

Weekend Movies

Date	Time	Movie
8/1	1:30	Back to the future (1985)
8/2	1:30	Back to the future 2 (1989)
8/8	1:30	Stand and Deliver (1988)
8/9	1:30	Soul Surfer (2011)
8/15	1:30	My week with Marilyn (2011)
8/16	1:30	Sunrise in heaven (2019)
8/22	1:30	Twister (1996)
8/23	1:30	How do you know (2010)
8/29	1:30	Kangaroo Jack (2003)
8/30	1:30	Zodiac (2007)

A Lifetime of Caring

August 2020

Staff Directory



Kersten Edelbrock
Executive Director

Anne Iwanin
Director of Marketing



Allie Volner
Director of Nursing

Matt Volmer
Maintenance Director



Kavina Smith
Life Enrichment Director

Martrez Burrell
Head Chef



MEADOW RIDGE
SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

**From the Desk of
Kersten Edelbrock**



Happy August Everyone-

We have now opened the building up to communal dining and essential caregivers coming in to help. This are going pretty good. Please remember to follow the mask required regulations that Governor Walz issued for the State of MN. We want to ensure you are staying protected against COVID-19. If you leave your apartments please ensure you are wearing a mask and wash your hands regularly.

I hope in the months to come we continue to maintain a COVID free facility. Thanks for all you do to ensure the health and safety of yourself and others at Meadow Ridge.

Thanks and here is to a healthy and happy August-

Kersten Edelbrock
Executive Director



Check us out on Facebook! @meadowridgeseniorliving





August Birthday's

Joanne H. 8/2

Nacy D. 8/8

Susan R. 8/19

Chanhom 8/20

Imogene J. 8/25

RESIDENTS OF THE MONTH:



Lee Lives up on second floor he enjoys hanging out in his room doing puzzles or sitting in the tv room with his neighbors, lee's a great listener. He used to enjoy fishing in the boundary waters.



Barb is an outstanding woman, she's a very kind lady, she's always saying hello to everyone in the hallways. She's very caring and she has got an infectious laugh. You can usually find barb hanging out on the patio soaking up the sun.

Teammate of the Month:

Ben S.

“Ben is so efficient, he works hard and moves fast; he’s a keeper and we need more like him.”

-Residents

“Change your thoughts and change your world.”



In Memory of...



Bonnie T.

4/12/53 –7/21/20



Dan L.

3/5/53–7/26/20



Dorothy S.

1/29/27 –7/9/20



Gretel M.

10/10/31– 6/21/20



Bill A.

6/28/44 -7/27/20



Tom F.

5/7/52-6/3/20

Grief is in two parts, the first is loss. The second is the remaking of life.



A Note from Nursing

Mind you Meds

Why is it important to inform nursing staff about any medications that you are taking on your own or medications family has brought in for you? In order to keep you safe, nurses need to know about all the medications you are taking. This includes any over the counter medications or as needed medications you are taking.

it is required by law that all residents residing in assisted living facility disclose all information regarding medication management and administration.

Some examples:

- Tylenol or Ibuprofen
- Tums
- Inhalers
- Eye or ear drops
- Allergy medication
- Topical medication (cream, powder, oils)
- Anti-diarrhea medications
- Cough Syrup
- Vitamins

If nurses aren't aware of all medications you are taking, side effects and dangerous drug interactions may be missed or monitoring for adverse reactions may be difficult.

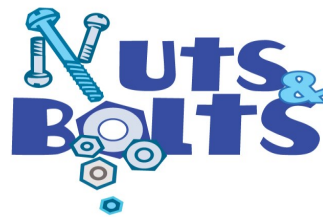
What can you do to make sure nurses have a list of all the medications you are taking, or you take when needed? Bring any medications that you keep in your room to nurses office on second floor or inform a home health aide that you need to speak with a nurse.

Provide the nurse with the bottle, tube, or package that those medications are kept in.

Let the nurse review and add them to your medication list.



Its august should be the last month of the hot months hopefully. Make sure to keep your filters clean on the PTAC unit. Let's all remember to stay safe around these virus times and wash our hands frequently and wear our mask when in the common areas. If anyone is experiencing any maintenance related problems, please let me or the housekeepers know. Otherwise there is a book next to the mailboxes with a notebook to write any issues in.



Life Enrichment



Activities updates:

As more restrictions are lifted we will start to have more group activities . I'm excited to be able to bring back jeopardy, exercise, arm chair travelers and education hour; along with a new activity: Ted Talks

Education Hour: Each month we will take time to learn about different educational topics; this month we will be learning about tony bennet, louis Armstrong, the first ever compact disc, the Mona Lisa, and much more fun and exciting topics.

Armchair Travelers: Sweden: Join six senior citizens from Eudora, Missouri, as they explore a different travel destination each month. This month they visit Sweden. We will be learning all about Swedish history, culture and food, come down for some Swedish treats.

Ted Talks: Every Thursday we will play a ted talk that last anywhere from 15 minutes to 45 minutes. TED Conferences LLC (Technology, Entertainment, Design) is an American media organization that posts talks online for free distribution under the slogan "ideas worth spreading". This Months talks will include a talk faith Bill Gates about the pandemic, the power of vulnerability Activists' Malala's life and most defining moments and what happiness is and how to achieve it by a biochemist turned monk.

Patio Visits: If you have family and friends that want to come visit you they need to call me at (763) 337-1236 to schedule a time to visit. In order to insure that everyone is able to do visits we are asking you to keep the visits 30 minutes long. In order to keep everyone healthy and safe it is important that you and your family member stay 6 feet apart from each other and keep your masks on for the duration of the visit. The Visit locations are the two patios on either end of the building, and the activity Room Windows.

COVID Safety Update:

*Please continue to help in keeping everyone safe in our community. Please wear your mask anytime you are not in your apartment. If you are seen in common areas without a mask, staff will remind you to obtain mask and wear one anytime you are not in your apartment.

*Essential caregivers are now allowed to come into the facility and assist residents. Please make sure to wear masks when they are in your apartment and visitors should also have one on.

REMEMBER to remain 6 feet away from others and follow social distancing guidelines.

Kitchen Korner



Martrez

Strawberry Breakfast Bowl

Directions

Ingredients

- 1/4 cup oat bran
- 2 Tbsp oat flour
- 2 Tbsp buckwheat groats
- 1 Tbsp ground flaxseed
- 1/2 tsp baking powder
- pinch salt
- 1/4 tsp cinnamon
- 1/2 tsp vanilla
- 2 Tbsp unsweetened applesauce
- 1/4 cup almond milk
- 1/2 cup fresh strawberries, diced

1. Mix together the oat bran, oat flour, buckwheat groats, flaxseed, baking powder, salt, and cinnamon.
2. Stir in the vanilla, applesauce, and almond milk until all the dry ingredients are incorporated. Gently fold in the diced strawberries.
3. Spray a microwave safe baking dish or ramekin, and pour batter into dish.
4. Heat for 1 minute and 30 seconds, or until the top is set.
Let cool for 2-3 minutes.

Marketing Muses

There have been a lot of changes around the building in the last few months we have some open rooms that we are hoping to start filling by early august.

*“Be Like a flower, survive the rain
but use it to grow.”*



Anne

