

# THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

May 2024

## LEADERSHIP TEAM



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Shawna Hagen  
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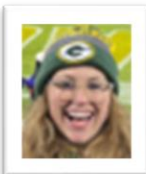
Kay Soupir  
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Louis Stoffers II  
Director of Maintenance  
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Matthew VanVoltenberg  
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May 6, 2024  
Phone: 952.333.0188



Amy Holmes  
NEW Director of Life  
Enrichment – Begins  
May 7, 2024  
Phone: [952.213.6255](tel:952.213.6255)



Memory Care Director of  
Life Enrichment – Amber  
Otterdahl  
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Gorgeous Painted Pinecone Flowers and Floral Arrangements!



Please join us in welcoming our newest residents who moved in during the month of April 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.

Laura T.	#102
James P.	#114
Margaret M.	#110
Steve M.	#232





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## FROM THE EXECUTIVE DIRECTOR'S DESK

*Happy May!*

May is going to be a busy month for many of us here at Prairie. New faces are joining our team as well as moving into our community.

I always enjoy May because it is MN fishing opener, Mother's Day, and the end of school (which hopefully means things settle down a little bit for my kiddos). We always head north for a quick weekend of fishing and us Mothers get treated on Mother's Day morning with breakfast and goodies from all the guys and kids. I treasure this tradition. We are excited to help all our wonderful mother's and mother-like-figures here in the community celebrate Mother's Day this year. With all the hustle-and-bustle Spring brings, take time to enjoy the blossoming flowers, and enjoy the joy and beauty of this coming season.

*Chelsea*



## MOMENTS IN MEMORY CARE

Thank you so very much for your patience during the transition month of April. We appreciate each of you greatly! Life Enrichment is ready to hit the activity floor dancing, in May! 😊

\* Loved ones please help yourself to the 'Free Literature, for you!' located on the table right outside of both the MC neighborhoods doors where you sign out your loved ones out if you leave the unit with them. I will be rotating the materials- so keep your eyes peeled for a bright orange paper next!

\* **FRIENDLY REMINDER:** PLEASE, PLEASE, watch the door when entering and exiting the MC neighborhoods. We have some residents that would love to join you when leaving, but we certainly do not want that 😊. THANK YOU.

\*May is going to be a busy and exciting month with pet visits ranging from birds to horses!

*Happy Mother's Day month, to all!*

We look forward to treating anyone who has, knows & or is a Mother- to a special Mother's Day Tea brunch on **Friday, May 10<sup>th</sup>**. "To the world you are a mother, but to your family, you are the world."

\* Yeehaw! On **Wednesday, May 22<sup>nd</sup> at 2:30pm** we will have beautiful horses to spend our afternoon with! You can feed them carrots if you would like - we just ask that you please put your hand flat, so they do not mistake your fingers for carrots! So, dust off your overalls, strap up your cowboy boots & throw on your cowgirl hat - we will see you outside the ranch for a lovely hoof of a time!

Love,  
Amber

## MARKETING MINUTE

*Happy May Everyone!* 🌸

I would like to start off by saying "Happy Mother's Day" to all of you beautiful mothers! I hope your day is blessed beyond measure. We have had a lot of tours and new residents moving into our community. Our Independent Living has had great visits, and we have three apartments rented for the month of May. We have two new residents moving into our Assisted Living and we have had a couple of new residents in our Enhanced Care and Memory Care. We are ever changing and evolving here at Prairie Bluffs.

I will be participating in The Darn Barn Dance senior expo sponsored by the Eden Prairie Senior Center in May, so mark your calendars and come on over and get some line dancing in! It was a great time last year and hope to see you there again.

*"Start each day with a positive thought and a grateful heart."* ❤️  
*Kay*

If anyone would like to get books on audio, please call: 1-800-722-0550!  
This is a FREE service. You receive the tapes directly here at the community and return them via normal USPS.  
Super easy and convenient!



## PB'S TRANSPORTATION HUB

Open Transportation is available anywhere in EDEN PRAIRIE on Mondays and Wednesdays for the month of May, 10:00-12:30.

Please sign up for open transportation in the activities sign-up book, located in the Communications Room in IL an under the stairs in the AL lobby.

Please keep your eyes open for outing opportunities on the calendar! Please sign up for the outings in the activities sign-up books as well!



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## Let Us Meet Amy!

Amy Holmes is our NEW Life Enrichment Director who will be overseeing our IL and AL resident activities!

