



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

We Are at Your Service!



Stephanie Frederick
Administrator
Phone: [763.331.5289](tel:763.331.5289)



Colin Golden
Marketing Director
Phone: [763.337.1022](tel:763.337.1022)



Gayle Rieland
Director of Nursing
Phone: [612.716.0291](tel:612.716.0291)



Julie Andrews
Concierge
Phone: [763.567.0699](tel:763.567.0699)



Anna Anderhagen
Director of Life Enrichment
Phone: [952.213.6255](tel:952.213.6255)

Patrick Winsor
Director of Maintenance
Phone: [612.479.8875](tel:612.479.8875)

Kaitlyn Graikowski
Nurse Manager, Memory Care
Phone: [952.213.6334](tel:952.213.6334)



Nina Clark made us beautiful cloth masks for all of us to use. If you would like one, please contact Anna Anderhagen.



The EP Fire Department dropping off 50 cloth masks from the Muslim Women of Minnesota.

COUNTLESS ACTS OF KINDNESS

There is no shortage of goodness, kindness, and heroism as the world battles this virus. Countless acts of kindness are taking place all over world as well as right here at Prairie Bluffs. All the donations that we have received shows that people are out there connecting, loving and caring for each other.

We are so grateful for all the cards, drawings, cloth masks, face shields, jigsaw puzzles, DVD's and overall support that we have received. Here is a list of just some of the many donations, uplifting cards and drawings that have been given to us:

Kayla Waldoch and Ashley O'Connell are two nurses from St. Cloud that design face shields. Adam Hagen owns the company that is manufacturing the face shields. The three of them donated 20 face shields to Prairie Bluffs.

The Eden Prairie Fire Department dropped off 50 cloth masks from the Muslim Women of MN. Members of Pax Christi Church sent us many cards for Easter and drawings to uplift our spirits.

Willa Martel is the mother of Dana Martel, HHA. Willa created handmade cards for us.

Anne's grandchildren and daughter decorated the North Lobby with their beautiful artwork.

Mary Ellen Smith created Easter cards and shared many of her art pieces.

Prairie Community Church gave us bibles and devotion books.

Children from Kinderberry Hill sent us illustrated cards. One said, "We miss you, Grandfriends!"



Dancers from the Prairie School of Dance sent us homemade cards to brighten our day!

Oh! fragrant is the breath of May
In tranquil garden closes,
And soft yet regal is her sway
Among the springtide roses.

—William Hamilton Hayne, American poet (1856–1929)

IN THIS ISSUE

FROM THE MANAGER'S DESK

NUTS AND BOLTS

FOR YOUR HEALTH

FROM THE MANAGER'S DESK



BY STEPHANIE FREDERICK

Greetings to All,

Wow, I cannot believe we are well into spring. I remember a year ago when our sales office was across the street and we were wearing rainboots on the jobsite. The laughter and joy each day brought was exciting! It seems like it was just yesterday. It is a different world out there today and things certainly have changed as you all know. However, we as a community are here and we are strong!

Each day brings something new and yet, each day I find hope and peace as I witness many acts of kindness throughout our community. The outpouring of donations and well wishes from the outside has been humbling. Our associates that have made a conscious choice to arrive each day as a frontline worker without hesitation is truly a blessing. There are many acts of kindness, courage and compassion. When I think about the beginnings of Prairie Bluffs and the excitement of opening, I could have never imagined just how beautiful our community would be. The beauty is within. You all make the difference and our associates make the difference. We are in this together and together we will continue to enjoy sunny days, creative ways of interacting, (rolling happy hour), and the peace of mind knowing this too shall pass.

Be well,
Stephanie

NUTS AND BOLTS

BY PATRICK WINSOR

Hello all and happy May! Hoping we are all done seeing the snow showers we experienced in April and can start enjoying more outdoor time.

