

## Upcoming Events

Date	Time	Event
6/1	10:00	Outing: Target (LO)
6/2	10:00	Outing Dollar Tree (LO)
6/3	12:00	Lunch Outing: Culvers (LO)
6/7	10:00	Scenic Drive (LO)
6/8	10:00	Outing: Cub Foods (LO)
6/8	1:30	Service in the Lord (AR)
6/9	1:30	Scenic Drive & Dairy Queen (LO)
6/9	3:00	Resident Meeting (AR)
6/10	1:30	Outing: Walmart (LO)
6/16	3:00	Ice Cream Sundae Bar (AR)
6/22	1:30	Service in the Lord (AR)
6/22	3:00	Get to Know Your Manger: Matt (AR)
6/24	1:30	Music Performance by Scott Beaumont (DR)
6/28	4:30	Activity Council Meeting (AR)
6/29	3:00	Arm Chair Traveler: Jamaica (AR)
6/30	3:00	Birthday Party (AR)

## A Lifetime of Caring

**June 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**



Hello to the wonderful residents of Meadow Ridge-

We are half way through the year and things are starting to open up even more. It is so nice to see residents and families coming and going. We are also lucky to have the bus back. Please don't forget to sign up for outings and start getting out of your rooms and participating in Life Enrichment activities.

Meadow Ridge has made many improvements to the building inside and out. The mulch and landscaping looks great. The aides are looking spiffy in their new uniforms with our logo on them. The exercise room has a fresh coat of paint and some new equipment. Memory Care one has been updated with paint and carpet. The pianos have been tuned and our next big project is to redo the patio off of Assisted Living dining room so that we can enjoy so outdoor BBQ!

The food has been excellent. A big thanks to Harold and Barb our chefs for the outstanding favor and variety being produced in dietary. Also, thanks to everyone for doing your part in helping with dining room etiquette. It has been much more pleasant in the dining room. Please keep up the great work in staying friendly and polite while dining with us. The entire staff thanks you for your patience.

As it continues to get warmer outside please make sure you are staying hydrated and safe if going out for walks in the area. Please ensure you are not going so far way that your legs get tired. We want to ensure you have a safe and fall free outdoor walk.

We look forward to continue to serve you!

## Kitchen Korner



**Harold**

### History of Fettuccine Alfredo

Between restaurants, cookbooks and supermarket shelves, Alfredo sauces vary widely, both in style and quality. Here's a rundown of fettuccine Alfredo's history and sauce variations.

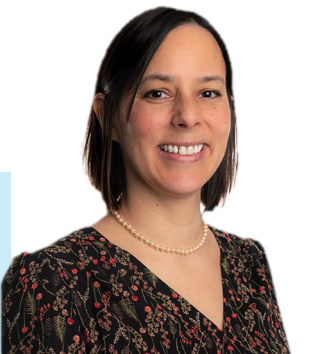
The original dish was an extra-buttery version of an Italian standard, fettuccine al burro — fettuccine with butter and Parmigiano-Reggiano cheese. It was created in Rome in 1914 by chef Alfredo di Lelio and served at his restaurant, Alfredo's.

Legend has it that in 1927, silent-film stars Mary Pickford and Douglas Fairbanks discovered this dish while honeymooning in Rome. Upon returning to Hollywood, they served it to friends; soon, fettuccine Alfredo was popular — but in a new, American guise.

According to The Italian-American Cookbook by John Mariani and Galina Mariani (Harvard Common Press, \$19.95), since American butter and parmesan cheese lacked the richness of their Italian counterparts, cream was added to the sauce to compensate. This version became an Italian-American classic. Although popular in the United States, it never took root in Italy.

Ultimately, Alfredo sauce became a victim of its own popularity. Supermarkets began selling ready-made Alfredo sauces, thickened with flour or cornstarch and sometimes made with cheap ingredients. Many chain restaurants began using the pre-fab sauces, too. Noodles tossed with this convenience product can't compare with this recipe for fresh fettuccine Alfredo made with Parmigiano-Reggiano, unsalted butter and fresh cream.

## Marketing Muses



**Anne**

Hello Memory Care families—  
Friendly reminder we have shadow boxes  
in memory care.

The shadow box is secured by a lock.

Please bring any items in that you would  
liked placed into the shadow box.

This provides something familiar to help  
guide your loved one back to their apart-  
ment.