*Here is a little intro from Amy!*

**Family:** I am the youngest of three siblings, two older sisters. My oldest sister and her husband have one kiddo and my middle sister, and her husband have two kiddos. My niece and nephews are all under five years old. My greatest role and joy in life is being an aunt to those three little peanuts.

**Education/Work History:** I attended the University of Wisconsin-La Crosse where I competed in Track & Field and received my degree in Therapeutic Recreation with an emphasis in Psychology. After college, I obtained my certification in Therapeutic Recreation (CTRS - Certified Therapeutic Recreation Specialist). My work history has spanned the life cycle. I started after college in early childhood, moved to working in an elementary school, and now I have been in senior living for the past seven years.

**Why I Love to do What I do:** I enjoy planning, coordinating, building partnerships, and facilitating programs, outings, and events. I truly love life, and I want those around me to love it too. I believe adventure, at any age, is a huge part of that, so I want to bring others along on that journey. Bringing joy and empowering people to keep doing what they love despite aging of any kind.

**A few of my Favorite Things:** I love spending time with my niece and nephews. I love all things adventure - traveling, camping, & snowboarding. My favorite hobby is hiking. I enjoy hanging out with friends. I am always up for trying new adventures. Music is incredible - I am a walking jukebox. St. Patrick's Day is my favorite holiday. My favorite food is shrimp and pizza and fries (sweet potato or regular). My favorite drink is Kombucha.

*See you May 7<sup>th</sup>!*



We will teach her how to SKOL!



## CULINARY CHAT

Hello from the Kitchen! I hate to start off my article this way, but I have an announcement to make. My last day at Prairie Bluffs will be May 14<sup>th</sup>. I have decided to take a position that is much closer to home allowing me to spend more time with my Fiancé and my dogs. I know my time here was short, but I hope you all agree that some significant changes and improvements were made. I know the new director, Matthew VanVoltenberg, will follow what we have been doing and continue to work with you all and make more improvements.

In other news, we are still losing silverware, cups, and dishes every night. As my last act of Culinary Director, I am going to give everyone who brings back any silverware, cups, glasses, plates, etc. that belong to Prairie Bluffs to the kitchen, a MONSTER COOKIE.

This will be for the month of May!! Your participation will be greatly appreciated. *Thank you all, Cory!*  
*Thank you, Cory, for all you've done - you will be missed!*



## KATIE'S KLEANING KORNER

Hey there Prairie Bluffs! It is your happy housekeeping manager Katie here to say HAPPY SPRING!!!! I was going to start off with 1 of my vacuum jokes but they all suck...

For myself, having a clean house makes me feel good, and I figured that is the same for most people. Below are a few points as to why having a clean house is good for your health.

- \* It improves air quality
  - \* It prevents allergens
  - \* It deters pests
  - \* It keeps the stress down
  - \* It reduces safety hazards (which is very important in our community)
- Different tools to reduce safety hazards if you are cleaning your own home:
- \* Lightweight vacuum (easier to maneuver & less strenuous on the back and arms)
  - \* A robotic vacuum takes away any physical effort from the user
  - \* Extendable dusters and scrub brushes make reaching high places and bending down less strenuous and you do not need a step ladder
  - \* A grabber so you do not have to bend down or reach up high
- Safety first ALWAYS and if you do not feel comfortable doing it then don't because that is what your housekeeper is here to help with! Just a reminder to have any surfaces you want cleaned free of personal items so we can do our job effectively. As always, we appreciate all of you.
- Your Trusty Housekeepers

