

## RESIDENTS OF THE MONTH:

### October Birthdays

Wayne L. 10/3

Lee M. 10/15

Dorothy R. 10/16

Warren L. 10/19

Josephine C. 10/26



Lee M.

Lee is celebrating his 100th Birthday this month! Lee is a WWII Radio Operator Vet. He's a very soft spoken, and kind man. Lee has a great sense of humor and we are so lucky to be able to spend his 100th with him. Happy Birthday Lee!

### Employee of the month.

Ivory

Ivory has done a great job taking over in the kitchen, she stepped up into a lot of responsibilities on such a short amount of time and she's handling it great!  
Thanks for all you are doing in there, it looks great.

*"I loved Autumn, the one season of the year that God seemed to have put there just for the beauty of it."*

-Lee Maynard



## Kitchen Korner

Happy Fall To All

Hello, I would like to start by saying my name is Ivory Easley the Culinary Director for Meadow Ridge Senior Living, We've been making a lot of changes from the kitchen to the dining hall and also with breakfast and our customer service in general. We do hope the changes bring everyone more of a homey and comfort feeling. Coming into Fall we will be seeing more items for the season, hopefully we can fill the air with cinnamon, nutmeg, and pumpkin spice. It brings me great joy working along side the kitchen staffs and wanting to make our residents feel at home and at peace!

New items we will be seeing...

Parfait

Fruit Salads

Pumpkin Pie

Pecan Pie

Breakfast items will be available morning with a variety of options.



Remember one step at a time, It starts with you!

## Marketing Muses

Hi! My name is Michael. I am the new Marketing Director here at Meadow Ridge. It has only been a few weeks, but I am settling in and loving my role here. It brings me great joy to spend time with the world's best residents, day in and day out. Thank you Leadership Team, Residents, and Staff for such a warm welcome and lending a helping hand when needed. I am thrilled to be a part of such a wonderful community!



# Upcoming Events

Date	Time	Event
10/3	3:00	Craft Club: Pumpkin Center Pieces (AR)
10/4	10:00	Outing; Dollar Tree (LO)
10/5	1:00	Outing: Target (LO)
10/5	3:00	Resident Meeting (AR)
10/6	8:45	Outing: Pancake House (LO)
10/6	1:30	Music Performance by Mary Hall (DR)
10/7	3:00	Happy Hour Feature Drink: Drunk Witch (AR)
10/10	3:00	Craft Club: Skeleton in a Bathtub (AR)
10/11	10:00	Outing: Bibles for Missions (LO)
10/12	10:00	Outing: Walmart (LO)
10/12	3:00	Staff Chili Competition (AR)
10/13	11:30	Lunch Outing: Hardee's (LO)
10/13	6:00	Family & Resident Led Meeting (AR)
10/14	3:00	Happy Hour Feature Drink: Purple People Eater (AR)
10/15	1:30	Candy Bar Bingo with Marilyn (AR)
10/17	3:00	Craft Club: Halloween Garland (AR)
10/18	1:30	Service with Cindy (AR)
10/19	1:30	Music Performance by Tamas Majores (DR)
10/19	3:00	Birthday Party (AR)
10/21	3:00	Happy Hour Feature Drink: Green Goblin (AR)
10/24	3:00	Craft Club: Pumpkin Painting
10/25	3:00	Armchair Travelers: Morocco (AR)
10/26	3:00	Get to Know Your Manager: Stella (AR)
10/28	3:00	Wine & Cheese with Michael (AR)
10/31	10:00	Trick or Treating (AR)
10/31	3:00	Halloween Party (AR)

## A Lifetime of Caring

October 2022

### Staff Directory



**Alex Ferrell**  
Executive Director

**Michael Shafer**  
Director of Marketing



**Orlumma "Stella" Afonya**  
Director of Nursing

**Matt Vollmer**  
Maintenance Director



**Laurisa Chang**  
Life Enrichment Director

**Ivory Easley**  
Dietary Director



MEADOW RIDGE  
SENIOR LIVING

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MeadowRidgeSeniorLiving.com

From the Desk of  
Alex



Greetings Residents and Family of Meadow Ridge,

I hope everyone had a great month of September. Its hard to believe we are headed into October. Fall is one of my favorite times of year. I love the fall colors and often find myself at a pumpkin patch or apple orchard this time of year. Did you know that the University of Minnesota is one of three academic programs that specialize in "Apple Breeding" programs and the U of M has produced nearly 30 variety of apples. One of the most famous apples the U of M produced is the honey crisp. In addition, another popular apple is Sweet Tango. The production of these apples has transformed the growth of the apple industry around the world. It is awesome that Minnesota has a huge part in the apple producing industry worldwide.

