



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

We Are at Your Service!



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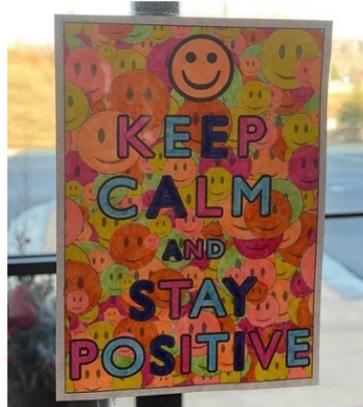


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Anne's grandchildren filled the lobby with art to lift our spirits!

HOW TO STAY CONNECTED DURING THIS UNPRECEDENTED TIME

How can we avoid feelings of isolation?

Find one person with whom you can share your own worries and feelings over the phone or in person. Is there a comforting friend, family member, or therapist for you to call, to talk openly and privately? It is perfectly natural to feel afraid, lonely or overwhelmed.

How can I catch up and check in on friends?

Take the initiative to call your friends and family to check in with them. Make a contact list of people to call and check in daily or every few days. Start with those in your close circle of friends and then move outward. You can go through your old letters, address books, alumni contacts, email addresses and memorabilia to reconnect with long-lost friends, classmates or coworkers that you haven't been in touch with for a while. It might be uplifting and reassuring to reach out to them, and they would likely love to get a call. We often can find support by offering our support. We can exchange our knowledge with one another about local resources for medicine, medical services, stores, food deliveries, supplies and news updates on the coronavirus.

What are the best ways to connect with friends and family using technology?

Many use videoconferencing such as Skype, FaceTime and Zoom. This allows for conversations to happen — and in these times, we need to have good conversations and “think out loud” as we cope with issues. Other suggestions include reaching out the old-fashioned way with greeting cards and letters, and sending text messages or emails with your photos and checking in. You can also share podcasts, emails, calls and links about your favorite books, radio shows and movies with your loved ones and friends so they have more entertainment. Enjoy music and play all kinds of soothing and cheerful sounds to boost your mood.

*Many of these ideas come from the AARP website at aarp.org

“A gush of a bird song,
a patter of dew, a cloud and a
rainbow’s warning.
Suddenly, sunshine and perfect
blue—an April day in the
morning.”

-Harriet Prescott Spofford

April is one of only four months that are 30 days long. Do you know the other three?
The name April is derived from *aperire* meaning “to open”. Romans named the month because it is the time of year when the flowers begin to bud or open. The Anglo-Saxons called the month *Eostre* which is their word for Easter.

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FROM THE MANAGER'S DESK



BY STEPHANIE FREDERICK

Greetings Residents and Families,

I want to take a moment and thank everyone for their part in keeping our community healthy. We know it is difficult and challenging. Together we will get through this and spend the summer grilling and catching up.

We as a company are continuing to stay on top of the latest recommendations daily by the Minnesota Health Department and the Centers for Disease Control to ensure both residents and associate safety.

A little switch in topic....It's Spring out there! I find myself waking up to the songs of the new resident birds that have perched outside my window. The sound reminds me of my grandmother Josephine. She loved birds and always pointed out the first robin in the spring. As a child, I would spend mornings and afternoons on my grandparents' farm looking for robins. Memories like this make days and weeks of recent fade away. When I am scared, stressed or worried I take a moment to recall a thought of peace. Thoughts of my grandmother Josephine and my grandfather Walt do exactly that.

I share this as a means of encouragement. Encouragement to recall, share, and keep spirits and hearts peaceful. We are in this together and together we will thrive!

Be Well,
Stephanie

FOOD FOR THOUGHT

BY PAUL METTY

Thank you everyone for your patience and understanding as we all get through this critically historic moment. Never in my lifetime have I experienced such trying times. We are all being forced to do a hard reset in every aspect of our daily routine, and it affects everyone. I think the true test will be seeing how we will all come out of this and how quickly will we return to our non-stop hectic lifestyles.

Spring is here and it is so Easter is just around the corner, I am waiting to get the official word if we will be able to have a brunch or not. Stay tuned. Our spring and summer menu will be released soon. What an exciting thing to look forward to.

Growing up, I can remember my grandfather saying that Good Friday is coming and got get the potatoes planted. I don't know when he was on the farm that he grew potatoes or not, but there have been a lot of Good Fridays that it has been cold out. Looking ahead the weather looks like we will be able to plant potatoes.

