

Thank you for all you do to make Meadow Ridge a home.



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A Lifetime of Caring

September 2019

Staff Directory



Kersten Edelbrock
Executive Director

Anne Iwanin
Director of Marketing



Sara Crum
Director of Nursing

Pat Winsor
Maintenance Director



Fred Wagner
Life Enrichment Director

Barb Miller
Head Chef



MEADOW RIDGE
SENIOR LIVING

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MeadowRidgeSeniorLiving.com

From the Desk Of Kersten



I can't believe September is already here! We had a wonderful BBQ last month. Thanks for inviting your family and friends. It was a great turn out and a lot of fun. Stop by the front desk and meet our furry friend Gilbert. We hope he puts a smile on your face. Life Enrichment has done a great job of changing up the outings and they have been well attended. Please feel free to continue to give your suggestions to Fred and Kavina about outings you would like to see on the activities calendar.

Big thanks to Mike and Mya for keeping the building looking clean. I would like to also thank Ron and Patrick for all of their help in maintenance. Matt will be joining the Meadow Ridge full time as our new Director of Maintenance. Please say hi when you see him. Also, if you have not met Bob in the kitchen yet, stop by and say Hi. He has been a great addition to the Dietary Team and has helped Barb out a great deal.

Enjoy September and the beginning of Fall.



Say it Ain't



Tashonda was my aid this weekend for the first time and she did an Excellent job doing my laundry and changing my bedding .”

-Resident

A Note from Nursing

Exercise in the elderly helps maintain the ability to live independently, reduces the risk of falling and fracturing bones. Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes etc. With no muscle stimulation/movement it can cause what is called Atrophy. This is a muscle wasting effect where your muscles just slowly disappear which cause you to decline physically.



Sara

-Sara



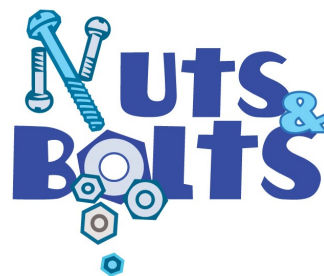
Angela is such a hard worker! She is always willing to do whatever is asked of her right away with no questions asked I Know I can always rely on her to be here.

-Staff

September is here, sorry but that means cold weather is just around the corner. Time to check that windows are able to fully closed , and heating units will be ready to keep your room warm if you need any assistance with this please let our new maintenance director Matt know. I Assume you have heard I'm a short timer at this building. I've enjoyed my time getting to know you all, and plan on stopping in to say hello. Please get outside and enjoy the fall colors and lush fall greens. My opinion is that this is the second best season in Minnesota. Thank you all.



Ron



Life Enrichment

Activities to look out for this month: We are going to attempt to go fishing again this month, weather permitting. We have another concert in the park to attend so look for the posters with their information. Since our 50's party went so well we have decided to give you all what you really want, and Ice Cream Sundae social! So if you have a favorite ice cream flavor or topping let us know so we can try to find it for you. We are also excited to take the bus to an apple orchard towards the end of the month. Sundays in September ...Tom will put the Vikings games on in the Activities Room, check your calendars.

Arm Chair Travelers— This Month the Arm Chair Travelers are taking us all the way to Argentina. I cant wait to learn more about the country's people, culture and of course the food that we will be sampling

Education Hour with Kavina: Each month we will take time to learn about different educational topics; this months topics include, the history of Labor Day, National Wild Life Day, Fungus, and the Pavlov experiment

Fred's Corner

Well, I've been here a whole two months and I have learned a lot in those two months, let me tell you. I have learned not to taunt people while you're in the dunk tank. I have learned that attempting to go anywhere on Highway 169 in the afternoon is foolish. I have learned that Suzanne B. has an insatiable desire for half & half. I have learned that building operations would cease if Tom Y. would ever leave. So who says you can't teach an old dog new tricks? We're proving that wrong on a daily basis. So keep those cards, letters, suggestions coming. I'm listening...and learning.



Fred

