
- **It's a scientifically proven stress reliever.** People find tranquility, healing, and mental clarity when gardening.
- **It optimizes vitamin D, the "sunshine vitamin."** When your arms and legs are exposed to sunlight in safe amounts while gardening, skin cells manufacture vitamin D. This vitamin is essential for the absorption of calcium, needed for bone growth and bone health.
- **It can help you sleep better.** Fresh air, physical activity, and safe sunlight exposure can all contribute to a better night's sleep. Take it one step further and put Aloe Vera, English Ivy, Jasmine, or Lavender indoor plants in your room to purify the air and help you catch more zzzz's.
- **It reinforces the use of your hands.** When you want to pull a weed, you're thinking about pulling that weed, not the physical act of gripping something.
- **It can boost your mood.** Just being outside can lift spirits.
- **It can improve your balance.** Gardening can build your strength and improve your balance and coordination. Studies show that just 30 minutes of gardening a day can help support rehabilitation and recovery for people affected by heart disease and stroke.
- **It provides a sense of accomplishment.** It's therapeutic to nurture a seed into a full-grown plant.



- **It's an excellent source of fresh produce.** Some of the healthiest foods you can eat are grown in the ground. Bonus, you save money on your grocery bill!

Wanting to garden? Watch for more information or contact the office, and plan to get dirty!

"Spring is sprung, the grass is riz. I wonder where the birdies is."

Like the well-known poem suggests, with spring months upon us, we can look forward to the warm sun, green grass, and the lovely sound of birds.

Bird watching has been shown to have therapeutic benefits such as: stress reduction, improved mood, practice of mindfulness and patience and cognitive enhancement. To bring the birdies to you, here is a simple bird feeder ornament that is a great project to do with children.

Needed: you will need:

- ¾ cup of small birdseed
- 1 packet of unflavored gelatin
- ¼ cup water
- Twine or environmentally friendly rope
- Large baking sheet
- Parchment paper
- Your favorite metal cookie cutter shapes
- Cooking spray

To construct the feeder ornaments:

- ♦ Line a baking sheet with parchment paper and spray the inside of the cookie cutters.
- ♦ Bring water to boil over medium heat, add packet of gelatin stir until dissolved.
- ♦ Let cool slightly and stir in bird seed.
- ♦ Scoop the bird seed mix into the cookie cutter shape and press down to compact.
- ♦ Use a straw or round spoon end to make a hole in your desire location for stringing.
- ♦ Set pan in freezer for about 20 minutes to set then let stand at room temperature for 10 minutes.
- ♦ Gently push the bird seed from the cookie cutter taking care not to crack the mold.



- ♦ Thread your twine or string through the hole and hang from your tree, fence post or desired location and watch those hungry birds feast.

Lang Nelson Service Commitments:

- To exceed your expectations in every interaction
- To build relationships that positively impact our community and company
- To create memorable experiences