

Date	Time	Up Coming Events
5/1	3:00	Craft Club: Paint & Sip (AR)
5/3	10:45	Outing: Dollar Tree (LO)
5/3	3:00	Resident Meeting (AR)
5/4	1:00	Outing Target (LO)
5/5	11:30	Lunch Outing: Schuller's Tavern (LO)
5/5	3:00	Happy Hour: Feature Drink Frozen Margarita (AR)
5/8	1:00	Outing: Aldi (LO)
5/8	3:00	Craft Club: Shrinky Dink Key Chain (AR)
5/9	9:30-3:00	Mystic Lake Casino/ Lunch @ Gamblers Grill (LO)
5/10	10:00	Outing: Bibles for Missions (LO)
5/11	7:30	Hot Breakfast (DR)
5/11	11:30	Lunch Outing: Perkins (LO)
5/12	3:00	Happy Hour: Feature Drink Jam Jam Gimlet (AR)
5/15	8:00	Mother's Day Breakfast (AR)
5/15	10:00	Outing: Walmart (LO)
5/15	3:00	Craft Club: DIY Stress Ball (AR)
5/16	1:30	Service with Cindy (L)
5/18	2:00-4:00	Minnesota Exhibit (New AL3)
5/19	3:00	Happy Hour: Feature Drink Vodka Party Punch (AR)
5/20	1:30	Candy Bar Bingo with Marilyn (AR)
5/21	10:30	Bud Grant Memorial at the US Bank Stadium (LO)
5/22	3:00	Craft Club: Magnetic Bookmarks (AR)
5/23	1:30	Food Council Meeting (DR)
5/23	3:00	Armchair Travelers: Nevada (AR)
5/24	3:00	Birthday Party (AR)
5/26	3:00	Wine & Cheese (AR)
5/31	12:00	Memorial Day BBQ Lunch with Music (DR)
5/31	1:30	Musical Performance: Bobbi & Christine (AR)

A Lifetime of Caring

May 2023

Staff Directory



Alex Ferrell
Executive Director



Michael Shafer
Director of Marketing



Orlumma "Stella" Afonya
Director of Nursing




Matt Vollmer
Maintenance Director



Laurisa Chang
Life Enrichment Director



Ivory Easley
Dietary Director



MEADOW RIDGE


SENIOR LIVING

7475 Country Club Dr, Golden Valley, MN 55427

MeadowRidgeSeniorLiving.com

From the Desk of

Alex



Greetings Residents and Family of Meadow Ridge,

Wishing for warmer weather soon, it's been a long winter and I know many of us are eager to get some nicer weather.

As many of you might be aware, Meadow Ridge has made some operational changes to our facility recently. We recently consolidated our three memory Care units into two units on the first and second floor. Since that change happened, we have opened the third floor into additional housing for Assisted Living clients. This also has created some additional spaces for residents, family, and guests to use. We have a beautiful T.V Lounge area and 3 season sunroom for all to use. In addition, we have a nice dining area with stove for residents that might be interested in doing some cooking/baking clubs. We are really excited about these changes and hope that all of you will use these nice, beautiful spaces within our community. Activities will be implementing programming into these spaces as well, to help encourage more participation and usage of these areas.

I also would like to give a big shout out to all our Nurses at Meadow Ridge. We will be celebrating National Nurses week on May 6th-12th to show our gratitude and appreciation for all the hard work each of them do everyday at Meadow Ridge. If you get a chance during the week of May 6th through 12th, please take a moment to say thank you to all our nurses for the tremendous job they do at Meadow Ridge.

Finally, if anyone is interested in signing up for automatic withdrawal for their monthly bills, please let me know. I have sign up forms available for anyone interested. It is easy and convenient way for you to pay your bills without needing to write checks monthly. If you have questions regarding this process, please contact me or the front desk.

I hope that everyone has a great month of May! As always if you have questions or concerns, please feel free to contact me.

Alex Ferrell, Executive Director

Notes from a Nurse



Hi everyone!

Thank you to all the residents, family members and staff for keeping our community and residents safe and free of covid.

Also, It's nurses week from May 6-12. I would like to give a shout out to our MRSL nurses, Michael, Mimi and LaVora. **THANK YOU FOR ALL YOUR HOURS OF HARD WORK AND DEVOTED LABOR, WE ARE TRULY GRATEFUL!**



Nurses Week History

Through many years of effort (starting back in 1953), proclamations and resolutions within Congress— The American Nurse Association was able to solidify May 6-12 as the official, permanent dates to observe National Nurses Week.

