



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

WE ARE AT YOUR SERVICE!



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"No winter lasts forever; no spring skips its turn."

– Hal Borland

"If I had my way, I would remove January from the calendar altogether and have an extra July instead."

– Roald Dahl

"The new year stands before us, like a chapter in a book, waiting to be written."

– Melody Beattie

HAPPY NEW YEAR 2023

REASONS FOR OPTIMISM IN 2023

Even in a world facing many challenges, there are reasons to be hopeful about next year and beyond. As 2022 comes to an end amid stubborn inflation, a "triple-demic," a climate crisis and a brutal war with no end in sight, it can be difficult to remember that good things happened this year, too. Coronavirus vaccines became available for children as young as 6 months old, a relief to parents as much of the world returned to a new normal. Rich countries agreed to do more to help poor nations cope with climate disasters. And major scientific breakthroughs brought us a tad closer to long-held ambitions like nuclear fusion power and curing cancer. Even as the world faces many challenges, there are reasons to be hopeful about 2023 and beyond. Here are some of the most promising developments of the year:



We're a little closer to a new source of clean energy. After a major breakthrough in nuclear fusion this month, investors are pouring money into companies that want to harness the type of energy that powers the sun and stars. Fusion, if it could be deployed on a large scale, would offer a nearly limitless pollution-free energy source. But until this year, scientists had never created a fusion reaction that produced more energy than it consumed. Scientists at Lawrence Livermore National Laboratory in California finally reached that milestone this month. While it could still be decades before fusion becomes a practical power source, the accomplishment is a big step toward that goal.

Wall Street and venture capitalists are bullish on green tech, too. In his year-end letter, Bill Gates notes that climate-related R. & D. has grown nearly a third since the 2015 Paris accords. Private capital investment in the sector is on the upswing too, with \$70 billion spent over the past two years. From that, new technologies to address climate issues are continuing to emerge. At the DealBook Summit in November, Larry Fink, C.E.O. of BlackRock, predicted that venture funding would flow more into start-ups using hard science to tackle the planet's biggest problems. "I believe we will be seeing a transformation of where the money goes," Fink said. "It's not going to go to all this stuff that provided us good utility to get food quicker or find a taxi sooner."

Bots probably won't take your job — and could make it easier. Fears that technology will replace human workers are as old as technology, and they were raised once again in November when a company called OpenAI released ChatGPT, an automated writing program. But AI experts have long insisted that such technologies have limitations that prevent them from fully replacing humans. What the bots can do well is make grunt work easier.

Real progress is being made in tackling child poverty. The number of children in America living below the poverty line has plummeted by 59 percent since 1993. As The Times's Jason DeParle reported in September, "child poverty has fallen in every state, and it has fallen by about the same degree among children who are white, Black, Hispanic and Asian, living with one parent or two, and in native or immigrant households." The improvements coincide with more generous state and federal subsidies for working families, and changes to welfare laws that make it easier for struggling households to apply for assistance programs.

We're getting closer to cancer vaccines. Researchers have long thought that it was possible to immunize individuals at high risk of cancer, or even cure cancer in those who were already showing signs of it. Until recently, they had made little progress, but now promising results from preliminary studies are giving some doctors new hope.

FROM THE MANAGER'S DESK



BY TRISH MARTENSON

Happy New Year!
 Hoping you all had a wonderful Christmas. Thank you for joining us at our holiday party. It was so much fun to celebrate the season and to see each of you and your families.
 One of the many things I am grateful for in 2022 is my career change to Prairie Bluffs. It is my passion to be here both through the trials and tribulations continuously striving to bring you the best experience in every department.
 As I ring the new year it will be at one of my favorite places with all my favorite people. We will be in the frozen tundra of Green Bay Wisconsin as the Green Bay Packers take on the Minnesota Vikings. For those of you that don't know, yes I am a die hard packers fan. 😊
 For me, no better way to celebrate than with my boys and a little football. Happy New Year! Looking forward to what 2023 has in store!

