



# THE PRAIRIE BLUFFS POST

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

### WE ARE AT YOUR SERVICE!



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### THE AWE OF AUTUMN

**Autumn**, season of the year between summer and winter during which temperatures gradually decrease. It is often called fall in the U.S. because leaves fall from the trees at that time. Autumn is usually defined in the Northern Hemisphere as the period between the autumnal equinox (day and night equal in length), September 22 or 23, and the winter solstice (year's shortest day), December 21 or 22; and in the Southern Hemisphere as the period between March 20 or 21 and June 21 or 22. The autumn temperature transition between summer heat and winter cold occurs only in middle and high latitudes; in equatorial regions, temperatures generally vary little during the year. In the polar regions, autumn is very short. The concept of autumn in European languages is connected with the harvesting of crops; in many cultures autumn, like the other seasons, has been marked by rites and festivals revolving around the season's importance in food production. Animals gather food in autumn in preparation for the coming winter, and those with fur often grow thicker coats. Many birds migrate toward the Equator to escape the falling temperatures. A common autumn phenomenon in the central and eastern United States and in Europe is Indian summer, a period of unseasonably warm weather that sometimes occurs in late October or November.

#### Why do leaves fall in Autumn?

In temperate regions of the world, autumn is marked by the brightly colored foliage that slowly drops from trees and shrubs to carpet the ground. But why do some plants shed their leaves before winter? Autumnal leaf drop is a form of self-protection. While evergreen plants in cold climates have thick waxes and resins to protect their leaves from freezing and fracturing, deciduous species generally have thin leaves that are susceptible to cold temperatures. Since water expands when frozen, the tender leaf cells would rupture during the winter, making them useless for photosynthesis. Without dropping these leaves, such a tree would be stuck with thousands of unproductive appendages and no way to make food! As if the surface area of all those leaves would also pose a threat to the plant's physical integrity. Winter months are often windier than other seasons, and the wind against the broad leaves on a cold, brittle tree could cause major breakage. The same goes for the weight of snow collecting on all those leaves. Finally, by the end of summer, many leaves are insect-eaten, diseased, or otherwise damaged. Dropping them gives the plant a fresh start in the spring, and the nutrients from the decaying leaves are recycled to help grow the next leafy generation. Interestingly, autumn leaves are not simply blown off trees but are separated from the plants in a highly controlled process. As day length shortens and temperatures cool, hormones within the plant are activated to begin the abscission process. Chlorophyll production stops and the pigment starts to degrade, often revealing showy reds and yellows that were masked by green. The vessels that carry water to the leaf and sugars to the rest of the plant are closed off, and a layer of cells, known as the abscission layer, starts to grow between the leaf stalk and the twig holding it. These cells serve to slowly cut the leaf from the plant without leaving an open wound. As the leaves fall, the plant enters dormancy, saving its energy for the great bud burst of spring.



#### Why do leaves change color in the Fall?

In many places around the world, autumn is marked by the slow, beautiful change of green foliage to vibrant reds, oranges, yellows, and purples. Green leaves appear green because of the presence of the pigment chlorophyll, which is key to photosynthesis. In temperate regions, cold winters pose a risk to the leaves of broadleaf trees and other perennials, and so these plants drop their leaves in a controlled fashion to reduce injuries and conserve energy. This event is usually triggered by the declining day length and falling temperatures of autumn. Leaf abscission begins with the degradation of chlorophyll. As the green fades, yellow and orange pigments known as carotenoids are revealed in the leaves of many species. In other plants, pigments called anthocyanins accumulate in the leaves at this time, giving them shades of red and purple. Some of the most beautiful fall foliage features both types of pigments, often with one color giving way to the next as the season progresses. Eventually all the leaves are dropped, and the plant goes dormant for the long winter months.



*"Anyone who thinks fallen leaves are dead  
has never watched them dancing on a windy  
day"*  
- Shira Tamir

*"Listen! The wind is rising, and the air is wild  
with leaves, we have had our summer  
evenings, now for October eves."*  
- **Humbert Wolfe**

*"And the sun took a step back, the leaves  
lulled themselves to sleep and autumn was  
awakened"*  
- **Raquel Franco**

FROM THE MANAGER’S DESK



BY TRISH MARTENSON

Welcome to October!!

