

Upcoming Events

Date	Time	Event
11/2	1:00	Outing: Target (LO)
11/2	3:00	Resident Meeting (AR)
11/3	10:00	Outing: Dollar Store (LO)
11/3	1:30	Georgia's Talent Show Meeting (AR)
11/4	3:00	Happy Hour: Pumpkin White Russian Cocktail (AR)
11/7	10:00	Outing: Arc's Value Village (LO)
11/7	3:00	Craft Club: Pumpkin Vase (AR)
11/8	10:00	Outing: Walmart (LO)
11/9	1:30	Musical Performance: Matthew Gogola (DR)
11/10	11:30	Lunch Outing: Snuffy's (LO)
11/10	1:30	Georgia's Talent Show Meeting (AR)
11/11	3:00	Happy Hour: Apple Cider Mule (AR)
11/14	3:00	Craft Club: Gnome Wreath (AR)
11/15	11:15	Lunch Outing: Schuller's (LO)
11/16	1:30	Get To Know Manager: Michael (AR)
11/16	3:00	Thanksgiving Party (AR)
11/17	1:30	Georgia's Talent Show Meeting (AR)
11/17	6:00	Family & Resident Lead Council Meeting (AR)
11/18	3:00	Wine and Cheese with Michael (AR)
11/21	3:00	Craft Club: Gratitude Leaf Ornament (AR)
11/22	1:30	Service with Cindy (AR)
11/23	1:30	Musical Performance: Tim Hipps Show (DR)
11/28	3:00	Craft Club: Fall Wood Decoration (AR)
11/29	3:00	Birthday Party (AR)
11/30	3:00	Armchair Travelers: New England (AR)

A Lifetime of Caring

November 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

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

From the Desk of
Alex



Greetings Residents and Family of Meadow Ridge,

I hope everyone had a great month of October. It is hard to believe we are headed into November. I hope all of you have been able to enjoy this seasonably nice weather lately. I hope it sticks around longer!

As many of you know we are still working hard on getting a couple new nurses hired for Meadow Ridge. We have been actively recruiting and hope that we will find the right candidates soon. I appreciate everyone's patience during this time. We have been grateful for the help from our nurse consultants during this transition period. Until we fill both nursing positions the current contact points will be Stella- Director of Nursing and Mimi- LPN.

As Thanksgiving is quickly approaching, I wanted to express my sincere gratitude to each and everyone of you. I am very thankful to be working for all our residents, families, and associates of Meadow Ridge. We are thankful that you have chosen Meadow Ridge as your home. I hope all of you have a wonderful and Happy Thanksgiving with family and friends.

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

Sincerely,

Alex Ferrell

RESIDENTS OF THE MONTH:



November Birthdays

Lucy R. 11/04
Phyllis . 11/08
Sherry S. 11/10
Barb S. 11/12
Norma B. 11/22
Randy V. 11/29



Judy has been a wonderful addition to the community. She has been great at welcoming new residents and personally bring residents down to activities. She has been such a great addition that we have ask her to be a resident ambassador. Thank you for all you doing here at MRSL!

Employee of the month. Kavina S.

Thanks a lot for always giving your best. This company is fortunate enough to have a loyal employee like you. You are so welcoming, respectful and understanding to our residents' wants and needs. You always increase the morale at any events/activities. Your talents know no bounds.



"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

Its Turkey Month!

From the kitchen staff we would like to say we are working our hardest to bring the best atmosphere, food and customer service experience to you. Going into November we will be seeing more holiday meals along with new holiday cookies and pies! Thanksgiving is approaching and we will be cooking for you, family, friends and employees so make sure you all get the word out! (Please RSVP with front desk)

New items adding to November Menu are:

PUMPKIN PRALINE CHEESECAKE
COFFEE BANANA SWIRL CAKE
PUMKIN YOGURT SWIRL

"I love Thanksgiving because it is a holiday centered around food and family, two things that are of utmost importance to me."



Marketing Muses

Hello residents of Meadow Ridge! Fall is upon us and you know what is something fun to do in Fall? Share your talents!

Georgia is heading up a revue/talent showcase that is going to take place in December. She is going to host an interest meeting the first week in November (check the calendar for date and time). Please join us as everyone has something to share and the event is centered around having fun. See you at the meeting!



Notes from a Nurse

Hi Everybody! I wanted to talk about medications, especially when Meadow Ridge is assisting most of you with management of medications. As a note, when we are assisting residents with their medications, there are a plethora of regulations we must follow that are set by the state of Minnesota. Most of this is completed by proper logging and recording done by the nurses. That is why it is very important to communicate with nursing when you begin taking other medications, supplements, or vitamins, while receiving medication management services through Meadow Ridge. That way, we can ensure our documentation and record-keeping is accurate to what our residents are taking, and we can remain in compliance with the regulations. I also strongly encourage everyone to obtain a current medication list from the nursing team prior to going out to any appointments. This way, your provider can have accurate information when they review your current medications and make decisions about prescribing anything new. If your providers write any new orders or instructions on this sheet, make sure this gets back to the nursing team. Feel free to come to the nursing team if you have any questions.



November is here and we could see snow anytime this month. We have the same company as last year, plowing and shoveling for us. They will come out anytime we have more than 2 inches of snow. Make sure the 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. Please let the front desk know if there is anything around the building or in your apartment that you would like me to take a look at.



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.



Thanksgiving Party: You're invited! Join us for a great Thanksgiving party social in the activity room. Thanksgiving is a day to give thanks for all we are blessed with. Please join us for a wonderful holiday get together social event. Thanksgiving is a time to surround yourself with good food, good friends and family. There will be appetizers, treats and a beverage. See you there!

Arm Chair Travelers: Follow six crazy seniors across the world and learn of their travels. This month on 11/30 at 3pm we will be taking a trip virtually trip to New England and learn all about the history of how the states became now known as New England. We will be enjoying snacks while learning all about the people who made new England the place it is today.

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 :

- 11/7 Pumpkin Vase
- 11/14 Gnome Wreath
- 11/21 Gratitude Leaf
- 11/28 Fall Wood Decoration

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:

- 11/4 Pumpkin White Russian Cocktail
- 11/11 Apple Cider Mule
- 11/18 Wine & Cheese with Michael

If you have any Cheese suggestions that you would like to try please let Laurisa, Kavina or Michael know so we can get them for everyone to try!