



# THE PRAIRIE BLUFFS POST

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

### WE ARE AT YOUR SERVICE!



Katie Gillman  
Executive Director  
Phone: [612.930.7056](tel:612.930.7056)



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



Jennifer Whereatt  
Director of Nursing  
Phone: [763.710.0214](tel:763.710.0214)



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



Kay Soupir  
Concierge  
Phone: [763.567.0699](tel:763.567.0699)

Amanda Buegel  
Culinary Director  
Phone: [952.206.6418](tel:952.206.6418)

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

Jeffrey Bush  
Concierge (Saturday - Sunday)  
Transportation Specialist  
Phone: [763.567.0699](tel:763.567.0699)

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

"It's beautiful the Summer month of June  
When all of God's own wildflowers  
are in bloom  
And sun shines brightly most part of the day  
And butterflies o'er lush green meadows play.

Light-hearted skylark songster of the wing  
High o'er the quiet and lonely moorland sing  
Above her nest cloaked by the tangled heath  
Her charming song so exquisitely sweet.

So mellow the gentle breath of June day breeze  
The birds rejoicing on the leafy trees  
And dappled trout in pool bed of the stream  
Bask in the sun their spotted skins agleam."

- Francis Duggan, June



Eileen A. and Lola the puppy.



Al and Lola the puppy.



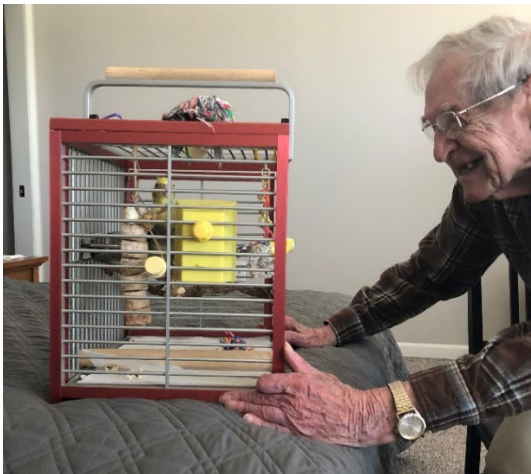
Marion and Lola the puppy.



Carol and Pico

### FURRY AND FEATHERED FRIEND VISITS

Special thank you to  
Stacy Adamsheck for  
bringing in Lola the  
puppy and Carol K.  
for bringing in her  
cockatiel named Pico.



Roger S. and Pico the cockatiel

## HAWAIIAN LUAU PARTY!



Clarice in her Hawaiian finest!



Beach Volleyball in Action!



Dave S.



Chuck P.



Jeff



# FROM THE MANAGER’S DESK



BY KATIE GILLMAN

My wedding day has finally come and gone! Will and I were married on Friday, May 14th at a chapel in Nisswa, MN at the resort Grand View Lodge. The ceremony was officiated by his father and we wrote our own personal vows. We celebrated with 25 of our closest friends and family and had a joyous celebration! Hope you enjoy the pictures! Best wishes, the new Mrs. Katie Hoard 😊



# FOOD FOR THOUGHT

BY AMANDA BUEGEL

Happy National Iced Tea Month! As the temperature heats up in June, it is a perfect time to celebrate National Iced Tea Month! Brewing the ideal pitcher of iced tea is a matter of taste. You may prefer sun tea, sweet tea, or unsweetened tea. Perhaps your palate leans more toward a fruitier tea or a stronger type of tea. If it’s iced, June is the month your tea is celebrated!

Iced tea was invented as early as the 1870’s but an English merchant by the name of Richard Belchynden brought the beverage to popularity. During the 1904 World’s Fair in St. Louis, temperatures began to soar. Belchynden crossed the Atlantic to sell black tea steeped hot and served to the American public. Under the conditions, fairgoers were interested in cooler beverages. Belchynden needed to switch strategies or he would have no sales. By brewing a stronger tea and pouring it over ice, the merchant created a new product to sell.

