



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

We Are at Your Service!



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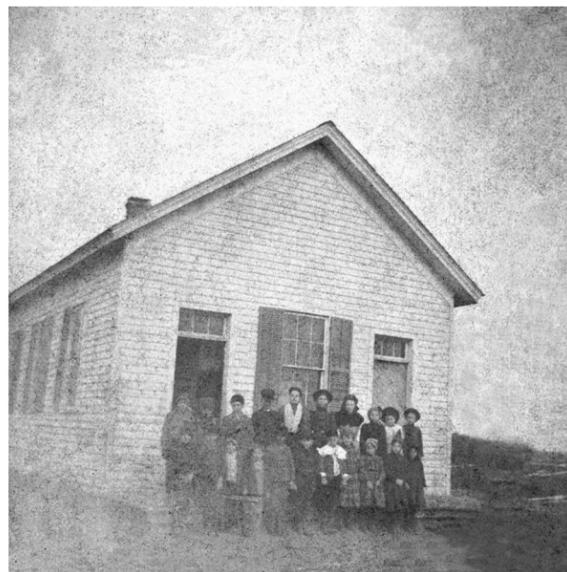
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"Away in a meadow all covered with snow,
The little old groundhog looks for his shadow,
The clouds in the sky determine our fate
If winter will leave us all early or late."
- Don Halley

Then



Tuckey Family Home in 1860s.

Now



HISTORY ON THE PRAIRIE

Have you ever wondered what life was like over 150 years ago in this area of Eden Prairie? The Eden Prairie Historical Society recently restored photos from the Tuckey family. They lived in a home near the intersection of Homeward Hills Road and Pioneer Trail in the mid 1800's and operated one of the first post offices in Eden Prairie.

According to Kathie Case, president of the Eden Prairie Historical Society, the Tuckey family were some of the earliest white settlers of Eden Prairie and lived in a home considered to be one of the most beautiful in the area.

These first pioneers arrived by the Minnesota River and settled near the river in the southern part of Eden Prairie.



This log house was built by John Cummins in Eden Prairie near Pioneer Trail in mid 1800s.

They could cross the Minnesota River into Shakopee by ferry in the summer or sleigh in the winter. It was a hardworking, isolating existence. Having enough wood to burn was an essential and on-going chore especially during the winter. Food in winter for the Tuckey family probably consisted of potatoes, fish, ducks, geese and dried crab apples.

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FROM THE MANAGER'S DESK

FROM THE MANAGER'S DESK



BY STEPHANIE FREDERICK

Greetings All,

Thank you for attending the Resident Council impromptu meeting. It has been very nice seeing all of you on a more regular basis! I do have an update on the ACH request for paying rent. This will be available starting April 1st! I will keep you updated should it become available sooner.

February is a beautiful month! It is a month that is near and dear to me. Yes, I love Valentine's Day for traditional reasons but most of all because my wonderful parents adopted me on Valentine's Day. From that adoption, I was gifted 2 beautiful Grandparents. They are the reason I find myself in the career that I am in. They were my first best friends! Love on Valentine's Day can mean many things. For me it is the gift of a family on a day filled with chocolates and sweetheart candies.

Kind Regards,
Stephanie

FOOD FOR THOUGHT

BY PAUL METTY

Wow, did the Christmas season go by fast. It only seems like yesterday that we were putting up decorations and talking about New Year's. I'm glad that I got to spend the first Christmas season with the Prairie Bluffs community. It was an honor and a privilege. Thank you.

Valentine's Day is just around the corner and we often celebrate this day with a box of chocolates and a card. Growing up, I remember going to my grandparents' house and sneaking chocolates from the big heart shaped box that grandpa would give to grandma. My parents would celebrate by going to White Castle, which in the past, they would have tablecloths on the tables, and I believe candles.

