

# A Lifetime of Caring

March 2019

## Staff Directory



**Kersten  
Edelbrock**  
*Executive  
Director*

**Stephanie  
Frederick**  
*Director of  
Marketing*



**Julie Leo**  
*Director of  
Nursing*

**Ron Nelsen**  
*Maintenance  
Director*



**Jess  
Demeules**  
*Director of Life  
Enrichment*



**Barb Miller**  
*Head Chef*



**MEADOW RIDGE**  
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

[MeadowRidgeSeniorLiving.com](http://MeadowRidgeSeniorLiving.com)

### From the Desk Of Kersten



Happy March to the wonderful residents of Meadow Ridge-

February was our snowiest month yet! A special thank you to Mark's Lawn Service for keeping up with the parking lot plowing and shoveling. Also, thanks to Ron, Pat, Asia and the dietary staff with the help with the frozen pipes in the kitchen and dining room. I am hoping March brings warmer temperatures and less snow.

In March we will focus on educational wellbeing. I look forward to seeing what life enrichment has to offer to help promote our educational wellbeing this month!

As a reminder, the food options at the bottom of the menu are for if you don't like either meal that was prepared. We encourage you to choose one of the two meals that are prepared at each meal. If both options are not things you like that is when the alternate options come into play. They are not designed to be added to one of the meal options, as we have limited quantities of the alternate items. Thanks!

I hope you have a wonderful St. Patrick's Day.  
Thanks- Kersten





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



**Richard**

"Very good with  
residents and  
excels in  
keeping the  
kitchen clean!"  
- Staff member



**Zuzu**

From the start  
learned resi-  
dents names  
and likes  
quickly. Very  
attentive to all  
needs.

Staff member

## A Note from Nursing

Holistic health is about the mind, body, and spirit.

Joanne Lynn, author of the *Handbook for Mortals*, writes about the Four R's for the Spirit.

### 4 R's for the Spirit

Remember- look back on your life...*reminiscing can be fun!*

Reassess- see your life as a whole, not just the good and not just the bad.

Reconcile- be at peace with yourself, try to understand what happened and why.

Reunite- be at peace with others and the world around you.

Spirituality can be an important part of life.

It includes beliefs and practices about the meaning of life, connections to others, peace, purpose, truth, and the soul.

About the individual, very personal, and doesn't have to be shared with others.

Does not have to be religious or related to a particular organized religion.

There is a connection between faith, hope, spiritual well-being, and health! Take care of yourself.

**Julie**



Happy March all

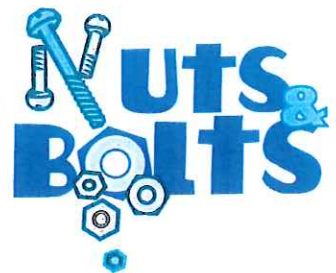
We are now on the back end of a cold and snowy winter. The building did take a hit with a few damages, with that in mind please look around your apartment to see if you have any water damage either on the walls or ceiling. We will

also be doing an apartment walk through to make sure we are code compliant with the fire marshal this month. Enjoy your spring.

- Ron



**Ron**





# Kitchen Korner

## Bailey's Coffee Mug Cake



### *Ingredients:*

- 6 tbsp all purpose flour
- 2 tbsp granulated white sugar
- 1/2 tsp baking powder
- 3/4 tsp espresso powder
- 1 1/2 tbsp Baileys Irish Cream
- 3 1/2 tbsp low fat or fat free milk
- 3/4 tbsp vegetable oil
- 3 tbsp semisweet chocolate chips

### *Directions*

1. In a large, microwave-safe mug, add all ingredients except chocolate chips.
2. Mix together with a small whisk until batter is smooth and no flour chunks remain.
3. Stir in 2 tbsp of chocolate chips. Sprinkle remaining chocolate chips on top.
4. Cook for approximately 1 minute 20 seconds. Cooking time may vary depending on microwave.
5. Let cool for a few minutes before eating.

