

### Motivational Quotes

“The greatest glory in living lies not in never falling, but in rising every time we fall.”  
Nelson Mandela

“The way to get started is to quit talking and begin doing.”  
Walt Disney

“If you look at what you have in life, you’ll always have more. If you look at what you don’t have in life, you’ll never have enough.”  
Oprah Winfrey

“Whoever is happy will make others happy too.”  
Anne Frank

“You will face many defeats in life, but never let yourself be defeated.”  
Maya Angelou

“Success is not final; failure is not fatal: It is the courage to continue that counts.”  
Winston S. Churchill



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

**Do You Need Someone To Talk To?**  
**Call the Friendship Line**  
**FREE Emotional Support**  
**Put on By The Institute on Aging**  
**1-800-971-0016**

### Ambassador Program

I am looking for a few residents that would be willing to be ambassadors for our community. I would like to provide evening and weekend tours as needed. These would be set up in advance, but would provide the opportunity to showcase our community in the event I am not able too. I would provide a guide and training for anyone who is interested. This is a great opportunity for someone looking to hear firsthand from a resident what our community is like. Please see Jennifer if you are interested in learning more.



# WestRidge

August 2020

11201 Fairfield Road  
Minnetonka, MN 55305

Phone: 952-512-0547



### Services Offered At WestRidge:

Due to Covid-19 Guidelines, the following services have changed. Watch for updates:

#### Hair Salon

By Appointment  
Contact Michelle  
763-537-9157

#### Foot Care Services

By Appointment  
Jill 763-232-6753

#### Schwan's Delivery

Every Other  
Tues. Afternoon  
Around 1pm

#### Shopping Trips

Tues. & Thurs.

#### Tailor Services

On Hold at this time

#### Live 2B Healthy FREE Exercise Class

Online Exercise  
Video Offering

### Teri's Tidbits

**We can continue to choose happiness even during the most difficult times!**

We had a very exciting July with lots of congratulations in order to some of the WestRidge staff.

Congratulations to Jennifer and Josh on their engagement that happened on July 4th! They plan to marry in September of 2022.

Congratulations to Alex and Nichol on their engagement that happened on July 18th! They plan to marry in August 2021.

Congratulations to Jessica & John on listing their house and receiving 3 offers right away and accepting one. They have found a home, made an offer, just pending an inspection. We wish them well, with their transition to their new home.



### REMINDERS

- To place a lunch order, on the day of, YOU must call **BEFORE 10am**. No guarantee that you will get a meal, if you call to order lunch after 10am.
- City, and State ordinance is to wear a mask and practice social distancing. Please think of your neighbor's wellbeing and follow the guidelines. See poster on bulletin board, for details on where you can get 5 free masks!
- Friendly reminder to ALWAYS pick up after your pet/s.
- **ALL VISITORS must sign in** at the front door. Staff will take their temperature during business hours. Evenings and weekends, they will need to take their own temperature. There is a thermometer by the sign in sheet.
- Be Patient. Be Kind. Be Respectful. We are all a little extra tired, a little more on edge, and we all feel a little more frustration. We are in this together; one day at a time!







Janice H.	01
Bonnie B.	03
Ginnie C.	08
Camilla W.	11
Ingrid O.	12
Lorna D.	12
Marian P.	13
Carol C.	28



**Do you have a friend or family member, looking to move into a senior community?**

**We have a variety of apartments available, one bedroom and two bedrooms.**

**When you make a referral, after they have lived here for 3 months, then you will get \$750 rent statement credit.**

**See Jennifer for more details.**

## Activity Updates

It saddens me when I hear many of you focus on what has been taken away. When all of this started back in March, people were more concerned about one another, and remaining healthy. Now, all I hear is demands to change things, and open things up. Other senior communities only allow visits through a window.

