

Upcoming Events

Date	Time	Event
9/1	3:00	Resident Meeting
9/8	1:30	Outing: Target
9/8	1:30	Men's Group (Library)
9/9	12:00	Snuffy's Malt Shop
9/9	1:00-3:00	Flu Shot Clinic (Private Dining)
9/11	10:00	Small Pot Planting with Laurisa
9/14	10:00	Outing: Unique Thrift Store
9/15	10:00	Outing Dollar Store
9/15	3:00	Roaring 20's Party
9/16	1:00	Outing: Petting Zoo at Maple Wood Mall
9/16	6:00	Resident and Family Self Lead Council Meeting
9/18	1:30	Candy Bar Bingo with Marilyn
9/21	10:45	Outing: Ridgedale Mall Walking
9/21	3:00	Jeopardy with Kersten
9/22	1:30	Men's Group (Library)
9/22	3:00	Armchair Traveler's: Savannah, Georgia
9/23	11:30	Lunch Outing: Dolittle's
9/23	1:30	Crossword Puzzle with Laurisa
9/24	3:00	Wine and Cheese with Anne
9/26	10:00	Brunch Snack with Kavina: French Toast Muffin
9/28	3:00	Septembers Birthday Party
9/29	3:00	Get to Know Your Manager: Anne
9/30	1:30	Music Performance: Christine and Bobby

A Lifetime of Caring

September 2021

Staff Directory



Kersten Edelbrock
Executive Director

Anne Iwanin
Director of Marketing



Stephanie Kenoyer
Director of Nursing



Matt Volmer
Maintenance Director



Laurisa Chang
Life Enrichment Director



Barb Crary
Head Chef



Dear Residents of Meadow Ridge-
Thanks for all your help in getting leases signed for the license change at Meadow Ridge. We greatly appreciate it.

MASK UPDATE:
Masks are required to be on when visiting Meadow Ridge. Both vaccinated and unvaccinated people need to wear masks. The Delta variant of Covid-19 is spreading in the United States. Please mask up and keep our community safe! More to come on a booster shot.
Thanks a million for the help and keeping the Delta variant out of Meadow Ridge!

Kersten Edelbrock
Executive Director



MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com



**From the Desk of
Kersten Edelbrock**

A Note from Nursing



News About the COVID Variants

We all keep hearing information on the new “delta variant” of the COVID-19 virus. Here are some things to know about virus variants.

1. Virus variants are expected to occur. Overtime, the genetic make-up of viruses mutate. Variants may stick around or disappear as fast as they came.
2. COVID lab tests can detect all variants of the COVID-19 virus, but tests offered at Meadow Ridge will not differentiate between variant types.
3. The efficacy of the COVID-19 vaccine against different variants of the virus is unknown. It is known that getting the COVID-19 vaccine reduces hospitalizations and deaths related to the illness.
4. Per the CDC, “The goal is for people to start receiving a COVID-19 booster shot beginning in the fall, with individuals being eligible starting 8 months after they received their second dose of an mRNA vaccine (either Pfizer-BioNTech or Moderna). This is subject to authorization by the U.S. Food and Drug Administration and recommendation by CDC’s Advisory Committee on Immunization Practices (ACIP). FDA is conducting an independent evaluation to determine the safety and effectiveness of a booster dose of the mRNA vaccines. ACIP will decide whether to issue a booster dose recommendation based on a thorough review of the evidence.” We have no clear date on if/when we will be offering a booster clinic, but our team will do our best to keep you all posted.

Flu Shot Clinic

Please turn in your consent form by this Friday, September 3 to the Front Desk.

The clinic will be here on Thursday, September 9 at 1:00pm -3:00pm in the Private Dining.



Everyone likes September for a different reason, the weather, back to school, or time to start talking football again. I personally like it for all three reasons. I have investigated the monthly forecast, and I did not see any signs of the heat coming back but that could change. Hope everyone is ready to cheer on the Vikings this year! I am not sure if they will be any better than last year, but you must hold on to hope that they will win the Super Bowl eventually. If anyone is having any maintenance related issues, please let me or someone know so we can get it taken care off. There is a book down by the bulletin board where you can write in any maintenance/ housekeeping related issues.



Life Enrichment



Activities updates:



Why is it still important to exercise when you get older?
People who exercise tend to have improved immune and digestive functioning, better blood pressure and bone density, and a lower risk of Alzheimer's disease, diabetes, obesity, heart disease, osteoporosis, and certain cancers. Enhance your mobility, flexibility, and balance. Please join Kavina and I on Mondays and Anne on Wednesdays for exercise.

Arm Chair Travelers: Follow 6 crazy seniors across the world and learn of their travels. This Month We will be traveling to Savannah, Georgia.

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

- **Sept 6: Labor Day Thank you Cards**
- **Sept 7: Sack Towel Painting**
- **Sept 13: Ceramic Tile Coasters**
- **Sept 20: Pumpkin Wreath**
- **Sept 27: Scrap book Club**

Happy Hour: Join us on Fridays at 3pm for Happy Hours. There is a three drink limit for the alcoholic beverages at happy hour.

This months feature drinks are:

- **Sept 3: Jameson and Ginger Ale**
- **Sept 10: Spiked Apple Cider**
- **Sept 17: Bloody Mary**
- **Sept 24: Wine and Cheese**

If you have Cheese suggestions that you would like to try please let Anne or myself know so we can get them for everyone to try!