As many of you know Anne in Marketing left us the end of August, but we are very thrilled and excited to have Michael Shafer join our community. He is very excited to join Meadow Ridge and has been working on getting to know everyone. If you haven't already, please take a moment stop by and introduce yourself to Michael and give him a warm welcome to Meadow Ridge. Also, we have hired a new Director of Nursing name Stella. She has been with us for over a month now and she is working on building her nursing team. She also is excited to join Meadow Ridge and is working hard in the nursing department. Please give her a warm welcome when you see her as well.

Meadow Ridge will be hosting a community open house on October 27th from 4-7:00pm. We will be providing tours and information about our community. In addition, we will have some appetizers and drinks. We are excited to host this event at Meadow Ridge.

I hope everyone has a great month of October. As always please reach out if you have questions or concerns.

Sincerely,

Alex Ferrell

# Notes from a Nurse

Hello Meadow Ridge community. My names are Orlumma Stella Afonya. Preferred to be called Stella. I am the new Director of Nursing at the Meadow Ridge. I have been a registered nurse for a while and very passionate about the geriatric population. I am excited to be part of the team that will create a smile on the faces of the resident's we serve daily. Thank you for accepting me as part of this community.



-Orlumma Stella Afonya

October is here, and I think we are done with the summer feeling weather. The heat is on now for the building. I have turned on a few of the PTAC heaters and the smoke detectors have gone off. Its from the little bit of dust that has fallen on the heater coils. If this happens to you when you first turn it on don't worry. Just turn off the heater and turn it back on after a minute and there shouldn't be any ongoing issues. We should have another housekeeper starting next month. Her name is Cynthia. If you have any other issues in your apartment please let someone know or fill out the book next to the mailboxes.



# Life Enrichment



## Activities updates:



Come down and join us for activities and outings. If you have any activities or outings ideas please let me or Kavina know, we would love to do things you enjoy doing.

This month you are invited to come down to be our Staff chili cookout Judge! In Celebration of Chili Month; staff will compete to be named the **Meadow Ridge Chili Master**. At our cook off you will be the judge of who makes the best chili in the building. All staff are invited to make their own chili to enter into this competition.

**Halloween Day: 10:00 Trick or Treating** if you would like to come pass out candy to the Peaceful Valley Trick or Treaters come to the Activity Room 10:00 Halloween Morning, where the kids will come through in costumes to do some trick or treating parade style. If you would like to Participate let Kavina or Laurisa Know so we can provide you with candy to give out.

**Halloween Party:** Celebrate Halloween Day with us in the Activity Room at 3:00 in your best Halloween costumes. Enjoy the holiday with fun Halloween Trivia Spooky Snacks and a Creepy "What's in the Box?" Guessing Game.

**Arm Chair Travelers:** Follow six crazy seniors across the world and learn of their travels. This month we will be taking a trip to Morocco and learn all about the history of the land, the people and their customs and of course taste some delicious snacks from Morocco.

**Craft Club:** If you enjoy painting, drawing or crafting of any kind, come down to make some new decorations for your apartments. This months crafts will be :

- Dining room Pumkin Centerpieces 10/3
- Skeleton in a bathtub 10/10
- Halloween Garland 10/17
- Pumpkin Painting 10/24

**Happy Hour:** Join us on Fridays at 3pm for Happy Hour. \*There is a **two drink** limit for the alcoholic beverages and two beer cans at all happy hour.

This months feature drinks are:

- Drunk Witch 10/7
- Purple People Eater 10/14
- Green Goblin 10/21
- Wine & Cheese with Michael 10/28

