

THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

April 2025

LEADERSHIP TEAM



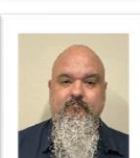
Chelsea Kalal
Executive Director
Phone: [952-213-6332](tel:952-213-6332)



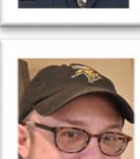
Shawna Hagen
Director of Nursing Services
Phone: [952-213-6330](tel:952-213-6330)



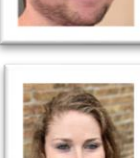
Kay Soupir
Marketing Director
Phone: [763.337.1022](tel:763.337.1022)



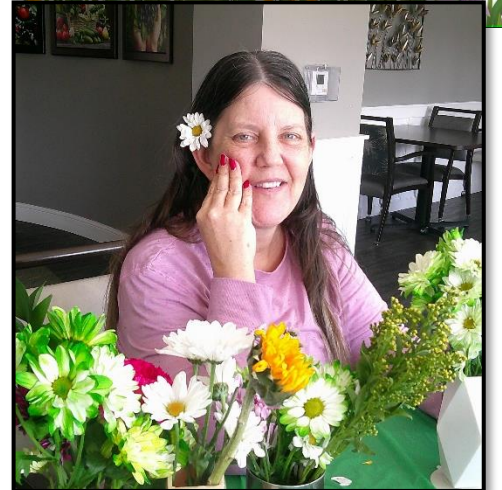
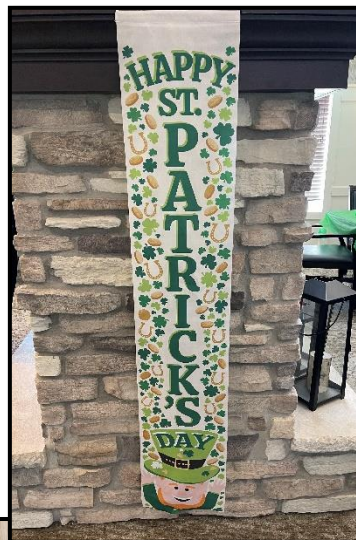
Louis Stoffers II
Director of Maintenance
Phone: [952.412.0420](tel:952.412.0420)



Rick Brass
Director of Culinary
Phone: [952.333.0188](tel:952.333.0188)



Amy Holmes
Director of Life Enrichment
Phone: [952.213.6255](tel:952.213.6255)



Please join us in welcoming our newest residents who moved in during the month of March 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!

- | | |
|--------------------------|------|
| James and Carolyn Bergum | #337 |
| Edwin Ribback | #134 |
| Barbara Stowowy | #328 |
| William "Bill" Geatz | #310 |

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FROM THE EXECUTIVE DIRECTOR'S DESK

April showers bring May flowers, and after being stuck in my boot and recovering from surgery, I'm really looking forward to the warmer weather. I can't wait to get back on my feet and start taking more walks. It'll be wonderful to spend more time outdoors and maybe even plant some flowers later this month.

We also have several new faces at Prairie Bluffs that I'm excited to introduce. Ariana has joined us as the Assistant Director of Nursing, Lourdes 'Lou' is our new RN Manager, Angela is our new Staffing Coordinator, and Alexis has been promoted to Administrative Assistant. We're so excited to have these talented ladies in their new roles – they're all doing a fantastic job, and I'm incredibly grateful for each of them. Stop by and introduce yourselves if you have not officially met them yet.

Chelsea

MARKETING MINUTE

Happy April!

Just a couple of things from marketing this month, I am busy touring and getting out into the community. I have two senior expos coming up in the month of April. One is the Heartland Senior Expo in Shakopee on the 17th and the Our Life Expo in Bloomington on the 25th. Always fun events and informative information for seniors.

I want to also remind everyone of the GROW WITH US REFERRAL PROGRAM. I personally love this program because it really is simple and straightforward. You refer someone and they move into Prairie Bluffs, you and the new resident will each receive a rent credit of \$1000.00 on the month of the move-in! If you have any questions or have a referral, contact me, Kay, at 763-337-1022.

