

Marketing Corner!

Welcome to all our new residents who have moved in recently. We are blessed to have you as part of our family.



Bob & Sue
Rich & Kay
Gordy & Dolly



Birthday Concert: 9/20 at 2pm by Don Irwin

Helen A. - 9/1

Robert G. - 9/12

Ron J. - 9/20

Don B. - 9/27



Upcoming Trips...

✓ September 10th

Trip to Hopkins Farmers Market
Be in the Lobby at 9:15am



✓ September 23rd

Trip to Good Day Café
Be in the Lobby at 9:45am



✓ September 26th

Trip to Apple Jack's Orchard
Be in Lobby at 9:45am



WestRidge

11201 Fairfield Rd, Minnetonka Mn, 55305 | 952.512.0547

SEPTEMBER!

Last week my 15-year-old came up to me VERY excited and said "MOM! NEXT WEEK IS SEPTEMBER! I am SO excited!" So I asked what made September SO exciting? Schools is starting and that hasn't been a highlight for several years.

"Well, I mean, it's ONLY my 16th Birthday?" Oh Mom.

We can get so wrapped up in our every day, that we forget to look around at the joy in other's lives. How do I forget my BABY is turning 16?!

In one of my leadership meetings, we are discussing how to improve our every-day environment, at work and our personal lives as well. The concept of "Choosing Your Attitude" is the first step. We can't always choose the work/task/situation – but we can always choose our attitude about the situation.

As we go into the fall, it can seem a bit 'heavy'. There is a new political season that can be overwhelming. We are saying farewell to our summer months and dreading what is inevitably approaching. Across our communities there are new rent adjustments, staffing changes and sometimes it can be a lot.

We can't always control the things around us, but how we choose to react to them will guide us. Will you choose to find calm? Will you turn up some music to help with your housework? Will you be able to look past your busy day & see the joy in a child's upcoming birthday – even if that "child" is 93 years old?

~ Sara Harriger, Housing Director

Services Offered at WestRidge:

HAIR SALON
BY APPOINTMENT
CONTACT MICHELLE
763-537-9157

FOOT CARE BY OPTAGE
FIRST THURSDAY OF EACH
MONTH
SIGN UP REQUIRED

SCHWAN'S DELIVERY
EVERY OTHER TUESDAY
AFTERNOON 1PM.

SHOPPING TRIPS
TUESDAYS AND THURSDAYS

FITNESS ROOM
OPEN

LIBRARY
OPEN

2022 Walk to End Alzheimer's...

THE END OF
ALZHEIMER'S
STARTS WITH YOU.



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.

Here at WestRidge, I want to track all 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 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 you wish to donate, go to www.alz.org.

HELLO
September

“Back to School” Memories Day Starting on Tuesday, walk the first floor, and **‘Guess the Student’** in each picture. Guessing sheets will be in your mailbox on Tuesday morning! Submit your guesses to Elizabeth's mailbox.

“Vikings Game Potluck” Come and have FUN! Sunday, September 11th **bring a Game Snacks** to share and wear your team colors!



“Optage Flu Clinic” on September 15th, we will be having a “Flu Shot” clinic at 9:00am. Please **sign up** and Bring your **Health Insurance**.

“Storytelling Program” by Carol McCormick

Come and get inspired by a story of **“Gratitude”**. These stories about gratitude are for your inspiration and encouragement.

SO VERY
THANKFUL

Run the Race

Recently, my son entered his first Tri-athletic event in Chicago. He trained for a year before this race. Yet with all that training and strengthening, the race was simply grueling. But he completed the race and crossed the checkered bannered finishing line with great joy.

What kept him from giving up when his body was spent? Where did that extra strength come from? Encouragement! The encouragement from fellow racers, the encouragement of the spectators cheering the athletes along the way. The encouragement he received from others during his training sessions. The encouraging words from family and friends. Encouragement from racers of the past who endured the struggle. Even though I didn't run the race with him, I was part of the race keeping track of where he was and how he was doing.

The apostle Paul uses the race as a metaphor for the difficulties of life. And reminds us that there have been many others who have stayed the course and finished the race before us. This is where we all play a role. We encourage one another to keep the faith. Keep trusting in God. Encouraging those around us with our own stories of God's faithfulness in giving us what is needed to finish the race.

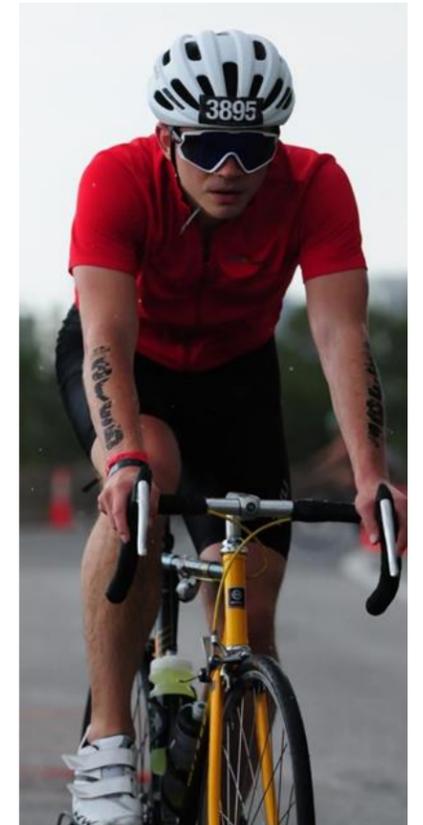
Each step of the race is a step of faith. The faith that God will give us the courage and the strength needed to complete this race of life. God in turn is faithful to give you the strength, endurance, and perseverance to make it to the finish line. Consider the words of Paul as he reminds us of those who encourage us to keep the course:

Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

...from Hebrews 12

At the finish line there is great joy and love from those cheering us on. So, keep the faith; run with the strength of the Lord and encourage everyone around you.

~ Campus Pastor Lane Skoglund-Anderson



National Coloring Club!

September 14th, Wednesday

Come and join us for National Coloring Day in the Dining Room. We will provide a **‘special’** coloring sheets and supplies + a cookie treats for everyone.