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Afinity Senior Living
-Living with Spirit

Mission Statement:
Inspired by God’s love, Afinity creates communities for older adults that nurture body, soul and spirit.
~ Lifelong Learner ~

Anyone who stops learning is old, whether at twenty or eighty.

Anyone who keeps learning stays young. ~ Henry Ford

To be a lifelong learner means to never stop growing and to never stop expanding your knowledge and understanding of the world. Jim Easton, a resident at Scandia Shores, an Avinity community in Shoreview, is a wonderful example of a lifelong learner. Jim turned 96 recently, yet he is still growing and learning and expanding his knowledge of the universe.

Jim was born in St. Paul in 1918 and attended the University of Minnesota High School located on the U of M campus. He married in the early 1940’s and together he and his wife had 3 children. During his many years of life, Jim was always learning, always reading, always exploring and examining new avenues of knowledge: history, literature, science, religion, philosophy, economics, etc. Because of his curiosity and breath of knowledge Jim taught himself how to work the stock market and became a successful stock broker.

In recent years, Jim has accumulated a large library of DVD videos of lectures from university professors from around the world. If you were to visit Jim in his apartment you might find him watching a DVD on world religions, history, philosophy, science, or many other topics. The Greek philosopher Socrates said, “Education is the kindling of a flame, not the filling of a vessel.” The flame of knowledge and learning is still ablaze in Jim Easton’s heart.

I recently asked Jim what was the most important book he had ever read in life. Without hesitation he replied, “The Bible. It has the answers for life and has been my guide all these years. The Bible is my reference point in all my learning.”

Albert Einstein said, “Intellectual growth should commence at birth and cease only at death.” Follow in the footsteps of Henry Ford, Socrates, Albert Einstein - and Jim Easton - and become a lifelong learner. Get out a good book and read! It’s never too late to learn!

Written by Avinity Lead Chaplain David Johnston
**Spiritual Opportunities at Cloverleaf Courts**

### Interfaith
- All are welcome to attend the **Interfaith Chapel Service** on Mondays at 1:00pm in the Chapel. Come enjoy music and scripture and then stay for Coffee Time. It’s a good time to get acquainted with other residents.
- **Prayer Around the Flagpole** - Please join us on September 4 at 1:30pm as we gather around the flagpole in the front parking lot to pray for our children, grandchildren and teachers returning to school. All residents are welcome.
- **Bible Study** is September 11 and September 25 at 10:30am in the Library Area. Open to all residents.

### Catholic
- **Catholic Communion** meets Thursdays at 1:00pm in the Chapel. (3 times a month, see September calendar)
- **Catholic Mass** is Friday, September 12, 2014 at 11:15am with Resident Lunch to follow.
- **Rosary** will resume in October. Times and locations will be posted. Thanks.

### Other Chaplaincy Services
- Hospital & Rehab Visits
- One-on-One Visits
- Saturday Evening Melodies
- Grief Support

If you need to speak with Chaplain Sherree Lane, she can be reached at: 763-784-0063, ext. #23

### Routine Activities

#### Grocery Runs
Grocery runs take place every Monday morning. The runs are alternated between Cub and Walmart.

- **Cub**: September 8, 22
- **Walmart**: September 15, 29

#### Medical Runs
Van rides to and from medical/dental appointments within a 7 mile radius are the 1st and 3rd Wednesday of each month and the 2nd and 4th Thursday of each month. If a scheduled day falls on a holiday then there will not be a run scheduled.

**Medical Runs for September:**
- Wednesday, September 3, 2014
- Thursday, September 11, 2014
- Wednesday, September 17, 2014
- Thursday, September 25, 2014

#### Exercise
Meets Mondays, Tuesdays and Wednesdays at 10:00am and Thursdays and Fridays at 9:45am in the Chapel.

#### Schwan's
This traveling food service visits Cloverleaf Courts every other Wednesday at 11:00am in the Community Room. See monthly calendar for scheduled dates in September.