Once again, thanks for all your patience and understanding. We will get through this and we'll be able to sit around the table," saying remember when".

Be Well



FOR YOUR HEALTH

BY GAYLE RIELAND, MS, RN, PHN

Greetings! "Did you know that I just watched a documentary on beavers? It was the best dam show I ever saw! 😊

April is National Humor Month!

Humor plays an essential role in our overall health. The ability to smile, laugh and play are directly related to the way we express our personality. It's one of our more redeeming qualities. The more we laugh at ourselves, the better suited we are for the world around us, too! Jokes and general silliness help to increase our heart rate and blood flow bringing oxygen to our brain and vital organs. A sparkle dances in our eyes as hormones flood our bodies reducing pain and stress. The effects may be short term and/or long term.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it induces physical changes in your body. Laughter can:

Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.

Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can release neuropeptides that help fight stress and potentially more-serious illnesses.

Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

So, Prairie Bluffs, have another laugh on me!

"I saw my neighbor Amy out early this morning scraping the 'My kid is a Terrific Student' sticker off her minivan. Guess that first week of homeschooling didn't go so well." 😊

ACTIVE LIFESTYLE

BY ANNA ANDERHAGEN

When sheltering in place is finished and we can all get together again, we are going to have a lot of parties and socials. We will celebrate St. Patrick's Day, April Fool's Day, Easter, Earth Day, and Arbor Day in the same month if need be! We also need to reschedule Bob and Gretchen's Learning Symposium about Africa. I am looking forward to doing all sorts of wonderful happenings with you from live music and crafts to noodle hockey and outside BBQs. I also want to teach you a wonderful Swedish game called 'Kubb' that you play outside. I miss you all. I hope you are all well!



Terry Ferro playing his violin during Happy Hour on March 2.



Bowling on March 5th and it's a striiiiiike!



Listening to the delightful songs of Bill Mann on March 5.

As requested by many of you, he is coming back for another show in August.

GO ONLINE FOR THE ARTS!

Watch Shakespeare Plays for free from the Globe Theater in London! Go to: [Globeplayer.tv](https://globeplayer.tv)

The National Theatre in London streams a new free play every Thursday night.

<https://www.nationaltheatre.org.uk/>

The Paris Opera is offering its beautiful shows from Swan Lake to Carmen for free online!

March 30 - April 5: Swan Lake (2019)

April 6 - 12: The Barber of Seville (2014)

April 13 - 19: Tribute to Jerome Robbins (2018)

April 20 - 26: The Tales of Hoffmann (2016)

April 27 - May 3: Carmen (2017)

March 17 - May 3: Cycle of Tchaikovsky's six symphonies

<https://www.operadeparis.fr/>

Take numerous online tours of the Louvre in France!

<https://www.louvre.fr/en/visites-en-ligne#tabs>

Take a virtual tour of "La Casa Azul" the Frida Kahlo museum in Mexico!

<https://www.museofridakahlo.org.mx/en/the-blue-house/multimedia/>

Browse the collections of the National Gallery of Art in Washington D.C.

<https://www.nga.gov/collection.html>

Take a virtual tour of the Smithsonian's National Museum of Natural History!

<https://naturalhistory.si.edu/visit/virtual-tour>

The Dalí Theatre-Museum offers virtual tours of the grounds and exhibits.

<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/>

NASA offers free virtual tours of the Langley Research Center in Virginia.

<https://oh.larc.nasa.gov/oh/>

Take a virtual tour of the National Museum of the United States Air Force.

<https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

Virtually explore Yellowstone National Park!

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

Watch live cams many animals at the San Diego Zoo.

<https://zoo.sandiegozoo.org/live-cams>

Watch penguins, sharks and jelly fish at the Monterey Bay Aquarium.

<https://www.montereybayaquarium.org/animals/live-cams>

If you're amazed by architecture, the Royal Academy of Arts has a virtual tour. The Sensing Spaces exhibition uses 360-degree photography– it really does feel as if you're there.

<https://www.eyerevolution.co.uk/virtual-tours/art-gallery-virtual-tour-royal-academy/>

CONSIERGE CORNER



BY JULIE ANDREWS

You may see outside people in our buildings during the COVID-19 “stay at home” mandate. These people are not visitors but people who need access to our residents for medical purposes. Everyone who comes into our buildings must come through the main entrance. They are then screened in accordance to the Minnesota Department of Health.