**Barb**

# Marketing Muses



**Stephanie**

Greetings Meadow Ridge,

The winter months can offer all of us time for exploring new opportunities to enrich our mind muscles! What and how can we explore areas of interest? One of my favorite activities is to search for books and documentaries that speak to an enhancement of how to further my knowledge about a topic that I have always wanted to know more about. One that comes to mind is how to better communicate. I have a go to resource....my mom! She has a knack of always encouraging me to read and search for books that enhance an area I want to learn more about which in turn applies to educational wellbeing. It's a twofold win! Not only do I learn something new but I also work my mind muscles. Heavy lifting or light lifting with a good book or documentary lends to keeping a mind engaged and active. No gym required, whether it is a book or a program find a subject you like, cozy up and work those mind muscles!

Warm Regards, Stephanie

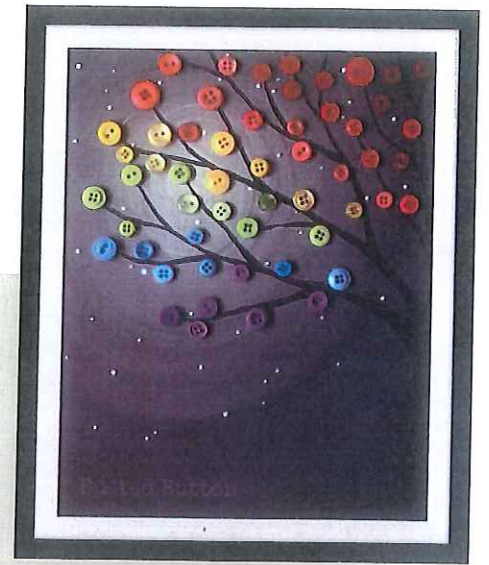




# Life Enrichment

**Happy March Meadow Ridge Family!**

**Crafting Club with Dimension Studios:** This new craft opportunity is \$10 a month. This month's craft is working with buttons. All supplies will be provided to each participant. Cash and checks are accepted and can be made out to Meadow Ridge.



**March Craft**

**Education Hour with Jess & Kavina:** Each month we will take time to learn about different educational topics. This Month we will be learning about, Owls, Mardi Gras, St. Patrick's Day, Sweden, and so much more!

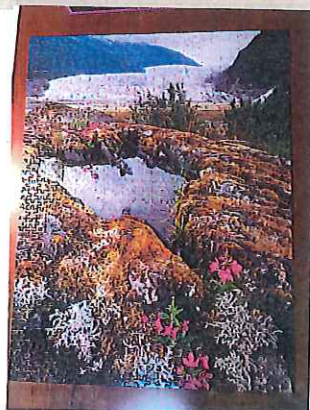
**Choir Community with Jess and Kavina:** Each month we will gather and sing songs together. This month we will focus on popular Irish songs in celebration of St. Patrick's day.

**Beer and Wine Tasting with Stephanie and Pat:** Stephanie and Pat are excited to bring different wines and beers to pair with different cheeses.

**Sunday Brain Games Club in the Lobby:** Over every weekend there will be new sheets of puzzles, crossword puzzles, and many other brain teasers by the newspaper in the lobby.

**-Jess**

Thank you puzzle club! The pond and flower landscape looked great. The current puzzle is a Sea Scape.



## **Educational Wellbeing Highlights:**

- Education Hour
- Jeopardy with Jess
- Arm Chair Travelers







## March Birthday's

Diane R. 3/5

Dan F. 3/10

Frank P. 3/12

Jay C. 3/15

Jennie S. 3/20

Fletcher G 3/23

Garry G. 3/31

## **RESIDENT OF THE MONTH:**



Jane M.

Jane is such a gift to the Meadow Ridge community. Jane brings gentle energy and a smile to everyone she meets. Thank you Jane for your kindness!

## **Teammate of the Month:**

Mary Kay

"Mary Kay is a bright light to this community. She would do anything to support residents and fellow staff members. Very accommodating working in the memory care and AL kitchens. Thank you for all you do!"