Throughout the years, I have done many Valentine's Day menus; some being quite elaborate and some very simple. Seemingly, all these special menus and boxes of chocolates are to celebrate our love for one another. Some historians suggest that Valentine's Day started to celebrate a priest who would secretly marry young couples who otherwise would not be able to get married as it was forbidden the Roman Emperor.

This Valentine's Day, let's celebrate by taking care of ourselves. Remember to wash our hands, stay inside when we do not feel good, and drink lots of water. Hand washing is still one of the best defenses against spreading many sicknesses. Valentine's Day is on a Friday this year. If you have a special menu that you would like me to make, please see me and I will do my best to accommodate your request.

Thank you,
Paul



FOR YOUR HEALTH

BY GAYLE RIELAND, MS, RN, PHN

February is American Heart Month

Nearly half of all U.S. adults have some type of cardiovascular disease, a percentage that reflects recently updated guidelines for treating high blood pressure, according to a new report.

High blood pressure – also known as hypertension – can lead to heart attack, heart failure and stroke. "We're becoming more and more aware of the importance of high blood pressure. Levels we used to think were normal we now associate with worse outcomes, and treating them makes a big difference," said Dr. Emelia J. Benjamin, a professor of cardiology at Boston University and chair of the group that wrote the American Heart Association's "Heart Disease and Stroke Statistics-2019 Update".

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

The following are February events observing American Heart Month in the Twin Cities:

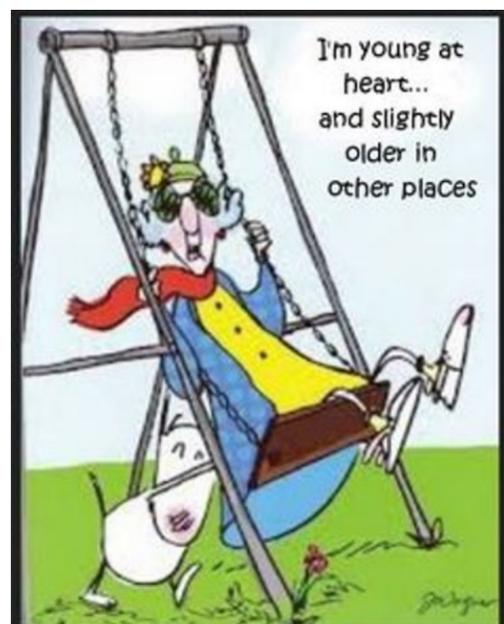
Wear Red Day on Friday, February 7, 2020 - 12:00 AM
Go Red Health Expo at Mall of America on Saturday,
February 8, 2020 - 11:00 AM

For more information visit:
<https://www.heart.org/en/affiliates/minnesota/twin-cities>

CONSIERGE CORNER



BY JULIE ANDREWS



ACTIVE LIFESTYLE

BY ANNA ANDERHAGEN

Hello and Happy February from Life Enrichment!

There are lots of new things happening in February. We are getting a piano on February 1st, a book/DVD/puzzle library will soon be opening in the community room, and the craft room is now open! Where is the craft room, you might ask? On level 3, right next to the southern-most elevator lobby. It is open to all! And a special thank you goes out to Maridale for sharing and donating so many of her craft tools and supplies. Maridale will be doing a “how-to” program using many of her crafting tools on Tuesday, February 18th at 3 p.m. in the craft room. Please join us!

I am still in awe of the sheer talent and amazing expertise of all the people that live here at Prairie Bluffs. We are starting our monthly learning symposium on Valentine’s Day at 1 p.m. The first person to share some of her knowledge is Bev. Her program is titled, “Antarctica, the Seventh(?) Continent”. Bev has visited all the continents on this earth at least once! Please join us!