Think Spring,

Kay

"Start each day with a positive thought and a grateful heart."

A NURSING NOTE

A very warm welcome to Angela, our new **Staffing Coordinator!**



With her new position, she's most excited about meeting the residents and getting to know the staff. Her favorite thing to do when she's not here at work is, to cook and bake and do anything outdoors. Her absolute top comfort dish is Chicken Spaghetti. She has a 5-year-old rescue dog named Luna. How cute! And when we asked what one surprising fact about herself, she answered, "I am ambidextrous." Meaning she can use her left and right hand equally. Make sure to stop by her office, which is located down the hall from the bistro, say hello, introduce yourself, and ask her to see a photo of her dog. We're glad she's here.

Reporting Missing Items:

- If you or your loved one has lost an item, please call or stop by the front desk to report it as soon as you know it's missing! The front desk will make a note and help you take the next steps in the right direction to finding the misplaced item.



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

APRIL IS NATIONAL VOLUNTEER MONTH

Here's to all our wonderful volunteers within our community and outside!

From performing and entertaining, helping serve food and drinks, leading our book club, welcoming new residents, leading the monthly resident council meetings, folding and sorting, and passing out the monthly newsletters and calendars, delivering newspapers, assisting with gathering residents to come to events, calling Bingo, leading the men's groups, leading Bible Study, Services and Devotions, and providing the community with beautiful flowers. And SO much more! You all help make this community a better place and a place that feels like a community! We thank you for all your time, energy, and dedication. We appreciate the kindness in your hearts.

Volunteers— You are appreciated!

EVENT ETIQUETTE

Photos/Videos at Life Enrichment Events:
As our community continues to have fun events, we'd like to remind everyone to be mindful. Residents and others in our community have asked not to be on camera or in videos. Please make sure you are only taking photos or videos of yourself, your loved ones, or the entertainer. Thank you!

ACTIVE THERAPY TEAM

Come Join the Ashley, an Active Therapy team member Ashley for her wonderful exercise classes:

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

- Wednesday, April 2nd
- Wednesday, April 9th
- Wednesday, April 16th
- Wednesday, April 23rd
- Wednesday, April 30th

ADMINISTRATIVE ASSISTANT



We warmly welcome a familiar face to the front desk; Alexis has accepted the role of Administrative Assistant! “I am excited to help and talk to everybody at the front desk! I love being social and talking with residents and families on a day-to-day basis. I love working at Prairie Bluffs and being able to help people live their best lives! When I'm not at work I enjoy walking outside, going to the gym, going for car rides, being with my family, and watching a good series on Netflix. My favorite comfort food is Chinese takeout! And a surprising fact about me is that I LOVE movies and shows about ghosts.” Please stop by the front desk to say hello to Alexis and introduce yourself if you haven't already! We're lucky to have her.

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PBSL RESIDENT SPOTLIGHT

April

Resident of the Month

Let's get to know Dolan and Etta Benolken! They moved to Prairie Bluffs in 2022 from their previous home in Bloomington. Dolan is originally from New Munich, Minnesota, and Etta is from Melrose. They grew up just 6 miles from each other and eventually went to High School together in Melrose. Etta is the oldest of 9 children and Dolan is the youngest of 11. It's not surprising they had a fairly large family themselves, having raised 5 children (Joe, Judy, Jayne, Amy & Jackie) and now have 8 grandchildren and 5 'great-grands.' Dolan worked in finance for Honeywell for 40 years until his retirement in the early '80s. Dolan and Etta did some traveling, including trips with their motorhome. A favorite destination was Nisswa, Minnesota, where they enjoyed fishing, playing cards, and shopping with friends. A highlight of their travels was a trip to Munich, Germany, where they celebrated Oktoberfest with many friends from their high school hometown. Etta describes Dolan as a great provider who is also quite fun and funny. Dolan says Etta has always been a hard worker and a wonderful homemaker, and "she keeps her eye on me." Together, they enjoy playing cards ('500') and Rummikub—sometimes 3 or 4 games in an evening! In their lives, they have done a lot of dancing, both ballroom and square dance. Etta's favorite is the 'Lindy.' When asked when she is happiest, Etta says, "Family gatherings where the kids and grandkids and dogs and everybody is there... it's just utter chaos, and I hate for it to end!" When is Dolan the happiest? "At dinner," he says. Ha Ha Dolan! Get to know Dolan and Etta, you'll be glad you did!



