



# THE PRAIRIE BLUFFS POST

## ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

### WE ARE AT YOUR SERVICE!



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### THE SECOND ANNUAL PRAIRIE BLUFF'S FAIR!



The Fair was a hit!

Jayda won the chili cook off!



The chestnut trees turned yellow,  
The oak like sherry browned,  
The fir, the stubborn fellow,  
Stayed green the whole year round.

-By Christopher Morley



Horses, games, prizes, corn dogs, cheese curds and mini donuts, oh my!





FROM THE MANAGER’S DESK



BY KATIE GILLMAN

Hello everyone! We are officially into beautiful fall weather and I couldn’t be happier. This is my favorite season for so many reasons. The gorgeous fall colors, football, pumpkin patches, apple orchards, curling up with a good book, and wearing cozy sweaters. It also means that I’m only a few short weeks away from returning from maternity leave. November 8th is my first official date back and I’m very excited to see everyone again, I missed you all!

We also have some news in my family, we have added another family member! Introducing Bo, our new black lab/boxer. He’s a gentle giant and so good with baby Bennett. He likes to lay at Bennett’s side all day protecting and keeping him safe. Hopefully (once he’s trained) Bo will make an appearance at Prairie Bluffs. I’m looking forward to being back, see you all soon! Enjoy the beautiful fall weather and scenery.

All the best,  
Katie



CONCIERGE CORNER



BY KAY SOUPIR

Update On Salon Schedule!  
Essential Beauty is here on Monday mornings and Wednesday afternoons. Please call Essential Beauty at 651-302-5644 to schedule an appointment for services. Mary Jane is here on Mondays and Gina will be here on Wednesdays. Please welcome our two new weekend concierges Lameterice and Ikram. We are very excited to have them join our Prairie Bluffs team!  
If you have any billing questions, please call, or email me at [kays@prairiebluffsseniorliving.com](mailto:kays@prairiebluffsseniorliving.com)  
“More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate.”  
Have A Blessed Thanksgiving Everyone!

MARKETING MINUTE



BY COLIN GOLDEN

Hello,

I am back from some time off to spend some time being a new Dad. Leah and I had a baby girl on September 23rd and we named her Mila Marie Golden. We are happy to say that we have parenting completely figured out and Mila is sleeping through the night flawlessly. Although that last sentence may be a slight exaggeration, we do feel like we are starting to get in a rhythm of things and we are proud to say she is sleeping for a whopping 2.5 to 3 hours at a time each night. (Leah shed tears of joy the first time it happened.)

We appreciate all of the advice we have been getting and we truly are doing our best to enjoy every minute because just about every parent that has given us any advice has told us that time FLIES. I have already had to purchase a larger iCloud storage membership with the increase in photos on my phone because every single thing she does is the cutest thing I have ever seen. I have also determined that Leah will need to be the bad cop in the “good cop/bad cop” relationship because Mila already has me wrapped around her finger at one month old. Here are a couple photos of the cutest baby that ever lived. ( I understand that I may have some bias on giving my own child that title.)



NUTS AND BOLTS

BY PATRICK WINSOR

- November is one of my favorite months. Cool nights, football and a turkey fest! Here’s some more turkey trivia for you:
- Only male turkeys gobble. Turkeys make a variety of different sounds such as “purrs,” “yelps,” and “kee-kees,” but the “gobble” call is only done by males during mating season. As a result, male turkeys are called “gobblers” while females are called “hens.”
  - Wild turkeys can fly. Wild turkeys can fly up to 55 mph in short bursts. For domesticated turkeys, this is unfortunately not the case. They’re bred to be heavier in weight, almost twice as much as a wild turkey so they won’t be flying anytime soon.
  - Wild turkeys sleep in trees. Turkeys spend most of their time on the ground but when it’s time to sleep, they fly up into trees. This is because turkeys can’t see well at night and to protect themselves from predators, they roost at dusk and fly down at dawn.
  - They can change colors. Well, their heads do at least. You can tell a turkey’s emotions by the color of their heads. Colors can change from red to blue to white, depending on how excited or calm they are. The more intense the colors are, the more intense their emotions.





