

# *Happy New Year!*



**Best wishes for the holidays, and for health and happiness throughout the coming year.**

## A Lifetime of Caring

**January 2021**

### 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](http://MeadowRidgeSeniorLiving.com)

**From the Desk of  
Kersten Edelbrock**



**Happy New Year Everyone!**

We are signed up for the Moderna COVID vaccine. I do not have the date or time yet but as soon as I do I will get you the information.

Serving food in the dining room as been going well. Please remember to wear your mask to and from your apartments and do not congregate in the lobby or hallways. We still need to maintain safe distances from each other and not spread germs among one another. If serving breakfast and lunch still continues to go well we will open up for dinner. I will send you a separate note once we open the dining rooms up for dinner service.

Here's to a Happy and Healthy 2021.

Thanks-

**Kersten Edelbrock**  
*Executive Director*





## RESIDENTS OF THE MONTH:



Diana is a fun outgoing woman who loves to meet the new residents around the building. She's always got a funny joke or an amazing story to tell if you run into her in the halls make sure to stop and say hi to her.



Aron is an outgoing guy who's always on the move. IF you're a active walker you should start talking to Aron he loves going for walks when the weather is right. He's got lots of great stories to tell so when you see him grab a seat and hang out with him.

## Teammate of the Month:

Jonte R.

Jonte has been such a huge help in the kitchen, serving lunch and dinner. He is always there to help out wherever he's needed, and does so with no complaints. Thanks Jonte for all you do!

*Near or far, we're only separated by car.  
As long as we exist, there is no distance  
across which our family can't persist.*



## Kitchen Korner



Martrez

### Favorite Family Recipes

Do you have a favorite recipe that you always loved as a child? OR maybe a recipe that you loved making for your children? I would love to make it for the residents, bring your recipes to the pot on the table in the dining room and once a month, on the 3rd Wednesday a surprise family recipe will be picked and served for lunch.

## Marketing Muses



Anne

I want to thank everyone who stopped in and donated toys for the toy drive with prism. It was a huge success. We will continue to partner with prism for more fundraising opportunities in the near future.





# A Note from Nursing

With a new year why not have a new outlook!? COVID has been extremely difficult and has led to struggles we have never had to deal with. Having to be in isolation or not having contact with loved ones, friends, or other acquaintances can effect not only our emotional and mental health but also other types of health that are important.

Being aware and having knowledge in these important dimensions of health is important to maintain our overall health. Here are 7 dimensions of health that we need to be mindful to, so we ensure our overall health does not suffer.



7 Dimensions of Health:

- **Physical:** Taking care of our bodies—proper nutrition, hydration, exercise, etc.
- **Emotional:** Our ability to recognize our feelings and manage them constructively
- **Intellectual:** Engaging our minds and challenging our intellects
- **Spiritual:** Our greater purpose on this earth and how we find meaning in our lives
- **Environmental:** Acknowledging and bettering the impact we have on our planet
- **Social:** Making supportive and beneficial connections with others
- **Occupational:** Fulfillment in the workplace and work/life balance

We hope the COVID precautions will be lifted soon and we hope the vaccine protects our community. Please keep in mind the 7 dimensions of health to provide an overall better you! Try to participate in activities or engage in activities that build or support each of these areas of personal health.

Hang in there, the end is in sight! Let nursing know if you have any questions or concerns regarding COVID vaccines or safety precautions.

We made it to January, hope everyone had a good holiday. I am ready for things to return to normal with the dining room open again. I anticipate plenty of cold and snow coming our way since the weather has been mild so far this winter. Just a reminder to get a service request in if you have something not working properly in your room. There is a service request book over by the mailboxes.



# Life Enrichment



## Activities updates:

**Meadow Market:** The meadow market will still be open Monday, Wednesday and Friday's at 1:00.

**Snack Cart:** Jonte and I will come around Tuesday and Thursday's with a snack cart and Friday's with the happy hour cart.

**Manicures** will be every Wednesday at 1:30, everyone must be wearing their mask while in the Activity room.

The hope with the vaccines coming out in the near future that we will get back to group activities and as soon as I get the OK I will start scheduling games and exercises again, until then we will continue with the snack carts.

If you would like to schedule a zoom or facetime call you can call me at 763-337-1236 and schedule a time to speak to your family members on the phone. Another option is to do a window visit. If you would like to see your loved one in person you can schedule a visit through the Activity room window.

Some of you may have noticed there is a new white board in the hallway by the dining room; that is our new "Shout Out" board. Residents, family, and staff can use it to write a shout out for anyone in the building going above and beyond.