

THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

LEADERSHIP TEAM



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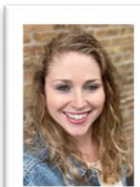
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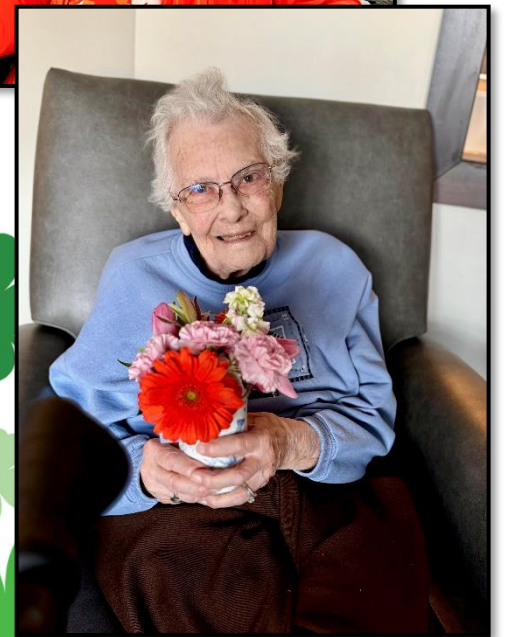
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Please join us in welcoming our newest residents who moved in during the month of February to Prairie Bluffs!

If you see a new face that you haven't met yet, please say 'hello', and introduce yourselves. Invite them to eat with you, invite them to your favorite programs with you, and show them around the building! We have much to offer!

Margaret Vang #309
Joyce Olson #106
Ruta Dumpys De Abrew #113
Edward Anderson #301

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FROM THE EXECUTIVE DIRECTOR'S DESK

As we bid farewell to the cold days of winter (hopefully), March brings the promise of warmer days, longer hours of sunlight, and the first signs of spring. Whether you're looking to embrace the season with fresh energy or tackle new goals, March is the perfect time for a fresh start. I always get a jump start on spring cleaning in March – purging our closets is the first thing on my list this year. Take some time this month to declutter and tackle a few projects of your own. There's something so refreshing about starting the season with a little extra space and organization. Once the work is done, we can enjoy some of the fun events planned for this month, like our St. Patrick's Day event. We all pretend to be a wee bit'o'Irish on this fun holiday, and I'm excited for the festivities ahead! Whether you're donning green attire, indulging in some Irish-inspired food, or just soaking in the good vibes, it's a perfect opportunity to celebrate. March is also my birthday month, so you know I may just need to take full advantage of celebrating as much as I can. I'm looking forward to making the most of the month, and I hope you're able to do the same! Here's to fresh starts, fun celebrations, and a little bit of luck as we head into the season of renewal!

Chelsea

MARKETING MINUTE

Happy March Everyone!

I am so looking forward to spring.

The marketing recap for the last month of February is ... we had lots of visitors coming in to tour the community and we had move-ins for the month as well. So we lost some precious souls last month and it is always hard to see them go.

I want to shout out a thank you to Susanne and Rachael for hosting our happy hour back on the 17th from Interim Health Care. I will be out doing fun expos in the community in March starting with The Everything Expo for Eden Prairie at Grace Church on March 8th, from 9-3 pm. Come over and see us, there will be a whole lot of fun happening there.

"Do not fear failure but rather fear not trying."

Blessings to all of you!

- Kay

A NURSING NOTE

Blood Pressure Clinic

When: Wednesday, March 19th

Time: 9:00am-10:00am

Location: 2nd Floor Community Room

The nursing team will be running a Blood Pressure Clinic for all Independent Living, Assisted Living and Enhanced Care Residents. Come check it out and get checked out! Coffee will be provided.

Cold and Flu Season is upon us!

Per the Center for Disease Control Follow These Steps to Reduce the Risk:

1. Get Vaccinated
2. Avoid close contact with people who are sick.
3. Stay home if you are sick. This helps to protect others from getting sick.
4. Cover your mouth and nose while coughing or sneezing. Use a tissue or cough/sneeze into the bend of your arm. Flu virus is spread via droplets made when you cough, sneeze, or talk.
5. Wash your hands. Washing your hands will help protect you from germs. Use soap or hand sanitizers.
6. Avoid touching your eyes, nose, or mouth. Germs can spread when you touch something that is contaminated with germs and then touch those areas.
7. Practice good health habits. Clean & disinfect frequently, get plenty of sleep, stay physically active, manage stress, drink plenty of fluids & eat.



We have a referral program called "Grow with Us"!

We could not ask for better Residents here at Prairie Bluffs Senior Living and we know that amazing people have amazing friends and family. The program is simple and straight forward. If you have a referral, please contact our Marketing Department with contact information of the referral. We will take it from there.