If you are looking for a refreshing iced tea this summer, the Prairie Bluffs kitchen always has fresh brewed iced tea on hand. Happy Summer!

# MARKETING MINUTE



BY COLIN GOLDEN

Hi everyone! I hope you are having a great spring and start to your summer in just a few short weeks! We have lots of new faces joining us here at Prairie Bluffs over the past few months so I wanted to introduce/remind residents of our “Grow With Us” program here at Prairie Bluffs. We could not ask for better residents here at Prairie Bluffs and we know that awesome people have awesome friends and family! 😊 For 2021, if you submit a referral to the marketing office and that person moves-in, you and your referral will both receive a \$1000 rent credit on the month of their move-in! One of the best parts about moving into a new community is the opportunity to “pick” your neighbors. If you have any questions about the *Grow With Us* program, please stop by my office or give me a call.

I’ve always liked summer. It’s a time when you can get outside, breathe in that fresh air and have a delicious BBQ. Here are some interesting facts about summer that I thought you might enjoy.

- The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- Watermelon is one of summer’s best summer treats. Did you know that watermelons are not a fruit, but a vegetable? They belong to the cucumber family of vegetables.
- The Eiffel Tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
- Another interesting fact about summer is that television shows used to only be reruns during the summer months. The idea being that everyone was outside enjoying the weather.
- Mosquitos are most prevalent during summer months. Mosquitos have been on earth for more than 30 million years!
- Ice pops were invented in 1905 by an 11 year old boy. Frank Epperson of San Francisco had mixed some sugary soda powder with water and left it out overnight. The mixture froze—and it didn't take long for Epperson to realize he made a delicious mistake. He began selling "Epsicles" around his neighborhood and then to a nearby amusement park in 1923. He finally applied for a patent in 1924. The rest, as they say, is history.
- The longest barbecue on record lasted 80 hours. No matter how epic your summer BBQ, it probably couldn't beat the longest one ever. Over the course of 80 hours (or 3.3 days), grillmaster Jan Greef of Columbus, Georgia, cooked up 1,000 hot dogs, 558 burgers, 526 sausages, 104 pieces of chicken, and 200 pieces of corn. He set the record on April 27, 2014, according to Guinness World Records.

# NUTS AND BOLTS

BY PATRICK WINSOR

Our maintenance efforts will continue through June. Deck washing will wrap up shortly. From there, we will need to move on to coil cleaning. The cottonwood trees have bloomed and their seeds like to get stuck in the fins of the coils. I will need to spray the unit out with water to flush the seeds out from the fins. This will take about a half hour of your time. I will schedule this a day ahead of my arrival so you will know when to expect me. Thank you for all the cooperation I have received with scheduling these tasks! Have a great June, everyone!

A swarm of bees in May is worth a load of hay.  
A swarm of bees in June is worth a silver spoon.  
A swarm of bees in July is not worth a fly."  
  
- English Saying

“Some old-fashioned things like fresh air and sunshine are hard to beat.”  
  
- Laura Ingalls Wilder

"So sweet, so sweet the roses in their blowing,  
So sweet the daffodils, so fair to see;  
So blithe and gay the humming-bird a going  
From flower to flower, a-hunting with the bee."  
- Nora Perry, *In June*



ACTIVE LIFESTYLE



BY ANNA ANDERHAGEN

Happy Effective Communications Month! This month is all about improving our communication skills and nonverbal communication (like body language). Let’s dive into body language! It has been suggested that body language constitutes more than 60% of what we communicate, so learning to read the nonverbal cues people send is a valuable skill.

**Study the Eyes:** When communicating with someone, pay attention to whether they make direct eye contact. Inability to make direct eye contact can indicate boredom, disinterest, or even deceit, especially when someone looks away and to the side. If a person looks down, it often indicates nervousness or submissiveness. A person’s blinking rate can also speak volumes about what is going on internally. Blinking rate increases when people are thinking more or are stressed. In some cases, increased blinking rate indicates lying – especially when accompanied by touching the face (particularly the mouth and eyes). When it comes to eye behavior, it is also suggested that looking upwards and to the right during conversation indicates a lie has been told, while looking upwards and to the left indicates the person is telling the truth. The reason for this is that people look up and to the right when using their imagination to concoct a story, and look up and to the left when they are recalling an actual memory.