There are a few things we ask from our residents when it comes to recycling. Remember that if you can push your finger through a piece of plastic that it cannot be recycled. This would include garbage bags and used grocery bags. We ask that you do not put garbage bags, or plastic grocery bags down the recycle chute. Another item that surprised me was shredded paper documents. This shredded paper is too small to be recycled. We ask that you please put shredded paper down the trash chute. One last item on the recycle list would be cardboard containers. If a non-coated cardboard has been used as a food container it is not a recycle item any longer. This would include pizza boxes, and takeout item containers. Thank you for your help on these items.

On a fun note, we should be well into our green grass times, flowers and trees should be blooming by now. The patio furniture "May" be calling to you. As you have probably noticed we have added another box for furniture cushions to be stored in. Please feel free to use these items. Please take the time to enjoy our beautiful Minnesota green season!

If you think you are too small to make a difference,
try sleeping with a mosquito.
-Dalai Lama

FOR YOUR HEALTH



BY GAYLE RIELAND, MS, RN, PHN

Thinking of all of you during the pandemic. I found this helpful. I hope you do too.

Coping Emotionally with the Pandemic

There is no right way to react emotionally to the current pandemic. Some people feel increased worry for their safety and others feel gratitude for the protection of their comfortable homes. Some are angry, sad or both about the losses of activities, events and income they have experienced. Others don't seem to have much emotional reaction at all, shrugging off the crisis by rationalizing that this, too, shall pass.

All these feelings are normal and expectable. What may be concerning, though, is the intensity with which people experience them. Too much worry can lead to debilitating anxiety. Too much anger can lead to irritability and conflict with others. Too much sadness can lead to depression.

Most of us pay great attention to our physical health nowadays but rarely consider gauging and regulating our emotional health. Here are some ways that you can cope better with this unfolding crisis by better managing the intensity of your feelings:

1. **Monitor yourself:** By regularly reflecting on how you are feeling, you are better able to detect any concerning trends. There are several ways of accomplishing this: keeping a journal of your thoughts and emotions each day; using one of the many available mood tracker apps to visually graph your highs and lows; and asking your spouse or a good friend to periodically share their impressions of how you seem to be feeling. Realizing you are being consumed with worry or sinking into sadness will then prompt you to take steps to temper those emotions.
2. **Remember to seek joy:** Purposely engaging in positive activities can protect us from too many negative emotions. While it may be hard to imagine enjoying anything when you are sheltering in place and cut off from the world, we still must identify those activities available to us that can make us happy. Discovering or perhaps rediscovering simple pleasures, such as cooking, playing a musical instrument or spending a relaxed evening watching a funny movie with family members, can at least temporarily relieve our anguish about the viral threat.
3. **Shift your mind-set:** Negative emotions are often triggered by excessively negative thinking. But we have the power to change our thoughts and thereby transform our feelings. Techniques for changing thinking include noticing when we are being overly pessimistic and dwelling on improbable catastrophes; intentionally searching for the positive aspects of even difficult circumstances ("There's a silver lining to every dark cloud"); and keeping a gratitude journal to increase your awareness of the good things in your life, despite our current hardships.

None of these techniques will magically remove the threat of Covid-19. But they can give us some means of exercising what control is possible to help us keep our cool and our spirits up to squarely face this and other adversities.

Author Barry J. Jacobs, Psy.D. is a clinical psychologist, family therapist and a Principal for Health Management Associates. He is the author of two self-books on family caregiving and a monthly column on family caregiving for AARP.org

The best thing about the future is that
it comes one day at a time.
- Abraham Lincoln

ACTIVE LIFESTYLE

BY ANNA ANDERHAGEN

Those of you who have come to my exercise, yoga or tai chi classes know that I am a big believer in mindful breathing. Did you know that mindful breathing can reduce anxiety and depression? Breathing, of course, is always there for you.

When we breathe more mindfully and stay connected to the present moment, we release endorphins, chemicals that have a calming effect. It can lower our blood pressure, heart rate and puts us at less risk for cardiovascular disease. Mindful breathing is simple, free and effective. Plus, you can do it anywhere!