It is a busy time here at Prairie Bluffs. Lots of exciting things happening! It has been so nice for me to get to know each of you a little better every day. I have had the opportunity to meet some of your family members as well which has been fun! If I have not, I look forward to meeting them very soon.

We welcome Julio, who is our maintenance assistant doing a fabulous job, as well as, Carla who it just starting with us as our Culinary Director. Carla comes with many years of culinary experience, and we are so glad to have her with us!! You will be too. If you have not met them, please take a moment to welcome them to our team. We too have several new residents who have joined us in September. Manny and the ambassadors club (thank you) has been doing a wonderful job to assist in acclimating them to their new home. Again, if you see a new face, please help us to welcome them!

As always if you have any questions, concerns or would like to visit, please don’t hesitate to reach out! You will likely find me in the building; however my cell phone is the best number for me.

I thank you for being a part of Prairie Bluffs. You are the joy in my every day.

Trish  
612.817.8988  
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From the Kitchen

Howard and Jorge continue to work hard in the kitchen! In addition to homemade soups, meals and desserts, they are also providing delicious appetizers for our Grill and Chill hosted by Janine.

We are thrilled to announce Carla has joined our team as our Culinary Director! Carla comes with many years of experience and is a great fit for our community! In the future we hope to get more input from you regarding the menu items, suggestions perhaps a personal recipe and what you would like to see served for your meals.

**Our Culinary team:**

Carla Z	Shelby	Lydia	Gunther
Howard	Kierra	Judy	
Jorge	Nancy	Carissa	

I also want to acknowledge and send a huge **THANK YOU** to the entire team at Prairie Bluffs for stepping in to help in making your culinary experience the best possible.



FOR YOUR HEALTH



BY JENNIFER WHEREATT

- Helpful Healthy Living Facts:**
- **Laughing is good** for the heart and can increase blood flow by 20 percent.
  - Chewing gum makes you more alert, relieves stress and reduces anxiety levels.
  - Always look on the bright side: being an optimist can help you live longer.
  - Exercise will give you more energy, even when you’re tired.
  - Lemon is the most nutritionally powerful fruit on the planet.
  - Chocolate is good for your skin; its antioxidants improve blood flow and protect against UV damage
  - Tea can lower risks of heart attack, certain cancers, type 2 Diabetes and Parkinson’s disease. Just make sure it isn’t too sweet.
  - Eating oatmeal provides a serotonin boost to calm the brain and improve your mood.
  - An apple a day does keep the doctor away. Apples can reduce high levels of cholesterol to keep your heart healthy.
  - The amino acid found in eggs can help improve your reflexes.
  - Drinking coffee can reduce the risk of depression, especially in women.

MARKETING MINUTE



BY KAY SOUPIR

*“Happy Fall Y ‘All”!*

It is a beautiful time of the year, and we get to enjoy the beauty of all the trees around us here at Prairie Bluffs. I want to thank all of you for making my tours “extra special” with your personal testimony of this wonderful community. We are continuing to grow and have had several new residents come in for the month of August and September. Thank you, ambassadors, for reaching out and making all our new residents feel at home. We have had 13 new move ins, 2 move outs and 4 residents have passed away. I would like to publicly thank Barbara W., Carolyn, and LuAnn for watering all the plants over in the assisted living patios. I feel so blessed to be a part of this great community!

*“Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.”*

CONCIERGE CORNER

BY JAMIE AABERG

Hi everyone! My name is Jamie, and I am the Administrative Assistant/Concierge. I am here Monday-Friday, 8:00 a.m-4:30 p.m. If you have any questions or concerns, please call the front desk phone at 952-444-5000 and press “1” for concierge. I’d like to share some things about myself. I am married and have been for 4 years. My husband and I have 3 dogs. Milo, Rocco, and Odin. I brought in my puppy Odin and some of you maybe saw him and met him! He is a mini goldendoodle. I also am a certified nursing assistant for almost11 years now. I have been in the healthcare field since 2012. It has been so wonderful getting to know all of you here at Prairie Bluffs, and I look forward to seeing and speaking to each and every one of you!