**See if the other person is mirroring you:** Mirroring involves mimicking the other person’s body language. If someone mimics your body language, this is a very good sign that he or she is trying to establish a rapport with you.

**Look at the other person’s feet:** When standing or sitting, a person will generally point their feet in the direction they want to go. So if you notice that someone’s feet are pointed in your direction, this can be a good indication that they have a favorable opinion of you. You can even tell a lot about group dynamics just by studying the body language of people involved, particularly which way their feet are pointing.

**Examine the position of the arms:** If a person crosses their arms while interacting with you, it is usually seen as a defensive, blocking gesture. Crossed arms can also indicate anxiety, vulnerability or a closed mind. If crossed arms are accompanied by a genuine smile and overall relaxed posture, then it can indicate a confident, relaxed attitude.

When analyzing body language, keep in mind that these techniques will not apply to all people 100% of the time. Certain factors such as culture and a person’s general body language habits must be taken into consideration to accurately decode nonverbal cues.

MUSICAL PERFORMANCES!



Eric Johnson and Lowell LaBerge playing wonderful Country Music!



The delightful jazz sounds of “We Three” Big Band Music!

JUNE FIRSTS FOR BASEBALL

The month of June marks the first recorded baseball game, played on June 19, 1846. Thirty-seven years later, the first baseball game to be played under lights occurred on June 2, 1883, followed 14 days later by the first “Ladies’ Day” baseball game—with free entry for women to cheer in the stands. Nearly a century later, on June 11, 1974, the Little League changed its rules to allow teams of girls on the baseball field.

JEFF’S TRANSPORTATION HUB



The Prairie Bluffs bus is back!

Open transportation is available anywhere in Eden Prairie on Tuesdays 10:30-1:00 and Wednesdays 9-11:30.

Please sign up for the bus for open transportation in the activities sign up book stationed in the Communications Room or call/text Jeff directly at 218-576-4849 or the front desk at 763-567-0699.

We are following statewide updates, executive orders and Minnesota Department of Health mandates with regards to having outings to museums and restaurants. We will be going fishing and boating on Riley Lake each month! You can choose to fish or just enjoy the open air on the boat. All equipment, bait and licenses are taken care of. It is on a pontoon boat and is walker and wheelchair accessible. Come join the fun!

The fishing and boating dates this month are:

- Tuesday, June 1<sup>st</sup>: Memory Care- 12 noon-4 p.m.
- Wednesday, June 2<sup>nd</sup>: Assisted Living- 12:30 p.m.-4 p.m.
- Wednesday, June 16<sup>th</sup>: Independent Living 12:30 p.m.-4 p.m.
- Wednesday, June 23<sup>rd</sup>: Independent Living 12:30-4 p.m.

We can have 9 people for each trip. We will have more opportunities each month for these fishing trips and boat rides.

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 or call/text Jeff directly at 218-576-4849 or the front desk at 763-567-0699.



Clyde, Jerry, Jon and Bob taking a bus outing to Dairy Queen and learning the history of Eden Prairie.

LIVE STREAMING CHURCH AND  
SYNAGOGUE SERVICES (SUNDAYS)

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

8:30, 9:45 and 11:00 Wooddale Church  
<https://wooddale.org/live/>

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

8:15 and 10:45 Cross View Lutheran Church  
<https://www.crossview.net/worship/media.cfm>  
  
5 p.m. Live Stream Mass at Pax Christi  
<https://www.paxchristi.com/livebroadcast.aspx?subheadertext=Live+Stream>

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



HAPPY JUNE BIRTHDAY TO...