Try taking a nice deep breath in through your nose and count to four. As we breathe in, really expand your chest and belly. Then, as you breathe out through your mouth, pull in your abdominal muscles and feel the air move through your chest and your lungs. Try it again! This time breathing in, expand your chest and really feel your shoulders and face relax. Breathe out, relax your brow and your jaw. How do you feel? Even after two breaths, I hope you feel a bit more relaxed.

I am looking forward to when we can all get back together again. I have so many parties, educational programs, games (noodle hockey anyone?), crafts, and tasty recipes to share with you.

I miss you all very much. Take care and be well!



Mary Ellen Smith hand illustrated coloring sheets for children at Kinderberry Hill. They were so happy to receive them!



CONSIERGE CORNER



BY JULIE ANDREWS

I LOVE MAY!!! It is my favorite month of the year! The trees budding, flowers blooming, grass greening, warmer weather....it's all about new life and the anticipation of summer!

Lady Bird Johnson said, **"Where flowers bloom so does hope."** I believe there is hope and I am confident we will be able to enjoy a beautiful summer! I look forward to seeing all of you, having our happy hours outside (while practicing social distancing), welcoming new residents and getting our lives back to a "new" normal.

Thank you for your concern while I was out for 11 days in April. I am happy to be back! My hours have changed. I am now working from 7:30 am to 12:30 pm Monday – Friday. Jeff Bush will be at the front desk from 12:30 pm – 5:00 pm Monday – Wednesday and 8 am – 5 pm Saturday and Sunday.

IN OTHER NEWS...

Once the paperwork has been filed with the state, we will have a notary on site....me! It should happen whenever the state offices open again. I will keep you updated!

GO ONLINE FOR THE ARTS!

Watch any Broadway play!

<https://www.broadwayworld.com/>

Listen to many concerts of musicians from the MN orchestra.
<https://minnesotaorchestra.org/community-education/lifelong-learning/minnesota-orchestra-at-home>

Virtual Travel with the Smithsonian

<https://www.smithsonianmag.com/travel/virtual-travel-180974440/>

Get a virtual front row seat to Cirque Du Soleil Shows!

<https://www.cirquedusoleil.com/cirqueconnect>

Listen to Montreux Jazz archived concerts-from Johnny Cash, Nina Simone to Marvin Gaye

<https://www.montreuxjazzfestival.com/en/>

OR VIRTUALLY TRAVEL...

Tour the Great Wall of China!

<https://www.thechinaguide.com/destination/great-wall-of-china>

Ever wanted to see Easter Island, Scotland, Bangladesh or Tanzania?

<https://artsandculture.google.com/project/heritage-on-the-edge>

Immerse yourself in Canadian Food and Farm Tours

<https://www.farmfood360.ca/>

Explore the Faroe Islands

<https://www.remote-tourism.com/>

Explore Everest Base Camp in Nepal

<https://www.google.co.uk/maps/about/behind-the-scenes/streetview/treks/the-worlds-highest-peaks/>

MARKETING MINUTE



BY COLIN GOLDEN

I want to thank all of you for your cooperation and understanding during this strange time. I know it is extremely difficult not seeing your family and friends and distancing yourselves from the ones you love. I truly believe that all your sacrifices are helping to keep our community safe and I thank you all for your help.

I also wanted to touch quickly on Prairie Bluffs social media presence. You can find Prairie Bluffs on Facebook, NextDoor, and Yelp. You can like our page and follow us on Facebook to stay up to date on all our latest posts. If you would like to spread the word on Prairie Bluffs, you can also leave us a review on Facebook, Google Reviews, Yelp, and NextDoor. It only takes a few minutes and leaving a review can help others when considering our community for themselves or a loved one and will help increase our online presence.

Hang in there and I look forward to seeing you all for a big celebration when all this COVID-19 business is over!