Trish



CONCIERGE CORNER

BY JAMIE AABERG

Happy New Year to everyone!
 This past year has been wonderful, and I am so grateful to have spent time with all of you. I hope for a happy and healthy new year for you and all your families and friends. Just wanted to give a reminder to everyone that if you want to have a meal in the dining room or want to order from our Ala Cart Menu, please call Jamie or Ikram at the front desk by 10:00AM for lunch, and 2:00PM for dinner. The number is 952-444-5000 and press "1" for concierge. Thank you all!

Jamie



FROM THE KITCHEN

BY CARLA ZACZKLOWSKI

The New Year is here. Whether you are the type of person who loves to try new things or the type that needs the extra nudge of a new year's resolution to explore new options, the culinary department will rise to the occasion. It's our goal to use only the highest caliber ingredients, we insist on the best. We follow strict food safety guidelines, that ensure your meals exceed the high standards in place. We are committed to creating a delicious, high-quality meal that you'd be proud to call your own. It's a new year, so won't you join us on an adventure down memory lane as we prepare your all-time favorites? Or maybe a vacation from the same ole, same ole? On to new and exciting food! Whichever you should choose, know we are beside you all the way, providing a great food experience, packed with fantastic flavor and fun.

Let the Journey begin!

Carla

MARKETING MINUTE



BY KAY SOUPIR

"Happy New Year Everyone!"

I just want to personally say "thank you" to everyone for the extra grace shown here with all the changing pieces here at Prairie. We have had a lot of changes in 2022 and I am sure we will have more in 2023.

We had three new move ins for the month of December, so happy to have them here! Make sure to get to the newcomer's activity in January and give a "Minnesota Nice" welcome to all!

I want to remind everyone about the **GROW WITH US** referral program. If you refer some one that moves in, you receive a 1000.00 rent credit!!! I know some of you have seen results from the referral program so thank you. The best neighbors can come in from YOU! Love this ❤️❤️❤️

I have been told that an **attitude of gratitude** and a **servant's heart** can change the outlook of many hard turns that we encounter with this life. I think it is worth trying to put both into practice for the year ahead. Let me know how it works for you! **Blessings to all of you this New Year!**

Kay



NURSING NOTES

BY OLIVIA BERERO

Hello Everyone,
 Welcome back from the holidays, I hope you enjoyed some quality time with your family and loved ones. After the Christmas holidays, our community was hit by the Covid 19 pandemic spread. This is quite a challenge to some residents who have been infected with the virus. With the New Year's holiday, everyone is going to need to play a role in protecting themselves and each other to help prevent further spread of Covid 19.

Below are some tips to follow:

- Wash your hands with soap or use alcohol-based hand sanitizer for at least 20 seconds
- Avoid close contact with anyone who is sick or symptomatic
- Wear masks public places
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces regularly
- Stay in your apartments if you're sick

Please don't forget to tell me all about the New Year's holiday when we meet in 2023!!!

Prairie Bluffs is also proud to announce our new staff LPN, Queen Ohaeri. She will be working full time from 11am-7pm.

For anyone who would like to schedule a nurse visit, please ask the front desk for more information.

We Wish All A Happy New Year!!!!

Olivia

ACTIVE LIFESTYLE



BY JANINE BERGSTROM

Happy New Year, 2023!

Hard to believe another year has passed so quickly. "Time flies" has never seemed so true. Wowza! As I reflect on the past year, I realize that I had a pretty good year and a lot to be thankful for. Though sometimes, I wasn't sure if I was going to make it through to this day. It was a year of so many changes, transitions, challenges, and learning, with lots of happy and some sad moments. But yet, another year under my belt and now on to the next one. Now I wonder what 2023 is going to at throw me? The good news is, I will be spending it with all of you! So let's enjoy the journey of 2023 and all it has to offer together.

