

Services at Havenwood Available to All Residents

Bus Transportation:

- Doctors Trips
- Shopping
- Outings

Spiritual:

- Chapel/Worship
- Bible Study

Exercise:

- Live 2B Healthy

Social:

- Bingo
- Trivia
- Bus Outings
- Socials
- Movie Nights

Groups:

- Concerto Chats
- Book Club
- Card Club
- Bible Study

In House:

- Dining Center
- Bistro
- Beauty Salon
- Weight Room
- Chapel/Theatre Room
- Store
- Library

June Birthdays

Dennis S. 06/04
 Marge K. 06/14
 Helen S. 06/25
 Gayle P. 06/26
 Connie M. 06/30
 Irene R. 06/30

In Remembrance Of

Andy H.
 Charles (Chuck) H.

Summer

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

J U N E S T S S S S Y K S E U L B M
 U S M E A U Y E O U H I K I N G S A
 S M W E E A N L U B N W A S E Y R E
 U T W I R R S G I C A B L N A R E R
 N S H V M T C C L T E A U D T V L C
 T Y U G I M Y S E A D B I R S S K E
 A G L C I C I R N N S L R R N D N C
 N R E U L F M N A U O S E A R G I I
 O E A E J E R S G H S W E A B N R C
 S E D A L B R E L L O R O S R I P R
 C N A O F L O G T L T B T E E T S E
 H G N I H S I F F A E O A E E A H C
 O R C A M P I N G T W T H B Z O C C
 O A C I N C I P A W A S P S E B A O
 L S F L I E S K M O S Q U I T O E S
 T S U G U A S I L L A B E S A B B O
 G N I N E D R A G S U N S H I N E N

ANTS
 AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BEES
 BICYCLE
 BLUE SKY
 BOATING
 BREEZE
 CAMPING
 JULY
 JUNE
 MOSQUITOES
 NO SCHOOL
 PICNIC
 ROLLER BLADES
 SANDALS
 SKATEBOARD
 SOCCER
 SOLSTICE
 SPRINKLERS
 SUNBURN
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SUNTAN
 SWEAT
 SWIMMING
 U V RAYS
 WASPS
 WATER FIGHTS
 WATERMELON
 FISHING
 FLIES
 FLOWERS
 GARDENING
 GOLF
 GREEN GRASS
 HAT
 HIKING
 HOLIDAYS
 HOT
 ICE CREAM

Havenwood Herald

June 2019

Havenwood of Richfield
June 2019 Newsletter



Inside June 2019 Issue

Page 2 Chaplain's Corner

Page 3 Tidbits & Reminders

Page 4 Activities Calendar

Page 5 Activities Calendar

Page 6 Activities Highlights & Info

Page 7 Havenwood Happenings

Page 8 Birthdays, Memoriams & Word Search



Dining Information

Breakfast Hours: 7:30am-9:00am

Lunch Hours: 11:00am-1:00pm

Dinner Hours: 4:00pm-5:30pm

Bistro Hours: 8:00am-5:30pm

Important Numbers

Front Desk: 612-286-8762

Kitchen: 612-286-8723

Maintenance Emergency (After Hours): 612-246-6599

Chaplain's Corner

Attitude

What do you do when you are upset? Things did not turn out as you planned. People did not do what you expected. Perhaps you heard difficult news. What is the best response? Do I vent my anger on those around me? Do I pretend nothing happened?

In life, there are only certain things that are within our control. We cannot control other people's attitudes or actions. We cannot control everything that happens to us. We cannot control the weather. We cannot control politics. We cannot control our family relationships.

We can only control our response to life's happenings. We control our attitude. Let me share this from author Charles Swindoll on how vital our attitude is to our life.

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company... a church... a home. or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes."
~ Charles Swindoll

Happy Father's Day! Happy First Day of Summer!

Written by Chaplain Sherree Lane



Havenwood Happenings

Health Care Directives

We are asking that all residents in the building have quick access to an emergency contact and their health care directive. If emergency responders were to come in, they would need a health care directive to follow. No matter how many pages, please put this and an emergency contact someplace easily accessible within your apartment (i.e. in a top drawer, on the back of your door, the refrigerator, etc.).



Hearing Aid Cleanings



Our audiologist friend, Dr. Rachel Marston will be back to do hearing aid cleanings! She was here last month to do a presentation on the myths, tips and tricks of hearing loss and hearing aids. Cleanings will be \$10. Dr. Marston will be here in June.

Survey Table

For the first full week of June, there will be a table full of various surveys for you! The table will also include a suggestion box for items that aren't covered by the surveys. June will mark 1 year of being open, and what better way to celebrate 1 year than getting the opinions of the residents! Surveys will cover items such as outings/activities, the store/bistro, meals & a few more!



