



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

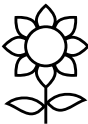
WE ARE AT YOUR SERVICE!



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*One must maintain a little bit of summer,
even in the middle of winter."*
– Henry David Thoreau

*"Life is like riding a bicycle. To keep your
balance, you must keep moving."*
– Albert Einstein

*"It's a smile, it's a kiss, it's a sip of wine...
It's Summertime."*
– Kenny Chesney

*"And since all this loveliness cannot be
Heaven, I know in my heart it is June."*
– Habba Woolson

CELEBRATE JUNTEENTH

On "Freedom's Eve," or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes all across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the Thirteenth Amendment did emancipation end slavery throughout the United States. But not everyone in Confederate territory would immediately be free. Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control. As a result, in the westernmost Confederate state of Texas, enslaved people would not be free until much later. Freedom finally came on June 19, 1865, when some 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth," by the newly freed people in Texas. The post-emancipation period known as Reconstruction (1865-1877) marked an era of great hope, uncertainty, and struggle for the nation as a whole. Formerly enslaved people immediately sought to reunify families, establish schools, run for political office, push radical legislation and even sue slaveholders for compensation. Given the 200+ years of enslavement, such changes were nothing short of amazing. Not even a generation out of slavery, African Americans were inspired and empowered to transform their lives and their country. Juneteenth marks our country's second Independence Day. Although it has long celebrated in the African American community, this monumental event remains largely unknown to most Americans.



THE ORIGINS OF FATHER'S DAY



On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday. The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910. Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day. Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2023 occurs on June 18. In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19. Many men, however, continued to disdain the day. As one historian writes, they "scoffed at the holiday's sentimental attempts to domesticate manliness with flowers and gift-giving, or they derided the proliferation of such holidays as a commercial gimmick to sell more products—often paid for by the father himself." In 1972, in the middle of a hard-fought presidential re-election campaign, Richard Nixon signed a proclamation making Father's Day a federal holiday at last.

"Any man can be a father, but it takes someone special to be a Dad"

When does a joke become a dad joke?.....When it's full groan!! hahaha

FROM THE MANAGER'S DESK



BY SUSAN TABOR

Please join me in wishing Manny the very best as he moves on with his career in healthcare management. Manny saw the community through some challenging times for which we are grateful.

At the same time, we welcome Jason Bednar as our new Business Office Manager. Jason comes to us from our sister community in Maplewood. He has many years of experience in Assisted Living business operations. Jason will be able to benefit from Manny’s experience at Prairie Bluffs by spending some time with him next week here in our community.



Susan

KITCHEN KREATIONS

BY CARLA ZACZKOWSKI

June is National Hunger Awareness Month. So I thought, since my job is to provide food, and knowledge of food and all it encompasses, what better opportunity will I have to make people more aware of the hunger crisis that surrounds us daily. In the past half-decade, global food prices have reached historic highs. The grocery store and restaurants, when we can afford them, account for greater portions of our paychecks. Eating in or eating out costs more now than it did seven or eight years ago. The price of corn increased by 80% in just two years. Wheat prices shot up 70%, while the cost of rice increased by 25%. Basic nutritional necessities like these have become impossibly expensive for people already captive to poverty, many of whom live on less than \$2 a day. As a result, 115 million more people have joined the ranks of the hungry around the world.

Interesting facts about hunger:

- Hunger is the world’s number one health risk. It kills more people every year than AIDS, malaria and tuberculosis combined.
- 1 in 7 people in the world will go to bed hungry tonight.
- Women make up a little over half of the world’s population, but they account for more than 60% of the world’s hungry.
- Iron deficiency is the most prevalent form of malnutrition worldwide, affecting an estimated 2 billion people.

Here are a few ideas how we can help. We could hold a food drive. For instance, we could collect canned goods and donate them. We could take a turn at *Feed My Starving Children*, a non-profit charity, boxing up nutritional rice packets to feed starving children all over the world. We could hold a bake sale-our chefs could prepare your recipes and we would donate the proceeds to a local food shelf Eden Prairie. Let me know what you think and let’s make a difference.

Carla

BUSINESS OFFICE WORKINGS

BY MANNY OGUTU

Hello everyone. My final day at Prairie Bluffs will be next Friday, on the 2nd of June. I am thankful for having had the opportunity to be the business office manager and resident liaison for the community, and I have so much knowledge to take with me in my future endeavors wherever that may be. I am especially grateful for the many connections I have made with staff, residents and family members alike, and I hope to stay in contact with many of you in the future, as well as, visit when I can.

Thank you and I wish you all the best.

Manny

MARKETING MINUTE



BY KAY SOUPIR

Happy June Everyone!