With winter gone we can finally look ahead to spring. It's a weird time of the year for the temperature. It's either too hot during the day to leave the heat on or too cold at night for Air Conditioner. Before we switch over to the AC unit, please clean the filter for your unit. I would be happy to assist any who needs help. There have been a lot of changes in my department. Recently with Kia leaving (laundry) and Mike retired (assistant), we are looking to hire and to fill these positions. Hopefully we find people who are the



Life Enrichment



Activities updates:

- **May 9th:** The Bus will be making a trip to Mystic Lake Casino this will be an all day event so, plan accordingly. We will not be providing lunch, we will have lunch at the Gamblers Grill at Mystic Lake.
- **May 15th 8:00-9:00 A.M Mothers Day Breakfast:** All mothers Aunts and Sisters, please join Kavina and I in the Activity Room for a Mothers Day breakfast celebrating you! (you DON'T have to be a mother to join)
- **May 21st 10:30A.M:** We will be celebrating MN Vikings Coach Bud Grants Life at the - Bud Grant Memorial at US Bank Stadium. Tickets are limited so make sure to sign up if you are interested. Doors open at 11 am. We are not sure how long this event will last so we will be bringing bag lunches for you to eat.

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:

5/1 Paint & Sip

5/8 Shrinky Dink Key Chain

5/15 DIY Stress Ball

5/25 Magnetic Book Mark

Happy Hour: Join us on Fridays at 3pm for Happy Hour. *There is a **two drink** limit for the alcoholic beverages and **two beer cans** at all happy hour.

This months feature drinks are:

5/5 Frozen Margarita

5/12 Jam Jam Gimlet

5/19 Fruity Vodka Punch

5/26 Wine & Cheese

Celebration/ Party of the Month: Minnesota Exhibit:

May is Minnesota's Month! May 11th 1858, Minnesota became a state so, to celebrate we welcome you all; residents, family, and staff to come and explore Minnesota. We will be putting together an interactive Minnesota Exhibit right here in the building, on our new Assisted Living wing on the 3rd floor. You will learn all about Minnesota's History, Minnesota's Landmarks, Famous Minnesotan Artists and Celebrities, and even be able to sample some of Minnesota's Staple Foods!

We know weekends can get long but we always have boards games, cards, putting green, connect 4 out and about in the activity room. We highly encourage you to invite your friends and neighbors to join you to play. Kavina and I are always open to new ideas and to add new games. We are looking for volunteers to lead activities for the weekend. It can be any kind of activity as long as you are willing to lead it.



Spring Cleaning time!

From May 1st –May 31st we will have a donation table in the Activity Room, feel free to bring down any items you no longer want or need (No furniture).

The items left on the donation table are free for anyone to take and all leftover items will be donated to Prism at the end of the month.



Family & Friends

If you have craft supplies of any kind (DVDs or VHS Tapes; puzzles & Board Games) that are in good shape, that you no longer need or use and are looking to donate, the Activity Room would love to take them off your hands. Anything that we are unable to use we will bring over to Prism to donate.

"Where Flowers Boom so does hope"
-Lady Bird Johnson



Kitchen Korner



Hello Meadow Ridge Family

It's May 1st, Spring is here, and beautiful weather may be near. We are hosting a Memorial Day Family and Friends BBQ! We will have drinks, snacks and games! Also, we are still growing from the kitchen family so expect to see new faces. Our kitchen staff is growing and improving, I hope we can be understanding as we navigate through the new employees...

We have new food items on the menu please check your May Menus. I always look forward to hearing any ideas or concerns from my Meadow Ridge Family, please look out for flyers with information on hot breakfast and our monthly food council meeting along with our Memorial Day BBQ!

Culinary Director Ivory Easley

Marketing Muses

Hello Everyone!

There has been many new faces around the community and there will continue to be more new faces in the next couple of weeks. Make sure to greet and introduce yourself and feel free to show them around!



"All of us, at some time or other, need help. Whether we're giving or receiving help, each one of us has something valuable to bring to this world. That's one of the things that connects us as neighbors — in our own way, each one of us is a giver and a receiver." -Mr. Roger



May Birthdays

Ed W.5/9

Gerald A. 5/10

Darlene G. 5/13

Marianne M. 5/15

Patty M. 5/15

David C. 5/20

Gail H. 5/22

Attention Residents

We are updating everyone's photo release forms. If you have received them through the mail, please print and sign or write declined with a printed name and return to Kavina or Laurisa.

Employee of the month.

Timothy J.

A Resident Favorite. Timothy has been a joy to have as part of MRSL. Tim is so helpful, he always goes above and beyond for anyone. He is kind and is always cheerful. We appreciate all of your hard work.

"Where Flowers Boom so does hope"



Tea Party



Every month we have a theme party. In April, we had a Tea Party. It was so much fun. We got to eat many different finger foods and many types of teas.



Everyone had so much fun. Thank you all for attending and making it such a fun time.



Come join us for our next Celebration/ Party for the month of May. We are celebrating MN Month. We will have an MN Exhibit on the new AL 3rd floor on May 18th at 2-4pm.