JUST FOR FUN DAYS

May is full of monthly celebrations. May is Get Caught Reading and National Good Car-Keeping Month. It is All Aboard and Architecture Appreciation Month. Here are some more fun things to celebrate this May:

- May 1: Besides May Day, it is also Law Day, Mother Goose Day, School Principals' Day and the Sky's the Limit Day.
- May 2: World Tuna Day, Truffle Day and Double No-Hitter Day
- May 3: Polka Day, Bing Crosby Day, and World Laughter Day
- May 4: "May the 4th Be with You" or Star Wars Day
- May 5: Cinco de Mayo, National Teacher Day and Perfect Ten Day
- May 5-11: Root Canal Awareness Week
- May 7: National Day of Prayer and Milky Way Chocolate Bar Day
- May 8: No Socks Day and Russell Stover Candy Day
- May 9: Migratory Bird Day and Belly Dance Day
- May 10: Mother's Day and Creative Photography Day
- May 13: Frog Jumping Day and Give to Charity Day
- May 14: Dance Like a Chicken Day and For the Love of Lilacs Day
- May 15: Chocolate Chip Day, Panty Hose Day and Hammer Away Day
- May 16: Armed Forces Day, Do Something Good for your Neighbor Day, Biographer's Day and SpaghettiOs' Day
- May 17: Tarzan's Jane Day and National Cherry Cobbler Day
- May 18: Victoria Day, Perry Como Day, and I Love Reese's Candy Day
- May 25: Memorial Day, Towel Day, Tap Dance Day and Daredevil Day
- May 28: Jell-O Day and Eat a Hamburger Day

TREE FOR THE MONTH OF MAY: FIG TREE



The fig tree originated in Asia and is part of the mulberry family. It thrives in dry, sunny locations and is believed to be the first plant cultivated by humans. The deciduous plant is prized for its decorative value and its fruit, the fig, which is a delicacy in many parts of the world. The trees do not grow flowers on their branches; instead, the blossoms grow inside the fruit. These tiny flowers make the crunchy edible seeds that are a hallmark of the fruit's texture. Fig trees have come to symbolize prosperity, fertility, knowledge, and sweetness. Ancient Romans believed figs bestowed youth, vitality, and smooth skin. Early Olympians relied on the high fiber fruit to improve their workouts, and winners received fig laurels rather than the gold, silver, and bronze medals of today.

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/>

GETTING TO KNOW YOU



Introducing....Bob Tjossem!

Growing up in Detroit with a paper route by age 10, farming near Worthington by age 15, stationed in the Army at Ft. Hood, Texas at age 21 and accepted into the University of Minnesota Dental School at age 23, Bob Tjossem has experienced it all.

What is your favorite thing to do? **Wood working. When the opportunity arises. Right now, the shop is closed.**

What is your favorite sport? **It depends on what season it is. I would say football, baseball, and basketball.**

What is the most important thing that you have learned in the past five years? **Be flexible. Things always turn out right if you give it a chance.**

What is the most unusual job that you have ever had? **I was a Diener in a morgue at the University of Minnesota. I had to prepare bodies for autopsy. I would take out all the organs, weigh them and hand them over to pathologists. Then I would put all the organs back and suture everything back up. Except for the brain. You keep the brain out for study.**

I was also a scrub nurse at the University of Minnesota's surgery department while I was in dental school. They took dental students because they thought they had good hands.

What is the best vacation you have ever taken? **First, Norway and second, New Zealand.**

What is your favorite movie? **Patton. (Biography of controversial World War II hero General George S. Patton.)**

Do you have a favorite quote? **"Keep your nose clean and go to work every day and you can't help but succeed."**

If Hollywood made a movie about your life, who would you like to see cast as you? **Jimmy Stewart.**

If you could meet anyone in the world who would it be and why? **Winston Churchill. He was the wisest leader in my lifetime.**

If you were to write a book about yourself, what would you name it? **"Stop Complaining Because Nobody Wants to Listen."**

If you could drink only one beer for the rest of your life, what would it be? **Grain Belt Nordeast**

