

Upcoming Special Events:

Date	Time	Event
4/2	2:00	Hallway sing along w/ Fred (2)
4/3	2-3:30	Root Beer Floats
4/6	2:30	Outdoor Walk
4/7	2:00	Tea & Cookie Cart
4/9	2:00	Happy Hour Cart
4/10	2:00	Hallway hymn Sing along (1-3)
4/14	2:00	Ice Cream Cart
4/16	2:00	Hallway Sing Along w/Fred (3)
4/17	2:00	Happy Hour Cart
4/20	2:30	Outdoor Walk
4/21	2:00	Worms and Dirt Cart
4/22	2:00	Flower pot planting fun on the Patio
4/23	2:00	Hallway sing along (1)
4/24	2:00	Happy Hour Cart
4/28	2:30	Birthday Cake Cart
4/29	3:00	Jeopardy (AR)
4/30	2:00	Hallway Sing along (2)

** 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



A Lifetime of Caring

March 2020

Staff Directory



Kersten Edelbrock
Executive Director

Anne Iwanin
Director of Marketing



Sara Crum Director of Nursing

Matt Volmer
Maintenance Director



Fred Wagner
Life Enrichment Director

Bob Lapointe
Head Chef



MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

From the Desk of
Kersten Edelbrock



Dear Residents of Meadow Ridge,
Thank you very much for being able to adapt and adjust your normal routine during the COVID-19 epidemic.

I understand that change can be difficult. I am happy to report the precautions we are taking are currently working. We have no cases of the virus in our building. Let's pull together as a community and stay healthy and strong!

"We don't know what the future holds, but we know who holds the future."
-Rev. Ralph Abernathy

Stay Safe and Germ Free!
Kersten Edelbrock
Executive Director

Kitchen Korner

Bob



Kitchen Korner will return next month

Congratulations to
Matt Volmer, Proud
papa of the bouncing
baby.... Monty!

His son, Montgomery
Elliot Volmer
was born on March
20th at 1:21 in the
afternoon.



Marketing Muses

So much love and support has been
shining bright here at Meadow Ridge
during this challenging time.

I am so lucky to be a part of this dynamic
team and I LOVE seeing everyone's smiles
during Meal Delivery,
Happy Hour cart,
& travelling Ice Cream Sundae fun!



Anne



Anne





RESIDENTS OF THE MONTH:

April Birthdays

Marlys G.	4/4
Sandy L.	4/10
Bonnie T.	4/12
Linda B.	4/13
Marietta H.	4/15
Jeanette M.	4/22
Jim B.	4/28
Pauline P.	4/29
Greg S.	4/29



Julie is one of our newer residents. She can be seen having a smoke break several times a day and is a frequent Meadow Market customer. She used to live in the downtown Mpls. Area and misses all the hustle and bustle.



Sandy recently made the transition to Memory Care. She told me that she is still the same person as when she was in A.L. As you can see by her picture she has a million-kilowatt smile... which she flashes often!

Teammate of the Month:

Rebecca

Well, you all must love what Rebecca a whole lot because she received the most positive comments yet again!

She was Teammate of the month back in February, so she must be doing something right. Keep up the excellent work...

You might make T.O.M. 6 out of 12 months!



*"Nobody told me there'd be days like these.
Strange days indeed. Most peculiar Mama!"*

-John Lennon





Jack Killian 5/31/43 –
March 2020

Not Pictured

Aleksandr Varshavskya
2/18/30 –3/25/20

Aleks was very grateful to
have lived at Meadow Ridge.



Leola Josefson 11/12/18—
2/26/20



June Karlson 8/10/26—3/25/20

A Note from Nursing

What is social distancing? What can I do to help?

While it may be disappointing to hear that so many sports events, cruises, festivals and other gatherings are being cancelled, there is a public health reason for these measures. These cancellations help stop or slow down the spread of disease allowing the health care system to more readily care for patients over time.



Sara

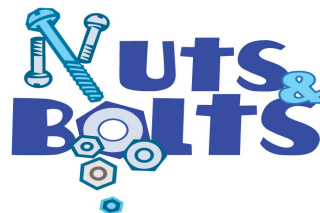
Social distancing: is deliberately increasing the physical space between people to avoid spreading illness. Staying at least **six feet away** from other people lessens your chances of catching COVID-19.

If you are experiencing any cough, shortness of breath, or fever please notify a nurse anytime, 24 hours a day. Call the nurses directly on our cellphones if the office is closed, or you are unable to get to the office.

Mimi: 763-334-3273

Gloria: 763-760-2722

Sara: 763-337-1307

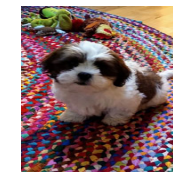


It's April! So we can finally say goodbye to the snow and cold. Hopefully this warmer weather and rain will get some green out there sooner than later. I want to remind everyone that if something isn't working properly inside their place to let me know or you can always write in the book next to the mailboxes.

On a personal note, my son was born on Friday March 20th. His name is Montgomery (Monty) Elliott Vollmer he weighed 8lbs 3oz. Everyone is doing good and are at home.



Life Enrichment



Activities to look out for this month: I would love to be a cockeyed optimist and tell you that everything will be back to normal for April, but I doubt that will happen. We will continue to add and adapt activities to work with the current set of rules and regulations. Be patient and we will do our best to keep you safe.

The management at Meadow Ridge would like to invite you all to look us up on Facebook so you can stay updated on what activities are coming up, what's on the menu, and photos from events.



Fred's Corner : Welcome to the new normal. This current way of doing things is no fun for anybody. I want my old life back! I know this is frustrating for all of us. We're going stir crazy! Sitting in our rooms, twiddling our thumbs, watching an endless parade of people on the T.V. telling us something different each day. Unless you're over 100 years old, most of us have never lived through any thing even remotely as strange as this since the days of the Spanish flu. Times were tough during the "Great Depression," but folks weren't confined indoors indefinitely. Us young folks may finally get a shot at living through one of those Depression thingies if this keeps up too long.

If you're one of those people who are lucky enough to have a job to go to, you are definitely in the minority. My commute to work and back home is super quick and stress free...because there's nobody on the highways right now. I'm looking for positives. When I think about how overwhelming this whole thing is, I think how grateful I am to come to work and hang out with all you wonderful people.

My wife is able to work from home, so that's a big plus for Harry, who doesn't have to be by himself all day long. He gets to go on a lot of long walks with me because... what else do we have to do? Harry is convinced the coronavirus vaccine is in our backyard somewhere. He's out there digging holes at an alarming rate! It's either that or truffles. My backyard resembles a pockmarked moonscape right now, but I'm certain he'll find it soon, and this will all be over and toilet paper will be available again.

Pandemic be damned! Spring is on it's way and little green sprouts are poking their way out of the frozen ground, through a layer of dead leaves to get a look at the sunlight. This virus will disrupt our lives and take some of our loved ones, crash the economy and change the way we think and how we live our lives....

but it won't stop Spring from coming

