

# A Lifetime of Caring

**May 2019**

## Staff Directory



**Kersten  
Edelbrock**  
*Executive  
Director*

**Anne Iwanin**  
*Director of  
Marketing*



**Sandy Johnson**  
*Director of  
Nursing*

**Ron Nelsen**  
*Maintenance  
Director*



**Kavina Smith**  
*Assistant 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



Hello to the wonderful resident of Meadow Ridge Senior Living.

The front door code has changed, if you need a copy of the code please see me in my office and I will give you a print out of what the new code is.

April was jam packed with lots of exciting activities and although Jess is leaving us I know Kavina will do a great job of keep the activities going. I look forward to focusing on Physical Wellbeing with you this month. I am excited to see how the gardening club is doing in the courtyards at Meadow Ridge!

Can't wait for the warm weather.

Thanks-

Kersten Edelbrock





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



**Angela**

"It is always a joy to see Angela, I know that I can rely on her."

- Staff Member



**Rebecca**

"She is the best thing to happen to 3rd floor. I am happy/comfortable when I see her."

- Resident

## A Note from Nursing

Hi all, My name is Sandy and I am your new Director of Nursing. I am looking forward to meeting you all. With physical wellbeing as the theme of the month here are a few ways to prevent falls.



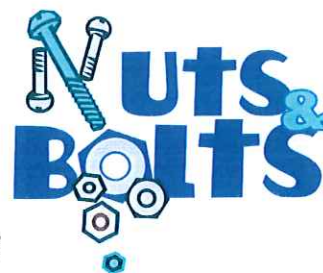
**Sandy**

We become vulnerable to falls as we age.

Prevent falls & injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night light in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

- Sandy

April showers are over let's bring on the May flowers! May is the season of ants, if you notice them please contact us right away. Check your window screens for rips and tears, we will replace them.



**Ron**

- Ron





# Kitchen Korner

## Microwave Chili

### Ingredients

- 1/2 small Onion, Finely Chopped
- 1 Garlic Clove Crushed
- 2 Tablespoons of butter
- 1/2 tsp Ground Cumin
- 1/2 tsp Paprika
- Pinch of chili powder
- Can chopped tomatoes
- Can of rinsed & Drained Kidney beans
- 1/2 Vegetable Stock Cube
- 2 squares Dark Chocolate
- Sour Cream & Shredded Cheese to top

### Directions

- ⇒ Put the onion, garlic, butter and spices in a microwaveable container, give it a quick stir, then heat in the microwave on High for 30-40 secs. Leave to stand for 1 min, then add the chopped tomatoes, beans, stock cube and chocolate.
- ⇒ Cover with cling film and pierce 3 times. Place some kitchen paper on your microwave turntable, put the container on top and cook for 2 mins on High. Stir well and leave to stand for 1 min. If your chili starts to dry out, add some of the reserved tomato juice, but remember that it won't reduce as much in the microwave as it would on the hob.
- ⇒ Cover and cook on Medium for a further 2 mins. Give it a good stir and allow to stand for 1 min before serving topped with soured cream and coriander, if you like.



**Barb**

# Marketing Muses

Tulips are so symbolic of spring, I think that is why it is my favorite flower. A period from 1634 to 1637 known as "Tulip mania" when enthusiasm exploded for the new flower started an economic frenzy, the value of tulips shot up nearly overnight, they became the most expensive flower in the world, so expensive that they were treated as a form of currency.

Happy Spring!!

- Anne

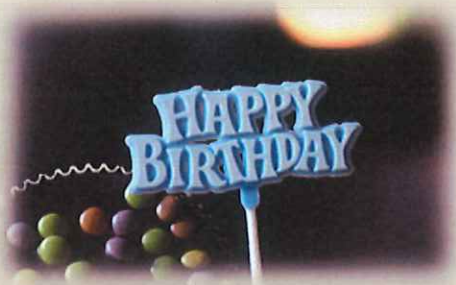


**Anne**





## RESIDENTS OF THE MONTH:



### May Birthday's

Julie V 5/01

Tom F. 5/07

Karen A. 5/10

Gerald A. 5/10

Charlotte S. 5/16

Suzanne B. 5/28

Sammie L 5/29

Jack K. 5/31



#### Beverly H.

Beverly is an amazing resident during moments of crisis she holds others up! Also we are grateful for you amazing laugh! Thanks for all you do!



#### Karin N.

Even during an injury nothing will get Karin down! Thank you for loving your neighbor and always looking out for others!

### Teammate of the Month:

#### Josephine J.

“Since starting here at Meadow Ridge in 2015 Josephine has been outstanding. She is so great with families and engaging residents in activities especially Bingo. Josephine Meadow Ridge would not be the same without you. You are a true gift!” - Staff Member



*“Take Care of your Body it's the only  
place you have to live.”  
-Jim Rohn*





# Life Enrichment

## Happy May Meadow Ridge Family!

As many of you heard, I have submitted my resignation to Meadow Ridge. Please know what a joy and an honor it has been to spend time with you daily. Kavina will be here and will work to enrich your lives while Kersten searches for the new Director of Life Enrichment. Please welcome my replacement with open arms as you did with me! We still have some exciting programs ahead!



**Jess & Kavina**

**Jess's Going Away Party/ Happy Hour:** On my last day we will end it right with a happy hour and I will be making all of you a very special Jess cocktail! Oh course there will be food and non-alcoholic options!