You plant the seed, and we will nourish and look for growth in our community! If your referral results into a move-in both you and your new neighbor will receive a rent credit of \$1000.00 applied to the month of move in! One of the best parts about moving into a new community is the opportunity to "pick" your neighbors.

If you have any questions about the "Grow with Us program," please contact Kay Soupir, Marketing Director at 763-337-1022, or the Concierge at 763-567-0699.



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NOTE FROM THE KITCHEN

Please arrive on time for the meals.

Mealtimes are as follows: Breakfast 7:30-9am, Lunch 11:30-12:30, Dinner 4:30-5:30

If you are late or arrive 5 minutes or less before closing time you will be given your meal “to go”. Please understand that as we are trying to provide a wonderful service for you, we need time to clean up as well.

Please do not enter the kitchen for any reason at all. This is for your safety! Only PBSL Staff are allowed in the kitchen. Thank you for your understanding. If you need assistance and it is between mealtimes you may open the door and call for one of us.

Remember to order alternate meal options in advance through the concierge. (By 9:30am for Lunch and 1:30pm for Dinner) Please understand that we are feeding several dozens of people all over the building as well as in the dining room and if you want an alternative meal, we need to plan that in advance.

Thank you! Sincerely, Chef Rick and the Kitchen Staff

A LOOK INTO LIFE ENRICHMENT

A Reminder About All Outings

- All outing sign-up communications will be pulled 48 hours in advance. If at all possible, please sign up prior.
- Outing reminder slips will be distributed 24 hours prior to the event to all who have signed up for an outing.
 - Outing reminders will indicate the following:
 - Location of the outing
 - Time & Location of departure
 - Duration of the outing
 - And the Life Enrichment cell phone number. Please call or text if you are unable to attend the outing.

The above is for all outings— will include weekly errand runs as well as for the lunch and the other fun locations.

ATTENTION VETERANS

We have made some updates to our Veteran’s Wall but still need some help! Veterans, we invite you or your family to provide the Life Enrichment Team with a copy of your service photo and a recent photo of yourself. We can also make copies if needed. Our vision to honor those who served is taking shape, by displaying service member photos. Thank you for your service!



Scan the QRL code (to the left) to directly email the photo to the Life Enrichment team.

ACTIVE THERAPY TEAM

Come Join the Active Therapy team and their wonderful events:

Join Ashley –

Every Wednesday at 11:00am for Wellness Exercise with Active Therapy in the **2nd Floor Community Room.**

- Wednesday, March 5th
- Wednesday, March 12th
- Wednesday, March 19th
- Wednesday, March 26th

Join Trenton –

For Memory Book – A Fun & Meaningful Experience with Trenton, Speech Pathologist On **Monday, March 17th at 5:30pm** in the **2nd Floor Community Room**

A Memory Book is a fun and meaningful memory and/or communication tool used for individuals experiencing memory loss or reduced ability to communicate their thoughts, feelings, or personal information.

At minimum, a Memory Book contains phrases or sentences about an individual’s life experiences and topics of interest. If available, photos are included!

Our speech therapist creates these personalized books over therapy sessions in the most convenient location – your loved one’s memory care unit. Once completed, his/her book is printed and put into page protectors and a 3-ring binder to be used for years to come.

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PBSL RESIDENT SPOTLIGHT

March

Resident of the Month

Let's get to know our resident of the month, Joan ('Jo') Paine! Jo moved to PBSL about a year ago. She is originally from Rochester, MN, where she lived with her husband Bruce and raised two sons: Bill and Dave. Jo loves sports and as a young woman thought about becoming a sportswriter. "I love all sports!" she exclaims. There were not many opportunities for girls in organized sports when she was growing up, so she played catch and basketball with the neighbor boys. She attended Rochester Community College and later held jobs, one of which was Receptionist at Normandale Community College for 17 years. Jo loves the Minnesota Vikings and as we talked about Superbowl she joked, "How much time do they think I have left?!" Jo and her husband used to go to Hawaii every year; she has been there 25 times! Her favorite island is Oahu. Jo says a highlight of her life was the birth of her first grandchild, Bruce. He lives just 15 minutes away from here and visits Jo often. Jo has 4 grandchildren and 4 great grandchildren. Her favorite food is spaghetti, and her favorite music is instrumental. Jo is a former avid reader and now she enjoys her books, 'audio-style.' Jo enjoys coming to exercise on Tuesday mornings and sits in the front row and gets a 'gold star' for that! Ha ha. Get to know Jo, you'll be glad you did!



