

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



Check us out on Facebook! @meadowridgeseniorliving



A Lifetime
of Caring

January 2020

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



7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

From the Desk
Of Kersten



Welcome to 2020. I hope 2020 is as good as 2019! I look forward to continued improvement in 2020.

This month's theme is Physical Wellbeing. I encourage everyone to attend Anne exercise class on Wednesday mornings at 10am. With it getting cold outside utilize the hallways and exercise room to getting your walking in. Remember to stay safe when you are headed outside. Bundle up and stay warm!

Happy New Year!



A look back at all the fun we had this year!

Christmas Crafts!



Meadow Ridge staff on Halloween



Trick or Treaters !

Flowers for the Harvest Party



Suzanne & JoAnn @ The Apple Orchard



Richard, Ray & Joanne At the Art museum



Pauline Driving the Train



Diana along for the Train Ride



Marilyn, Pauline, Dan Aron, Naghi, Joanne, Anne & Linda at the Judy Garland Show @ the History Theater



Kersten in the Dunk Tank at the Summer BBQ



An Owl from our Raptor Center Trip

Kitchen Korner

Bob



Microwave Banana Pudding

Ingredients

- 100g butter, softened, plus extra for greasing
- 2 ripe bananas
- 100g light muscovado sugar
- 100g self-raising flour
- 2 tsp ground cinnamon
- 2 eggs
- 2 tbsp milk
- icing sugar, toffee sauce and ice cream, to serve

Directions:

1. Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 min until melted.
2. Add 1½ bananas, mash into the melted butter,
3. add the sugar, flour, cinnamon, eggs and milk. Mix together well.
4. Slice the remaining banana over the top,
5. return to the microwave and cook on High for 8 mins until cooked through and risen.
6. Serve warm, dusted with icing sugar, if you like, with a drizzle of toffee sauce and a scoop of ice cream

Marketing Muses

Receive \$500 off your rent for a referral!

Do you know someone that would like to move into Meadow Ridge?

If you refer a family member or friend to move into Meadow Ridge by March 1st, 2020

you will receive \$500 off you next month's rent.*

*Private pay Residents only



Anne





RESIDENTS OF THE MONTH:

January Birthdays

- Kay K. 1/9
- Beverly H. 1/18
- Milt K. 1/19
- Michael C. 1/19
- Regina P. 1/26
- Mario P. 1/27
- Dorothy S. 1/29



Colleen T.

Colleen is a very quiet and very sweet resident here at meadow ridge, she is kind to everyone she meets and surprised us a couple months ago when she informed us that she used to be in the navy.

Gretel M.

Gretel is always in a good mood and always willing to go have some fun she is very kind and friendly to all her neighbors and she loves making new friends around the building.

Teammate of the Month:

Eneisha

“Eneisha is a great aid, she is always cheery and on time.” “She really cares about the residents.” “She is excellent; a very god worker and very polite.”

-Residents



“Aging is not a lost youth but a new stage of opportunity and Strength”



Join us 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.

Let Fred or Kavina know if you want to participate or just come to the class \$10



A Note from Nursing

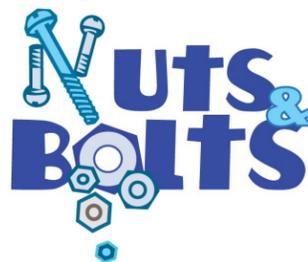
Clients Undergoing a Decline in Lifestyle Can Benefit from Physical or Occupational Therapy



Sara

As often is the case, a resident in assisted living can suffer a decline in health. Staff might not always become immediately. By having a therapist can evaluate the signs of decline in physical functioning and cognition then create a plan to improve strength and independence. The caregiver, housekeeping staff and dietary workers are often the first to recognize and identify a change in health conditions. These changes are brought to the nursing department's attention. If a resident is independent or does most activities independently, advocate for your self and let your Doctor or nursing know if you notice a decline in your over all well-being.

As the population grows, these types of situations will become more rampant. Therapy is the best defense for dealing with declining health and new struggles adapting to the changes with aging.



We made it to January, hope everyone had a good holiday. I anticipate plenty of cold and snow coming our way since the weather has been mild so far this winter. It won't stay mild all winter. Please have someone check your PTAC (heater) filter if you have not already had it cleaned. This is the easiest way to keep these heating efficiently. Just a reminder to get a service request in if you have something not working properly in you room. There is a service request book over by the mailboxes or let Chole know and she will be able to let me know.



Matt



Life Enrichment



Fred

Activities to look out for this month: This month we will be having some more fun animals coming to visit us. We will be having a guest speaker doing a presentation about what to Expect in a TCU that we want to encourage you all to come to on the 27th in the activity room. Back in August we had a 50s party and I was such a hit we've decided to try another decade, this month we're going back to the disco decade with a 70's party.

Education Hour with Kavina: Each month we will take time to learn about different educational topics; this months topics include, Ellis Island, Alcatraz , The Mars Rover, what a Wolf Moon is and the Makar Sankranti Festival.

Arm Chair Travelers— This month we will be traveling to the Texas and learning all about the history, the weather, the large amount of bats and cattle, and all the great celebs that come from the heart of Texas.

Fred's Corner : So long 2019, it's been good to know ya!

Don't let the door hit you in the derriere on your way out. 2020 is here and presents a chance for renewal and refurbishment. It's all a matter of perspective. Some lucky folks on first floor are getting newly remodeled apartments! All it took was a plumbing mishap to make it happen. My wife and I had to bid a fond farewell to our beloved Shi-tzu, Curly, but we were bestowed with the gift of Harry. As the new year rapidly approaches ... I am not changing anything!

My wife wants me to go on a Keto diet with herwhatever that is.... I am willing to try anything, within limits. I suspect that I will be having limits put on my carb intake on this one. I know that I am getting a new set of tires for the new year and some brand new ball joints on my ancient Jeep, thanks to a pothole on Country Club Dr. Maybe I'll send the bill to Shep Harris....

