



## A Lifetime of Caring

**April 2021**

### Staff Directory



**Kersten Edelbrock**  
*Executive Director*

**Anne Iwanin**  
*Director of Marketing*



**Stephanie Kenoyer**  
*Director of Nursing*

**Matt Volmer**  
*Maintenance Director*



**Kavina Smith**  
*Life Enrichment Director*

**Harold Brush**  
*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 April Everyone-**

The snow has melted and spring is here! We received great news from Minnesota Department of Health on updated guidelines for visitation and outings. Please remember to wear your masks and be safe around visitors and when going out in the community.

We have lots of new faces moving into the building. Please be a friendly neighbor and say hi and introduce yourself to new residents. Invite them to join you for lunch or an activity.

Thanks to all the hard working staff of Meadow Ridge throughout the COVID pandemic and with all the new residents. We greatly appreciate your hard work and dedication to Meadow Ridge.

I would also like to take a minute to applaud the dietary team. The food has been amazing! I encourage you to try some new things! We look forward to warm weather and some patio grilling coming soon.

Thanks-

**Kersten Edelbrock**  
*Executive Director*

## Kitchen Korner



**Harold**

Hello!

Barb and I would like to thank you all for positive feedback and smiles!

We are grateful that our food is being enjoyed.

Our secret ingredient is love for what we do and the joy we get in serving you all.

Barb and I are interested in what sort of food and recipes you all would like to see/eat.

Please pull out those secret recipes and suggestion and let us know, we will be happy to make them.

Thank you so very much!

Sincerely Barb & Harold

## Marketing Muses



**Anne**

I am excited to announce my chair exercise class is back!

Please join me-

Where: Activities room

When: Wednesday's

Time: 10:00-10:30am







## April Birthday's

Linda B. 4/13  
 Marietta H. 4/15  
 Judy W. 4/15  
 Aldy S. 4/16  
 Jeanette M. 4/22  
 Norma C. 4/22  
 Joyce H. 4/25  
 Martha L 4/25  
 Pauline P 4/29  
 Greg S. 4/29

## RESIDENTS OF THE MONTH:



Wayne L.

Wayne is so kind to everyone here at Meadow ridge. Its always fun to sit and talk with Wayne, he is very funny and always brings his great sense of humor to the activities.



Joseph S.

Jo is a great guy, he is always cracking jokes and always makes a friend wherever he goes , Jo enjoys watching movies especially history documentaries and comedies.

## Employee of the month.

### Etina

Etina is great with the residents, she is very dependable and cheerful. She will do anything for her residents, and is a great team player. She really is a super Employee

-Staff

*"Spring will come and so will happiness.  
 Hold on. Life will get warmer."  
 - Anita Krizzan*



# April Game Days

Monday:

1:30 New Game  
 4/5 Name 5  
 4/12 20 Questions  
 4/19 500  
 4/26 Yahtzee



Tuesday:

10:00 Rummy Club  
 1:30 2 Penny Bingo (you need pennies to play this game)



Thursday:

10:00 Left Center Right (you need pennies to play this game)  
 2:30 Candy Bar Bingo

Friday:

10:00 Mexican Train Dominoes



Sunday:

Brain Games are in the lobby





# A Note from Nursing

## Vitamin, Herbal and Mineral Supplements

We have all heard things like, “you should take ginseng to reduce inflammation!” or “have you tried ginkgo to prevent memory loss?” Vitamin, herbal and mineral supplements are commonly used among people for treatment or prevention of illness. How do we know what to and not to take? Below, let’s discuss some recommendations regarding vitamin, herbal and mineral supplement use.

Talk to your provider!

If you do not take anything else from this newsletter, take this away. Some prescription medications interact poorly with other medications that could cause side effects or decrease absorbency in the blood stream. Talk with your provider regarding supplements that are in use to determine what is necessary and what can be stopped.

Look for mega doses.

It is not uncommon for supplements to come in extremely high doses. Watch the labels on supplements to ensure it supplies only 100 percent of the daily value that is recommended, unless approved by your provider. High doses of vitamins or minerals can become toxic to the human body.

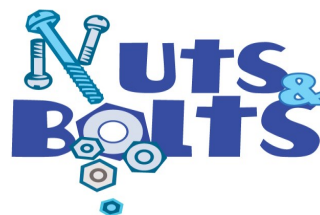
Check expirations and the label

Supplements that are expired become less effective over time. Ensure you are not using expired supplements. In addition, many supplements have extra additives that are not necessary; if anything, it just increases the cost of the supplement.

Overall, supplements can both be a good or a bad thing, so it is important that you and your provider know what you are taking. If you have questions, bring them to the nursing team and they can review this with you. Additionally, if you are receiving medication management services from Meadow Ridge, please make sure the nursing team is aware of any supplements you are self-administrating.

Thank you and Happy Spring!

April will be bringing the rain and some summer type of temperatures. The new PTAC’s will be coming in and installed early this month. If your PTAC is not digital, it will be getting replaced. Mike will be assisting me in changing these out. The back patio will be getting worked on this month either lifted or replaced. If you have any issues in your apartment or problems you see around the building please let myself or the housekeeping staff know so we can get the issue taken care of.



There will be Fire Drill April 7th at 10:00 in the morning.



# Life Enrichment



## Activities updates:

**New Game Monday:** Every Monday we will have a new game to play in the Activity room, this months game will be:

**Name Five-** you will have 30 seconds to name five items based on the topic you were given.

**20 Questions:** One player has a topic while the other players get to ask 20 yes or no questions to be able to guess what the players’ topic was.

**500:** Score points through bidding and winning tricks as a partnership team. A trick is created by each player taking a turn playing a card into the middle. The winner of the trick is the player with the highest ranking card.

**Yahtzee:** A dice game where the objective of the game is to score points by rolling five dice to make certain combinations. The dice can be rolled up to three times in a turn to try to make various scoring combinations.

**T.E.D Talk:** Every Thursday we will watch TED Talks that are anywhere from 15-30 minutes long. The Ted Talks this month are:

- **Why we make bad decisions By Dan Gilbert**
- **How Electro Therapy Changed Me by Sherwin Nuland**
- **A Family Tree for humanity by Spencer Wells**
- **Why climate change is a threat to human rights by Mary Robinson**
- **King Richard III: Solving a 500-year-old cold case. By Dr. Turi King**

**Education Hour:** Each month we will take time to learn about different educational topics; this month we will be learning about, April Fools Day, The Fountain of Youth, Tartan Day, Sonja Hennie, Unicorns and so much more!

**Craft Club :** This month we will be..

- **Painting Mini Bird Houses**
- **Painting Mason Jars to make a Flower Pot or vase**
- **Making Sun Catchers**

**Happy Hour:** Every Friday we will have happy hour in the Activity room at 3:00. Come down and have some wine or beer and socialize with your neighbors.

**The feature Happy Hour drinks this month will be:**

- **April Showers Cocktail**
- **Pineapple Bourbon Lemonade**
- **Bahama Mama**
- **Whiskey Sour**