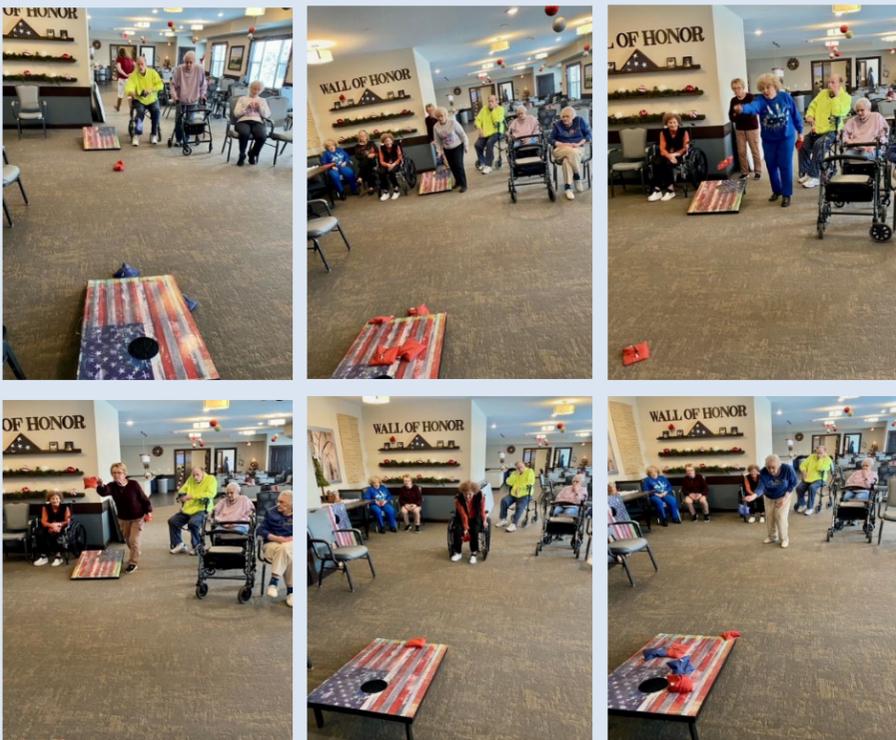
I wish you all a healthy, happy New Year full of blessings and love.

Janine



I got caught kissing Santa! Good thing he is also my husband!

Prairie Bluffs it's time to... GET YOUR GAME ON!!



Residents enjoyed a little friendly competition playing Bags, aka Cornhole. All were able to enjoy some sporting fun whether they were in a wheelchair, using a walker, or up on both feet. We are going to keep the indoor sporting events happening all winter long. Join us this month for more Bags and Noodle Hockey.

active therapy
BE ACTIVE. LIVE ACTIVE. STAY ACTIVE.
Free Balance Screening
Please call 612-652-8204 to schedule a time

PB'S TRANSPORTATION HUB



Open transportation is available anywhere in Eden Prairie on Mondays and Wednesdays for the month of January, 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 952-213-6330 to sign up for outings.

ENTERTAINMENT

Oh Boy! did we have some fun this month with all of the great musicians that came to entertain us. We had a variety of good music and enjoyed singing Christmas carols with Prairie Community Church and Christ Lutheran Church. And lots of fun and laughs with the Grace Notes Trio, who enlisted the help of our residents, Lyndon and Abby, to participate in a little silliness in their show.



HAPPY JANUARY BIRTHDAY TO...

Eleanor J. on 01/01

You share a birthday with Paul Revere, Revolutionary War, Betsy Ross, designed first U.S. flag, and J. Edgar Hoover, FBI Director

Dave C. on 01/02

You share a birthday with Isaac Asimov, Science Fiction Writer

Ray S. on 01/03

You share a birthday with J.R.R. Tolkien, Author of "Lord of the Rings", Victoria Principal, Actress, and Mel Gibson, actor, director

Mavis H. and Arlene R. on 01/05

You share a birthday with Diane Keaton, Actress

Alan G. and Richard M. on 01/07

You share a birthday with Millard Fillmore, 13th President, (1850-1853), Kenny Loggins, Singer/Songwriter, and Katie Couric, Today Show host

Jean F. on 01/10

You share a birthday with Rod Stewart, rock singer, and George Foreman, heavyweight boxing champion, and creator of the "George Foreman Grill"