Every November, I try an experiment. I write three things that I am grateful for every day. I love doing it every year and it makes me feel good. Here are five reasons why giving thanks is actually good for you!

- 1. Counting blessings boosts your health. Grateful people have less depression and stress, lower blood pressure, more energy and greater optimism.
- 2. Gratefulness can slow down the aging clock. In older adults, a daily practice of gratitude even slowed down some of the effects of neurodegeneration that often occurs as we age.
- 3. It can put the brakes on stress. Cortisol is often called the “stress hormone,” and when our bodies produce too much, it can deplete the immune system and raise blood sugar levels. A study conducted at the Institute of HeartMath Research Center in California found that positive emotions like appreciation significantly lowered levels of cortisol.
- 4. Being thankful helps you bond. Research by U.S. psychologists Sara Algoe and Baldwin Way indicate that gratitude also can lead to better relationships. The explanation may be connected to increased production of oxytocin, sometimes called the “bonding hormone” because it fosters calm and security in relationships.
- 5. Gratefulness = good for the heart! According to research Emmons cites in his book Gratitude Works!, people with high blood pressure who actively express thankfulness “can achieve up to a 10 percent reduction in systolic blood pressure.” With Thanksgiving and other food-centered holidays coming up next month, that’s a potential benefit to be grateful for all year long!

BELLA GINA BOUTIQUE FASHION SHOW



Carol P. modeling for the fashion show.



Marilyn S. and Gina



Janine bedazzling us all with her modeling skills!



Walking the catwalk!

WHO AM I?

I began my career as a natural scientist and eventually wrote and illustrated children’s books. Perhaps I found my inspiration from family trips to the country during my childhood, when I would roam the countryside with my younger brother. I found success first as an illustrator of greeting cards and later used my pet rabbits as models for my stories.

Who am I?  
Answer: Beatrix Potter

THE PRAIRIE BLUFFS POST

JEFF’S TRANSPORTATION HUB



Open transportation is available anywhere in Eden Prairie on Mondays, Wednesdays and some Fridays, 9-12 noon. Please sign up for open transportation in the activities sign up book stationed in the Communications Room or call/text Jeff directly at 218-576-4849.

Please keep your eyes open for outing opportunities on the calendar! Please sign up for the bus in the activities sign up book stationed in the Communications Room (for IL) or the **new sign up book** located on the table near the first floor main lobby elevators (for AL). You can also call/text Jeff directly at 218-576-4849 or the front desk at 763-567-0699 to sign up for outings!

BUS OUTINGS



All Aboard for the Historic Eden Prairie Tour!



We visited Kathie Case's historic farmhouse from 1874!



Emma Crumbee's Apple Orchard



MN Zoo-Irene and a bear!



Marge O. and Carol K. say hello to a cockateil! Marge O., Karen Anderson and Carol K. at Avian Suites





HAPPY NOVEMBER BIRTHDAY TO...

Jack Simermeyer on 11/3

You share a birthday with John Montague- the 4th Earl of Sandwich who created the sandwich, Charles Bronson- actor, Michael Dukakis- presidential candidate and Governor of Massachusetts and Larry Holmes- champion heavyweight boxer.

Richard Murray on 11/4

You share a birthday with Will Rogers- actor/cowboy, Walter Cronkite- TV journalist, Art Carney- actor, Loretta Swit- actress (played Margaret "Hot Lips" on TV series "M\*A\*S\*H"), Yanni- composer and Matthew McConaughey- actor.

Gloria Westerdahl on 11/6

You share a birthday with John Philip Sousa- composer/band conductor, Ray Conniff- bandleader, Sally Field- actress, Maria Shriver- TV journalist.

Pat Degrote on 11/8

You share a birthday with Bram Stoker- novelist (wrote horror novel *Dracula*), Christian Barnard- surgeon/performed the first heart transplant, Morley Safer- TV journalist and Bonnie Raitt- singer/musician.