Marion Cayler on 6/1

You share a birthday with Brigham Young- Mormon religious leader, Andy Griffith- actor, Marilyn Monroe- actress, Pat Boone- singer and Heidi Klum- German supermodel/actress/fashion designer.

Dick Alstad, Clyde Hanson and Janice Levin on 6/3

You share a birthday with King George V of England, Tony Curtis- actor, Allen Ginsberg- poet, Curtis Mayfield- singer/songwriter and Anderson Cooper- journalist/author.

Jenelle Hubany on 6/4

You share a birthday with King George III- king of England during the American Revolution, Michelle Phillips- singer/member of the "Mamas and the Papas", Parker Stevenson- actor and Angelina Jolie- actress

Carol Pinkerman on 6/5

You share a birthday with Francisco "Pancho" Villa- Mexican revolutionary, John Maynard Keynes- economist, Bill Moyers- TV journalist and Kenny G- musician.

Mary Ellen Smith on 6/8

You share a birthday with Frank Lloyd Wright- architect, Barbara Bush- First Lady of the United States, Jerry Stiller- comedian/actor, Joan Rivers- comedian and Nancy Sinatra- singer.

Bryan Byrne on 6/14

You share a birthday with Harriet Beecher Stowe- author/abolitionist, Burl Ives- singer/actor, Gene Barry- actor and Steffi Graf- tennis champion.

Irene Skoglund on 6/17

You share a birthday with Dean Martin- actor/singer, Barry Manilow- singer/songwriter, Phylicia Rashad- actress, Dan Jansen- Olympic champion speed skater and Venus Williams- tennis player.

David Griffin on 6/18

You share a birthday with George Mallory- mountain climber/explorer, Bud Collyer- game show host for "To Tell the Truth", Roger Ebert- film critic and Paul McCartney- singer, songwriter, musician, "The Beatles".

Charles Pinkerman on 6/21

You share a birthday with Jean-Paul Sartre- philosopher/novelist, Jane Russell- actress, Maureen Stapleton- actress, Meredith Baxter- actress and Michael Gross- actor.

MORE HAWAIIAN LUAU PHOTOS!



Abby and Gretchen having pina colada cupcakes.



Kathy with her spiked punch.



More volleyball action!



Zada and Nancy guessing the Hawaiian luau trivia!

JUNE FLOWER: ROSE



The rose, the flower for the month of June, represents beauty and perfection. Its name comes from the Latin word rose, which means "red." It's one of the earliest flowers known. Nebuchadnezzar, the king of Babylonia around 560 BC, used roses to decorate his home. In Persia, these fragrant flowers were grown for perfume oil, while the Greeks associated the red rose with the blood of Aphrodite's beloved Adonis, the deity of plants and rebirth. Red roses symbolize love.

JUNE ANIMAL: TURTLE



Turtles are reptiles that have a bony shell protecting their bodies. They live on every continent except Antarctica and are divided into land, aquatic, and marine turtles. Turtles are an ancient type of reptile, older than snakes or crocodiles. They live on land, but different types can swim in salt or fresh water.

While turtles are cold-blooded, they keep their bodies well above the temperature of their environment due to their high metabolic rate. Sea turtles can weigh up to 2,000 pounds, while the smallest turtle weighs in between 100 and 165 grams and is just a few inches long. Turtles aren't loud but they can make noises, including clucks or barks.

Baby turtles are called hatchlings. Red-eared sliders are one of the most popular turtles to have as a pet, as they are quite sociable and active. In many cultures, turtles symbolize longevity, endurance, wisdom, patience, and innocence.

CONCIERGE CORNER



BY KAY SOUPIR

You will see a few changes at the front desk when you come for a visit. We have a new visitor form and masks will still be required at this time until the Minnesota Department of Health changes the status for senior living buildings. Thank you everyone for hanging in there with the changes!

I get questions on the activity calendars periodically and just so you are aware, you can always go to our website at [www.prairiebluffsseniorliving.com](http://www.prairiebluffsseniorliving.com) and find each calendar under the Lifestyle heading.