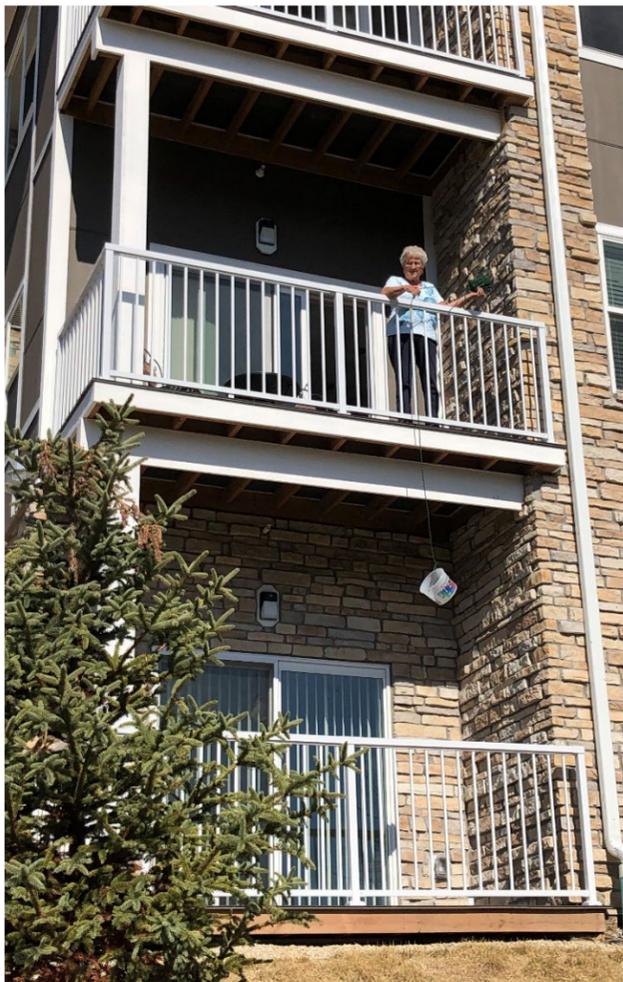
When are you happiest? **Every time I wake up! And, being together with family. My kids enjoy each other and we enjoy that they are good friends.**

FOUR THINGS TO DO EVERY DAY FOR YOUR HEALTH

1. **Move.** Our bodies need to move. We need to stretch, reach, twist, bend, step, climb stairs, sweat, and walk, to whatever degree works for you. Build movement in your structure, at least 20 minutes per day.
2. **Eat to Nourish.** You might have a sense of what foods make you feel lively and focused. And there are certainly those that are just for fun—chocolate anyone? Don't ban or outlaw the treats that bring you joy but just set up a daily structure that fills you with nourishing, healthy foods.
3. **Connect.** Humans need to feel connected. We need to feel seen, heard, and understood by another human—and to extend the same in return. And during this “shelter in place” time, it can be hard. You might need to schedule it. You might even need to ask for it. Call a friend on the phone, Facetime with family or Zoom with friends. Tell them how you are feeling and what you are experiencing. Invite them to do the same. Listen with kindness. Offer your support with generosity.
4. **Be.** Amid all the doing—the preparing, protecting, adjusting, coping, responding, providing, procuring—we need moments to simply BE. It is about pausing long enough to let your nervous system come back to baseline after prolonged activation. Experiment with what works for you. If meditation or guided relaxation works for you, then do it. If watching a TV show while snuggled into the couch helps you to just BE, that is good, too.

Which ones are you strongest in? Which ones do you incorporate effortlessly, as a part of your routine? Which ones might need a bit more attention, more practice, more cultivation? Pick one to focus on first. How might you structure it into your days?

*Many of these ideas came from Open Source Wellness at <https://www.opensourcewellness.org/>



That is some creative problem solving!

Bev, during her two-week quarantine after her trip to Mexico, needed books to read and other essentials.

She used a bucket and a rope!

Her children would put things that she needed in the bucket and then she would pull the filled bucket up to her balcony with a rope!

Now that is thinking outside the box!

A dry May and a leaking June
Make the farmer whistle a merry tune.

A snowstorm in May
Is worth a wagonload of hay.

Among the changing months, May stands confessed
The sweetest, and in fairest colors dressed!