EMPLOYEE OF THE MONTH

March

Employee of the Month

We are pleased to announce Alexis Wilson is our March Employee of the Month! Alexis is a familiar face at PBSL as she has been here since the fall of 2021 when she started as a nurse's aide. Along the way she became a lead aide in our second-floor memory care community. More recently, last July, Alexis began working as PBSL's Health Unit Coordinator. She is originally from Arlington Minnesota, south and west of the Twin Cities. Alexis can be described as kind, funny and caring and if you know her, you agree! In her free time, Alexis loves swimming at the lake and spending time with friends and family and her 9-year-old Godson, Bentley. When asked what she loves most about working here, Alexis says, "The residents! I love getting to know them and their families...and helping them to live their day-to-day lives in the best possible way." Alexis loves country music and says one of her favorite concerts was Shania Twain at US Bank Stadium a couple of years ago. She has been to Las Vegas three times and says it's one of her favorite travel destinations. She like to walk the strip, enjoys pool time there and says, "I just love the heat!" One of Alexis' favorite quotes is, "It often seems impossible until it's done." If you see Alexis, please congratulate her on being Employee of the Month!



Did you know the notes you leave on our 'Praise Board' in the lobby are used to help select our employee of the month? Thank you for posting your notes of praise!

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HAPPY March BIRTHDAY TO...



3/3	Viva R.	112
3/8	Eileen A.	236
3/14	Elizabeth B.	224
3/17	Verna J.	312
3/21	Jacque G.	448
3/24	Claudia D.	311
3/25	Phyllis M.	137



ESSENTIAL BEAUTY SALON

Where: Basement (-1)
 When: Thursdays 9:00 am – 4:00 pm
 Phone: (651) 302-5644
 Appointments are needed for service, please call.

Payment Accepted: Cash, Card & Check.

Services Offered (for both men and women)
 Cut & set, Iron & set, Rinse & set, Shampoo & Conditioner, Deep Condition, Coloring, Foils, Permanent Waves, Eyebrow Shaping.
 - Men: Beard Trimming.

LIFE ENRICHMENT LETTER

We appreciate and value the time we spend with each of you, our residents, and we would like to offer the opportunity for you to provide feedback as it comes to you. We continue to have blank Letters to Life Enrichment forms available to complete outside the Life Enrichment office. Once completed, place the forms in the plastic box by the blank forms. The box will be emptied weekly.

Hey Life Enrichment I'm sending you this Letter because ...

Name: _____

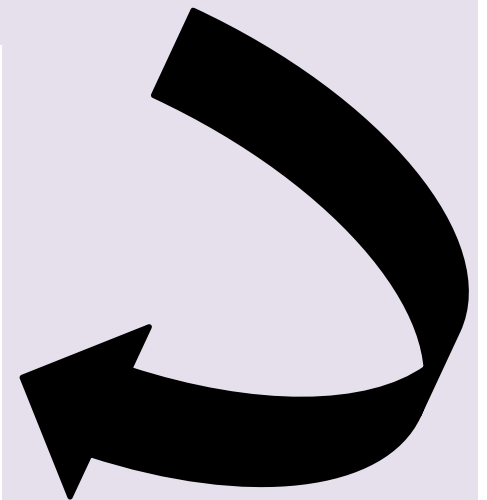
I LOVED doing _____ activity

I have something I'd like to talk with you about: _____

Something I really enjoy/ am interested in trying: _____

I would like to give a SHOUT OUT to _____ for a great job !!

Other: _____



PB'S TRANSPORTATION HUB

Errand Runs are on **Wednesdays**. The bus will depart at **10:00am** and return to Prairie Bluffs Senior Living at **11:30am**. The following is a schedule for March 2025, please **SIGN UP** at least 48 hours in advance and plan your trips accordingly:

- Wednesday, March. 5th** US & Wells Fargo Banks, Cub Foods, & Target
- Wednesday, March. 12th** Jerry's Foods, Walgreens (Hennepin Town Road & Pioneer Trail), & Walmart
- Wednesday, March. 19th** US & Wells Fargo Banks, Cub Foods, & Target
- Wednesday, March. 26th** Jerry's Foods, Walgreens (Hennepin Town Road & Pioneer Trail), & Walmart

Please reach out to me with any questions, Amy Holmes, Life Enrichment Director, 952-213-6255.

Communication Corner

All sign-up sheets are located on the second floor, in the community room, right outside the Life Enrichment Office.

- The Life Enrichment Team

COMMUNITY OUTINGS

- IL/AL/EC: 11:30am Thursday, March 13th:
Lunch Outing to Brazin American Pub & Eatery
- MC2: 11:00am Wednesday, March 19th:
Lunch Outing to Pizza Luce
- IL/AL/EC: 12:30pm Thursday, March 24th:
Como Park Conservatory
- MC3: 11:00am Thursday, March 27th:
Lunch Outing to Noodles & Company

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COMMUNITY EVENTS HIGHLIGHT REEL