The screening consists of:

- Signing in
- Hand sanitization
- Answering a series of questions regarding their health
- Having their temperature taken

All information is recorded and everyone must again sanitize and sign out prior to leaving the building. Any person with a fever, shortness of breath, new or a change in cough or sore throat will not be permitted to enter Prairie Bluffs Senior Living. Every day, all staff are screened, too.

We are adamant about keeping YOU healthy!

On a personal note...I truly miss seeing all of you! I can hardly wait until our Independent Living residents are over here dining, socializing, crafting, going to the fitness center and just stopping by to say hello. Stay Healthy – Keep Smiling – Reach Out to Others (but stay 6 feet away) – Get Out for a Walk – and don’t forget.....This Too Shall Pass!

Now that is thinking outside the box!

Jim created his own facemask using the plastic cover top from a muffin container.

Just add a large rubber band to hold it in place and voila, you’ve created your own piece of personal protective equipment!



Bobby O’Campbell, leprechaun extraordinaire visited during the first week in March.

A very special thank you to Bobby Campbell from Moments Hospice for bringing a wee bit of luck and cheer to us!

MARKETING MINUTE



BY COLIN GOLDEN

With the recommendation from the CDC to stay at home as much as possible, I have been streaming movies, documentaries and TV shows quite a bit over the past week. I always find that with the overwhelming amount of options available online, I find myself scrolling and scrolling, looking for something that piques my interest. Before I know it, I have spent 20 minutes just browsing through the options. I thought it might be nice to get some recommendations from staff here at Prairie Bluffs about what they are watching. Here are some of the platforms you can use on your Smart TV.

Apple TV+: The streaming service is free if you've recently purchased a new Apple product, and costs \$5 a month to buy.

ESPN+: Offers an extensive list of sports documentaries and other features for \$5 a month.

Disney+: Disney+ is free for Verizon customers who are on unlimited data plans. If you don't fall into that category, the streaming platform is \$7 per month and allows you to watch Disney's entire catalogue, plus National Geographic, Marvel, Pixar and Star Wars productions.

Netflix, Hulu, HBO Go: All three streaming services offer seven-day free trials to new signups. If you go one by one, that's 21 days of free streaming.

Sling TV: Sling TV announced Wednesday that it is offering its content available to stream for free. No credit card or account creation is required, and you can browse live events from ABC News, movies and kids' content.

Julie’s Picks:
Grace and Frankie – Netflix
Schitt’s Creek – Netflix
Dead to Me – Netflix

Yehuda’s Picks:
30 for 30 Sports Documentaries – Amazon Prime

Anna’s Picks:
Tidying Up with Marie Condo - Netflix
Limitless - Netflix
The Crown - Netflix

Kaitlyn’s Picks:
Westworld – HBO
Silicon Valley – HBO
The Office – Netflix

Gayle’s Picks:
Ozarks – Netflix

Patrick’s Picks:
Stranger Things – Netflix
Ugly Delicious – Netflix

Paul’s Picks:
Diners, Drive-ins, and Dives – Hulu
Gordon Ramsay, Uncharted – Hulu

Colin’s Picks:
Our Planet – Netflix
Night on Earth – Netflix
Dogs - Netflix
Succession – HBO

Did you know that Prairie Bluffs has a Facebook page?



Facebook.com/PrairieBluffsSeniorLiving

On the Prairie Bluffs Senior Living Facebook page, you can find out what's on the menu, photos from events and last-minute updates.

You can even like the page and share it with your network of friends and family!

LIVE STREAMING CHURCH AND SYNAGOGUE SERVICES

9:00 and 10:40 a.m. Sundays Grace Church
<https://grace.church/watch-live/>

5:00 p.m. Saturday Mass Pax Christi Catholic Community
<https://www.paxchristi.com/>

8:30, 9:45 and 11:00 Wooddale Church <https://wooddale.org/live/>

8:15 and 10:45 Cross View Lutheran Church
<https://www.crossview.net/worship/media.cfm>

Anytime on Any Day Prairie Community Church
<https://www.prairiecommunitychurch.net/sermon-downloads>

5:45 p.m. Fridays and 9:45 a.m. Saturdays
Mount Zion Temple
<https://mzion.org/pray/live-streaming/>

Julie and Daisy Girl Scout Penny learning about leopards, lions, and cheetahs while eating carrot sticks on March 6.