June Recipe Spotlight: Fruit Fool

DIRECTIONS

Step 1. For fruit: In a large mixing bowl, combine the fruit and 1 to 2 tablespoons sugar. Let mixture stand for 10 minutes. Place 1 cup of the fruit mixture in a food processor or blender. Cover and process or blend until pureed. Stir pureed fruit back into fruit in bowl. Cover and chill about 2 hours or until cold.

Step 2. For whipped cream: In a chilled medium mixing bowl, combine whipping cream, 2 tablespoons sugar and the vanilla. Beat with an electric mixer using chilled beaters on medium speed until almost-stiff peaks form.

Step 3. With a rubber spatula gently fold the pureed fruit into the whipped cream mixture, leaving visible swirls. To serve, divide the swirled fool among four to six small dessert glasses or dishes. Serve immediately or cover and chill up to 2 hours before serving.

INGREDIENTS

- ☀ 1 1/2 cups fruit (raspberries; blackberries; blueberries; thinly sliced strawberries; finely chopped apricots; or finely chopped, peeled peach, mango, or kiwi fruit)
- ☀ 1 to 2 tablespoons granulated sugar
- ☀ 1 cup whipping cream
- ☀ 2 tablespoons granulated sugar
- ☀ 1/2 teaspoon vanilla
- ☀ Additional fruit (optional)
- ☀ Cookies (optional)

Activities Highlights & Information

Saturday, June 1st & 15th – Coffee & Community: the popular weekday gathering is now going to be featured on some weekends!

Monday, June 3rd & 17th – Men's & Women's Group: Join other men or women in the community for good company and conversation. Men's Group will meet in the Craft Room (2nd Floor); Women's Group will meet in the Chapel Room (2nd Floor).

Wednesday, June 5th & 19th - Blood Pressure Checks: Allina is here in the Private Dining Room for free blood pressure checks from 9am-10am!

Friday, June 7th – Hazelwood Lunch Outing: Brunch outing to a great Edina breakfast place!

Saturday, June 8th & 22nd – Crafting Together: the craft room will be open to anyone who would like to do their personal crafts, together!

Wednesday, June 12th – Cribbage Club: Come down to the bistro and welcome David, a local high school student who wanted to start this great club!

Thursday, June 13th - Music Performance: A special music performance by Scott B.; a skilled musician with a long list of great songs to play!

Friday, June 14th- Dad's & Donuts: Calling all Dads! Watch for a slip in your mailbox to order a special treat for your special day!

Friday, June 14th & 28th - Music Therapy: Join Keynote Music as they delve into the many ways music can help in our everyday lives; very interactive and fun!

Friday, June 14th- Craft Show: The Crafty Ladies are back with some summer goodies! They will be selling a wide variety of crafts & decoration from 1pm-4pm!

Wednesday, June 19th - Book Club: This meeting is for those who are currently part of book club, there will be a sign-up sheet for anyone that would like to join in the meeting as well.

Friday, June 21st – Local Roots Brunch Outing: Brunch outing to a great Richfield breakfast place!

Tuesday, June 25th- Office Hours: In lieu of a resident's meeting, we are going to try something new! Come down and ask a question to any of our staff from 10am-11am during our 'office hours'!

Tuesday, June 25th- Havenwood 1 Year Party: RSVP to our 1 Year celebration dinner by June 21st! Door prizes, cheese trays, photo ops & more!

Sunday, June 30th- Resident Potluck: Bring some finger food and enjoy some great company and the Twins game! Sign-ups will be in the lobby for food!

Tidbits & Reminders

- ☀ **Doctor's Trips:** Doctor's Trips occur every Wednesday from 9am-3pm. Anywhere within a 5-mile radius (eye doctors, dental, doctor appts. etc.) If you have any questions, please see Ashley!
 - When signing up for Doctor's Trips, please remember to put the address and appointment time down on the sign-up sheet.
 - Appointment times can be 8:30am-2:30pm.
 - The trips are free, and part of Havenwood!
- ☀ **Library:** Please do not add anymore personal books to the library shelves. Our many generous donations have left us with full shelves and we are not in need of more books at this time.
- ☀ **I'm Ok Checks:** If you are part of the "I'm Ok" checks, please only flip your card **once a day, in the morning!** Our resident volunteers flip them to "Checked" each morning. Please do not flip your card the day before, for the next morning.
- ☀ **Havenwood 1 Year Party:** Please RSVP for dinner on Tuesday, June 25th by Friday, June 21st for our 1 year of Havenwood celebration!

