

| Date | Time | Up Coming Events |
|------------|-----------------|--|
| 4/2 | 10:00am | Walmart (Outing) |
| 4/3 | 9:30am - 2:00pm | Minnesota History Museum (Outing) |
| 4/4 - 4/12 | All Day | Megan Out of Town |
| 4/3 | 3:00pm | Resident Meeting (Activity Room) |
| 4/4 | 10:30am | Dollar Tree/Five Below (Outing) |
| 4/5 | 10:00am | Cub (Outing) |
| 4/8 | 10:00am | Target (Outing) |
| 4/9 | 11:00am | Culvers (Outing) |
| 4/10 | 10:00am | Michaels (Outing) |
| 4/10 | 1:30pm | Magic Show: Markus Clegg (Activity Room) |
| 4/11 | 10:30am | Legacy “Bibles for Missons” (Outing) |
| 4/11 | 6:00pm | Resident and Family Lead Meeting (Activity Room) |
| 4/12 | 10:00am | Aldi (Outing) |
| 4/15 | 1:00pm | Variety and Musical Performance: The Kitchen Kut-Ups (Activity Room) |
| 4/16 | 6:00pm | Dementia Family Support Group with Annie Lang from Bluestone (Activity Room) |
| 4/17 | 10:00am | Vet-to-Vet (Activity Room) |

A Lifetime of Caring

April 2024



Alex Ferrell
 Executive Director



Michael Shafer
 Director of Marketing



Orlumma “Stella” Afonya
 Nursing Director




Matt Vollmer
 Maintenance Director



Ashley Crowe
 Life Enrichment Director




Ivory Easley
 Dietary Director



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MeadowRidgeSeniorLiving.com

From the Desk of Alex



Dear Residents of Meadow Ridge,

As we navigate through the changing seasons and embrace the beauty of spring, I wanted to take a moment to express my gratitude to all our residents, families, and employees.


I wanted to remind everyone that we have a couple of different convenient ways to pay your monthly invoice at Meadow Ridge. If you are interested in learning more about our online bill payment system or Automatic Payments setup (bank to bank) please stop down to see me. We want to make it easy for everyone.

I also wanted to send a reminder about our partnership with Odom Therapy and Rehab. We are fortunate enough to partner with Odom to deliver onsite therapy services such as: Physical, Occupational and Speech Therapy. Their excellent trained therapists are wonderful to work with and deliver exceptional care and service. If you feel you could benefit from this type of service, I strongly encourage you to talk with anyone of our Nurses or you can visit with an Odom Therapy team member on the 3rd floor.

Lastly, we are excited to have Bluestone Physicians Services leading a Dementia Support Group with Education from Behavioral Health on Tuesday, April 16th. This will take place from 6:00pm to 7:00pm in the activity room. We hope that many of you will attend this wonderful education session.

As always if you have any questions or concerns, please feel free to stop by my office. I hope everyone has a wonderful month of April.

With warmest regards,
Alex Ferrell



Nursing Notes



April Newsletter.

Greetings from the Meadow Ridge clinical team. How time flies, Its April already, and it did not feel like winter until last month. My guess is that we enjoyed the late march snow, at least the soil got some water that will enhance good harvest.



This month is Defeat diabetes, Stress, Alcohol, Occupational therapy, irritable bowel syndrome, Parkinson's, and STI awareness month. However, there are steps we can take to manage some of these conditions. The goal is to stay informed of how to manage these conditions, so that we can prioritize, continue to keep your follow up appointments, also make healthy choices.

Our community has experienced some stability, in terms of acute illnesses/hospitalization since last month. Kudos to our community. We continue to encourage everyone to continue to observe good hand hygiene, and to reach out to the clinical team (Stella, Michael, Mimi, and Lavora) with any medical questions. The best news is that we will be transitioning into summer soon!!!!!!

From
Orlumma "Stella" Afonya
DON.

