

Edendale Edition

January 2018



Happy
New Year!



Thank You so much!

We had some wonderful holiday events and there are many people to thank for them. First of all, PROP Food Shelf provided gift cards valuing \$40 to over 30 residents who signed up for them. And, Home Instead Senior Care provided gifts to all our residents. We had a wonderful holiday dinner with residents and staff catered by Kowalski's and we received some fun prizes/donations from local business and a mystery donor. Our building looked beautiful; thanks to some helpful volunteers who decorated the trees, lobby, community room and outdoor planters. Special thanks to Jan W. for the centerpieces. Also, thanks goes to the Victory Lutheran Church choir for coming in to sing. The staff would also like to thank all who dropped off a card or little gift. It was not necessary but was appreciated.

Elevator Renovation: The scheduled dates are 1/22 through 2/5 for the work to be done on the elevator. Please attend the **Lunch and Learn** on 1/5 with Elizabeth and other personnel from the Eden Prairie Police and Fire Departments to learn more about the process and have your questions answered. Pizza will be served.

Fire Alarms: The annual testing will be done on Friday 1/12 this year starting at 9:00 am.

Unit Inspections: Unit Inspections will be done sometime in February again this year. These inspections are required by HUD and allowed under the terms of your lease. We will be checking the plumbing, electrical and mechanical systems in the apartments. In addition to this, we will be

assuring that all fire safety and rental housing codes are being met. You do not need to be home during this inspection. We will be notifying you when we know the dates that this will be taking place. A good opportunity to prepare your apartment for the inspection is while the elevator is under renovation.

Carpet Update: As you may have noticed, the base is not complete on the floors with new carpet nor is the carpet/base installed on second floor. At this time we do not know when the job will be completed because supplies are on backorder. We will let you know any install dates as we know them. We apologize for the inconvenience.

Mobile Food Shelf: Due to the elevator renovation, the **date and time** of Mobile Food Shelf has been rescheduled. It will be on **Weds. 1/10 at 9:30 am.**

PROP Food Shelf: Starting January 10th PROP Food will launch their new FRESH CHOICE MARKET. Appointments will no longer be needed. You will however need to check in each time in the front office and bring proof of residency/photo ID. PROP will be closed 1/8 and 1/9 to set up for the new program. See yellow sign posted by the mailboxes for additional details.

Upcoming Events:

Take Down Decorations: We need volunteers to help staff take down all the holiday decorations on Thursday, 1/4 at 1:00 pm.

Book Club: The Edendale Book Club will resume on 1/16 at 1:00 pm. If anyone is interested in joining, please contact Paulla to get a book.

Welcome Committee: Will host another Coffee and Pastry Gathering on 1/15 from 10:00 – 12:00 pm. Please come down and spend some post-holiday time with your friends and neighbors.

Third and Fourth Floor Bookshelves: Resident volunteers will sort through the baskets of donated books on the 2nd Tuesday of each month.



Tax Clinic is scheduled for **Monday, April 2nd** this year starting at 9:00 am. This is the only date and time offered to us. Mark your calendar!

Other Upcoming Events:

Monday, January 1st - **Office Closed for New Year's Day**

Thursday January 4th - 1:00pm **Take Down Decorations**

Friday, January 5th - 11:30am **Police Sponsored Lunch & Learn**

Monday, January 8th - 10:00am-12:30pm **Swap Day**

Wednesday, January 10th - 9:30am **Mobile Food Shelf (note: time change)**

Friday, January 12th - 9:00am - **Fire Alarms Tested**

Monday, January 15th - 10:00am - **Welcome Committee Coffee & Pastries**

Tuesday January 16th - 1:00pm **Edendale Book Club**

Wednesday, January 17th - 1:30 pm – **Pet Visit with Shadow**

Monday, January 22nd - **Elevator Renovation Begins**



FLU SEASON

Cold and flu season are here. We ask that if you have a cough or fever to please refrain from coming into the common areas. There is hand sanitizer in the lobby and community room for your use. Regular hand washing is important to prevent the spread of the flu. Also drink plenty of liquids, eat healthy and get enough sleep so your immune system can fight off any germs you come in contact with. The staff would like to know if you are sick, so we can check up on you, however this is voluntary.

Shoveling Snow: Tips for Avoiding Injuries (Move Forward Physical Therapy)

1. Lift smaller loads of snow and use a shovel with a shaft that lets you keep your back straight while lifting.
2. Step in the direction in which you are throwing the snow to prevent your low back from twisting.
3. Bend your knees and keep your back as straight as possible so that you are lifting with your legs.

4. Take frequent breaks. Walk around periodically.

Please use caution during the winter weather. If you can, avoid going out when the weather is bad or surfaces are icy. We attempt to keep things shoveled and salted, however they can still be slippery and icy. When the snow is melting and refreezing we ask you to proceed with caution.

If you feel you need to put down salt, please know that putting it down in the rain will just waste the product since it will wash away. The same goes for during a snow storm...when it will be shoveled away.

Did you Know? Through the Passport to Fun Program of the Eden Prairie Community Center, participants can receive a 50% reduction in recreation programs. See Paula for an application if interested. Also, the High School offers free open hours for walking on their indoor track. Information about both of these programs is posted on the bulletin board by the mailboxes.