Marie V. on 01/12

You share a birthday with Rush Limbaugh, Ultra-conservative radio talk show host, Kirstie Alley, TV actress, and Jeff Bezos, founder and CEO of Amazon.com

Abby R. on 01/17

You share a birthday with Al Capone, notorious 1920's gangster, Betty White, actress, television series "Mary Tyler Moore Show" and "The Golden Girls", and Vidal Sassoon, British hair stylist, fashion designer

Jim K. on 01/23

You share a birthday with John Hancock, politician, first to sign the Declaration of Independence

Austin F. on 01/24

You share a birthday with Ernest Borgnine, Actor, most notably TV's "McHales' Navy", Neil Diamond, Singer, composer, and Mary Lou Retton, won gold medal in Gymnastics, at 1984 Olympics

**JANUARY BIRTHSTONE:
GARNET**



The word "garnet" comes from the 14th century Middle English word *gernet*, meaning "dark red." The word is derived from Latin *granatum*, which means "seed," and is called so because of the gemstone's resemblance to the beautifully red seeds of the pomegranate. The garnet is so durable, remnants of garnet jewelry have been found dating as far back as the Bronze Age. Other references go back to 3100 BC when the Egyptians used garnet as inlays in their jewelry and carvings. The Egyptians even referred to it as the symbol of life. The garnet gemstone was very popular with the Romans in the third and fourth centuries. This gemstone was used as a talisman for protection both by warriors going into battle and those who wanted to ward off pestilence and plague. Some ancient healers and wise men even placed garnets in wounds and praised its healing powers. Garnets commonly come in a wide spectrum of reds, but can also be green, pink, blue or even colorless. The price of the piece will likely increase for more rare colors like green or blue. Some believe the true value of the garnet birthstone is its power to bring the wearer good health, wealth and happiness. According to Indian astrology, garnet helps eliminate negative feelings (depression, guilt) and instill greater self-confidence and mental clarity to promote creative thinking and peace of mind.

**JANUARY FLOWERS:
CARNATION & SNOWDROP**



Translated from Greek, **carnation** is often referred to as "flower of the gods." It grew in the wild on the hillsides of Greece and is said to have been named by Greek botanist Theophrastus. Native to the Mediterranean area, the **carnation** (*Dianthus caryophyllus*) is a widely cultivated fringe-petaled flower, with a spicy fragrance. It was first imported to the United States in the 1850s and within two decades more than 50 varieties had been made available. In early times, carnations were predominantly pale pink and peach, but over the years the availability of colors has grown to include red, yellow, white, orange, purple, and green, as well as bi-colors and frosted varieties. As with roses, different-colored carnations convey different meanings. According to Christian legend, the first pink carnation on Earth grew from Mary's tears when she wept for Jesus as he carried his cross. Therefore, a pink carnation often symbolizes a mother's unyielding love.

Notably the earliest garden flower to bloom, the **snowdrop** (*Galanthus*) emerges in late winter or early spring, sometimes when snow is still on the ground. The snowdrop's genus name, *Galanthus*, is derived from the Greek words *gala* (milk) and *anthos* (flower), referencing the flower's pure white appearance. Snowdrops are used to express both sympathy or celebration. During happy times, it is thought to provide optimism and hope, but following a death or misfortune, it symbolizes compassion. Innocence is also linked to the snowdrop because of its color. According to one Christian story, an angel turned snowflakes into snowdrops and gave them to Adam and Eve as a sign of hope after their banishment from the Garden of Eden. A single snowdrop bloom brought inside was once believed to represent death, as it was traditionally known to grow in graveyards. Nowadays, this delicate flower—often one of the first to poke through the snow in late winter—signifies hope and beauty.

**JANUARY DOG:
SIBERIAN HUSKY**



January is National Train Your Dog Month, so make a resolution to learn something new with your four-legged friend. The Association of Pet Dog Trainers (APDT) began their National Train Your Dog Month campaign in January 2010, hoping to raise awareness about the importance of proper pet training and healthy socialization to a dog's well-being. Why January? It's because so many dogs and puppies are adopted around the holidays, and because a good number of those dogs are given up to animal shelters or abandoned soon after. APDT understands training could be the one thing that makes or breaks a dog's chance to stay with their family and in their home.