## RESIDENTS OF THE MONTH:

John E. 6/02

Bob T. 6/03

Tom Y. 6/03

LaRue P. 6/09

Ellen K. 6/11

Ray R. 6/17

Dianna C. 6/22

Donna H. 6/25

Jeanne M. 6/27

Lynette C. 6/29



Al K.

Al is a funny and sociable guy. He's very family oriented and is very excited for his daughters wedding coming up. We love when al come t o activities because he always makes great conversation.



Scott R.

Scott is a big jokester, he loves to make people laugh and is always willing to help out a friend. He is also an artist and woodworker, he's got so many amazing piece of art that he has made over the years .

## Employee of the month.

### Mary Kay

She is always there to help out anyone in need. Whether she's working the front desk, helping serve lunch or even being a personal shopper, and tailor to residents; she's always around to lend a helping hand going above and beyond. Thank you Mary Kay for all you do here at Meadow Ridge.



*"Sometimes you will never know the true value of a moment until it becomes a memory"*



## In Loving Memory



Richard Swenson  
2/3/27—5/10/21



John Helgeson  
11/23/30 —5/19/21



Walter Werner  
10/15/28—5/28/21





# A Note from Nursing

We can officially say we are in the full swing of another Minnesota summer! While we bear through the heat and the humidity, we are reminded why it is extra important to stay hydrated during the summer-time. Dehydration is the excessive loss of fluid from the body either from not taking in enough fluids or losing an excessive amount of fluids. This is especially concerning in older adults, because as we age, we lose muscle mass already leads to a loss of total water concentration in our bodies. That means you have much more to lose as an older adult when you lose water. Water loss happens through urinating, sweating, and breathing.

Tips to stay hydrated:

- Make at least half of your daily fluids water
- Choose fruit for a snack. Many fruits have a high water content.
- Don't wait until you are thirsty to drink fluids
- Hydrate with water before and after exercise
- Since caffeinated beverages like tea and coffee have a slight diuretic effect, don't count these towards your daily fluid intake
- Recognize and address the causes of dehydration- persistent diarrhea or vomiting, low fluid intake, excessive sweating, and increased urination.

Hope everyone is ready for summer. The hot weather is here to stay at least for a while. We should be starting construction on the back patio this month. They will be breaking down the old patio and laying new concrete slab down. If your ac does not seem very cold or just does not seem to be running right, please let me know so I can get it working properly for you. There will be a fire drill at 10 am on Wednesday the 2<sup>nd</sup>. Remember to stay in your rooms unless directed to leave your room by staff.



# Life Enrichment



## Activities updates:

We have the bus back! Every month we will have the bus for the first two weeks, we will go on some shopping and lunch outings. If anyone has suggestions or requests for outings please let Katie or myself know so we can get those planned for you. Take a look at the back of your newsletter for the upcoming outings and special events for this month. Make sure you sign up for outings in the Activity Room by the TV.

Starting this month Katie will be doing devotional readings with you all, everyone is welcome she will be doing reading June 1st and June 29th at 1:30 in the Activity Room. For our Lutheran residents please join us in the Activity Room on the second and fourth Tuesday of each month at 1:30 for a Lutheran Service and Communion with Service in the Lord.

I know how much we have all enjoyed our couple of parking lot concerts over the last few months but I am excited to tell you all that we will be having an indoor performance this month, Thursday June 24th at 1:30 in the dining room. Make sure to come down to enjoy some live entertainment from singer and guitarist Scott Beaumont.

This month's 'feature manager' will be Matt the Maintenance Director. Come to the activity room Tuesday June 22nd at 3:00 to learn all about Matt. And A Big thanks to Harold for hosting the first event and bringing in his beautiful family.

**Arm Chair Travelers:** Follow 6 crazy seniors across the world and learn of their travels. This Month We will be traveling to Jamacia. We are very lucky to have our wonderful Chef Harold, making us snacks to enjoy as we travel to this new destination.

**Craft Club:** If you enjoy painting, drawing or crafting of any kind come down to make some new decorations for your apartments. This months crafts will be

- Tissue Paper Mug
- Tie dye towels
- Clay flower pots
- Marble Painting

**Happy Hour:** Every Friday we will have happy hour in the Activity room at 3:00. \*There is a three drink limit for the alcoholic beverages at happy hour.

This months feature drinks are:

- Cold Medina Cocktail
- Frozen Pineapple Margarita
- Strawberry Mimosa

**Join us the last Friday of the month for wine and cheese with Anne**