ACTIVE LIFESTYLE

 BY JANINE BERGSTROM

Well, this is my first crack at the Prairie Bluffs Newsletter, so I hope it measures up to your standards. I have been in my new role for a little over a month now, and everything seems to be going quite smoothly. Thanks to all of you for being so understanding and patient as we find our way through all of these transitions.

Amber and I are enjoying our jobs in trying to create fun, educational, healthy and interesting activities for you all to do. While we know some things are not for everyone, we are working hard to try to get at least something for everyone. Enclosed in this Newsletter edition, you will find a resident survey. Please take a few moments to look at it and respond with some of your own ideas. You can drop the completed surveys off at my office, or at the front desk, whichever is easiest. They can be anonymous or your can put your name on them. This is your living community, and I want to try to have a calendar of activities that most of you will enjoy. It’s ok to want to stay home and read and watch tv, but in the event that you want to get out and do something or be social, I want to make it easy and fun for you to do right here without even having to leave the building, if you don’t want to.

I figured the best way to get the most information from all of you would be to put together a survey. Please let me know what you like or don’t like. What you want to do or don’t want to do. Do you have a hidden talent or a hobby that you would like to share with us? Do you like to do public speaking and want to present to the community? Would you like to teach a class? Do you have an animal that you would like to bring around for pet visits? Do you play cards, cribbage, games, dice? Do you want to volunteer your time within the community assisting with activities, writing articles for the newsletter, spending some time in Memory Care, etc? There are lots of opportunities to get involved, if you want, and it’s always fun to have “resident” participation.

Happy Fall Y’all!!



NEW NEIGHBORS

Please join us in welcoming our newest residents to Prairie Bluffs.  
The next Welcome Party will be  
Weds. Oct. 5 at 3:30pm in the Community Room.  
All new and old residents are encouraged to attend.  
Light refreshments will be served.  
Come join the fun and make a new friend!

- Mary L.

Ann W.

Renee M.

Mary C.

Dave L
- John S.

Catherine P.

Nancy T.

Elvera B.

PB’S TRANSPORTATION HUB



Open transportation is available anywhere in Eden Prairie on Mondays and Wednesdays for the month of October, 10-12 noon. Please sign up for open transportation in the activities sign up book stationed in the Communications Room for IL or under the main lobby stairs for AL. You can also call/text Janine directly.

Please keep your eyes open for **outing** opportunities on the calendar! Please **sign up for outings** in the activities sign up book stationed in the Communications Room (for IL) or the sign up book located on the counter under the main lobby stairs (for AL). You can also call Janine at 952-213-6255 or the front desk at 763-567-0699 to sign up for outings.

OCTOBER OUTINGS

- MN Landscape Arboretum
- Minnesota’s Largest Candy Store
- The Original Pancake House

Other Transportation Options:



What is SW Prime?

SW Prime is a transit service for Eden Prairie, Chaska, Chanhassen, Carver, Victoria, and Normandale Community College. As a modern local service, you may request a ride through their mobile app or by phone, indicating the location from which you want to be picked up and where you want to go. A shared ride will be sent to pick you up. SW Prime is an on-demand ride service. SW Prime vehicles are ADA compliant – please indicate whether you will be taking a wheelchair, walker, or bike when requesting a ride.

Prime Services:

- Along with their regular Prime service, they offer a few more services under the Prime “Umbrella” which are known as:
- SW Prime 494/MSP Airport:** A premium ride serving the 494 corridor as well as MOA and the MSP International Airport.
  - SW Prime Shakopee Connector:** Connecting our service area with Shakopee and the Mystic Lake Casino.
  - SW Prime Essential:** A premium ride for discounted groceries and pharmacy needs.
  - SW Prime MD:** A premium ride for all your non-emergency medical needs.