They also finished their bird nests and are working on a giant mosaic mural representing many of the animals they have been researching.

NUTS AND BOLTS

BY PATRICK WINSOR

Hello April showers and Prairie Bluffs,

Groundskeeping work will begin when the frost has left the ground which hopefully will be soon.

Our wildlife around the community should start showing their faces soon, so keep a lookout for them. Please be mindful of residents that may have decks below you if you are thinking of using bird feeders on your deck.

WORD SCRAMBLE

1. L U E D O B _____
2. N D O A R _____
3. R N T O C O T _____
4. U T A N E T _____
5. L G E L B I U L _____
6. E R G L P A P _____
7. L H E I S T T _____
8. H R A B E T D _____

Answers to Word Scramble are on next page!

AVOIDING ONLINE COVID-19 SCAMS

Cybercriminals are sending emails claiming to be from legitimate organizations with information about the coronavirus. The email messages might ask you to open an attachment to see the latest statistics. If you click on the attachment or embedded link, you're likely to download malicious software onto your device.

Keep an eye out for unfamiliar emails with attachments or links and do not open them:

CDC alerts. Cybercriminals have sent phishing emails designed to look like they're from the U.S. Centers for Disease Control. The email might falsely claim to link to a list of coronavirus cases in your area. "You are immediately advised to go through the cases above for safety hazard," the text of one phishing email reads.

Health advice emails. Phishers have sent emails that offer medical advice to help protect you against the coronavirus. The emails might claim to be from medical experts near Wuhan, China, where the coronavirus outbreak began. "This little measure can save you," one phishing email says. "Use the link below to download Safety Measures."

Here are some other ways to recognize and avoid coronavirus-themed phishing emails:

The email messages usually try to lure you into clicking on a link or providing personal information that can be used to commit fraud or identity theft.

Beware of online requests for personal information. A coronavirus-themed email that seeks personal information like your Social Security number or login information is a scam. Legitimate government agencies won't ask for that information. Never respond to the email with your personal data.

Watch for spelling and grammatical mistakes. If an email includes spelling, punctuation and grammar errors, it's likely a sign you've received a phishing email. Delete it.

Look for generic greetings. Phishing emails are unlikely to use your name. Greetings like "Dear sir or madam" signal an email is not legitimate.

Avoid emails that insist you act now. The goal is to get you to click on a link and provide personal information right now. Instead, delete the message.

DELIVERY SERVICES

Food Delivery Services:

Amazon Fresh: Allows you to find deals on produce, meat, seafood, frozen foods and packaged foods. However, to shop and get free delivery, you must be a Prime member.

BlueApron: Allows you to ship all the ingredients needed to make a specific recipe, and it is still delivering. If you need inspiration, you can find weekly menu options on the BlueApron website.

DoorDash: Waiving all delivery fees and set the default delivery option to "no contact" to minimize contact between delivery workers and customers.

GrubHub: Offering delivery for restaurants across the country.

Instacart: Customers can use Instacart to shop for products from ALDI, Costco, CVS, Sam's Club, and Target. It has created a "Leave at My Door Delivery" feature available to all customers. However, there have been some shortages in stock, so confirm the service is functional before delivery.

Seamless: Allows you to order from a wide variety of restaurants in your area and it also announced that it is waiving commission fees for independent restaurants.

Restaurants:

Denny's: Waiving all delivery fees through at least April 12. Make sure to place the order on Dennys.com for the breakfast of your choice.

KFC: Offering free delivery on any purchase when you place your order through KFC.com, Grubhub or Seamless. The promotion is offered through April 26.

Little Caesars: Free delivery anytime you place an order of \$10 or more through the Little Caesars website.

Outback Steakhouse: Offering free delivery through April 30.

Red Lobster: Offering free delivery on any order over \$30 placed through RedLobster.com

Pharmacy Delivery Services

CVS: Waiving delivery fees for prescription drugs until pandemic ends.

Walgreens: Waiving charges for home delivery of prescription medicines until pandemic ends.