Maintenance Mayhem



It's the first full month of spring and we can get ready for everything to turn green again. We had a little sprinkler issue at the end of last summer but plan to have that taken care of this month. We will have Mark's out here to do a spring clean-up to make sure everything looks nice and cleaned up. We will be having a fire drill on the 3rd of this month at 2:30 PM. We will be changing all smoke detectors and pull cord batteries sometime this month. If you have any problems or issues in your apartment, please let me or my staff know, and we will try to get them taken care of as soon as possible.

- Matt



Enriching Your Lives



Meadow Ridge Residents and Families,

Sorry to inform you, but Martin has now gone missing so we have to stop all the fun we had with him. :(Megan got him while she was in Alaska and thought it would be a good idea to share him with you all. She is really sad that someone would take him. If you know where he may be, please let Megan or I know. There is a reward!

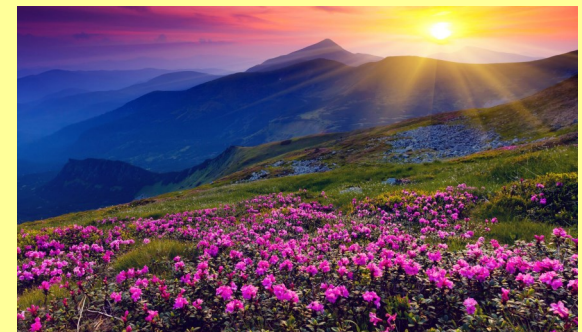
Our new Activity Star Sheets have been a huge hit! We have already had a few residents receive their Meadow Market Bucks. Please remember to bring them with you to all activities that we have posted on the calendar.

I am super excited to announce our new men's group. They will now be on Tuesdays at 11:00am with the help from all of our leadership men and a few other surprise visitors! This will be a good opportunity for you to come and hang out with just the guys. Coffee and pastries will be provided.

Are there any of you that used to love to read but can no longer do it to poor vision? Or do you just enjoy a good mystery? Please come down to the activity room on Mondays at 2:00 for an audio book and some coffee. We will be starting with The Lost World. I personally really enjoy curling up under a warm blanket and getting *lost* in a good book! Ha!

We have had a few complaints from some residents about not knowing how to use the TV in the activity room. No problem! We are now offering our Tech School once a week. Please come down and learn how to use all our electronics such as the TV, Alexa and iPad. You didn't know we had an iPad? Well, we do and it is available for you to use while in the activity room. There are many games on there as well as Zoom so you can do video chats with friends and loved ones. Don't hesitate to ask to use it.

- Please look over the activity times as some have changed. Also, I am looking for more ideas on what you like doing.
- There will now be a "strike" system for outings. If you are late 2 times for loading the bus, you will not be able to participate for the rest of the month and the following month as well. This ensures that our other residents can return to Meadow Ridge in a timely manner for both lunch and appointments they may have.
- I am looking for residents who would enjoy leading any kind of activity. All material will be provided.
- There is a 2 drink maximum at both Happy Hour and Wine & Cheese. Drinks are served until 3:45.
- A Reminder that activities can change without notice which is the point of daily activity calendars.
- Activities are encouraged but not required!

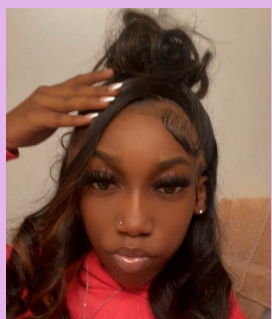


Blessings,
Ashley Crowe

Employee of the Month

Jamiya B.

Since starting Meadow Ridge, It has been a great experience. I love working and helping out as much as I can. All the employees and management are always nice to me. You have all made me feel very comfortable here. When I am not at Meadow Ridge, I enjoy staying at home, watching movies and hanging out with friends.