Bev Lippka 11/9

You share a birthday with Hedy Lamarr- actress, Spiro T. Agnew- The only U.S. Vice President to resign while in office, Carl Sagan- astronomer/ biologist/author, Tom Weiskopf- PGA golfer and Sean Combs- rapper.

Bob Reber on 11/17

You share a birthday with Rock Hudson- actor, Gordon Lightfoot- singer/ songwriter, Martin Scorsese- director, Danny DeVito- actor and Tom Seaver- baseball pitcher.

Bobbe Lubbow and Brian Larson on 11/22

You share a birthday with Charles de Gaulle- President of France, Rodney Dangerfield- actor/comedian, Billie Jean King- champion tennis player, Jamie Lee Curtis- actress, Boris Becker- champion tennis player and Scarlett Johansson- actress.

Bob Tjossem on 11/25

You share a birthday with Andrew Carnegie- financier/banker, Joe DiMaggio- MLB baseball player, Ricardo Montalban- actor, John F. Kennedy Jr.- son of President Kennedy/magazine editor and Barbara and Jenna Bush- twin daughters of President George W. Bush.

BIRTHDAY PARTY



Claudia



Carol and Chuck P.



Lois O.



Marge H., Clarice, Verna and Ann M. enjoying the festivities.

November's full Moon is called the Beaver Moon. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. November's full Moon occurs on Friday, November 19. You may even catch a partial eclipse on that evening, too!

CALLING ALL VETERANS!

On Veteran's Day, November 11, Prairie Bluffs will be having a Celebration with a pinning ceremony in the Community Room. We also want to showcase our veterans that live at Prairie Bluffs with a Wall of Honor in the Community Room!

Are you a veteran? If so, we want your photo to be hung on our Wall of Honor! Please send to Anna or the front desk:

- Your full name
- A photo or copy of one (it can be recent, when you served in the military or we will take a photo of you!)
- Which branch of the military you served

Thank you!

If you have questions, please contact Anna at 612-381-2431.

COFFEE AND SWEETS



BIRD FEEDER CLUB



BLOOD PRESSURE CLINIC

Moment's Hospice and Touching Hearts at Home sponsored a blood pressure clinic at Prairie Bluffs on October 18<sup>th</sup>. Many people who have high blood pressure don't even know it. Get your blood pressure checked at least twice a year!



Princess Leia, Abby, The Scarecrow and Chris



Elvis, Carol K., Princess Leia and the Scarecrow



CRAFTS GALORE!



Lynette and her wine glass creation!



Betty and Maridale with decopage pumpkins.



Rosie and Ann enjoying their pumpkin rice krispies.



Marilyn M. with pumpkins.

FOR YOUR HEALTH



BY JENNIFER WHEREATT

Happy November Everyone! November is a time to think about all the things we are thankful for. I am thankful for my parents who raised me to be a hard worker, independent, caring, and who nourished my strong-willed personality. My parents raised me in a home filled with love and who gave me all the things I wanted and needed even if that meant they had to go without. I am thankful for my mom who pushed me to go to school to become a CNA which led me to become a nurse. My dad pushed me to continue school and pursue the dreams that I thought were not possible.



Doc Mcstuffins and Lambie from a Disney show!

I am thankful that I met a wonderful man who pushed me in ways I cannot explain. He saw my potential when I wasn't able to see it. I am thankful for my two beautiful little girls who have taught me how to be a mom and have tested my patience in ways I never imagined. Lastly, I am thankful for all of you, who show me so much love and their families who have trusted me with their loved ones. I would not be where I am without you. I love being a nurse, I love caring for people and I love that no matter what kind of day I am having, I can be with any of you and see and feel why I am doing this. Happy Thanksgiving!

NOVEMBER WEATHER FOLKLORE

If trees show buds in November, the winter will last until May.  
There is no better month in the year to cut wood than November!  
Ice in November brings mud in December.  
A heavy November snow will last until April.

GETTING TO KNOW YOU!

Meet Nick Murray, Prairie Bluff's new Culinary Director!

He has over 20 plus years' experience working as a chef and culinary director, much of the time working with people in senior living.

