

Upcoming Special Events:

Date	Time	Event
7/3	10:00	Chair Exercise with Anne (AR)- <i>every Wednesday</i>
7/4	1:30	4th of July Party with Fred (AR)
7/4	3:00	2-penny Bingo with Fred (AR)
7/8	12:00	Outing: Snuffy's Malt Shop (LO)
7/8	3:00	Education Hour (AR)
7/9	8:00	Hot breakfast (DR)
7/9	3:00	Outing: Dollar Store (LO)
7/10	10:00	Adventure Club— <i>Kids Reading and Playing Games</i>
7/10	3:00	Resident Meeting (AR)
7/11	1:30	Story telling with Jim (AR)
7/11	3:00	Outing: Target (LO)
7/12	3:00	Wine & Cheese (AR)
7/13	1:30	Special Prize Bingo with Fred (AR)
7/18	1:30	Music Performance By Diane Zilverberg & Lee (DR)
7/18	3:00	Happy Hour (AR)
7/22	3:00	Art Class with Dimensions Studios (AR)- <i>\$10 to participate</i>
7/23	3:00	Scenic Drive & D.Q (LO)
7/24	1:30	Outing: Casino (LO)
7/25	1:30	Piano Performance by James Shaw (DR)
7/25	3:00	Outing: Hy Vee (LO)
7/30	1:30	Arm Chair Travelers: The Moon (AR)
7/30	3:00	Birthday Party (AR)
7/31	3:00	Sing Along Performance by Melisa Westmore (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.



A Lifetime of Caring

July 2019

Staff Directory



Kersten Edelbrock
Executive
Director

Anne Iwanin
Director of
Marketing



Sara Crum Direc-
tor of Nursing

Ron Nelsen
Maintenance
Director



Fred Wagner
Life Enrichment
Director

Barb Miller
Head Chef




MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427
MeadowRidgeSeniorLiving.com

From the Desk
Of Kersten



*Hello Residents of
Meadow Ridge -*

Happy 4th of July!

I am so excited it is finally getting warm outside. Please feel free to enjoy our beautiful patios. A big thanks to everyone that helped make the patios beautiful this year for all to enjoy.

Invite your family and friends to Meadow Ridge's Summer BBQ Party! The party will be held on August 14th from 4pm-7pm. I look forward to the party.

Have a happy and safe 4th of July!

Thanks-

Kersten Edelbrock



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



Congratulations on your new position. You just jumped right in and you have been doing great. We all know we can all count on you to make sure things are running smoothly.



Actions speak louder than words for you Kavina, the smiles on residents' faces when they see you say it all, thanks for your hard work. And being your authentic self we are so lucky to have you!

A Note from Nursing

Hello my name is Sara. I am the new DON for this facility. I was born and raised in Minnesota though recently spent over a year living in West Hollywood, California and moved back home for family. I have 10 years experience in assisted living working with the elderly population and have loved it. I enjoy meeting new people, spending time with family, and during the summer going up to our family cabin in Pequot Lakes MN. I am excited to meet and get to know everyone here. I would love for residents to stop by and chat.



Sara

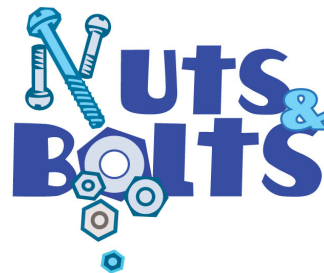
Happy July Everyone

We are well into summer now so please check your screens for rips or any issues and let us know so we can replace them. July is a hot and sticky month so doors tend to swell up and the hinges start to squeak so let us know if you are having issues and we will make the corrections. The gardens are in great shape so please go out and enjoy the flowers and the weather.



-Ron

Ron



Life Enrichment

Happy July Meadow Ridge Family!

This month's focus is on Physical wellbeing so we are bringing back volleyball. Also starting this month Anne will be doing a chair exercise class every Wednesday so please come join her.



Fred

Keep an eye out for our family BBQ Night posters the BBQ will be August 14th so be sure to invite your friends and family to come eat and have some fun with our Meadow Ridge Family

Arm Chair Travelers - The Moon : Follow 6 crazy seniors across the world and learn of their travels. This month we will be traveling to the moon and learning about what it would be like to take a trip there.

Education Hour with Kavina: Each month we will take time to learn about different educational topics. This month we will be learning about, UFO's, Independence Day, Bees, and a lot more fun stuff.

Fred's Corner

Thank you for inviting me into your home. I have been working in Long-term care for over 20 years and I am excited about meeting you all and getting to know you. I hail from the Cheesehead state originally and I am sorry to confess that I am an avid Packer fan. Please don't hold that against me. My motto has always been, "If it's not fun... It's not worth doing!" So let's have some fun.

-Fred