Hours:  
Monday - Friday | 5:30am – 7:00pm  
Saturday | 6:00am - 5:30pm  
Rides can be requested using the SW Prime Mobile App, or by calling **952-SW-PRIME (952)-797-7463**

Check website or call for pricing.  
**Seniors, 65 and over:**  
\$5.00 when using a credit card or cash  
\$2.50 on Mondays, 9:00am to 3:00pm when using a credit card or cash



HAPPY OCTOBER BIRTHDAY TO...

Elizabeth Cawhorn on 10/01

You share a birthday with Julie Andrews, actress, singer, "Mary Poppins" and "The Sound of Music", Walter Matthau, actor, Jimmy Carter, 39th U.S. President (1977-1981) and Vladimir Horowitz, pianist

Bruce Peterson on 10/11

You share a birthday with Henry John Heinz, founded Heinz Ketchup company, Eleanor Roosevelt, first lady, wife of Franklin D. Roosevelt, Dottie West, singer and Steve Young, NFL San Francisco 49er's quarterback

Barbara Miller and Dan Engels on 10/20

You share a birthday with Bela Lugosi, actor, played "Dracula", Art Buchwald, humorist, Mickey Mantle, MLB baseball slugger, Jerry Ohrbach, actor and Snoop Dogg, Rap singer

Barbara Wallace on 10/23

You share a birthday with Gummo Marx, agent for the "Marx Brothers", Johnny Carson, Talk show host, "The Tonight Show", Chi Chi Rodriguez, professional golfer, Michael Crichton, novelist, wrote "Jurassic Park"

Audrey Peterson on 10/24

You share a birthday with J.P. Richardson, singer, the "Big Bopper", sang "Chantilly Lace" David Nelson, actor, son of Ozzie and Harriet on TV series "The Nelsons", Kevin Kline, actor and Monica Arnold, singer

Fran Huettl on 10/31

You share a birthday with Juliette Gordon Low, founder of Girl Scouts of America, Barbara Bel Geddes, actress "Miss Ellie Ewing" on TV series "Dallas", Dan Rather, TV News Anchorman and Michael Landon, actor

OCTOBER BIRTHSTONE:  
OPAL



October's birthstone, the **Opal**, symbolizes faithfulness and confidence. The word comes from the Latin *opalus*, meaning "precious jewel," and from the Greek word *opallios*, meaning "to see a change in color." Opals are a type of quartz made up of tiny spheres of amorphous hydrated silica, which give it its rainbow shimmer. Aboriginal tribes believed that opals were the Creator's footprints on Earth.



The other October birthstone, **Tourmaline**, comes in a kaleidoscope of colors; often more than one hue is present in a gem. Brightly colored specimens are valued more highly. When heated or cooled, these gems develop an electric charge; the Dutch once used them to remove ash from meerschaum tobacco pipes. Egyptian legend says that tourmaline received its colors as it passed through a rainbow on its way up from Earth's core. The gem symbolizes inspiration and once was believed to protect against evil.

OCTOBER FLOWER:  
MARIGOLD & COSMOS



October has two birth flowers: the **Marigold and Cosmos**. Both stems prosper during the summer and fall and have rich legacies in history, gardening, and folk medicine. With its golden blooms that match the color of autumn leaves, it's no wonder the marigold is fitting for this fall month. Marigolds symbolize fierce love, passion and creativity. In addition to their beauty, marigolds also have a long tradition of being used medicinally to heal inflammation and skin problems.

Cosmos flowers represent peace and tranquility. They come in bright colors like orange, pink and purple. They also attract bees, so are a great flower to grow to draw pollinators to your garden! The duality of the petals and their perfect symmetry is a clear symbol of balance, bringing to mind the scales of Libra, the astrological sign for October babies born before the 23rd.

OCTOBER DOG:  
ADOPT A SHELTER DOG  
MONTH



Over the years, dogs have become more than just pets or working animals, they're now bona fide family members. They sport Razorback T-shirts on game days, go on family vacations, and you'll even see them hanging out with their humans on restaurant patios. But now, more than ever, many dogs find themselves in a position of needing a new family to love. Whether they're rescues from a puppy mill; they were found wandering the street; or their previous owner had to surrender them, the perfect dog for you is likely available for immediate adoption.