His creativity, thoughtfulness and being steady under pressure are marvels to behold! Please welcome Nick into our community!



Newlyweds Nick and Emma!

What is your favorite thing to do? **Spend time with my wife, Emma.**

What might someone be surprised to know about you? **I know how to speak a little Japanese.**

What is the best vacation you have been to? **My wife and I just got back from North Carolina after our wedding. We stayed in a house on the beach and swam in the ocean every day.**

How do you define success? **Finding happiness and purpose in whatever you do, and always learning.**

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

What is the most important thing that you have learned in the last five years? **There is a lot of different ways to do something right!**

When are you happiest? **When I am cooking and eating with my friends and family.**

TOWN HALL AND RESIDENT COUNCIL MEETINGS



Town Hall and Resident Council Meetings are starting up! You may be wondering what is the difference between them? The Town Hall Meetings take place twice a month with the people who live here and directors of each department at Prairie Bluffs, updating and informing all who attend. The Town Hall Meetings for November are on Wednesdays, **11/17 and 11/24 at 1 p.m. in the Community Room.** The Town Hall Meeting on 11/24 will have a food focus with our new Culinary Director, Nick Murray.

The Resident Council Meeting is an meeting run by people who live at Prairie Bluffs who meet monthly. Staff, visitors, and other guests may attend a resident council meeting only at the council's invitation. The Resident Council designates a staff person from Prairie Bluffs to be responsible for providing assistance and responding to written requests that result from meetings. Prairie Bluffs must consider the views of the Resident Council and must respond promptly to the grievances and recommendations of the council. The next Resident Council Meeting takes place on **Tuesday, 11/9 at 11:00 a.m. in the Community Room.**



PUMPKIN PAINTING CONTEST!

The votes are in! Here are all the winners of the pumpkin painting contest!



Best Overall: Kathy's Button and Feather Design  
  
Best Overall Runner Up: Marge H's Carmen Miranda



Scariest: Maridale's Eyeball



Funniest: Betty's Alien

Thank you to all who participated!  
  
Everyone won a prize!  
  
Stay tuned for the duct tape sculpture contest in November!



Most Creative and Prolific: Carol K.'s patch!



Cut



Spookiest Pumpkin: Irene's Spider



Hairiest Pumpkin: Ellen



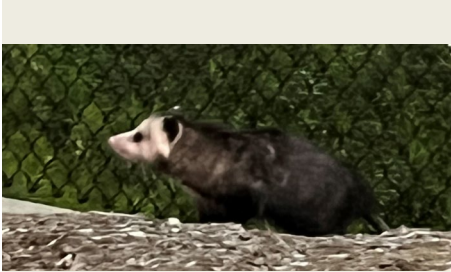
ARTISTS AT WORK



PRAIRIE BLUFFS TIDBITS

- We have an official Prairie Bluffs Lost and Found at the front lobby main desk. If you have lost something, call the front desk at 763-567-0699 or check if it has been turned in there. If you have found something, please bring it to the front desk to help someone find it!
- Please return shopping carts back to the basement garage areas in Independent and Assisted Living immediately after you have used them. That way, everyone can use them when they need it. Thank you!

WILD ANIMAL SIGHTINGS!



An opossum and deer family were spotted at Prairie Bluffs! A five point buck, doe and fawn usually walk along fence on the east side of the building at dawn and dusk every day. Thank you to Doug Koenen for these photos. Keep your eyes overhead as well! Numerous geese, bald eagles, red finches, chickadees, mourning doves, cardinals, red tailed and cooper's hawks have been spotted in the past month, too.



Beautiful photo of an October sunrise at Prairie Bluffs. Thank you to Gretchen and Bob Tjossem for sharing the photo!



Most Abstract: Janet's Stripes

Prettiest Pumpkin Eyes: Carol P.

DID YOU KNOW?

Women wearing shorts became more socially acceptable during World War II due to fabric rationing.

Although identified with Scotland, bagpipes are actually an ancient instrument that was introduced into the British Isles by the Romans.