I just have a community update for everyone this month. I am busy touring for independent living and assisted living. We currently have openings in both buildings. If you have a referral and they move in, you will receive a 1000.00 rent credit on your statement. All referrals should come to me, and I can help them with the next steps and tours. June is a beautiful month to go outdoors and enjoy the many wonderful activities available to you.

“It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside.”

Love and Blessings to all of you!

Kay

NURSING NOTES

BY OLIVIA BERERO

At the beginning of May, I traveled to Spain to visit my brother and his family who live in Mallorca, Spain. Mallorca is in the Balearic Islands in the beautiful Mediterranean Sea.



My brother and his family live in Palma, the main city, which has very narrow and old streets in the Old Town. This area dates back from the Roman times and Middle Ages. On this island there lies a magnificent gothic Cathedral.



We also visited the world-famous heritage site Serra de Tramuntana. We had the opportunity to chill and rest at the viewpoint Sa Foradada, possibly the best place to enjoy the sunset on the island.

We drove around the island and had lunch in the famous restaurant Can Gavella Beach Club in Can Picafort. We were able to taste the typical seafood and fish from the island cooked the Mediterranean way. Enjoyed the delicious cocktails with a stunning view of the beach.



My brother’s wife is Spanish, and she was born on the island; we enjoyed mixing up with locals and exploring some local places. The main languages spoken on the island are Catalan and Spanish. Her family invited us for lunch to eat yummy paella, a typical meal from Spain consisting of rice, meat, vegetables and seafood. Mallorca Spain is an amazing place to visit. Add it to your bucket list!!

Olivia

ACTIVE LIFESTYLE



BY JANINE BERGSTROM

Congratulations to Mr. and Mrs. Otterdahl!
Amber and Chris tied the knot on May 7, 2023 at the Eden Prairie Event Center on an amazingly perfect beautiful May Sunday. Amber was stunning and radiated happiness. We wish her and Chris all the best on their new journey together as Mr. and Mrs. Please take some time to share some marriage advice with the new couple.



It's June, get outside and get some fresh spring/summer air, go for a walk, listen to the birds and the sounds of nature, feel the warmth of the magnificent sun. I am so excited for these summer months and all the fun things I have planned for you. We will be having a calendar planning meeting on June 7, please join me to give me your feedback and suggestions on ideas, outings, parties and adventures. The calendars are planned for you, with input from you, so come let me hear what *you* want to do this summer.

We will be having a special Father's Day BBQ on June 18 outside on the AL building patio. RSVP's required. Details to come.

As mentioned in last month's newsletter, I am still looking for volunteers to help bring residents in wheelchairs to activities. Please let me know if you are interested in giving a helping hand.

Summertime and Sunshine...here we come!!!

Janine



Active Therapy Monthly Update!
Did you know that if you ever go to the hospital and they want to send you home with therapy you can request that they refer you to Active Therapy that is right in the building! When it comes to healthcare you always have a choice of who you want to be your provider! We here at Active Therapy want to be your first choice of therapy providers. Along with providing excellent therapy at Prairie Bluffs we also offer a monthly wellness talk and will soon be bringing back balance classes offered for free to anyone who wants to participate. Among the therapy staff at Prairie Bluffs we have over 60 years of experience! Feel free to stop by and ask questions any time! We love visitors in the therapy gym! Thank you to all of you who have used Active Therapy for your rehab needs and to those who have recommended us to others! Active Therapy has been seeing patients for 1 year at Prairie Bluffs as of June 1st. Thank you for helping us grow! The best compliment you can give us is referring us to your friends! We will also welcome people who don't live in the building, so we are open to everyone!

Tiffany



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 June, 10:00 -12:30. 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's desk phone at 952-213-6255 or the front desk at 952-213-6330 to sign up for outings.

June Bus Outings:

- Let's Go Fishing on Lake Riley
- MN Landscape Arboretum
- Sidekick Theatre to see the musical:
The Pirates of Treasure Island
- Lunch at Tavern 4 & 5
- Lunch at Champps-Outside seating

Have you heard? There's a new bus driver in training! Emily has been practicing and getting ready to take on some of the bus driving at Prairie Bluffs. Don't be surprised if you see her behind the wheel soon. And don't fear, she's learning from the best. 😊



May lunch at everyone's fave, the Original Pancake House in Eden Prairie

Employees of the Month

Dana Martel



Cheyanna Hyatt



Congratulations to Dana and Cheyanna!!
Employee of the Month is a monthly award based on feedback from staff and residents. We choose two this month because we wanted to recognize some of our stellar new staff members. The employees chosen will receive a designated parking spot plus an award through our employee retention program called *Bucket List*.

HAPPY JUNE BIRTHDAY TO...

