



Autumn

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

GEESE	HAY	MAPLE TREE	SWEATER
PUMPKIN	PEAR	APPLE	HARVEST
SCARECROW	MAZE	OCTOBER	FALL
RED	CORN	RAKE	ORANGE
BROWN	COLORS	ORCHARD	WHEAT

September Birthdays

Lorraine G.	3
Mary M.	3
Alice S.	4
Anita V.	8
Russell S.	10
Donald F.	14
Ron J.	20
Kay S.	24

News From Erin

Drink Well, Be Well!

Drinking enough water is essential to our bodies functioning adequately. If our bodies are not getting enough water it can cause confusion, urinary tract infections, headaches, irritability, wounds that are difficult to heal and much more. The minimum amount most people should drink is 8-10 glasses of water per day. It is very important to get enough water, but especially important in the warm weather months! An easy way to add some life to plain water is by adding fruit to it.

Gloria's Greetings

September brings a change in seasons and new beginnings as children go back to school. "Keep learning," is a good thing to do at any age! At WestRidge, you will have the opportunity to learn new ideas, skills and share your opinion with others. Sharpen your knowledge on the history of America by participating in an online class presented by Hillsdale College. "Introduction to the Constitution" will be held every Thursday at 3:00 pm in the Resident Lounge. If you have an interest in American History, please sign up for this class in the WestRidge On-Site Blue Program Binder located on the desk in the lobby.

Thank you for the warm welcome I received last week during the Meet and Greet. I look forward to meeting those of you who could not make it to the reception. Please stop by my office to say hi and let me know what type of activities you would enjoy participating in here at WestRidge.

I am trying to make the communication tools more user friendly. Please give me any feedback you may have concerning the changes made to the calendar, the newsletter, WestRidge On-Site Blue Program Binder, or the Off-Site Black Program Binder.

WestRidge of Minnetonka

September 2017

Main Office: 952-512-0547

Monthly Services

Please Check the Monthly Calendar for Dates, Times and Room Locations

Avinity Blood Pressure Check
Every Thursday at 1:00 pm

Avinity Foot Care
Every Thursday at 2:00 pm
by appointment only

Chair Massages
Tuesdays 11:30-1:00
By Appointment only

Hair Salon
Wednesdays and Fridays
9:00 am- 3:00 pm
By Appointment only

Hearing Clinic
Third Wednesday at 10:30 am

Live 2B Healthy Classes
Every Monday, Wednesday & Friday
at 8:10 & 9:15 am

Mobile Batteries
2nd Tuesday at 1:00-2:00 pm

New Resident
Orientation/Reception
Last Wednesday at 2:15 pm

Schwan's Delivery
alternating Tuesdays
at 1:00-2:00 pm

Shuttles Services
Every Tuesday & Thursday
At 9:30-11:00 am

Tailor Service
First & Third Thursdays
at 1:30-3:00 pm

Vision Loss Resource Group
Third Friday at 1:00 pm

Teri's Tidbits

The Magic Bank Account

Imagine that you had won the following "Prize" in a contest: Each morning your bank would deposit \$86,400 in your private account for your use. However, this prize has rules. The Set of Rules:

1. Everything that you didn't spend during each day would be taken away from you.
2. You may not simply transfer money into some other account
3. You may only spend it.
4. Each morning upon awakening, the bank opens your account with another \$86,400 for the day.
5. The bank can end the game without warning; at any time, it can say, "Game over!" It can close the account and you will not receive a new one.

What would you personally do? You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for, even for the people you don't know, because you couldn't possibly spend it all on yourself, Right? You would try to spend every penny, and use it all, because you knew it would be replenished in the morning, right?

Actually this game is real. Shocked? Yes!

Each of us is already a winner of this "PRIZE" We just can't seem to see it.

The prize is "TIME".

1. Each morning we waken to receive 86,400 seconds as a gift of life.
2. And when we go to sleep at night, any remaining time is not credited to us.
3. What we haven't used up that day is forever lost.
4. Yesterday is forever gone
5. Each morning the account is refilled, but the bank can dissolve your account at any time without warning...

So, what will you do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Think about it and remember to enjoy every second of your life, because time races by so much quicker than you think, so take care of yourself, be happy, love deeply and enjoy life!

Author Unknown



DATES TO REMEMBER

- Friday, September 1:** Live 2B Healthy Classes are cancelled.
- Monday, September 4:** The Office and Kitchen will be closed in observance of Labor Day.
- Tuesday, September 5:** Shopping at Byerlys and Target at 9:30-11:00 am. Please sign up in the Off-Site Programs black binder located on the desk in the lobby.
- Wednesday, September 6:** Shopping at Cub on highway 55 at 9:30-11:00 am. Please sign-up in the Off-Site Programs black binder located on the desk in the lobby.
- Tuesday, October 3:** The **Flu Shot Clinic** will be held at WestRidge. More information to come.

