

*Thank you for
all you do to
make Meadow
Ridge a home.*



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A Lifetime
of Caring

November 2019

Staff Directory



Kersten Edelbrock
Executive Director

Anne Iwanin
Director of Marketing



Sara Crum
Director of Nursing

Matt Volmer
Maintenance Director



Fred Wagner
Life Enrichment Director

Bob Lapointe
Head Chef



MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

From the Desk
Of Kersten



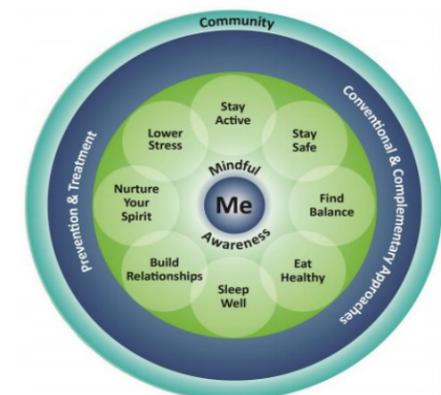
Happy Fall to all the great residents of Meadow Ridge!

The month of November is a month of reflecting on what you are thankful for. I am very thankful for the wonderful residents of Meadow Ridge, the caring staff, and warm inviting atmosphere that Meadow Ridge radiates. What are you thankful for?

This month we will be focusing on educational well-being. I just read an article on well-being for older adults that the VA put out.

Well-Being is about more than health care.

It involves your mental, physical and spiritual health – also called mind, body and spirit – and the other aspects of your life that make you feel satisfied that your life is going well. The parts of well-being are grouped into 8 areas, which are shown on the “well-being circle” below.



Kitchen Korner

Bob



Pizza in a mug

Directions:

Ingredients

- 4 tablespoons all purpose flour
- 1/8 teaspoon baking powder
- 1/16 teaspoon baking soda
- 1/8 teaspoon salt
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce
- 1 generous tablespoon shredded mozzarella cheese
- 5 mini pepperoni
- 1/2 teaspoon dried Italian herbs (basil or oregano will work)

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
2. Add in the milk and oil then mix together. There might be some lumps but that is ok.
3. Spoon on the marinara sauce and spread it around the surface of the batter.
4. Sprinkle on the cheese, pepperoni, and dried herbs
5. Microwave for 1 minute 10 - 1 minute 20 seconds, or until it rises up and the toppings are bubbling (timing is based on my 1200W microwave so your timing might vary)

Marketing Muses

Happy November!

Greetings from Anne:

We will have 4 new residents moving in November, please say “hello”!



Anne

“Be present in all things and thankful for all things” – Maya Angelou





RESIDENTS OF THE MONTH:

November Birthdays

- Klara V 11/2
- Leola J. 11/12
- Barb S. 11/12
- Phil H. 11/15
- Anne R. 11/20
- Virginia B. 11/26



Kay has such a fun and bubbly personality. She always puts a smile on the staffs faces whenever she sees them.

Anne is always the first to welcome a new face, and the last to leave a party trying to help do clean up. We appreciate all the help you give to everyone in the building

Teammate of the Month:

Greg M.

“Greg is an outstanding worker and has a great personality.” “He has a terrific sense of humor and treats all of us so kindly.” He always goes above and beyond. I saw him vacuuming the Activity room because he had some “down time.” “We really look forward

to seeing him come.”

-Residents & Staff

“Autumn Shows us how beautiful it is to let things go”

-Unknown



Join us November 25th @ 3:00 in the Activity room for Art class with dimensions studios. For \$10 you could make some great art to hang in your apartment or on your door for everyone to admire. Here's what we've been making in the last few months.

Next Month We will be making holiday wreaths! Let Fred or Kavina know if you want to participate or just come to the class 11/25 with \$10



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

ZuZu is very nice and helpful, she always has a nice smile and is very efficient. She is very deserving of some recognition.



James Always does a great job doing whatever is assigned to him, especially when he is on more floors than one.

A Note from Nursing

Facts about falls:

- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.

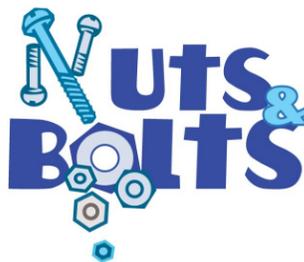
Prevent yourself from falling by:

- Check your floors for clutter and remove rugs. It is the easiest way to fall by tripping over these.
- Make sure there is adequate light including night lights in the pathway to your bathroom.
- Proper fitting foot wear. Sliding off furniture or on the floor by walking barefoot in your apartment. This is one of the most common causes of falls at Meadow Ridge.
- If you have poor vision make sure when you are up walking to have them on. You need to be able to see are path is clear.

MOST OF ALL, if you know you are supposed to be having help when getting up or walking. DO NOT attempt to get up and go on your own.



Sara



It's November and here in Minnesota we all know what is coming. SNOW! I'm making the bold prediction of lots of snow this winter. Everyone should be dressing in there winter jackets if going outside now. Make sure your windows are closed and the filter on the PTAC is cleaned regularly. This is very important to keep those heaters working. Just let me know if you need help cleaning your filter, I'm happy to help.



Mat

Life Enrichment



Fred

Activities to look out for this month: This month Fred will be giving ride to anyone who wants to get out and vote via his car, since we will not have the bus that week. We will also take the time to celebrate our Veterans in the building with a Sing a long and cake, and of course all residents are welcome at this event. We are also very excited to be going back to the history theater to see *Beyond the Rainbow* a play about Judy Garland . We are also showing two of Judy's movies! Classical music lovers will enjoy a MN Sinfonia Concert @ The Basilica. Keep an eye out for flyers for the Holiday party that we will be having in December, make sure to invite your friends and family to come celebrate with us!

Education Hour with Kavina: Each month we will take time to learn about different educational topics; this months topics include, Day of the Dead, Movember, Polish Independence, Princess Grace, the Gettysburg Address and much more!

Arm Chair Travelers— This month we will be traveling to Adelaide Australia join us on our trip as we learn more about this beautiful country, its people their and culture.

Fred's Corner : Well, the inevitable arrival of cool weather means that "Ol' Man Winter" is just around the corner. I look forward to this time of year with about as much anticipation as I do a root canal. A quick glance at the Farmer's Almanac says that we can look forward to sub-zero temps and mountains of snow. Yippee!!! I'm sure Lindsay Vonn is ecstatic. Me, not so much. Sure the Holidays are coming up and that helps keep our minds off the cold, but what I really love is going online and planning our retirement in places like Arizona, or Desert Hot Springs, California. You can get a double wide trailer home right on the golf course with mountain views for \$40,000! I could call bingo, run shuffleboard, and the wife and I could have sing-alongs. There are Mineral springs and swimming pools, everything you could possibly need! Just a few more years of life on the frozen tundra and we'll be there. We both want to leave tomorrow.