EMPLOYEE OF THE MONTH

April

Employee of the Month

Our very own Executive Director, Chelsea Kalal, is April's Employee of the Month! Chelsea started here at PBSL in 2023, and her favorite part of her job is...you, the residents, and the relationships she has with you! She also enjoys putting together a staff that works well together. Chelsea began her career as the Director of Development for a nursing home in Kenyon, MN, her hometown. After that, she earned the license to become an Executive Director and worked in that role at Brookdale Senior Living for three years before coming to PBSL. Chelsea and her husband, Adam, have a son Eli (8), and a daughter, Adalie, (6), and reside in Jordan. In their free time they enjoy their season tickets to Mankato State Men's hockey games and also watching the Wild play and attending baseball games in town. Like a true Minnesotan, Chelsea loves ice fishing on area lakes! She has always loved camping, too, and her favorite spot is Minnesota's north shore at Temperance River. For twenty years she has gone on an annual camping trip with high school friends to different locations. Chelsea is happiest when she has free time with her family and enjoys some stress-free downtime. She says a motto she embraces is 'live and love with no regrets.' Who can argue with that? Thanks for all you do to make PBSL a great place, Chelsea!



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 praise notes!

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HAPPY APRIL BIRTHDAY TO...

4/3 Audrey S.
4/7 Diane H.
4/8 Joan H.
4/8 Peter H.
4/15 James P.
4/16 Shirley R.
4/19 Betty D.
4/20 Jim H.
4/20 LuAnn J.
4/23 Marian S.
4/24 Heather H.
4/24 Janice M.
4/24 Jean C.
4/30 Diane B.
4/30 Mary C.



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 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— which will include weekly errand runs as well as for the lunch and the other fun locations.

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 April 2025, please **SIGN UP** at least 48 hours in advance and plan your trips accordingly:

Wednesday, April 2nd	US & Wells Fargo Banks, Cub Foods, & Target
Wednesday, April 9th	Jerry's Foods, Walgreens (Hennepin Town Road & Pioneer Trail), & Walmart
Wednesday, April 16th	US & Wells Fargo Banks, Cub Foods, & Target
Wednesday, April 23rd	Jerry's Foods, Walgreens (Hennepin Town Road & Pioneer Trail), & Walmart
Wednesday, April 30th	US & Wells Fargo Banks, Cub Foods, & Target

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 Tuesday, April 8th:
Lunch Outing at The Original Pancake House
- MC2: 11:00am Wednesday, April 16th
Lunch Outing at The Original Pancake House
- MC3: 11:00am Wednesday, April 30th
Lunch Outing at The Original Pancake House

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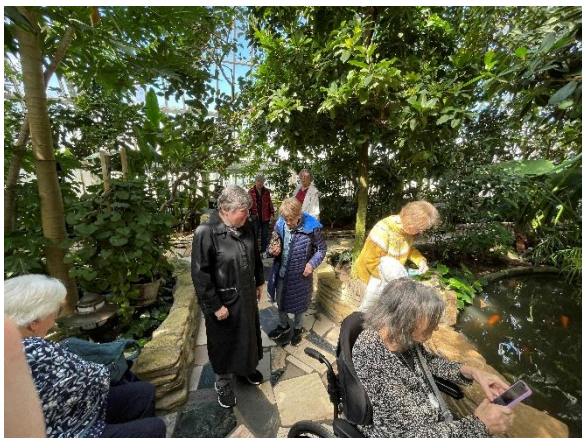
COMMUNITY EVENTS HIGHLIGHT REEL