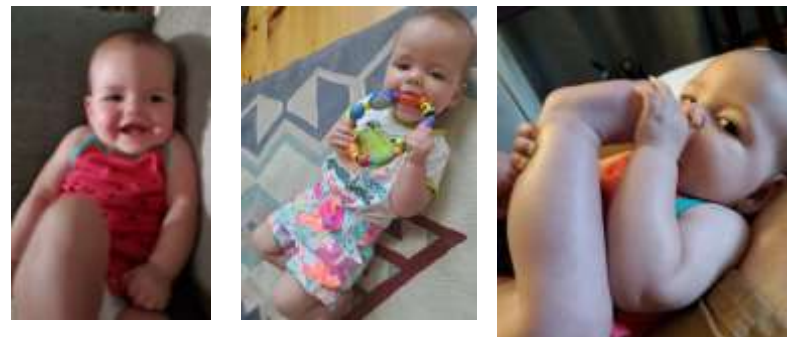
Please, count your blessings...here is some perspective. We have not had any sick residents, at WestRidge!

In the months of March, April, and into May, this is what life was like. We allowed NO visitors. You were discouraged from leaving the building. No walking in the hallways. No chapel services. We delivered all your mail and packages. We were all inside because of the weather.

Now, in July, here are some of the more recent changes. You can have visitors. You can go out with family/friends. You can walk in the hallways (with following social distancing). We have chapel service each week. You can come to the lobby to pick up mail and packages. You can sit outside and enjoy fresh air on the front patio. You are encouraged to wear a mask and still social distance.

I know, we ALL want things to magically open back up, and be like they were. Don't hurt the messenger, but I am very sad to report that it is going to be a while, until we get back to some normalcy. And truthfully it most likely will never be what it once was. So count your blessings. As we move into August, we will be having more small group activities, the shopping trips will resume, (only making one stop, at store listed on sign-up sheet). We have been slow to start up groups due to sanitizing requirements, and will continue to take all needed precautions.

Please note that if were to have an outbreak or if guidelines change, we will adapt what we are doing, and go back to more restrictions. Help us keep moving forward towards a 'new normal', by social distancing, good hand washing, and wearing masks when around anyone.



**Lila is 6 months old!**

## Please Don't Sing!

Did you ever hear that statement from a choir or music teacher? I certainly hope not, because it hurts deeply! Did you know 98% of the population can sing, although there are various levels of singing ability? Maybe you think you don't sing well, and aging does affect the voice. But nevertheless, most everyone can sing.

A most difficult rule for worship during this pandemic is: "Please, don't sing!" It strikes to the very core of my identity as a pastor/worship leader who encourages people to praise God together. The restriction against singing relates to the fact our saliva droplets project further when singing than when speaking. It is a good precaution during COVID, but a painful one.

Apparently, early in the pandemic a choir member was ill, but still attended rehearsal. They spread their droplets to other choir members, who then became ill.

Within these restrictions, let us find ways to sing during this time whether in your apartment or outside, because singing contributes to a peaceful heart. Singing expresses gratitude and love to God. Singing lifts our spirits. Singing has positive impact against anxiety and contributes to increased immunity to disease (2013 study in *Psychology of Music* and 2004 study in *Journal of Behavioral Medicine*). Singing helps one **look up** beyond the troubles of earth.

That benefit was particularly evident to me the first Sunday I returned to church. As the worship team sang "My Jesus I Love Thee", I experienced an epiphany.

***In mansions of glory and endless delight,  
I'll ever adore Thee in heaven so bright;  
I'll sing with the glittering crown on my brow,  
"If ever I loved Thee, my Jesus, 'tis now."***

(v. 4, "My Jesus, I Love Thee", W. Featherston)



Often the last verse of hymns talks about heaven, a future hope, and a better tomorrow. Singing these truths regularly helps us face little-by-little the inevitable reality of life's temporariness. They help us face our eventual passing, but also give something tangible to hold onto as we work through to acceptance. That is very healthy.

So, the bottom line is, hum a tune, whistle a song, or sing in your apartment; it will contribute to a light heart, and give you hope for the future!!

*Written by Campus Pastor Sherree Lane*

(Danny Gallagher, "So you think you can't sing? Science says otherwise." May 22, 2015, cnet.com, accessed 7-21-2020).