

### Quotes

*“Optimism is a happiness magnet. If you stay positive, good things and good people will be drawn to you.”*  
 Mary Lou Retton

*“Before you talk, Listen. Before you react, Think. Before you criticize, Wait. Before you pray, Forgive. Before you quit, try.”*  
 By: TotallyWicked Tumblr



### Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



ASTER	LIBRA	SAPPHIRE
AUTUMN	MORNING GLORY	SCALES (Libra)
GRANDPARENTS DAY	OKTOBERFEST	SEPTEMBER
HARVEST	ROSH HASHANAH	VIRGIN (Virgo)
INDEPENDENCE DAY (Mexico)		VIRGO
LABOR DAY		YOM KIPPUR

ActivityConnection.com

### Walk to End Alzheimer's ...Virtually

Each year across the nation, groups come together for a Walk to End Alzheimer's. The mission is to bring awareness and raise money for research. The walk is put on by the Alzheimer's Association. This year they have asked everyone to walk on their own!

Here at WestRidge, I want to track all of our steps during the month of September. How far can we walk in a month?!

So I challenge you to get out and walk in September. I will have binder in the lobby, to write in how many steps you take or how long you walked. I will add them up, and track just how far we have virtually walked! Let me know if you would like a tracking sheet to just keep in your apartment, and turn it in when you fill it up!

If to wish to donate go to [www.alz.org](http://www.alz.org)

### Flu Shots!

MARK YOUR CALENDAR:

Flu Shots Clinic:

**HERE at WestRidge**, open to ALL residents and staff

**Wednesday, September 30<sup>th</sup>, From 9-11am**

Watch for more information to come.



### Do You Need Someone To Talk To?

Call the Friendship Line  
**FREE** Emotional Support  
 Provided By:  
 The Institute on Aging  
 Call: 1-800-971-0016

### Welcome to WestRidge!

Carol H.  
 Peter G.



# WestRidge

September 2020



11201 Fairfield Rd  
 Minnetonka, MN 55305

952-512-0547



Teri's Tidbits

### 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

Jill will be here **Sept 4**  
 Sign-up sheet is in Back of Sign-Up Book

#### 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



### Welcome to September!

I may have written about National Whole Grain month in a previous newsletter over the years, however I feel it is worthy of sharing the benefits of eating whole grains again. Below is some information provided by Whole Grains Council.

#### Eating More Whole Grains is Linked with....

- Slower cognitive decline as we age
- Healthy digestion and staying "regular"
- Less inflammation
- Lowers the risk of type 2 diabetes
- Healthier gut microbiome
- Improved metabolism
- Lowers BMI and less obesity
- Lowers LDL "bad" cholesterol
- 14% lower risk of stroke
- 19-22% lower risk of heart disease
- 17% lower risk of colorectal cancer
- Overall "successful aging," defined as the absence of disability, depression, cognitive problems, respiratory problems, and chronic disease



#### Easy Ways to Eat More Whole Grains

- Make oatmeal for breakfast
- Use brown rice instead of white rice
- Try whole grain pasta in place of white pasta
- Add whole grains like barley or bulgur to soups and stews
- Choose whole grain bread instead of white bread
- Eat whole grain snacks like whole grain crackers topped with hummus

Good nutrition is important at every age, and seniors who eat a wide variety of nutritious foods, including whole grains, are setting themselves up for better health.



Lorraine G.	03
Anita V.	08
Dennis A.	14
Ron J.	20
Kay S.	24
Don B.	27

### The WestRidge Library

Will be open during designated times, in September. See calendar for details.

Only one resident at a time, in the library (unless they live together), and high touch surfaces will be cleaned between residents.

Sign up for a time to grab a book, DVD, or puzzle!

### Use Of Exercise Equipment In the Rec Room

By sign-up ONLY. One resident at a time. (A couple/roommates may use room together) Available between 7am-3pm. You will pick up the key in the front office.

\*\* Room is not permitted for any other use, other than to exercise, at this time\*\*

## Activity Update

August was a very slow month, with very little interest in the activity groups, which were offered. Many were even cancelled.

With that in mind, there are not as many group activities in September. Instead I have gotten creative, and have come up with more activities where you stop by, take it with you, or do on your own.

Some things to look forward to in September...

- Another make your own S'more Fire
- Guess the Student game
- Rec Room open to use Exercise Equipment
- Library Hours (by sign up, only) to get books, movies, or puzzles
- Virtual Walk to End Alzheimer's
- Service Project

## Guess The Student Game!

Starting on September 8th, residents who have submitted a High School picture, their pictures will be on the walls of the 1<sup>st</sup> floor. Each picture will be numbered. Guess sheets will be in each person's mailbox on Tuesday morning, September 8<sup>th</sup>.

Come down, and match the numbered picture with a resident listed on the guess sheet. BRING A PEN. Jess will have clipboards available to borrow, just ask. Resident names will be revealed on all the pictures on Friday, September 11<sup>th</sup>. Turn in your sheets to Jess, to be entered into a drawing for a \$5 Caribou Gift card.

## Maintenance Reminders

1. Eliminate slow sink drains by using liquid hand soap versus bar soap. Bar soap solidifies in the pipes causing build up and hence causing slow drains
2. Please do not flush "flushable" wipes or any type of sanitary pad down the toilet. Dispose of them in the garbage to prevent clogs in toilet and pipes.
3. **DO NOT** put the following items down your garbage disposal: Potato peels, coffee grounds, egg shells, bread/rice/pasta, fruit pits, oatmeal, fibrous foods, grease, bones, non-food items, or chemicals

## Marketing Corner

I am looking to renew The Welcome Committee when we are safely able to meet again in a group setting. I would like to discuss how we can help our new residents feel welcome and comfortable. If you are interested in rejoining, joining for the first time, or are no longer able to, please let **Jennifer** know. If you have any questions please feel free to stop by my office.



## Woven Together

As a community, we are beautifully woven together. Just as each strand of a tapestry intersects with each other, the tapestry is made strong and lovely. And so it is with each of our communities. We need one another, especially in these days of the COVID-19 pandemic when life seems to be tearing us apart and our nerves are frayed. Now is the time that each of us can begin to mend the tapestry of life through acts of comfort, love, hope and faith. But how do we begin to mend these rifts? Consider the words of this beloved poem:

### PEACE, A PRAYER OF ST. FRANCIS

*Lord, make me an instrument of your peace;  
where there is hatred,  
let me sow  
love;  
where there is injury,  
pardon;  
where there is doubt,  
faith;  
where there is despair,  
hope;  
where there is darkness,  
light  
and where there is sadness,  
joy.*

*O Divine Master,  
grant that I may not so much seek to be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.  
Amen.*

I am so grateful that my life has been woven together with each of you. As a campus pastor for Avinity, I am often blessed by sharing my life with residents who share their life with me. I receive much more comfort and encouragement from residents than I could ever provide for them. For that I am very grateful. You are helping me mend the fraying edges of my life. I say it often, that my life is more vibrant and beautiful than it's ever been, because of this weaving together of lives.