St. Patrick's Day Party
Tuesday, February 11th



Pub Night with Karaoke
Tuesday, March 18th



Como Conservatory
Monday, March 24th



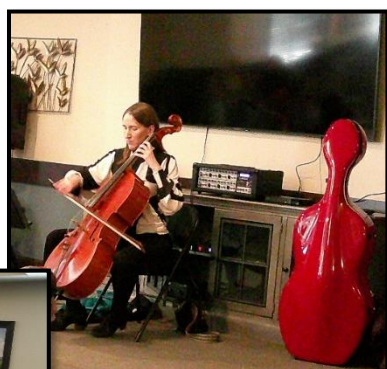
Crafting with Lori
Tuesday, March 4th



Musical Entertainment
Thursday, March 13th
Bill Koncar



Musical Entertainment
Thursday, March 20th
Teresa Richardson



MC Lunch Outing
March



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APRIL PROGRAM SPOTLIGHTS

Weekly Musical Entertainment!

April 3rd, 10th, 17th & 24th – 2nd floor community room
(All performances begin at 1:30 pm)

April 3rd – Patrick Allen
April 10th – Christine and Bobby
April 17th – Kathy Nixon
April 24th – Summit Music Series

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

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 13th, and 27th at 11:00 AM in the 2nd Floor Community Room. Please join in with the chorus!

Fraud & Scam Prevention Presentation

Tuesday, April 1st, 1:30pm
2nd Floor Community Room

“If you haven't bought a ticket, you haven't won the lottery:
Avoiding Fraud and Scams”
No April Fool's Joke here!

Come stop by the 2nd floor community room to learn about some of the tricks scammers may use to fool you and how you can protect yourself. Presentation by Gary Spears from Senior Community Services.

Needlepoint Group
Friday, April 18th, 11:00am
Minnehaha Room

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

Weather Preparedness Presentation
Tuesday, April 8th, 2:30pm
2nd Floor Community Room

With Spring weather stirring the pot, it's that time of year again for us to make sure that we have our Weather Preparedness Plans ready for whatever Mother Nature throws our way. Please join us as we discuss our community's plans for weather safety, better safe than soggy.

New Resident Welcome Party

When: Tuesday, April 29th @ 3:30 PM
Where: Second Floor Community Room

A great way to get to know some of your new neighbors!
Join us for some tasty treats & refreshments as we get to shed the Winter blues and get the chance to Spring into new friendships!

Bridge & Cribbage How To's

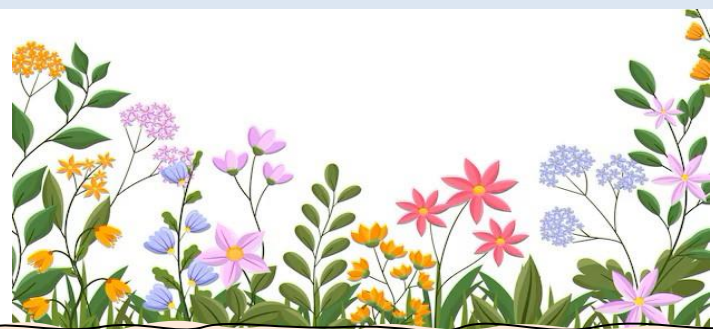
Come join, stay for the fun, and learn how to play Bridge and Cribbage! A great way to meet people and enjoy a game of friendly competition.

Bridge (10 AM)
Wednesday, April 2nd
Wednesday, April 16th

Cribbage (2:30 PM) – come challenge a staff member
Thursday, April 10th
Thursday, April 24th

AARP – Refresh Your Driving Skills
Tuesday, April 22nd, 1:00pm-5:00pm
Minnehaha Room

AARP is hosting a course to help refresh your driving skills!
Please sign up at the front desk if you are interested in attending. It'll be \$20 for AARP members and \$25 for non-members.



Egg Hunt at Prairie Bluffs

Thursday, April 10th to Tuesday, April 15th

From Independent Living to Enhanced Care and all the places in between! The Easter Bunny has come to Prairie Bluffs and hidden all kinds of beautiful eggs in our building! When you find these eggs, please turn them into the Life Enrichment Office and provide us with your name and room number. Collect as many as you can find, the resident with the most eggs collected by Tuesday, April 15th will receive a grand Spring Surprise!
Let's HOP to it!

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/>