#### Massage Therapist
The massage therapist comes every other Wednesday. If you are interested in receiving a massage please see the office. Massage therapy dates in September are: September 10 & 24 from 9:00am-12:00pm.
1. Life isn’t fair, but it’s still good.
2. When in doubt, just take the next small step.
3. Life is too short, enjoy it.
4. Your job won’t take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don’t have to win every argument. Stay true to yourself.
7. Cry with someone. It’s more healing than crying alone.
8. It’s ok to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won’t screw up the future.
12. It’s ok to let your children see you cry.
13. Don’t compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn’t be in it.
15. Everything can change in the blink of an eye, but don’t worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn’t useful.
   Clutter weighs you down in many ways.
18. Whatever doesn’t kill you really does make you stronger.
19. It’s never too late to be happy. But it’s all up to you and no one else.
20. When it comes to going after what you love in life, don’t take no for an answer.
21. Burn the candles, use the nice sheets, wear fancy lingerie. Don’t save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don’t wait for old age to wear purple.
24. The most important organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words ‘In five years, will this matter?’
27. Always choose life.
28. Forgive.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don’t take yourself so seriously. No none else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn’t do.
35. Don’t audit life. Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If you we all threw our problems in a pile and saw everyone else’s, we’d grab our back.
41. Envy is a waste of time. Accept what you already have, not what you need.
42. The best is yet to come…
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn’t tied with a bow, but it’s still a gift.
Events in September

- Wednesday, September 3, 1:30pm- Cloverleaf Crafters Get Together—All are welcome to join this group and make crafts for the residents table at the Craft Fair in October. This group meets in the Community Room.
- Wednesday, September 3, 2:30pm- Schwan’s Complimentary Taste & Learn—Want to eat healthier? Have challenges in the kitchen? Struggle with time? You’re not alone…Let us be your partner in the kitchen and deliver an individualized solution to fit your goals and needs!
- Thursday, September 4, 10:30-11:45am- In-House Flu Shot Clinic—Would you like to get a flu shot this year? If so, stop down to the Community Room. Don’t forget to sign up for a time slot. See sign up sheet for more details.
- Thursday, September 4, 12:30pm- Mobile Batteries—From watch batteries to AA batteries to motorized scooter batteries…Mobile Batteries has what you need. Stop down to the Community Room for all your battery needs.
- Thursday, September 4, 1:30pm- Prayer Around the Flagpole—Please join us at the flagpole in the front parking lot to pray for our children, grandchildren and teachers returning to school. All residents are welcome.
- Tuesday, September 9, 10:30am- Lunch Outing to Applebee’s and Shopping at the New Eagan Outlet Mall—Don’t miss this great lunch and shopping outing to Applebee’s and the New Eagan Outlet Mall where you have loads of stores within walking distance.
- Tuesday, September 9, 1:30pm- Quarter Bingo—Join us for quarter bingo in the Community Room. This activity is FREE of charge.
- Friday, September 12, 12:00pm- Resident Lunch—All are welcome to the resident lunch. Cost is $5-$7 and includes everything from beverage to main course to dessert. Best and cheapest in town.
- Tuesday, September 16, 11:00am-Ideal Theater Presents: “St. Anthony Main” A Capella Quartet—This is a pre-paid event and is full.
- Tuesday, September 23, 10:00am- Target/Kohls Outing—Monthly shopping trip to our local Super Target and Kohls stores.
- Tuesday, September 23, 1:30pm- Andover Farmer’s Market—Don’t miss out on getting those Minnesota homegrown fruits and vegetables at the local farmer’s market.
- Wednesday, September 24, 1:00pm- Aldi Outing—Grocery shopping at our local Aldi store.
- Friday, September 26, 3:00pm- August & September Birthday & Anniversary Party—Join us in the Community Room for an afternoon treat and to acknowledge our Cloverleaf Courts friends celebrating birthdays and anniversaries in the months of August and September.
- Tuesday, September 30, 11:15am- Lunch Outing to Perkin’s Restaurant—Join us for lunch at a local favorite, Perkin’s Restaurant.
## Our Friends Celebrating Birthdays & Anniversary in September

### Happy September Birthday To...

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<tr>
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<td>Kitty Engel</td>
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<td>Carol Schwanbeck</td>
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<td>19</td>
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<td>Lu Borman</td>
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<td>Jean Hagstrom</td>
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</table>

Best wishes to all of our Cloverleaf Courts friends celebrating a special day this month!

**Please inform the office if we have made an error or missed anyone by mistake.**

### ZITS

*BY JERRY SCOTT AND JIM BORGMAN*

### Scheduled Meetings in September

- **Wednesday, September 3,** 10:00am-Activity Planning Meeting
- **Wednesday, September 3,** 11:00am-Resident Lunch Planning Meeting-Team #1
- **Monday, September 15,** 3:00pm-Advisory Board Meeting
- **Thursday, September 18,** 3:00pm-Resident Meeting
The Goldberg Brothers - The Inventors of the Automobile Air Conditioner

The four Goldberg brothers, Lowell, Norman, Hiram, and Max, invented and developed the first automobile air conditioner.