In 1981, the American Humane Association named October as Adopt-a-Dog® month to encourage us humans to save the lives of homeless dogs. Also, keep in mind that adult and senior dogs need love, too. If adopting just isn't an option for you right now, you can always support your local shelter.



CRAFTER’S CREATIONS!



OCTOBER HOLIDAYS  
& OBSERVANCE DAYS

October is best known for its Halloween festivities, but it's also a month loaded with national and global celebrations. In addition to spooky revelry, October's schedule includes days that encourage pasta-lovers to rejoice, days to celebrate science and nature, days to pay tribute to teachers, and many more.

Here are a few fun National October Observance Days that you may not be aware of:

- OCT. 1 International Day of Older Persons
- OCT. 4 Yom Kippur, as well as, National Taco Day and National Vodka Day
- OCT. 9 Sukkot
- OCT. 10 Columbus Day
- OCT. 12 World Arthritis Day
- OCT. 14 National Dessert Day
- OCT. 17 National Pasta Day
- OCT. 20 Global Dignity Day
- OCT. 21 National Apple Day
- OCT. 24 National Bologna Day
- OCT. 28 National Chocolate Day
- Oct. 29 National Cat Day
- OCT. 30 National Candy Corn Day
- OCT. 31 HALLOWEEN

DID YOU KNOW?

- In the United States, the first official citywide Halloween celebration occurred in Anoka, Minnesota, in 1921.
- The Jack-o'-lantern custom is believed to come from Irish folklore about a drunk, Jack, who tricked Satan into climbing a tree then carved an image of a cross in the trunk to trap the devil. He struck a deal for Satan to leave his soul alone when he died but then heaven would not take him either, so he carried embers in a hollowed turnip as he wandered eternal darkness. The turnip was replaced with a pumpkin.
- The custom of trick-or-treating is thought to have Irish origins, possibly from a practice going door to door to collect money and cake or another custom begging for soul cakes or offerings for one's dead relatives. Failure to supply a treat would result in a practical joke.

IT'S APPLE SEASON!

Since the apple breeding program began at the University of Minnesota in 1878, nearly 30 apple varieties have been released.



Outing to the Minnesota Harvest Apple Orchards

WE SAID GOODBYE TO SUMMER  
WITH OUR LAST FISHING TRIPS OF THE SEASON



All residents had the opportunity this summer to enjoy an afternoon out on Lake Riley in Eden Prairie boating and fishing, thanks to the wonderful volunteer organization “Let’s Go Fishing!” Captain George and his first mate, Beth were fabulous hosts.



JOIN US FOR LIVE  
ENTERTAINMENT AND  
HAPPY HOUR EVERY  
THURSDAY



The Acoustic Rain Band



Patrick Rasmussen

AND WEEKLY BINGO!



ACTIVE THERAPY

Active Therapy is here to provide you with any of your therapy needs without having to leave the building! We offer Physical Therapy, Occupational Therapy and Speech Therapy. We would like to offer you a **free balance assessment!** Please present this coupon to Tiffany Rodman to set up a time for your free balance assessment.



Free Balance  
Screening  
Please call 612-652-8204  
to schedule a time

Cute Pup Alert



Peaches and Gerti out for a walk and smiling for the camera.

MARK YOUR CALENDARS...

**PRAIRIE BLUFFS ANNUAL  
PUMPKIN DECORATING  
CONTEST BEGINS  
OCTOBER 22  
PICK UP YOUR PUMPKIN –  
2<sup>ND</sup> FLOOR COMMUNITY ROOM**

LIVE STREAMING CHURCH AND  
SYNAGOGUE SERVICES ON  
SUNDAYS

5 p.m. Live Stream Mass at Pax Christi  
<https://www.paxchristi.com/livebroadcast.aspx?subheadertext=LiveStream>

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/>

9:00 and 10:30 Community of the Cross Lutheran Church  
<https://wwwccclcmn.org/onlinechurch.html>

8:15 and 10:45 Cross View Lutheran Church  
<https://crossviewedina.online.church>

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