PARTIES AND LIVE MUSIC FOR FEBRUARY

2/11 Flute and Piano with Joanne and Cheryl
3:00 p.m.
Community Room

2/14 Valentine’s Day Party
3:00 p.m.
Community Room

2/19 Birthday Party with Music from Lyndon Peterson
2:30 p.m.
Community Room

2/21 Hot Cocoa and Girl Scout Cookie Party
Hosted by the Daisy Girl Scouts of Eden Prairie
5:00 p.m.
Community Room

2/25 Mardi Gras Party
3:00 p.m.
Community Room

2/27 The Edina Singing Seniors
1:00 p.m.
Community Room

Do you know that Prairie Bluffs has a Facebook page?

You can search for Prairie Bluffs directly in the Facebook app



or here is the link:

[Facebook.com/PrairieBluffsSeniorLiving](https://www.facebook.com/PrairieBluffsSeniorLiving)

On the Prairie Bluffs Senior Living Facebook page, you can find out what activities are coming up, 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!

ELVIS BIRTHDAY CELEBRATION!



Elvis, Betty, and Priscilla Presley

(A special thank you to Bobby Campbell from Moments Hospice and Sam Kaelberer from Touching Hearts at Home for being Elvis and Priscilla Presley.)



Happy New Year, Irene and Marilyn!



January Birthday Party with singer, Tara Bueske

MARKETING MINUTE



BY COLIN GOLDEN

For 2020, we are introducing a new program called “Grow with Us”. We could not ask for better people that live here at Prairie Bluffs and we know that awesome people have awesome friends and family. 😊

For 2020, if you submit a referral to the marketing office and that person moves in, you and your referral will both receive a \$1000.00 rent credit on the month of their 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 see Colin.



Mary Ellen enjoying the NASA room, searching for moon rocks, at Kinderberry Hill.

KINDERBERRY HILL VISIT

On Friday, February 21, we will be visiting children at Kinderberry Hill. The hour visit will be filled with crafts, conversation, exploration, and reading. In the spring and summer months, we will be working on some garden and craft projects together. Please come join us!



Eileen helping the children read aloud at Kinderberry Hill.

GRAMMATICALLY SPEAKING

The letters in the abbreviation e.g. stand for *exempli gratia*, which in Latin means “for example.” The abbreviation i.e. stands for *id est* and translates to “that is.” To avoid confusing the two, remember that both e.g. and example start with e.

TRANSPORTATION HUB

Want to get out and about but don't want to drive? Jeff has you covered with the Prairie Bluffs bus!

Transportation is available on Mondays and Fridays, 8:30-11:30 a.m.

We will be going on outings with Jeff every Tuesday and one Friday in February.

Outings in February:

| | | |
|------|--|------------|
| 2/4 | The Muddy Cow | 11:30 a.m. |
| 2/11 | The Original Pancake House | 11:30 a.m. |
| 2/18 | PROP Empty Bowls Luncheon | 10:45 a.m. |
| 2/21 | Convo and Crafts with Kinderberry Hill | 10:00 a.m. |
| 2/25 | Science Museum of Minnesota | 10:30 a.m. |

Please sign up for outings in the outing book stationed across from the main lobby elevator on level 1. The outing book will also have more information including menus and prices, exhibits on display, times, special sales, etc. Thank you!



WALK SAFELY LIKE A PENGUIN

With the snow and ice that we've been experiencing, please take a moment to review some safe walking tips.

Wear sturdy footwear like boots or slip-resistant shoes.

Walk like a penguin!

Walk slowly and watch the placement of your feet. They should be pointed out slightly. Use your arms to steady and balance yourself.

Keep your hands out of your pockets when you walk.

Watch out for black ice.

Black ice looks like a wet surface but is solid ice.

Be mindful of where you park and be careful getting out of your car. You may be on ice.

Wipe your feet as you enter a building. The first steps inside a building are the most slippery.



Sharon and Eileen helping the Daisy Girl Scouts make a paper mache bird bath.



Eileen and Daisy Girl Scout Penny making a bird nest together.