Working Out at Home

Peloton: Offering new subscribers a 90-day free trial period rather than its usual 30-day period. You need to download the app to follow along with the at-home workouts, but the training programs don't require a Peloton-brand treadmill or bike to participate. People looking for a sweat can try yoga, stretching, strength training and other classes.

APRIL'S FLOWER IS THE DAISY



The daisy flower looks like a sun and opens with the sunshine. The daisy represents innocence and purity. In Norse mythology, the daisy is the flower of Freya, goddess of love, fertility, motherhood and beauty. The flower is also used to tell if "He loves me" or "loves me not" by pulling off the petals one by one.

GETTING TO KNOW YOU



Rhonda R.

Rhonda is a Home Health Aide for both our Staring Lake and Assisted Living communities. She is a very positive person who works hard and has a "can do" attitude. Rhonda loves the teamwork aspect in what she does.

What do you like to do for fun? **I go on road trips off the beaten path. I like searching for unique roadside attractions like the world's largest ball of twine in Darwin Minnesota.**

What's the best vacation you have taken? **I have two. I went to Hawaii with my mom and dad back in 1987. That trip with them was very special. They had never been on a plane before. In fact, I haven't been on a plane since then! My other favorite vacation was going to Chicago with my son.**

What might someone be surprised to know about you? **I went back to school to get my medical billing and coding certification. I did it to prove to myself that I could do it.**

Do you have any hobbies? **I love going to live music concerts. I have been to over 25 of them from Ringo Starr to Metallica. My favorite concert was seeing the band Weezer with my son.**

If you could meet anyone in the world, who would it be? **My paternal grandmother. I never met her. I want to know how she took care of and baked fresh bread for her 12 children. She is my indirect hero.**

Do you have a motto? **"Everything is fixable." That is my mom's quote.**

What are some of the most important things that you have learned in the past five years? **Family is very important to me. My mom and dad got to live a full life and I got to be a part of it. Another thing is not to worry, it will all work out.**

Word Scramble Answers

1. Double 2. Adorn 3. Contort 4. Attune
5. Gullible 6. Grapple 7. Thistle 8. Breadth

GETTING TO KNOW YOU



Mary having a window visit with her daughter and grandchildren.

Meet Mary!

What is your favorite thing to do? **My favorite thing to do is spend time with my children, grandchildren and great grandchildren.**

What do you do for hobbies? **See friends and family, take long walks and garden. I especially like planting flowers, both perennials and annuals.**

What was the most interesting job that you ever had?

Besides raising 5 children, I worked with teenage girls that were pregnant. I helped them learn parenting skills through Minneapolis Public Schools for many years.

What might someone be surprised to know about you?

I am a twin born on April Fool's Day. My mother didn't know that she was having twins. April Fools! Then later, the prank was on me. I gave birth to twins and was surprised too, just like my mother.



Mary with Leprechaun Bobby O'Campbell



Mary surrounded by her grandchildren and great grandchildren.

If someone were to write a book about you, what would be the title? **"Family and Friends". The book would be about how much we are all connected in this world and care for each other.**

Do you have a favorite quote or motto? **Be grateful for what you have.**

What is your hidden talent? **Calming people.**

When are you the happiest? **I am happiest when I am surrounded by friends and family. Just thinking about my children and grandchildren makes me happy. I am so proud of them. They are all caring, successful and kind.**

DID YOU KNOW?

Dry ice is frozen carbon dioxide. It is called "dry" because when warmed, it turns from a solid into a gas. There is no liquid state. This transition is called sublimation

APRIL'S BIRTHSTONE IS THE DIAMOND



For hundreds of years, the diamond has stood for romance, intrigue, power, greed, and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, diamonds symbolize everlasting love and are the stone of choice in engagement rings. Diamonds are also the hardest material in the world which makes it very useful for cutting, carving and polishing. Besides being the birthstone of April, the diamond is also the anniversary gemstone for 10 and 60 years of marriage.

APRIL FIRSTS IN SPORTS

Many firsts in sports history happened in April. Here are a few of the highlights.