Kathy W. on 06/02

You share a birthday with Pete Conrad, astronaut, Jerry Mathers, actor “Beaver” on “Leave it to Beaver” and Dana Carvey, SNL, “Wayne’s World”

Dick A. on 06/03

You share a birthday with Jefferson Davis, President of the Confederate States of America, Tony Curtis, actor and Anderson Cooper, journalist, and author

LaVonne P. on 06/06

You share a birthday with Donald F. Duncan Sr, created the Duncan Yo-Yo, The Dalai Lama, Tibetan spiritual leader and Bjorn Borg, tennis champion

Mary Ellen S. on 06/08

You share a birthday with Barbara Bush, First Lady of the United States, Joan Rivers, comedian and Nancy Sinatra, Singer, daughter of Frank Sinatra, “These Boots are Made for Walking”.

Betty O. on 06/09

You share a birthday with George Stephenson, invented the steam locomotive, Michael J. Fox, actor, “Back to the Future” and Johnny Depp, actor, “Pirates of the Caribbean” .

Bryan B. on 06/14

You share a birthday with Burl Ives, singer, actor, Gene Barry, actor, Boy George, singer and Steffi Graf, tennis champion

Irene S. on 06/17

You share a birthday with Dean Martin, actor, singer, Barry Manilow, singer, and songwriter and Venus Williams, tennis player

David G. on 06/18

You share a birthday with Roger Ebert, film critic, “Siskel & Ebert”, Paul McCartney, singer, songwriter, and musician, “The Beatles” and Blake Shelton, country singer, Tv personality on “The Voice”.

Chuck P. on 06/21

You share a birthday with Jean-Paul Sartre, philosopher, novelist, playwright, Jane Russell, actress and Michael Gross, actor

David L. on 06/24

You share a birthday with Jack Dempsey, boxing champion, Mick Fleetwood, musician, member of Fleetwood Mac and Michele Lee, actress

Brigitte H. on 06/28

You share a birthday with Henry VIII, King of England, Mel Brooks, actor, director and John Elway, NFL quarterback, Denver Broncos

JUNE BIRTHSTONE:
PEARL



The June birthstone is the **Pearl**. Pearls are the only gemstones made by living creatures. Mollusks produce pearls by depositing layers of calcium carbonate around microscopic irritants—usually a grain of sand, as it’s commonly believed—that get lodged in their shells. The name “pearl” comes from the Old French *perle*, from the Latin perna meaning “leg,” referencing the leg-of-mutton shape of an open mollusk shell. Because perfectly round, smooth, natural pearls are so uncommon, the word “pearl” can refer to anything rare and valuable. The rarest and most expensive pearls are natural pearls made in the wild without human interference. The majority of pearls sold today are cultured or farmed by implanting a grafted piece of shell (and sometimes a round bead) into pearl oysters or freshwater pearl mussels. Today, most freshwater cultured pearls come from China. Australia owns one of the world’s last remaining pearl diving fleets and still harvests natural pearls from the Indian Ocean. Pearls have been used as adornment for centuries, at least as far back as ancient Greece, where they believed pearls were the tears of the gods. The oldest known pearl jewelry was discovered in the sarcophagus of a Persian princess who died in 520 BC.

JUNE FLOWER:
ROSE AND HONEYSUCKLE



The rose and the honeysuckle, two flowers reaching their peak during the sixth month of the year, have long been associated with June. **Roses** are one of the most recognizable flowers, often given as a sign of affection, as it has long been a symbol of love. The rose family (Rosaceae) is made up of more than 100 species of perennial flowering shrubs. The rose has long been a symbol of love, beauty, and affection. And each color rose holds a different meaning. A red rose means ‘I love you’ and is a sign of romance; pink represents happiness and admiration; a white rose symbolizes innocence and purity; orange means desire and excitement; yellow represents cheer and happiness, although some folklore considered it to mean jealousy. A red and white rose paired together has come to symbolize unity. The Romans viewed roses as a representation of death and rebirth, often planting them at the graves of loved ones. The rose is the National Floral Emblem of the United States. The **Honeysuckle** emerges in the spring with fragrant flowers that have four petals and grows in two pairs or clusters. Flowers, which are tubular, range in color from white and yellow to purple, pink, and red. After the bloom is done, flowers are replaced with round berries that can be orange, red, or a shade of pink. The name honeysuckle comes from the Middle English word *honeysouke*, which translated to “honey suck.” It is believed the name came from the ability to suck the sweet nectar straight from the flowers once picked. The honeysuckle traditionally symbolized happiness and affection for a new love. It has also been known to represent nostalgia for first loves or old flames. Honeysuckles were commonly planted near homes to create a feeling of nostalgia and to honor those who have died. It is also meant to bring happiness and positive energy into your life. According to other legends, planting a honeysuckle near the home would keep away negativity and protect you from evil spirits.