NUTS AND BOLTS

BY PATRICK WINSOR

February is upon us. It's a month closer to spring, and a month closer to no snow. Many of you have noticed that a car wash station was installed in the north parking garage. A hose and nozzle are provided for you. We ask that after use, you continue to wrap the hose neatly on the provided reel hose. Thank you to those who have already been doing this!

Have a great February!

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."
- Edith Sitwell

WHAT AM I?

You will see me just once every four years. Without me, some people's birthdays (like Dinah Shore) don't come around each year.

Answer: Leap Year

FEBRUARY'S BIRTHSTONE IS AN AMETHYST



An amethyst is a purple variety of quartz. This violet gemstone has been valued by humans for thousands of years for its beauty and mythical powers. Amethysts were buried in the tombs of Egyptian pharaohs and in the caves of Neolithic people. In the Middle Ages, amethysts were worn to protect against sorcery and bring victory in battle. The name amethyst comes from the Greek word *amethystos*, which means "not drunk," as the stone was thought to prevent intoxication.

LIVE STREAMING CHURCH AND SYNAGOGUE SERVICES (SUNDAYS)

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

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>

9:15 Immanuel Lutheran Church
<https://livestream.com/ILC>

9:00 Beth El Synagogue
<https://www.besyn.org/religious-life/live-streaming/>

DID YOU KNOW?

Prairie Bluffs Senior Living offers a Transition Care Unit (TCU) for individuals who have experienced a recent hospital stay but may not be ready to care for themselves at home. When time in a Transitional Care Unit is recommended by a care team, the skilled nursing and short-term rehabilitation services at Prairie Bluffs serve as a necessary link between hospital and home.

The TCU at Prairie Bluffs provides short-term medical care and therapy in a licensed nursing community. The physicians, nurse practitioners, and speech, occupational, and physical therapists provide quality care, specializing in cardio-pulmonary, orthopedic, and medical-surgical recovery. There are 16 private suites with individual bathrooms and showers for convenience and comfort. There is also a state-of-the-art Therapy Gym. The TCU will be opening soon!

GETTING TO KNOW YOU

Did you know that Cal Lepp was the smallest baby born in Hennepin county? He only weighed 1 pound, 12 ounces and was known in the newspaper as the “Medicine Dropper Baby”. He was one of the smallest babies to ever survive a premature birth. For weeks, his daily meals were one sixth of an ounce of milk from a medicine dropper! The Star Tribune wrote another article about him 75 years later headlined, “Premie Battled Odds and He Won”. Hennepin County Medical Center (HCMC) had a 75th birthday party for him and said he was a miracle. That he is!



Cal has a great sense of humor, cares about kids and is very friendly. One of the highlights of his life was meeting Barbara, his life partner. Another highlight in his life is having 4 grandkids. Cal likes football, baseball, and hockey. He also likes to fish and hunt.

If Hollywood made a movie about your life, who would you like to see cast as you? **Mickey Rooney**

What is your hidden talent? **I'm a sports encyclopedia.**

What was the most unusual job you have ever had? **I did some work for Prince at his house in Chanhassen. I was a bodyguard, guarded his house gates and was in charge of who got in to see him.**

Where is the best place that you have ever traveled to and why? **Graceland in Memphis, Tennessee. I'm a huge Elvis fan. We never flew there, though. We always drove. Barbara was the navigator and I was the driver. You see so much more of the world when you are driving.**

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PLEASE SAVE YOUR GREETING CARDS

We will be making cards for all occasions using recycled greeting cards in April for Earth Day. Please give them to Anna or drop them off in the Community Room on level 2. Thank you!

WORD SCRAMBLE

E L R A C B M (An awkward climb or movement)

L A I P A L T A (Luxurious, stately and grand)

D I L E D F (Move the hands or fingers restlessly)

G R A E E (Moved by an urgent desire)

H U S O R C (A large group of singers)

R E O G N V (Lead or control political affairs)

T O N M I E N (Refer to something briefly)
