

A Lifetime of Caring

July 2018

Staff Directory

Kersten Edelbrock
Executive Director

Stephanie Frederick
Director of Marketing

Linda Hall
Director of Nursing

Brittani Johnson
Registered Nurse

Ron Nelsen
Maintenance Director

Jessica Demeules
Director of Life Enrichment

Lisa Quinn
Head Chef



MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

**From the Desk
of Kersten**

Dear Resident of Meadow Ridge-

Lots of great things have been happening around Meadow Ridge. We welcomed both Brittani Johnson and Mya Abraham to our Nursing team. Lisa Quinn was promoted to Head Chef in the kitchen.

The grounds around the property are looking spectacular with all the little pops of color. Thanks to all the residents that helped Stephanie and Jess plant. And a big Thanks to Paul for watering everything to keep it looking good.

Meadow Ridge is getting close to being full, we are currently at 92%. If you have any friends that are looking for a place to live please stop by Stephanie office. She would be more than happy to tour them.

Hope everyone has a happy and safe 4th of July.

Kersten Edelbrock
Executive Director



Say it Ain't
So J.O.E.
Winners:



Rejuan

He has good connections with residents and is always willing to lend a hand.



Isaac

He always shows up for overnights & keeps residents entertained, so others may sleep.

A Note from Nursing

The saying, "knowledge is power" is certainly true when it comes to our state of health. If we can better understand our health challenges and learn about what we can personally do to achieve our best possible state of health, we can be the best version of ourselves possible.

Educating oneself can be easy as learning about better diet and nutrition and how to effectively reduce stress, which has been found to be a cause in 85% of illness. Start by asking questions and learn about tried and true as well as new health promotion strategies. Both can go a long way to enhance our general sense of wellbeing.

- Linda Hall



Ron our Maintenance director will be installing all missing heat and air conditioning grills on the outside of the building. We have also installed natural light bulbs on Memory Care 2. We will be doing the same thing on Memory Care 1 and 3 this month.

- Kersten



Kitchen Korner



INGREDIENTS STEPS

for 1 serving:

- 1/2 cup instant oats, uncooked
- 1 egg
- 1 tablespoon milled flax seed
- 1/3 cup unsweetened almond milk (*add tablespoons of almond milk if too thick*)
- cinnamon to taste
- 2 teaspoons raw honey (*or 1 packet / 1g Stevia in the raw*)
- 1/3 cup fresh or frozen blueberries
- spray coconut oil

1. Spray a tall coffee mug with coconut oil.
2. Add oatmeal, a tablespoon of milled flax seed, some cinnamon, almond milk, an egg and then lastly raw honey (or Stevia in the raw) in a mug.
3. Mix it up then toss in fresh or frozen blueberries, then gently mix together.
4. Place the mug in the microwave for 3 minutes but check it after 2 minutes of cooking to ensure it doesn't bubble over and make a mess.

Careful when handling – it'll be pretty hot. Enjoy the oatmeal by itself or with milk, Greek yogurt or almond butter.

Marketing Muses

Greetings Meadow Ridge,

As we all know education is so very important no matter what stage in life we find ourselves. I surfed the internet and found a couple of "Brain Teasers" that promote a healthy brain. Enjoy!!!

Q. Joseph and Lena are found dead on the floor with some water around. The windows are open and a strong draft is blowing the curtains around. How did they die?

Joseph and Lena are goldfishes. The wind tipped their bowl over.

Q. Which travels faster? Hot or cold?

Hot because you can catch a cold.

Q. A boy is walking down the road with a doctor. While the boy is the doctor's son the doctor is not the boy's father. Then who is the doctor?

The boy's mother.