Tropical Blast Bash
Tuesday, February 11th



Music with Bobby
Monday, February 17th



Seated Volleyball
Tuesday, January 28th



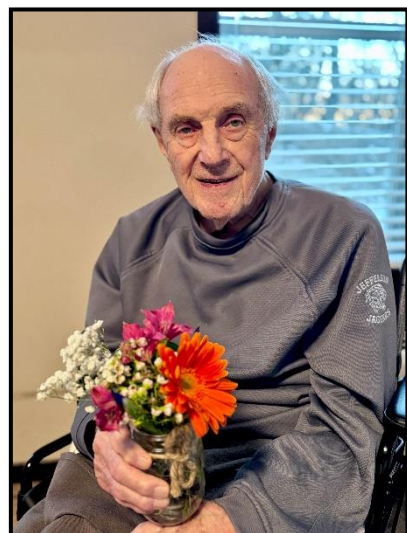
Crafting with Lori
Tuesday, February 4th



Vibraphone w/Steve Roehm
Thursday, February 13th



Flower Arranging
February 6th, 10th, 21st



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MARCH PROGRAM SPOTLIGHTS

Weekly Musical Entertainment!

March. 6th, 13th, 20th & 27th – 2nd floor community room

(All performances begin at 1:30pm)

March 6th – 70's Magic Sunshine Band

March 13th – Bill Koncar

March 20th – Summit Music: Cellist Teresa Richardson

March 27th – Scott Beaumont

PBSL proudly presents live musical performances the four Thursdays in March. Sing along and tap your toes. Sit with friends and enjoy the show!

St. Pat's Day Party

When: Tuesday, March 11th @ 2:30 PM

Where: Dining Room

Come shake your shamrocks at our St. Patrick's Day Party! With green beer, snacks and table trivia, we can't wait to toast the Patron Saint of the Emerald Isle with live music on the keyboard and Saxophone.



Enhanced Care Events

Come one, come all!

From Popcorn Socials to Armchair Travel and everything in between, like the sweet treats at Coffee and Conversations. All are welcome to join the events and programs in the enhanced care dining area. Check your calendar for what's happening and when it's happening!

Check out the new games!!

Playing games is a perfect way to stay active and socialize in these cold winter months, join us Wednesday and Thursday in the Bistro for some games and fun.

Wednesday (10AM)

1st and 3rd

Bridge

2nd and 4th

500

Thursday (2:30PM)

1st and 3rd

Pinochle

2nd and 4th

Cribbage

Piano Keys with Kim

It'll be music to your ears; our very own Kim (from the Life Enrichment Team) will be playing the piano and leading a variety of sing-a-longs on Sunday the 2nd, 16th, and 30th at 11:00 AM in the 2nd Floor Community Room. Please join in with the chorus!

Bible Study - Location

We are pleased to announce that Bible Study is in the Private Dining area on the First Floor every Monday at 2:30 PM. We hope this will offer a convenient and peaceful location.

Mass and Anointing of the Sick

Tuesday, March 4th 9:00am

In the 2nd Floor Community Room

Come join Pax Christi's Father Steve for Mass and Anointing of the sick. Friends and family are welcome to attend!

Speed

Puzzle Competition

Tuesday, March 31st, 1:00pm

Do you love Jigsaw Puzzles? Join us for our first ever puzzle race! Teams of 2-4 will race to compete a designated puzzle for a prize! Space is limited! Sign up at the Life Enrichment Communication Corner.

Needlepoint Group

Friday, March 21st, 11:00am

Minnehaha Room

Needlepoint, crochet, knitting – Oh my! Bring your own project and come work on it with others while we chat and spend time together.

Super Bowl Champion

Thank you to everyone who participated in the Superbowl winner guessing game. A huge congratulations to our very own **David N.** for his winning guess of the Super Bowl Champion!

March Madness

Sunday, March 16, 2025

Calling all Basketball Fans, Selection Sunday: 6 p.m. ET Sunday, March 16 on CBS. Brackets to fill out will be located at the front desk. Call around to family and friends to fill out a bracket with your predictions and have them turned in to the Life Enrichment Team by Wednesday March 19th.

Teamwork makes the dream work— let's see who will be making it to the championship game on April 7th!

LIVE STREAMING CHURCH AND SYNAGOGUE SERVICES - SUNDAYS

5:00 pm Live Stream Mass at Pax Christi

<https://www.paxchristi.com/livebroadcast.aspx?subheadertext=LiveStream>

9:00 am & 10:40 am Live Stream at Grace Church

<https://grace.church/watch-live/>

8:30 am, 9:45 am, & 11:00 am Live Stream at Wooddale Church

<https://wooddale.org/live>

9:00 am & 10:45 am Live Stream at Community of the Cross Lutheran Church

<https://www.cclcmm.org/onlineservices.html>

8:15 am & 10:45 am Live Stream at Cross View Lutheran Church

<https://crossviewedina.online.church>

9:00 am Live Stream at Beth El Synagogue

<https://www.besyn.org/relations-life/live-streaming/>