A Community of Caring

A few weeks ago, I traveled to Duluth to officiate a funeral for one of our dear residents from the WestRidge community in Minnetonka. As a chaplain, it is a high honor to care for families through their grieving and to invoke beautiful memories they can cherish throughout their lives. We all know how important it is in those times to be surrounded by friends and family who care. As I look back on my life, I cherish the beautiful memories of how people have shown simple acts of caring; a listening ear, a shoulder to cry on, a word of thanks, a hug, even a smile. This is what makes life beautiful.

Now when it came time for me to return home from the Duluth area, I thought I'd stop to visit two other Avinity sites close to Duluth. The first person I met was the chef. What I saw in him was a caring spirit. He had great enthusiasm to provide splendid dinners for the residents. You could see how much he loved the people he was serving.

In fact, as I toured each senior residence there, I saw great love and respect and a community of caring. The staff genuinely had a strong heart of caring for the people they served in their senior communities. I was reminded why I love being a part of the Avinity family. **It is a Community of Caring!** The staff at all the locations I serve and have visited are truly, first and foremost, committed to caring for the residents and even for their fellow workers. Acts of kindness abound.



Just take some time and look for the many acts of caring around you. I've seen many a resident caring for their neighbors in kind ways such as: notes of encouragement, through cut-out hearts posted on a door of a resident receiving chemo-therapy, many hugs, the sharing of tears, and presenting gifts of those lovely coloring pages which have become so popular. The list goes on and on. I found a quote by Leo Buscaglia which echoes what I see at each residence I've seen:

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around."

The Apostle Paul knew how important caring for one another would be for the early church. Read what he had to say, and take it to heart and live in such a way to:

...do not merely look out for your own personal interests, but also for the interests of others.
Philippians 2:4

Bear one another's burdens, and thereby fulfill the law of Christ.
Galatians 6:2

Be devoted to one another in brotherly love; give preference to one another in honor.
Romans 12:10

So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.
Galatians 6:10

Therefore encourage one another and build up one another, just as you also are doing.
1 Thessalonians 5:11

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, Kindness, humility, gentleness and patience.

There is no small act of caring. Your acts of kindness brighten people's days and can as Leo Buscaglia says: "... have the potential to turn a life around."

Chaplain Lane Skoglund

Marketing Corner

TO ALL NEW RESIDENTS

Please join Angela for the New Resident Orientation Wednesday, September 27th in the Meeting Room (113) at 2:15 pm

Angela will address any questions or needs you have to help you get settled in!

September Movies

The Odd Life of Timothy Green

Monday, September 18
Dining Room at **1:30 pm**

When Cindy and Jim Green are told they can't have a baby, they bury a box filled with wishes for their dream child. That night, a mysterious young boy appears who brings magic to their lives and to the entire town of Stanleyville.

Nine Lives

Monday, September 25
Dining Room at **1:30 pm**

They say a cat has nine lives. But, in this comedy from director Barry Sonnenfeld, one workaholic businessman finds one of those lives is his own when he ends up trapped in the body of his family's feline after a personal calamity.

Jackie **

Wednesday, September 27
Dining Room at **6:15pm**

Still reeling from her husband's shocking assassination in Dallas, First Lady Jacqueline Kennedy battles through exhaustion, overwhelming heartache and anger to preserve his legacy -- and to define her own.

****Rated R for one violent scene and some profanity.**

Off-Site Programs

Wednesday, September 13 at 9:30 am join us for a tour of Fort Snelling, the cost is 10.00. A tour guide who will come on the bus and give detailed historical account about life at Fort Snelling in the 1800's. Please sign up in the Off-Site Black Program Binder.

Monday, September 18 at 9:00 am join us for Feed My Starving Children and then out for lunch at Perkins. Extra Money needed for Lunch expense. Please sign up in the Off-Site Black Program Binder.

Monday, September 25 at 10:00 am we will be departing for Apple Jack's Orchard for lunch and baked goods. Extra money is required for lunch expenses and baked goods. Please sign up in the Off-Site Black Program Binder.

Special Programs

Tuesday, September 5: Presentation by Joe Fields at 2:00 pm in the Dining Room. Joe Fields will speak about his life experience of searching and finding his father after 60 years. Fox News filmed Joe meeting his father for the first time on July 29th! Come and listen to this inspirational story!

Wednesday, September 6: "Train Talk" at 6:15 pm in the Resident Lounge. Do you have stories you would like to share about your experiences? We will watch a video on the Most Dangerous and Extreme Railways in the World!

Thursday, September 7: Introduction to the Constitution at 3:00 pm in the Resident Lounge. This class will be held every Thursday at 3:00 pm for twelve weeks. Are you interested in American History?

Introduction to the Constitution is an online class presented by the professors at Hillsdale College. This twelve lesson course explains the principles underlying the American founding as set forth in the Declaration of Independence and secured by the Constitution.

Please sign up for this class in the Westridge On-Site Program, blue binder.

Tuesday, September 12: The Southside Singers at 2:00 pm in the Dining Room.

Wednesday, September 20: Birthday Dinner followed by a concert by Tara B at 6:00pm on the Dining Room.

Thursday, September 29 Picture Scavenger Hunt all day event. Come and join us for a picture scavenger hunt, and win a chance at a \$5.00. See Gloria for details.