For those of you that would like to schedule a haircut with Gina in our on-campus salon, the phone number for you to schedule your appointments is Essential Beauty: 651-302-5644. If you need anything please call us at the front desk!

Happy June! Kay 😊



FOR YOUR HEALTH



BY JENNIFER WHEREATT

Happy June!!!  
Summer finally starting to arrive. Warmer weather is here and the sun is shining. With summer coming, I wanted to give a reminder that sunscreen is the best way to protect yourself from sun burn and skin cancer. A shot glass size amount is what should be applied to the skin every hour when outside. Although SPF is important, we also must remember what is more important- reapplying. Most sunscreens are water resistant, but none are waterproof.

Simple rules for having fun in the sun and being safe are to wear sunscreen-reapply every hour or after getting wet. Keep hydrated – drink plenty of water daily, a simple rule is to divide your weight in half and consume at least that much water per day. For example, a 180lb person should consume at least 90 ounces of water per day. Seek shade whenever possible, especially during peak sun hours of 10am – 2pm when you are at the most risk.

June also is a special month for me and my family. Our little Madison will be turning 1 on June 10th. I try to hold on to each moment with her but this year has gone by so fast and I cannot believe my baby is going to be 1! With covid, things and party planning have been more difficult than ever. We are planning to have a small family party to celebrate her birthday.

I wish you all a wonderful June and cannot wait to have more activities and gathering outside in the nice weather!



CELEBRATIONS THIS MONTH

Great Outdoors Month – This month celebrates nature's beauty and reminds everyone to protect the environment and keep open spaces beautiful and accessible to all. Celebrate Great Outdoors Month by getting outdoors as often as you can!

Skyscraper Month – Skyscraper Month celebrates the evolution of the high-rise building and the oldest commercial real estate association—the Building Owners and Managers Association.

Weather Month – June is considered the "month of perfect days." (However, hurricane season begins on June 1, so not all of the days will be perfect for everyone.)

Accordion Awareness Month – Learn more about the accordion. Check out Accordions Worldwide for a very complete history of the accordion.

Fishing Month – We celebrate National Fishing and Boating Week (June 5–13), the birth anniversary of Jacques Cousteau (June 11, 1910), the anniversary of the premiere of the movie Jaws (June 20), and Gone Fishin' Day (June 30) this month.

Candy Month – Celebrate Good & Plenty Day (June 12), Candy Land Day (June 26), and Hershey's Holiday (June 19).

Dairy Month – Since 1937, the dairy industry has set aside June as a time to pay tribute to the vital role that milk and dairy products play in a healthy diet. Celebrate Milkman Day (June 26) this month. Have an "udderly" fantastic day!

JUNE BIRTHSTONE: PEARL



The pearl is the birthstone for the month of June, although it isn't really a stone. Pearls are made from an organic substance called nacre (pronounced NAYker) that is created by mollusks such as clams and oysters. A pearl's color is determined by the type of mollusk and the water where the mollusk lives. Pearls are often lustrous white but can be tinged with pink, peach, green, lavender, and gold. Some are even silvery black. Pearls are the traditional gift for a 30th wedding anniversary and for new brides.

JUST FOR FUN DAYS

June 1<sup>st</sup> is Happy Birthday, Andy Griffith Day – Andy Griffith was born in Mount Airy, North Carolina in 1926. Did you know Andy Griffith was also a Tony Award-winning southern gospel singer? His favorite snack was peanut butter and mayonnaise on crackers. Do you like to eat those?

June 3<sup>rd</sup> is Can You Repeat That? Day – It's National Repeat Day. It's National Repeat Day. It's National Repeat Day. Whenever you learn something new today, repeat it three times. Studies show that information needs to be repeated three times for the content to really "sink in."

June 8<sup>th</sup> is Sports Radio Day – Today is the 100th birth anniversary of Gordon McLendon, sports radio pioneer born on this day in 1921. He created the first network for daily baseball radio programs across the nation, and his on-air persona of "The Old Scotchman" made him a unique broadcaster.