CRAFTER'S CREATIONS!



PBSL RESIDENT OF THE MONTH

This month we are highlighting **Bruce Hofstad** as our *Resident of the month*. Bruce was born in Chicago Heights, Illinois, which is on the Southside. Three words he uses to describe himself are social, caring and family-oriented. The highlight of his life was his marriage in 1960, which resulted in 3 children, 8 grandchildren and 6 great-grandchildren. His favorite sports are hockey and football. He is the owner of 2 adorable pups, Peaches and Gerti. They are sisters and he has been their dad for 10 years. You may see them outside or hear them bark from time to time. Stop by his apartment if you need a "cute dog fix" during your day. They are very sweet. Bruce's favorite vacation destination was a trip to Europe. The greatest challenge Bruce has faced in his life so far is the lack of independence he feels as a result of losing his driving privileges. I am sure many of you can agree with him on that. The most unusual job Bruce ever had was way back in high school when he worked in a warehouse for Gedney Pickles. He worked there along with another buddy, whose name was also Bruce. That had to make it interesting! If Bruce could meet anyone in the world, he says he would like to meet Einstein to discuss with him his theory of relativity. He would also really like to meet Plato and Aristotle and ask them how they knew about the placement of the planets, stars, moon, etc. If he could only drink one beer for the rest of his life, he would choose Pabst Blue Ribbon, but I bet he wouldn't give up his Ouzo! He is happiest when he is with people that he loves and cares about. The most important thing he has learned in the last 5 years is, don't fall off a ladder! And his favorite words to live by are: "Love many, trust few, always paddle your own canoe" and "Do unto others as you would have done to you".



EMPLOYEE SPOTLIGHT



Giseil "Giseily" Muvan is our featured employee this month. She is an HHA here at Prairie Bluffs. She enjoys making a difference in her residents' quality of life. She enjoys creating relationships with the residents and getting to know them and getting to spend some quality time with them. Her favorite things to do are shop, try new restaurants and spend quality time with her family. The top highlights in her life thus far are becoming a mother and finishing school. Giseil's favorite vacation was to El Salvador when she was 10 years old. Her parents are both from El Salvador so she got to see the country they came from and meet her grandparents and all the family that she had never met before. She says the food there was amazing and she will never forget the smell of the ocean. Giseil defines success as being able to do your best every day in ALL the roles you have in life. Whether it be the role of a daughter, a mother, or an employee. This is something she aspires to be every single day and the reason she gets out of bed every morning. That is what success means to her. Giseil's favorite words to live by are "You only live once, but if you do it right, then once is enough".

Merry Merry Everywhere

No sign of the **Grinch** or **Scrooge** here at PBSL this month! Christmas was in full force all over our community. We got festive with Decking out our Doors with holiday cheer. Christmas trees were decorated, lighted and brilliantly displayed on every floor. We partied, sang carols, drank hot cocoa, hot cider and Fireball, and feasted on festive cookies and candycanes all month long!



Gifts Galore

The residents of Prairie Bluffs are very loved and must have been good all year because they were showered with Christmas gifts from friends of the community and family members!

A brand new toy train appeared surrounding our tree in the CMR one morning. What a surprise! Thank you to the Vosler family.



A box full of hand made cards and Christmas colorings by Eden Prairie kids was delivered from our friends at Jerry's Foods.

A group of angels from a Bloomington club called *Bibles and Brushes* delivered 4 cart loads of gifts all packaged and ready for delivery to all of our Memory Care residents containing hand painted pictures along with activity books, stuffed animals, special treats and more!



The family of Irene Olson put together Christmas gift boxes containing fuzzy socks and sweet treats to be handed out to our Memory Care residents. Thank you Olson family!!

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://www.cclcmn.org/online-services.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/>