—James Thomson, Scottish poet (1700–1748)

MAY BIRTHSTONE: EMERALD



The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdōs*, which was a general term for green stones.

In the Middle Ages, it was believed that the stone held the power to foretell the future, to cure epilepsy, lower a fever and protect the wearer from panic.

Aristotle thought emeralds soothed eyesight. The stunning stones have been found across the world. Some of the best emeralds come from South American mines, although the oldest known came from Egypt.

The emerald was a favorite gem of Cleopatra. The emerald symbolizes rebirth and fertility and was thought to grant foresight, cure various diseases, soothe nerves, improve memory, and ensure loyalty.

MAY FLOWER: LILY OF THE VALLEY



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first sprung to life from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving these pretty little lilies as a gift sends the message, “I am humbled by my love for you” and “You complete me.”

MORE ABOUT MAY

May is a special month for many cultures. For Roman Catholics, it is the month to honor the Virgin Mary; for Buddhists, it marks the Buddha's enlightenment; for early pagan cultures, May was the time to celebrate fertility and abundance in tribute to the month's namesake, Maia, goddess of the life cycle. Maia means “she who brings increase” in Latin.

In addition to its association with the Greek goddess Maia, May is affiliated with Mercury (known in Greek as Hermes), the Roman god of merchants, trade, thieves, and travelers. Maia was considered to be Mercury's mother. Both gods were routinely celebrated in the Festival of Mercury, or Mercuralia Festival, on the Ides of May, or May 15, Mercury's birthday. Honoring him was said to bring good luck and money.

GETTING TO KNOW YOU



Meet Jeff Bush, Transportation Specialist and Concierge

According to people that live here at Prairie Bluffs, they describe Jeff as one of the most kind, helpful, thoughtful, patient and considerate people that they have ever met. "And you can quote me on that!" exclaimed one person reading the newspaper in the lobby. We couldn't agree more!

What might someone be surprised to know about you? **I studied Greek Orthodox theology. I can also be the life of the party.**

What do you do when you are not at Prairie Bluffs? **I'm a dad, husband, and pet owner. I like to fish and spend time outdoors. I also like to sing and watch movies.**

You are a singer? **Yes, I sing. I was lead vocals in a post punk band.**

What is your hidden talent? **Epistemology. (The philosophical study of the study of the nature of knowledge, justification, and the rationality of belief.)**

What is the most unusual job that you have ever had? **I was a Page at the MN House of Representatives. I also planted trees for the Carleton County Forestry Department.**

How do you define success? **Actions speak louder than words.**

Do you have a motto or personal mantra? **Love is the answer.**

If you could meet anyone in the world, who would it be? **Bono from U2.**

Where would you like to travel? **My wife Sharon and I want to travel to Ireland, Scotland, Scandinavia and Greece.**

What are some of your life highlights? **When my children were born, my marriage of 36 years, meeting my best friend Kurt, having a vision walk in nature and spending a day with the governor.**

You spent a day with a MN governor? **Yes, I wrote a letter to Governor Al Quie and I got to spend the whole day with him. I met him at 6:30 a.m. and we flew to St. Cloud. I joined him for all his meetings throughout the day. We finished at 10:30 p.m. riding in a taxi.**

What is the most important thing that you have learned in the past five years? **Patience and a deeper sense of what is important. Also, being able to see the big picture. It's all about people and love.**

WHEN WAS IT?

It was during this year that John F. Kennedy announced his candidacy for president of the United States.

Queen Elizabeth II announced that her family would be known as the House of Windsor.

The U.S. hockey team defeated Czechoslovakia for its first Olympic gold medal.

The year was 1960.

TECHNOLOGY CORNER

Staying Close While Physically Distancing

We are keeping our distance from others who bring such strength and love into our lives. This social distancing is crucial but it is also disrupting the very fabric of how we connect with others. How can we create this connection that we are missing? Technology might help!