June 12<sup>th</sup> is Good & Plenty Day – Good & Plenty was trademark registered on this day in 1928 (although it was first made in 1893). They are those licorice candies coated in brightly colored, sweet candy. Do you remember the "Choo Choo Charlie" commercials in the 1950s?

June 18<sup>th</sup> is Splurge Day – Today is the day to go out and do something indulgent. If you could splurge on something you really wanted, what would it be?

June 24 is Bomb Pop Day – This treat is celebrated annually on the last Thursday in June. The Bomb Pop, invented in 1955, is a six-finned summertime treat. Its red, white, and blue colors make it a favorite at patriotic celebrations.

June 27<sup>th</sup> is Sunglasses Day – Rain or shine, it's a shady day for your eyes. Eye protection is hardly a new concept. Long ago, Inuit peoples would shape walrus ivory into flattened circles with narrow openings. They were able to see out of these tiny slits while the rest of their eyes remained shielded from the sun. In 1752, the first tinted sunglasses were made. Then in 1929, entrepreneur Sam Foster mass-produced the modern version.

June 30<sup>th</sup> is Corvette Day– On June 30, 1953, the first Corvette rolled off the assembly line at Chevrolet Plant #35 near Flint, Michigan. The sticker price was just over \$3,000.

DID YOU KNOW?

Genuine ivory does not come only from elephants; it can also come from the teeth or tusks of a warthog, hippo, narwhal, whale, or walrus.

In 4000 BC, Egyptian men and women wore glitter eye shadow made from the crushed shells of beetles. Eeeew!



CINCO DE MAYO PARTY!



Guess the gizmo! It is a 125 year old tortilla press!



Lyndon, Abby, Don, Mary Lu and Art debating the first person to invent the margarita. Was it Carlos “Danny” Herrera from Tijuana?

Marilyn K., Carol, Marilyn S., Kathy, Irene and Dave S. discussing the true meaning of Cinco de Mayo and the Battle of Puebla.

And, that Americans eat about 81 million avocados mainly for guacamole on Cinco de Mayo!



Lynette and Linda



Anna and Jeff

ROOT OF THE MATTER:  
“A STITCH IN TIME SAVES NINE”

When someone says “a stitch in time saves nine”, they mean that a small measure of action taken to tackle a problem now will save one from having to confront a much larger problem later on.

This saying dates back to 1723 when Thomas Fuller published a collection of proverbs entitled *Gnomologia*. The proverb meant that a single stitch applied to a small tear will prevent needing to apply many stitches to a much larger tear later on. Fuller’s *Gnomologia* might have been the inspiration for Ben Franklin’s *Poor Richard’s Almanack*.

VOLUNTEERS NEEDED!

Do you have a green thumb, like to plant things or like to water plants in the mornings or evenings? Come join the Garden Club! Please contact Anna at 952-213-6255 if you are interested.

CRAFTING IN MAY



Lois and Jan making May Day baskets.



Marilyn M., J.B., Lois and Eileen painting birdhouses.

MORE ABOUT JUNE

June is the month with the longest daylight hours of the year in the northern hemisphere. The month of June is named after Juno, the wife of Jupiter, and queen of the gods. June was held sacred to her and was thought by the Romans to be the luckiest month for marriage, since Juno was the Goddess of Marriage.

Juno is always represented as a tall, beautiful woman, wearing a crown, bearing a scepter in her hand and often she is shown with a peacock at her side, her favorite, most sacred animal.

According to the pre-Caesar initial Roman calendar, the month of June had 29 days instead of 30. When the winter days were provided with two months and more days were added to the calendar, the month of June was given one additional day. June is the sixth month of the year in the Julian and Gregorian calendars.

In the olden days of June.....In June 1901, the average annual income was \$1,009. A gallon of milk cost \$0.27 and a loaf of bread was 3 cents! You could buy a brand new, two family home for \$4,000!



Elisia and Bob