On July 17, 1946, the temperature in Detroit was 97 degrees. The four brothers walked into old man Henry Ford’s office and sweet-talked his secretary into telling him that four gentlemen were there with the most exciting innovation in the auto industry since the electric starter. Henry was curious and invited them into his office. They refused and instead asked that he come out to the parking lot to their car. They persuaded him to get into the car, which was about 130 degrees, turned on the air conditioner, and cooled the car off immediately. The old man got very excited and invited them back to the office, where he offered them $3 million for the patent. The brothers refused, saying they would settle for $2 million, but they wanted the recognition by having a label, ‘The Goldberg Air Conditioner’, on the dashboard of each car in which it was installed. Now old man Ford was more than just a little anti-Jewish, and there was no way he was going to put the Goldberg’s name on two million Fords. They haggled back and forth for about two hours and finally agreed on $4 million and that just their first names would be shown. And so to this day, all Ford air conditioners show - Lo, Norm, Hi, and Max - on the controls.

Beware of Scams Targeting Grandparents

**Grandparents Scam: What to Look For**
- A phone call claiming to be about or from a grandchild or other family member in distress.
- An urgent need for money to be secretly wire transferred, often to a foreign country.

**Don’t Become A Victim**
- Verify that it is your grandchild by contacting their parents or asking a question only the real grandchildren would know the answer to.
- Resist pressure to send money quickly and secretly.
- Refuse to send money through wire transfer or overnight delivery.
Slow Cooker Roast Beef

Ingredients:
3 pounds beef chuck roast
1/3 cup soy sauce
1 (1 ounce) package dry onion soup mix
2 teaspoons freshly ground black pepper

Directions:
1. Pour the soy sauce and dry onion soup mix into the slow cooker. Mix well.
Place chuck roast into slow cooker. Add water until the top ½ inch of the roast
is not covered. Add the fresh ground pepper over the top.
2. Cover and cook on low for 22 hours. Time may vary depending on crockpot.

Ice Cream Sandwich Cake

Ingredients:
24 vanilla ice cream sandwiches, unwrapped
2 (8 ounce) containers whipped topping (such as Cool Whip, thawed
1 (12 ounce) jar hot fudge ice cream topping, warmed
1 (12 ounce) jar caramel ice cream topping
¼ cup chopped pecans or peanuts, or to taste

Directions:
1. Arrange a layer of ice cream sandwiches in the bottom
of a 9x13-inch dish; top with a layer of whipped topping, hot fudge topping, and caramel topping. Repeat
layering with remaining ice cream sandwiches, whipped topping hot fudge topping, and caramel topping, ending with a top layer of whipped topping. Sprinkle with pecans or peanuts. Cover dish with aluminum foil and freeze until set, at least 30 minutes.
These puzzles represent expressions we use. Solve them by carefully noticing the positions of the words and pictures. Are they under, over, mixed-up, inside, or a certain size?

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Cloverleaf Courts of Blaine

1011 Cloverleaf Pkwy. NE
Blaine, MN  55434

Phone:  763-784-0063
Fax:  763-784-0196
Email:  AvinitySeniorLiving.org

Important Phone Numbers

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<td>Police, Fire, Ambulance</td>
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<td>Cloverleaf Courts/Caretakers</td>
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<td>Poison Control</td>
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<td>Classy Cuts</td>
<td>763-784-0192</td>
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<td>Avinity Senior Living</td>
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<td>Meals On Wheels</td>
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<td>Metro Mobility</td>
<td>651-602-1111</td>
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<td>Anoka Traveler</td>
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<td>Mary Ann Young Senior Center</td>
<td>763-786-9375</td>
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<td>Qwest</td>
<td>1-800-507-0076</td>
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<td>Anoka County Service to Seniors</td>
<td>763-783-4707 (non-government programs) 763-422-7070 (county-based services)</td>
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Craft Items Needed

Building Wish List

(Donate or Monetary Contribution)

- Piano

Brain Teasers Answers

1. I understand; 2. man overboard; 3. undercover agent; 4. long underwear; 5. easy on the eyes; 6. I over ate; 7. circles under his eyes; 8. going around in circles; 9. high chair; 10. flat tire; 11. downtown; 12. crossroads; 13. sick in bed; 14. mixed up kid; 15. running around the block; 16. scrambled eggs