

A Lifetime of Caring

September 2018

Staff Directory

Kersten Edelbrock
Executive Director

Stephanie Frederick
Director of Marketing

Adrienne Fisher
Director of Nursing

Brittani Johnson
Registered Nurse

Ron Nelsen
Maintenance Director

Jessica Demeules
Director of Life Enrichment

Quincy Simmons
Head Chef



MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

From the Desk of Kersten

Happy September!

I am excited to start to welcome some cooler fall days. Reminder to all memory care family members, mail is in the black cabinet outside the Marketing office in the lobby.

We have welcomed some new faces around Meadow Ridge:

- Quincy Simmons, Head Chef
- Adrienne Fisher, Director of Nursing
- Rachel Hoppenrath, Nurse-Special projects

This month is a month of Physical Wellbeing. Look for some exciting activities that Jess and Kavina will be hosting throughout the month of September.

Thanks to each one of you for making Meadow Ridge Senior Living great!

-Kersten



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



Janet M.

“Kind,
understanding,
thoughtful &
answers
pendants
promptly”



Larwou S.

“Very soft
spoken,
attentive, and
is always
smiling.”

A Note from Nursing

Hi from the Nursing department

A friendly reminder that the nursing team must know all the medications the residents are taking. This means over the counter drugs as well (ex: Benadryl, Tylenol, sleeping pills, and cough medicine).

It is important for the nursing team to know what you are taking so that you are not over medicating as some over the counter medications have ingredients you may not be aware of that can interact with other medications.

Please bring all medications down to the nursing office.

Also, please remember that the home health aids must watch you take your medicine. This is part of their job and it plays an important role in keeping you healthy and managing medications. - Adrienne



Happy September Everyone, this is the best month of the year. With the fall colors and cooler air. It is football season for the Viking fans and hockey season for the wild fans.



It is also my birthday month how can it get any better. September is also the month that I like to test the heating systems, so if you notice the heat being on it is just me testing the system. We will also be getting a new tree for the front yard to replace the old one we cut down. Have a great month
- Ron



September Birthdays

Bob J. 9/1

Merlin M. 9/6

Wally H. 9/7

Pat L. 9/9

Kathy M. 9/10

Mabel 9/13

Paul F. 9/14

Dolores K. 9/16

Leander R. 9/19

Barb S. 9/26

Charlotte Z. 9/30



RESIDENT OF THE MONTH:



Sandy

Sandy is a wonderful person to know at Meadow Ridge. She always knows what to say when you are feeling down. Thank you Sandy for your positivity and the kind energy you bring to our community!



Team Mate of the Month:

Dana L.

“She is dependable, prompt, efficient, friendly, a great asset to Meadow Ridge.”

- Meadow Ridge Resident

“Wellness encompasses a healthy body, sound mind, and tranquil spirit. Enjoy the journey as you strive for wellness.”

- Laurette Gagnon Beaulieu



Kitchen Korner

Apple Crumble Mug Cake



Ingredients:

For the crumble

- 1/4 cup butter melted
- 1/2 cup quick oats
- 2 tablespoons brown sugar
- 2 tablespoons maple syrup or honey
- 1 teaspoon cinnamon
- pinch of salt

For the apple filling

- 2 apples chopped bite size
- 1 tablespoon flour
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 2 tablespoons chopped walnuts

Instructions:

1. In a bowl, combine all the ingredients for the crumble and mix well.
2. In a separate bowl, add the ingredients for the apple filling and mix well.
3. Divide the apple filling mixture among two mugs and top with crumble.
4. Microwave each mug, separately, on high for 3-4 minutes, until mixture is bubbly
5. Be careful when you take the mugs out of the microwave as they will be VERY hot!! I use a towel.
6. Top with vanilla ice cream and a sprinkle of cinnamon. Serve.

Marketing Muses

Greetings Meadow Ridge, the summer is starting to wind down which means there is a need for creative ways to stay active. Many of you know that I am a runner and enjoy the outdoors for as long as possible for my running excursions. I noticed this past weekend that the leaves are starting to turn ever so slightly. One of my favorite times to run is during the fall months where the air is crisp and I can hear the crunch of the leaves as my shoes hit the ground. Many of you I see out walking not only in the neighborhood but for the ones that have a harder time getting out, I see you walking our halls. There are many forms of wellbeing. Physical wellbeing can happen for all of us no matter our capabilities. We all can move one or many parts. Let's together as a community commit to being active several times a day. Even if it is a short period of time, in a chair, on our feet, move and smile! One thing I do find is that if I move....I do smile. Have a wonderful September month in India and remember to keep on moving!!!

Kind Regards - Stephanie



Life Enrichment

We are gearing up for another exciting month with physical wellbeing, being our focus. Kavina and I are changing our weekend schedule where both Kavina and I will be her 1 Saturday each month. Those Saturday's I will be hosting a yoga and Kavina will be doing a sit and be fit. Also on the weekends we will have:

Vikings Game Showing: This is an opportunity for you to cheer on the Vikings together in the activities room after lunch! In your newsletter you have the Viking game schedule, which what channel it will be on.

Gamer's Choice: This is an independent activity for residents to gather in the activities room to choose a game to play together. Kavina and I will have games out for you all to choose from. This is a great time to get together with your dominos and rummy players.

Bingo with Mabel: Mabel will be hosting a candy bingo in the activities room. Winners will receive the full sized candy bars.

Jeopardy with Gloria: Gloria will be hosting Jeopardy a this month in the activities room. The winning team will get full sized candy bars.

If you would be interested in hosting a program for your fellow residents during the evening or weekends talk to Jess and brainstorm some ideas.

Reminder to check the back of your calendar for "Meadow Market" hours and merchandise. Also our outing book is now located in the Activities Room on the end table in between the couch and the chair. Outing sign ups will be posted a week in advance.

Thank you all and it a joy to continue to partner with all of you!

- Jess Demeules

Physical Wellness Highlights:

- Chair Yoga with Jess
- Sit & Be Fit with Kavina
- Walking Club with Jess & Kavina
- Volleyball with Jess & Kavina

Jess & Kavina



Upcoming Events:

| Date | Time | Event |
|------|----------|--|
| 9/6 | 1:30 pm | Performance by: The Entertainers (DR) |
| 9/6 | 3:00 pm | Resident Meeting (AR) |
| 9/10 | 1:30 pm | Outing: Target |
| 9/11 | 8:00 am | Hot Breakfast (DR) |
| 9/12 | 10:00 am | Outing: Scenic Drive & Doughnuts |
| 9/13 | 1:30 pm | Performance by Jim Christianson (DR) |
| 9/13 | 3:00 pm | Outing: Culvers |
| 9/14 | 1:30 pm | Outing: Dollar Tree |
| 9/19 | 3:00 pm | Arm Chair Travelers— Bolivia, South America (AR) |
| 9/20 | 2:00 pm | Happy Hour (AR) |
| 9/24 | 1:30 pm | Outing: Walgreens |
| 9/25 | 9:15 am | Outing: Lets go Fishing |
| 9/26 | 1:30 pm | Outing: Walmart |
| 9/27 | 1:30 pm | Outing: Cub Foods |
| 9/27 | 3:30 pm | Birthday Celebration |
| 9/28 | 10:15 am | Outing: Twins Game |

**** NEW Sign up for outings in the activities room in a binder by the TV**

**** *The outing sign ups will be posted a week in advance.***

Check us out on Facebook!

@meadowridgeseniorliving