Resident of the Month



Patty has a great love for adventure and a lack of money never stopped her from seeking and discovering new adventures. She passed this need for adventure to her children starting when they were very young. Although she had little money during those lean years, she managed to ensure her children never felt poor. She would take her children on many field trips, such as the Nutcracker Ballet, tours of General Mills, picnics at Como Zoo, Museums, Minnehaha Falls, and so on. What people did not realize was that she did not have a car, so when she took her children on those adventures, she would pack a lunch, some snacks for those activities of discovery. She was able to provide her children with those adventures by working odd jobs to make money for the trips and she was able to make enough for a one-time trip to Disney World and to Long Beach, California. Although, during that time she was a low-income single mother due to the passing of her husband at the age of 40 years. Her purpose for those adventures was to ensure her children would not feel the effects of being poor. But in fact, her children never felt poor due to the adventures and when they became adults they continued Patty’s adventures in their families. This was a great gift she gave to her children. Finally, in her retirement life, she had the income to take trips to areas she always dreamed of going too. Her income allowed her to continue her personal adventures were she was able to travel to China, England, France and so forth, but her favorite trips were to New York City, which she went many times.

April Birthdays

Aldy S. 4/6
John R. 4/9
Marietta H. 4/15
Norma C. 4/22
Martha L. 4/25
Patricia B. 4/26
Bernice M. 4/27
Pauline P. 4/29



Dining Delights



Hello Meadow Ridge Family,

From the kitchen staff, we are working hard to make sure you receive the best services we can provide. Keep an eye out on new events, (Hot Breakfast along with Chat with the Chef) Flyers will always be posted. Please work with all staff for anything you need as we are here to service you. We are still adding new breakfast items, Dessert, and new meal recipes to our menu, please stay on the lookout for these changes.

- ◇ Chat with the Chef: Every Other Wednesday in Library 10:00am April 3rd and April 17th
- ◇ Hot Breakfast: April 24th 7:30AM
- ◇ Flyers will be handed out!



-Culinary Director Ivory Easley

Michael, The Marketer



"Blooming Brightly: April Adventures at Meadow Ridge"

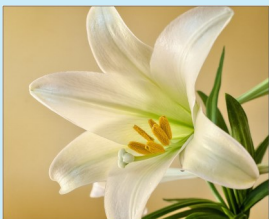
Dear Residents of Meadow Ridge,

As April unfolds before us, we are delighted to welcome the season of renewal and growth here at Meadow Ridge Senior Living Community. With flowers blooming and birds singing, there's a sense of excitement in the air as we embrace the opportunities this vibrant month brings. In this article, we'll highlight the exciting events and activities planned for April, promising a month filled with joy, connection, and exploration.

1. Springtime Strolls and Outdoor Adventures:
 - Guided Nature Walks: Join us for leisurely strolls around our grounds, where we'll admire the colorful blooms and budding trees. These guided walks offer the perfect opportunity to connect with nature, soak up the sunshine, and enjoy the beauty of spring.
 - Birdwatching Excursions: Calling all bird enthusiasts! Grab your binoculars and go birdwatching excursions in our scenic surroundings. From chirping robins to majestic blue jays, let's marvel at the diverse avian life that graces our community.
2. Gardening Galore:
 - Community Garden Planting: Get your hands dirty and indulge your green thumb in our community garden. Whether you're a seasoned gardener or new to gardening, come together with fellow residents to plant flowers, herbs, and vegetables, fostering growth and camaraderie.
3. Spring Cleaning and Decluttering:
 - Refresh Your Space: Let's embark on a collective spring-cleaning journey to declutter and refresh our living spaces. Whether it's organizing closets, dusting shelves, or tidying up common areas, together we'll create a clean and welcoming environment for all.
 - Donation Drive: As we tidy up our homes, consider donating gently used items to those in need and provides an opportunity to give back to the broader community and make a positive impact in the lives of others.
4. Creative Expression and Enriching Activities:
 - Art and Craft Workshops: Unleash your creativity at our art and craft workshops, where we'll explore spring-themed projects such as painting, flower arranging, and crafting seasonal decorations.
 - Live Entertainment: Sit back, relax, and enjoy live entertainment featuring music performances, storytelling, and more. These enriching experiences foster connection, laughter, and moments of joy for all.

As we embark on a journey through April, let's embrace the beauty of spring and the abundance of opportunities it brings. From outdoor adventures to gardening galore, culinary delights, and creative expression, there's something for everyone to enjoy at Meadow Ridge. Here's to a month filled with laughter, friendship, and the simple joys of spring.

Warm regards, Michael



*"Spring will come and so will happiness. Hold on. Life will get warmer."
– Anita Krizzan*