1. Calling on the telephone or cell phone: Just calling someone and hearing their voice on the phone can be a great way to connect.
2. Facetime: If you have an iPhone and the person that you are calling has an iPhone, (made by Apple-if you are not sure if you have an iPhone, take the cover off your phone and see if there is an apple logo on the back) then you can Facetime. Facetime is video calling, where you can see them on the screen and they can see you on their screen.

This is how you set up a Facetime call:

- a. Locate the icon that looks like a little movie camera on a green background.  Touch it.
- b. Type a name or phone number in the search bar. That's the little area up at the top that says, "Enter name, email or phone number."
- c. Touch the green camera icon on the screen to start your video call. You will know you have connected successfully when your friend's face pops up on the screen.
- d. Have a video chat with your friend or family member!
- e. Push the red "X" when you want to end the call.

3. Zoom: Another way to video call but you can do it with one person or a bunch of people at different places all at the same time.

Here are the steps to Zoom if you are using a **computer**:

- a. Click the Zoom link that's been sent to you in an email and Zoom should automatically and quickly download to your computer.
- b. In Downloads on your computer, click Zoom_launcher.exe. Zoom should direct you to this with a large orange flag.
- c. You should now be part of the meeting! Click the button that says, "Join Audio by Computer".

Here are the steps to Zoom if you are using a **smartphone**:

- a. You will have to download the Zoom app ahead of time in the app store.
- b. Locate the icon that looks like a little movie camera on a blue background.  Touch it.
- c. A screen should pop up asking for your name. This will identify you during a meeting.
- d. Dial the phone number provided in the Zoom email.
- e. When prompted, dial the meeting ID number that is also provided.
- f. Your phone will be automatically muted once the meeting starts. If you want to speak, press *6 to unmute.
- g. Start video chatting with your group! (One thing to keep in mind: while one-to-one video calls can go as long as you want, any group calls on Zoom are limited to 40 minutes unless you have a paid account.)

RIDDLE ME THIS

What can you hold in your right hand but not in your left?

Your left hand

WORD SCRAMBLE

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

Answers to Word Scramble are on the next page!



Freddy the Flamingo taking a walk with Bob, Mary and Anna.

You can't see Bob and Mary in this photo because they were social distancing 6 feet away.

Photo courtesy of Barbara Turner, taken from her balcony.

FAMOUS MOTHERS TRIVIA FOR MOTHER'S DAY

Who is the star of the *I Love Lucy Show*, who famously depicted her pregnancy on the show over the course of seven episodes?

Lucille Ball. It was the first time an actress who was actually pregnant openly portrayed being pregnant on television. Almost 44 million people tuned in to watch the "Lucy Goes to the Hospital" episode.

What mother of four is the longest reigning queen of England?

Queen Elizabeth II. Her full name is Elizabeth Alexandra Mary Mountbatten-Windsor. Can you name her four royal children? (Charles, Anne, Andrew and Edward)

What famous mother was the first woman to serve as a justice on the Supreme Court?

Sandra Day O'Connor. She was an Arizona state senator prior to being nominated for the Supreme Court by Ronald Reagan in 1981. She received unanimous Senate approval for the position. She served on the court for 24 years before retiring. She is a breast cancer survivor, author of several books and a proud mother of three sons.

Who was the mother of the sixth president of the United States? Hint: She was also the wife and first lady of the second president of the United States.

Abigail Adams. She advocated for women's rights and education as well as an end to slavery. She was the mother of 6 children.

Who was the last ruler of the Macedonian dynasty in Egypt and had one son with Julius Caesar and three more with Mark Antony?

Cleopatra. Her only daughter, Cleopatra Selene, went on to become the Queen of Mauretania.

DAILY QUESTIONS TO ASK YOURSELF DURING THIS TIME

If you are sheltering in place, be sure to check in with yourself. The physical isolation and sudden departure from familiar routines can be disorienting.