- Stephanie Frederick



July Birthdays:

7/13 Karin Nelson

7/13 Marjorie DeVillier

7/18 Betty Belle Wolfe

7/24 Jodi Silker

7/29 Hazel Liftin

7/31 Anna Marie Method

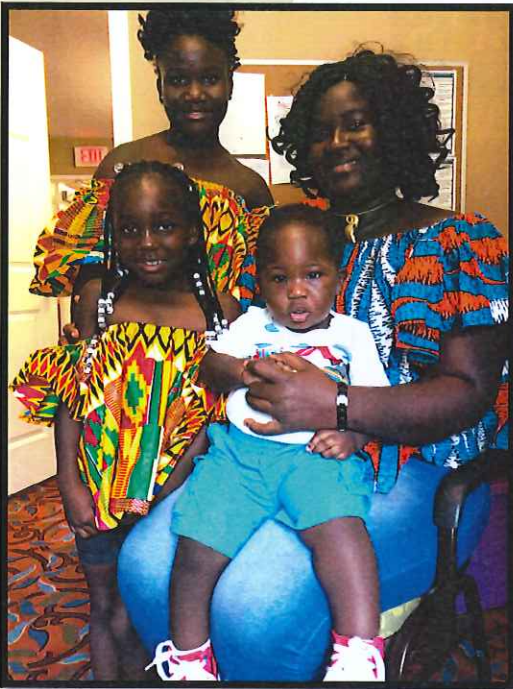


RESIDENT OF THE MONTH:



Marilyn J.

Marilyn has a fabulous gung ho attitude. She is always looking for ways to engage with others and will look out for them. Marilyn brings a light and energy to our community and we are grateful for her.



Team Mate of the Month:

Christie K.

She goes above and beyond with all residents. She ensures that the garbage is taken out and all dishes are done in every room before she leaves each morning. She even helps assist others if asked. She pays attention to detail and ensure the medication that she gives is accurate for her residents.

“To plant a garden is to believe in tomorrow” - Audrey Hepburn



Life Enrichment

Hello all!

We are gearing up for another exciting month with our Educational Wellness being our focus. One of these new educational programs is our Arm Chair Travelers where each month we will get to learn about another culture. We will also have Alfred teach a basic painting class for all of us to join in.

We relaunching our store in the activities room and calling it the “Meadow Market”. We have new products including full sized toiletries, toilet paper, food products, stamps, and cards. All of these items will be available for purchase between the prices of \$.25 to \$1.00. Please see the back of your calendar for updated prices for they are subject to change depending on where they were purchased.

Also with this relaunch we will have specific store hours that are included on your July calendar listed as “**Meadow Market**”. We will keep the store open for 30 minutes after the listed time where you will be able to make your purchases and look through cards. We will have the store open 2 to 3 times a week after busier events to make it as convenient for everyone as we make this transition. Kavina and I appreciate your understanding in advance. If there are items you use a lot of and don't see them in the store let Kavina and I know and we can potentially add them.

Thank you all and it a joy to continue to partner with all of you!

- Jessica Demeules

New Life Enrichment Programs:

- Arm Chair Travelers
- Wheel of Fortune
- Wii Bowling
- Painting with Alfred



Jess & Kavina



Upcoming Events:

Date	Time	Event
7/5	1:15 pm	Performance: Gary's Choir (DR)
7/5	3:00 pm	Resident Meeting (AR)
7/10	9:00 am	Hot Breakfast (DR)
7/12	1:30 pm	Outing: Dollar Tree
7/13	1:30 pm	Outing: Target
7/17	3:00 pm	Arm Chair Travelers (AR)
7/18	1:30 pm	Performance: Michael Nelson (DR)
7/19	1:30 pm	Happy Hour & Painting with Alfred (AR)
7/21	10:00 am	Outing: Scenic Drive
7/23	1:30 pm	Outing: Walmart
7/24	3:00 pm	Outing: Byerly's
7/25	9:45 am	Outing: Science Museum
7/26	1:30 pm	Performance: Mary Franz (DR)
7/26	3:00 pm	Birthday Celebration (AR)
7/27	1:00 pm	Model T Ford & Ice Cream Social (PL)

**** NEW Sign up for outings in the activities room in a binder by the TV**

**** *The outing sign ups will be posted a week in advance.***

Check us out on Facebook! @meadowridgeseniorliving

