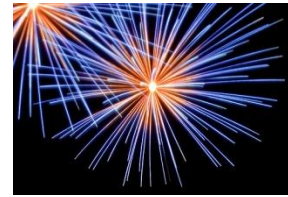


Edendale Edition

January 2019



Happy
New Year!



Thank You so much!

We had some wonderful holiday events here at Edendale and there are many people to thank. First of all, PROP provided gift cards valuing \$40 to close to 40 residents who signed up for them. And, Home Instead Senior Care provided gifts to each of our residents. We had a wonderful holiday dinner with residents and staff catered by Olive Garden. Our building looked beautiful; thanks to all the helpful volunteers who decorated the trees, lobby, community room and outdoor planters. Also, our thanks to the Victory Lutheran Church choir for coming over and caroling. The staff extends many thanks to all who dropped off a card or little gift. It was not necessary but was appreciated.

Fire Alarms: The annual testing will be done on Tuesday 1/15 this year starting at 8:00 am.



FLU SEASON

Cold and flu season is 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.

Upcoming Events:

Take Down Decorations: We need volunteers to help staff take down all the holiday decorations on Thursday, 1/3 at 1:00 pm.

Book Club: The Edendale Book Club will resume on 1/15. If anyone would be interested in joining, please contact Paulla to get a book.

Podiatrist: Dr. Halverson will be here on 1/22. Due to changes to health insurance plans in 2019, you may have a co-pay for podiatrist visits. Please check with your individual plan to see if you have a co-pay.

Welcome Committee: Will host another Coffee and Pastry Gathering on 1/8 from 10:00 – 12:00 pm. Please come down and spend some post-holiday time with your neighbors.

Other Upcoming Events:

Tuesday, January 1st - **Office Closed for New Year's Day**
Thursday January 3th - 1:00pm **Take Down Decorations**
Friday, January 4th - 11:30am **Police Coffee**
Monday, January 7th - 10:00am - **Swap Day**
Thursday, January 10th - 1:00pm **Ambiguous Loss Presentation**
Monday, January 14th - 1:00pm - **Coffee with Staff**
Tuesday January 15th - 1:00pm **Edendale Book Club**
Tuesday, January 22nd – 10:00am – **Podiatrist Visit**
Wednesday, January 23rd – 12:00 pm – **Mobile Food Shelf**
Thursday, January 24th – 2:00pm – **Conflict Resolution Presentation**

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 Paulla 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.

Tidbits and Friendly Reminders:

- Please put a work order in for cleaning and any non-emergency issue instead of calling or knocking on Ian's door.
- Do not leave any guests unattended while visiting.
- Recycling on the floor is for daily recycling. If you save up recycling or have someone clean weekly, please take recycling outside to the container on the south side of the building.
- Keep the area in front of the building open for drop offs and pick-ups as much as possible. If it is necessary to park for a moment, please pull forward enough so that a bus or car can pull up to that area. Remind your visitors to do the same.