Did You Know?

- ☀ June is the month with the longest daylight hours of the year in the Northern Hemisphere
- ☀ On June 14, 1777, the flag of the United States was adopted by the Continental Congress.
- ☀ June was initially named Iunius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word "iuniores", the Latin word for "younger ones". In the early Roman calendar June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days.



Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

June 2019

Independent & Assisted Living

							10:30am Coffee & Community Lobby 1 2:00pm Mexican Train Craft Room 6:30pm Movie Night Theatre Room
2 What's gray, has four legs and a trunk? ... A mouse on vacation! 12:10pm Twins vs. Rays	10:30am Men's (Craft Rm) & Women's (Chapel) Groups 1:00pm Live 2B Healthy Workout Room 3:00pm Bingo Craft Room Survey Table Craft Room	2:00pm Chapel & Worship Chapel 3:30pm Concerto Chats Dining Room Survey Table Craft Room	4 9am-3pm Doctors Trips 9am-10am Blood Pressure Checks Private Dining Room 1:00pm Live 2B Healthy Chapel Survey Table Craft Room	5 10:30am Lunds & Byerlys & Aldi's 2:00pm Nickels or Hand & Foot Craft Room Survey Table Craft Room	6 11:00am Hazelwood Lunch Outing 1:00pm Live 2B Healthy Chapel 6:30pm Game Night Craft Room Survey Table Craft Room	7 2:00pm Crafting Together Craft Room 6:30pm Movie Night Theatre Room	8
9 Do fish go on vacation? ... No, because they're always in school! 12:10pm Twins vs. Tigers <small>Shavuot</small>	10 1:00pm Live 2B Healthy Workout Room 3:00pm Bingo Craft Room	11 10:30am Target & Cub 2:00pm Chapel & Worship Chapel 3:30pm Concerto Chats Dining Room	12 9am-3pm Doctors Trips 1:00pm Live 2B Healthy Chapel 3-4pm Cribbage Club w/ High Schoolers Bistro	13 10:30am Coffee & Community Lobby 2:00pm Scott B. Music Performance Chapel	14 10:30am Dad's & Donuts Lobby 1-4pm Craft Show Craft Room 1:00pm Live 2B Healthy Chapel 2:30pm Music Therapy Chapel 6:30pm Game Night Craft Room <small>Flag Day (US)</small>	15 10:30am Coffee & Community Lobby 2:00pm Nickels Craft Room 6:30pm Movie Night Theatre Room	
1:10pm Twins vs. Royals Happy Father's Day!  <small>Father's Day</small>	16 10:30am Men's (Craft Rm) & Women's (Chapel) Groups 1:00pm Live 2B Healthy Workout Room 3:00pm Bingo Craft Room	17 11:00am Summer Craft Craft Room 2:00pm Chapel & Worship Chapel 3:30pm Concerto Chats Dining Room	18 9am-3pm Doctors Trips 9am-10am Blood Pressure Checks Private Dining Room 1:00pm Live 2B Healthy Chapel 2:00pm Book Club Meeting Craft Room	19 10:30am Lunds & Byerlys & Aldi's 2:00pm Monthly Birthday Party Dining Room	20 10:00am Local Roots Brunch Outing 1:00pm Live 2B Healthy Chapel 6:30pm Game Night Craft Room <small>Summer Begins</small>	21 2:00pm Crafting Together Craft Room 6:30pm Movie Night Theatre Room	22
23 Why are gulls named seagulls? ... If they were by the bay, they'd be bagels! 1:15pm Twins vs. Royals	24 10:30am Coffee & Community Lobby 1:00pm Live 2B Healthy Workout Room 3:00pm Bingo Craft Room	25 10am-11am Office Hours Main Offices/Lobby 2:00pm Chapel & Worship Chapel 3:30-5:30pm Havenwood 1 Year Dinner Dining Room (RSVP by 06/21)	26 9am-3pm Doctors Trips 1:00pm Live 2B Healthy Chapel	27 10:30am Target & Cub 1:00pm Bobby & Christine Duo Music Performance Chapel	28 1:00pm Live 2B Healthy Chapel 2:30pm Music Therapy Chapel 6:30pm Game Night Craft Room	29 2:00pm Rummy/Gin Rummy Craft Room 6:30pm Movie Night Theatre Room	29
30 1:00pm Resident Potluck & Twins Game Chapel 1:10pm Twins vs. White Sox	"Spring being a tough act to follow, God created June." ~Al Bernstein						

Calendar items are subject to change.

Front Desk: 612-286-8762

Kitchen: 612-286-8723

Salon: 319-330-9756