- 1876 First National League baseball game played
- 1893 Longest boxing match in history: 7 hours 110 rounds
- 1897 First modern Olympic Games took place
- 1927 Stanley Cup played solely by NHL teams
- 1934 First Masters Tournament played in professional golf
- 1947 First NBA finals played
- 1974 Hank Aaron topped Babe Ruth's career homerun record
- 2013 First time that no running backs were selected in the first round of the NFL draft

Sudoku

		7				8		6
		3	8		2			
6					4	9	5	
3	6			1				
4			3		5			7
				2			3	9
	9	1	5					4
			2		1	7		
8		4				2		

MINNESOTA INVENTIONS

Minnesota has a rich history of invention. And since April is National Inventors Month, let's dive into some inventions from Minnesota. These inventions came from all over our great state, from dreamers in their basements to large corporations with research labs. And some inventions are surprising. General Mills, best known for breakfast cereal, once developed a deep-sea sub that surveyed the wreck of the Titanic!

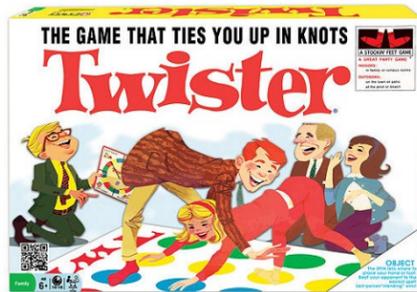
Here are some famous Minnesota inventions:



In 1921, Wheaties cereal was discovered by accident. A health clinician in Minneapolis was mixing a batch of bran gruel for his patients when he spilled some of the mix on a hot stove. The gruel cracked and sizzled into a crisp flake. The rest is history.

- 1922 Water skis were invented by Ralph w. Samuelson.
- 1923 The Milky Way candy bar was invented by Frank C. Mars from Hancock, MN. He founded the Mar-O-Bar candy company in Minneapolis and the Milky Way candy bar was the first filled candy bar in the world.
- 1926 The pop-up toaster was invented in Stillwater by Charles Strite.
- 1941 General Mills food scientist Lester Borchartd gave the world cheerios or, Cheerioats. The name wasn't changed to Cheerios until 1945.
- 1950 The bundt pan was invented by David Dalquist.
- 1953 The Black Box Flight Data Recorder was invented by collision researcher James "Crash" Ryan in the University of Minnesota's Department of Engineering.
- 1955 The first in-the-ear hearing aid was developed by Ken Dahlberg.
- 1957 The pacemaker was invented by Medtronic founder Earl Bakken in his garage.

In 1964, the party game Twister was invented by Charles Foley, Neil Rabens and Reyn Geyer in Minneapolis. They first called the game "Pretzel."



- 1969 Reyn Geyer also developed the nerf ball as "the world's first indoor ball." The Minnesota Vikings helped him create the Nerf football!



In 1979, frozen Pizza was invented by Rose Totino in Northeast Minneapolis. At first, she used an old record player turntable to distribute the tomato sauce evenly.

- 1980 Rollerblades were invented by Scott Olson when he was 19 years old living in Minneapolis.
- 1991 Breathe Right Nasal Strips were invented by Bruce Johnson. He suffered from severe nasal congestion and found that two pieces of plastic taped onto an adhesive pad kept his nostrils open at night.

Local Invention!

According to Kathie Case, President of the Eden Prairie Historical Society, mouthwash using alcohol was invented right here in Eden Prairie. In the late 1870s, a person living by the Minnesota River combined alcohol with mint leaves and called it Lavoris.



3M INVENTIONS

3M stands for Minnesota Mining and Manufacturing. When the company moved away from mining (and the North Shore), it focused on developing new products.



- 1920 3M invented the world's first waterproof sandpaper which reduced airborne dust during automobile manufacturing.
- 1925 Masking Tape was originally created for use by auto painters for two tone paint jobs.
- 1940s Reflective sheeting for highway markings and magnetic sound recording tape were both 3M inventions.
- 1950s Videotape, Scotch Guard fabric protector and Scotch-Brite cleaning pads were invented.



In the 1960s, Spenser Silver didn't intend to invent the Post It Note. He was trying to invent stronger, tougher adhesives but instead he developed an adhesive that was sticky but also removeable.

His invention went unused for years until a coworker named Art Fry asked Silver for help. Mr. Fry sang in his church choir and needed a way to bookmark the hymnal without permanently marking the pages. Together, they developed a sticky but removeable bookmark, the Post It Note!



Happy Spring!
Artwork from Mary Ellen Smith

If you would like to add your artwork or written article to the Prairie Bluffs Post, please contact Anna Anderhagen 952-213-6255.