1. What are you grateful for today? Make a list if you want to. You can even add to it throughout the day.
2. Who am I checking in on, or connecting with, today? It is not social distance we need, but rather social solidarity while we maintain physical distance. Pick three people each day to call, video chat or check in on.
3. What expectations of "normal" am I letting go of today? We are facing a pandemic. Figure out what is important to you in this moment and focus on that. The faster we let go of expectations of "normal," the faster we adapt.
4. How am I getting outside today? Nature, fresh air, and sunshine are good for us. Simply leaving your living space is helpful. Can you sit in the sun for 10 minutes? Step outside briefly to see the moonrise or the sunrise. Even if you cannot physically get outside, can you open a window for fresh air?
5. How am I moving my body today? The more we can shift out of our heads and into our bodies, the more grounded we will feel. Take a 10-minute walk around Prairie Bluffs. Go up and down the stairs if it is raining. Can you roll your ankles in a circle while seated? Massage the tension out of your jaw?
6. What beauty am I inviting in today? Recognizing the beauty in the world and bringing it into our lives is an affirmation of the life that still exists and is worth fighting for. Write, sing, color, rest, garden, cook, bake, connect, build, wash, learn a new language or memorize a poem. Or, just be.

*These questions came from UC Berkeley's Greater Good Magazine.

SUDOKU

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

DID YOU KNOW?

Once upon a time, brides took pains to avoid having their wedding in May, as it was considered bad luck to marry during the month. "Marry in May, you'll rue the day," warned an anonymous poet, who advised waiting until June.



A sign of the times!
Mary zooming with her friends and son.

Did you know that Prairie Bluffs has a Facebook page?



[Facebook.com/PrairieBluffsSeniorLiving](https://www.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!

Word Scramble Answers: stylus, balmy, quizzical, glower, dawdle, abashed, guild, container

JOKING AROUND

What kind of exercise do lazy people do? Diddly- squats.

The past, present and future walk into a bar. It was tense.

What do you call an apology written in dots and dashes?
Re-Morse code.

Rest in peace, boiling water, you will be mist.

A dyslexic man walks into a bra.

"I stand corrected!" said the man in orthopedic shoes.

I got my daughter a fridge for her birthday. I can't wait to see her face light up when she opens it.

I used to be addicted to soap. But I'm clean now.

What do Eskimos get from sitting around in their igloos for too long?
Polaroids.

What did the pirate say on his 80th birthday? Aye Matey!

Once my dog ate all the scrabble tiles. For days, he kept leaving little messages around the house.

What do you call the wife of a hippie? A Mississippi.

What do you call someone without a nose or a body? Nobodynose.

What do you call rabbits walking backwards in a line?
A receding hare line.

Where does the General keep his armies? In his sleeves.

Spring is here! I got so excited I wet my plants!

FOR THE LOVE OF TREES

Trees

I think that I shall never see
A poem lovely as a tree.

A tree whose hungry mouth is prest
Against the earth's sweet flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

Upon whose bosom snow has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.

By Joyce Kilmer

Trees are more than just part of our natural landscape. They provide shelter and food for wildlife. They absorb carbon dioxide and produce breathable air.

Trees are the longest living organisms on Earth, and never die of old age. Methuselah, from California's White Mountains, is over 4,800 years old.

Just like humans, trees need water to survive--and they drink a lot of it. In a single day, a large tree can consume 100 gallons of water out of the ground and discharge it into the air as oxygen and water vapor.

Strategically planting trees and shrubs can save you up to 25 percent on your energy bills. Not only do they provide shade in the summer, but serve as a windbreak in the winter, too.

Trees are able to communicate and defend themselves against attacking insects. Scientists have found that trees can flood their leaves with chemicals called phenolics when the insects begin their raid. They can also signal danger to other trees so they can start their own defense.

Did you know that pine cones have genders? Male pine cones shed pollen and female pine cones make seeds. When the wind blows pollen into the female cones, the seeds become pollinated.

The "knock on wood" tradition comes from a time when pagans used to tap or knock on trees to summon the protective spirits that resided in them.

What is the Minnesota state tree? The Red Norway Pine.

What are some trees native to Minnesota? Balsam fir, black spruce, eastern hemlock, juniper, eastern white pine, jack pine and northern white cedar are all Minnesota native trees.



Information about trees in the Staring Lake neighborhood.