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*"The difference between Fearful and hopeful  
is the difference between recovery or not."  
-Abraham Hicks*

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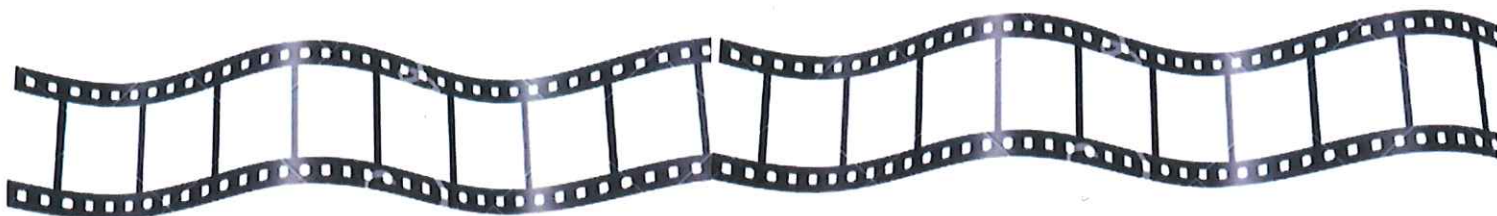




# Monthly Movies



<b>Date</b>	<b>Time</b>	<b>Movie</b>
<b>3/2</b>	<b>1:30</b>	<b>Battle of the Sexes</b> -Celebrating World Tennis Day
<b>3/3</b>	<b>1:30</b>	<b>Cinderella</b> – Celebrating Cinderella Day
<b>3/5</b>	<b>1:30</b>	<b>Mardi Gras</b> — Celebrating Mardi Gras
<b>3/8</b>	<b>3:00</b>	<b>Gangs of New York Documentary</b> – in honor of St. Patrick's Day
<b>3/9</b>	<b>3:00</b>	<b>Momma Mia!</b> - Kavina's Choice
<b>3/10</b>	<b>1:30</b>	<b>Life of Pi</b> —In celebration of National Pi day on 3/14
<b>3/12</b>	<b>3:00</b>	<b>Annie Get Your Gun</b> -in celebration of, Annie Oakley breaking trap shooting record in 1922
<b>3/16</b>	<b>3:00</b>	<b>Brave</b> -Resident Choice
<b>3/17</b>	<b>1:30</b>	<b>Michael Collins</b> -in honor of St. Patrick's Day
<b>3/18</b>	<b>1:30</b>	<b>Clash of the Titans</b> -in celebration of Mythology Monday
<b>3/22</b>	<b>1:30</b>	<b>Dirty Dancing</b> -Resident Request
<b>3/23</b>	<b>3:00</b>	<b>My Big Fat Greek Wedding</b> —in celebration of Greek Independence Day
<b>3/24</b>	<b>1:30</b>	<b>Avatar</b> – Jess's Choice
<b>3/29</b>	<b>3:00</b>	<b>When Harry Met Sally</b> -in Honor of Billy Crystal's
<b>3/31</b>	<b>1:30</b>	<b>Star Trek</b> -in celebration of Captain James T. Kirk Birthday





# Valentines King and Queen Winners

## AL King & Queen

Tom Y. & Marilyn J.



## MC King & Queen

Mark N. & Janet G





## Upcoming Events:

Date	Time	Event
3/4	1:30 pm	Outing: Cub Foods (LO)
3/4	3:00 pm	Who are you with Mary Kay (AR)
3/5	11:00 am	Outing: Snuffy's Malt Shop (LO)
3/5	2:00 pm	Outing : Target (LO)
3/6	3:00 pm	Outing: Walgreens (LO)
3/7	1:30 pm	Music Performance by : Mary Hall (DR)
3/7	3:00 pm	Resident Meeting (AR)
3/11	3:00 pm	Community Choir with Jess & Kavina: Songs Of the Irish
3/12	8:00 am	Hot Breakfast (DR)
3/13	10:00 am	Smoothie Social with Jess (AR)
3/14	2:00 pm	Happy Hour (AR)
3/15	3:00 pm	Beer and Wine Tasting with Stephanie and Pat
3/18	1:30 pm	Outing: Walmart (LO)
3/19	10:00 am	Outing: Dollar Tree (LO)
3/19	3:00 pm	Outing: Aldi's (LO)
3/21	1:30 pm	Music Performance by: Mark Stillman (DR)
3/21	3:00 pm	Education Hour with Jess & Kavina (AR)
3/22	1:30 pm	Outing: Como Zoo Conservatory (LO)
3/23	1:30 pm	Cooking with Kavina (AR)
3/25	3:00 pm	Craft Club with Dimension Studios (AR) <b>Fee of \$10 to participate</b>
3/27	10:00 am	Smoothie Social with Jess (AR)
3/27	3:00 pm	Arm Chair travelers– Switzerland (AR)
3/28	2:30 pm	Birthday Celebration (AR)

**\*\* 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