**Pat's Poker & Pub Night:** This month Pat will be hosting a poker night and be providing alcoholic beverages. Come and have a good time after dinner to ring the weekend in right. Remember it is a \$5 buy in!

**Volunteer Appreciation Open House:** Due to a snow storm in April the volunteer appreciation party has been rescheduled. Celebrate our amazing resident, family, and community volunteers for our first formal Volunteer Appreciation event. Event is from 3-4 in the Activities Room on Tuesday the 7th.

**Happy Hour with Anne:** Anne our Marketing Director will be hosting her very first happy hour for all of you! Thursday, May 9th at 2:00 pm.

**Arm Chair Travelers - To Winnipeg Canada:** Follow 6 crazy seniors across the world and learn of their travels. This month they rented an RV and drove down Route 66 to Canada.

**Education Hour with Jess & Kavina:** Each month we will take time to learn about different educational topics. This Month we will be learning about, Cinco De Mayo, Ramadan Tap Dancing Tulips and much more!

**Thank you all for an amazing year, for I will miss you dearly!**

**- Jess**

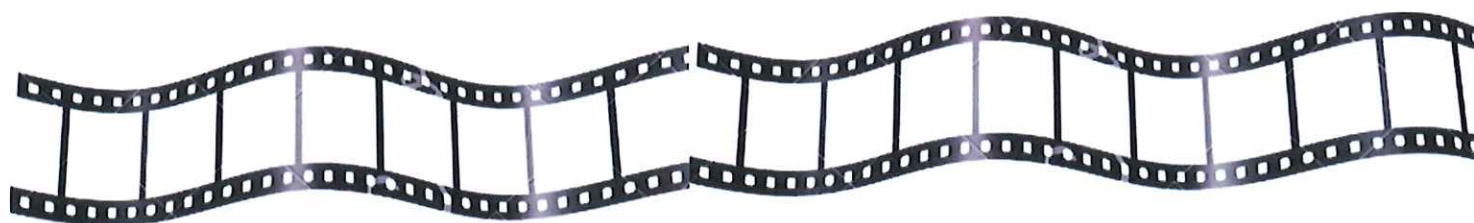




# Monthly Movies



Date	Time	Movie
5/4	3:00	<u>Jersey Boys</u> —In honor of Francis Stephen Castelluccio (Frankie Valli) Birthday ( 2014)
5/5	1:30	<u>Secretariat</u> -In honor of the Kentucky Derby (2010)
5/6	1:30	<u>Sustainable Documentary</u> —in honor of National Herb Week (2016)
5/10	3:00	<u>Blue Planet Documentary</u> - in honor of Ocean day (2017)
5/11	3:00	<u>Wont You Be My Neighbor</u> -in honor of the premiere of Mister Rogers' Neighborhood in 1967 (2018)
5/12	1:30	<u>Monster In Law</u> -In celebration of Mother's Day (2005)
5/13	3:00	<u>Fly Away Home</u> - in honor of national bird day (1996)
5/16	3:00	<u>Music &amp; Lyrics</u> - Resident Choice (2007)
5/18	1:30	<u>Good Will Hunting</u> -in honor of National Teachers Day - Good Will Hunting (1997)
5/19	3:00	<u>Heal Documentary</u> - in honor of Buddha's Birthday - (2017)
5/20	3:00	<u>The Young Victoria</u> - in honor of Victoria Day (2009)
5/23	1:30	<u>La La Land</u> - in honor of Jazz it Up Day - (2016)
5/25	1:30	<u>About Time</u> — resident choice (2013)
5/26	1:30	<u>John Wayne: The Alamo</u> -in honor of John Wayne's Birthday (1960)
5/27	3:00	<u>Good Morning Vietnam</u> - in honor of memorial day - (1987)
5/31	3:00	<u>How the Beatles Changed the World Documentary</u> — the anniversary of Love Me Do by the Beatles released in 1964 (2017)





## Upcoming Special Events:

Date	Time	Event
5/2	9:30 am	Outing: Target (LO)
5/2	1:30 pm	Music Performance by: Monroe Wright (DR)
5/2	3:00 pm	Resident Meeting (AR)
5/3	3:00 pm	Jess's Going Away Party/ Happy Hour (AR)
5/6	3:00 pm	Who Are You with Mary Kay (AR)
5/7	3:00 pm	Volunteer Appreciation Party (AR)
5/9	2:00 pm	Happy Hour with Anne (AR)
5/10	2:00 pm	Root beer Float Social (AR)
5/11	1:30 pm	Mothers Day Trivia with Kavina (AR)
5/13	1:30 pm	Outing: Walmart (LO)
5/14	8:00 am	Hot Breakfast (DR)
5/14	3:00 pm	Outing: Dollar Tree (LO)
5/16	1:30 pm	Music Performance by : Mary Franz (DR)
5/17	6:15 pm	Beer & Poker Night with Pat (AR) (\$5 Pay in )
5/20	1:30 pm	Art Class with Dimension Studios (AR) (\$10)
5/24	3:00 pm	Wine & Cheese with Stephanie (AR)
5/29	3:00 pm	Arm Chair Travelers—Winnipeg Canada (AR)
5/30	1:30 pm	Music Performance by: Bill Mann (DR)
5/30	3:00 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.**