JUNE IS ADOPT A
CAT MONTH



American Humane celebrates Adopt-A-Cat Month each June – a month that also marks the height of “kitten season,” when large litters of kittens are born and often end up in animal shelters. Not only are thousands of newborn kittens joining the millions of cats already in shelters, but a lack of foot traffic, funding and supplies at many shelters struggling to maintain operations during the COVID-19 pandemic further threaten these beautiful animals and their hopes to find a forever home. To help, American Humane is devoting the 47th annual “Adopt-a-Cat Month” to encouraging animal lovers to visit their local animal shelter and adopt a cat – or two, contribute to their “Feed the Hungry” campaign, which is delivering hundreds of thousands of meals to shelter animals, and learn more about the joys (and responsibilities) of adding a cat to their families. “A cat has absolute emotional honesty: human beings, for one reason or another, may hide their feelings, but a cat does not.”

CRAFTERS CREATIONS!

Spring has sprung and we made colorful planters to enjoy in our apts and hallways and created beautiful thank you cards for our nursing staff.



We Celebrated ALL of our Amazing Moms at PBSL



Fireman Matt from the EP Fire Dept gave us a very informative class on CPR/AED



PBSL RESIDENT
OF THE MONTH



This month we are highlighting Marie Vosler as our *Resident of the month*. Marie was born and raised in Blue Earth, Minnesota. She got married in 1950 and moved to Hampton, Iowa, where she and her husband lived for 2 years before relocating to Humbolt, Iowa. Marie is the proud mother of seven children, and now has 19 grandchildren and 11 great-grandchildren. She and her husband, Bill, were married for 59 wonderful years. Marie is very musical. She played the piano, pipe organ and violin in an orchestra and played the pipe organ in church, as well. Marie is happiest when she is out walking, visiting with family and friends and being around people. Three of the top highlights in Marie's life are having her 7 children, only one of which is a boy, her 59 year marriage to her husband, Bill, who she met through social events and working at the clothing store in Blue Earth. She describes herself as patient and hard-working, because obviously, having 7 children is no easy task, and she needed to have a lot of patience with all those kids. She is also very social and outgoing. Marie enjoys rock painting, walking, social groups, dancing, art classes and crafts, shopping, Bingo and going out with her daughters. One of the most important things Marie has learned in the last 5 years is to spend time with people whenever you can. Marie moved in to Prairie Bluffs in November of 2022. We are so lucky have her here with us and to call her our friend and neighbor.

EMPLOYEE SPOTLIGHT



Marti Briest is our *featured employee* this month. Marti is our new Concierge here at PBSL. Three words Marti uses to describes herself are calm, intuitive and that she has a wicked sense of humor. What she likes most about working here is being able to talk with the residents and being able to offer assistance to people. Something we may not know about Marti is that she likes scary movies. She has always enjoyed the creative aspect of scary movies. Her favorite pastime is reading. Marti says she could lay in bed all day and read, read, read. She also enjoys long drives, either with or without a destination. Marti is happiest when she is playing with her grandchildren. She has been blessed with 9 grandchildren and 2 great-grandchildren. Unfortunately, they all live out of state in Colorado. The top 3 highlights in Marti's life so far are having her son, the day each grandchild was born and the day she bought her first house. One of Marti's favorite vacations was one to Disney World because she finally got to meet Mickey Mouse, who is one of her all-time favorites. She defines success as, "if your heart is at peace – then you are successful." Something Marti has learned in the last five years is, don't sweat the small stuff, because it's all small stuff. If you haven't met Marti yet, stop by the front desk and say hello, she's here Monday through Friday every week.

Starring Lake and Edenwood
Communities

Painting birdhouses, enjoying rootbeer floats, Walks outside, Exercise, Music, Gardening and Crafts. There is never a dull moment around here.



Resident Photo of the Week



Wine and sunshine on the patio! Hope to see a lot more of this this summer. Get out and enjoy!



Be sure to look out your windows and look around on your walks to see some of spring's favorite furry creatures come out of hiding for food and sunshine. Bunnies, squirrels, birds, raccoons and hopefully some deer will be sighted soon, as well.

WELCOME
NEW NEIGHBORS

Please join us in welcoming our newest residents who moved in during the month of May to Prairie Bluffs. If you see a new face, please say hello and introduce yourselves, invite them to eat with you and show them around the building.

Join us Weds, June 7 at 3:30 in the CMR for coffee and treats, conversation and new friends at our next Welcome Party

Daryll E. #105
Apologies, Name correction from last month...
Terry and Nancy M. #351

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/>