## LIVE STREAMING CHURCH AND SYNAGOGUE SERVICES - SUNDAYS

5:00 pm Live Stream Mass at Pax Christi

<https://www.paxchristi.com/livebroadcast.aspx?subheadertext=LiveStream>

9:00 am & 10:40 am Live Stream at Grace Church

<https://grace.church/watch-live/>

8:30 am, 9:45 am, & 11:00 am Live Stream at Wooddale Church

<https://wooddale.org/live>

9:00 am & 10:45 am Live Stream at Community of the Cross Lutheran Church

<https://www.cclcmm.org/onlinechurchservices.html>

8:15 am & 10:45 am Live Stream at Cross View Lutheran Church

<https://crossviewedina.online.church>

9:00 am Live Stream at Beth El Synagogue

<https://www.besyn.org/relations-life/live-streaming/>



PRAIRIE BLUFFS  
SENIOR LIVING

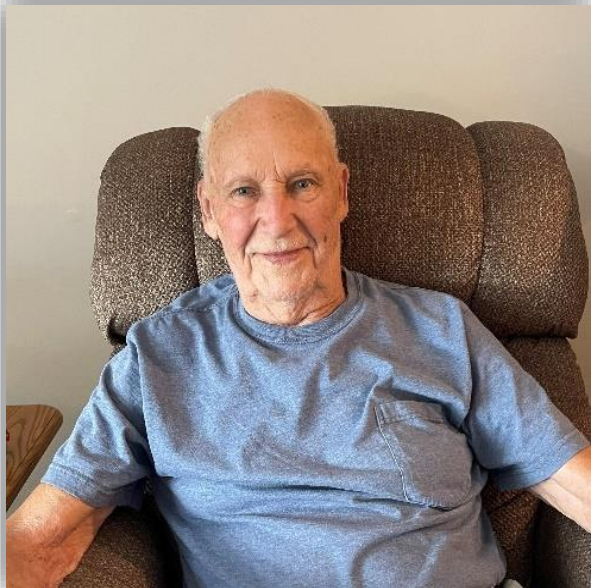


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## PBSL RESIDENT SPOTLIGHT

*Have you met Dennis Weiss?* Dennis moved to PBSL in August of 2023. He was born in the small western-Minnesota town of Holloway, population: 300! His mom and dad farmed there, and Dennis and his brother shared duties such as milking the cows and cleaning out barns. Dennis joked that farm work may have inspired him to join the Navy at 19. After boot camp, Dennis was trained in Aircraft Ordnance. His job was loading ammunition and bombs on the aircraft carrier flight decks. He served in the Korean War and was once at sea for 66 days of active battle. “There weren’t many farm boys in the Navy,” Dennis says, “and I found it easy to outwork almost anybody because of it.” (That says a lot about farming, Dennis!) He served in the Navy for 4 years. Around this time, Dennis married Loretta and they had two children, a son, Michael and a daughter, Jennifer. (Who gave him a total of four grandchildren.) Later Dennis became a police officer for the city of Minneapolis. For the first seven years, he worked the night shift in an unmarked car, a role he volunteered to do. He was a Lieutenant when he retired from the department after 27 years! A notable career moment was when Ford Motor Company awarded Dennis a brand-new 1967 Ford Galaxy for an incident with a prison escapee where Dennis was shot at but was able to apprehend the perpetrator. Dennis enjoys coming to happy hours at PBSL, so get to know him some time. *Thank you for your service, Dennis!*



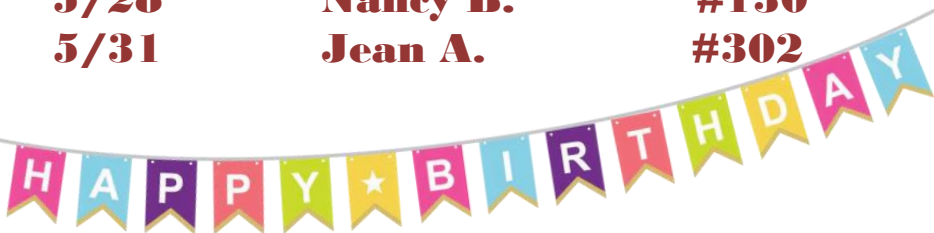
## PBSL EMPLOYEE OF THE MONTH

Let’s get to know our Employee of the Month, Eyni Ahmed! Eyni started working for PBSL this past January as an HHA. Prior to working here, she worked in the office of a Home Health Care company. Eyni was born in Somalia and raised in Kenya. She came to Minnesota in 2020 because her mother wanted her to pursue ‘the American dream.’ Her mother and two younger siblings are still in Kenya and she hopes to be able to visit them in the coming year. When asked what she likes most about PBSL, Eyni stated, “I just love being here.” She enjoys visiting with our residents and learning their stories. She says she has developed an emotional connection and they’ve come to feel like family. She says her definition of success is going to bed with no regrets and making her mom proud. In her free time, Eyni loves reading and watching documentaries. She also has a passion for helping those experiencing homelessness. When she’s not at PBSL, she works for a friend of hers who owns a business that supports the homeless. One of Eyni’s favorite quotes is, “Not all who wander are lost,” and one day she hopes to travel to Paris. Eyni is known for going above and beyond to help people and that’s a big reason she is our Employee of the Month! *Congratulations, Eyni!*



## HAPPY MAY BIRTHDAY TO...

5/03	Juanita G.	#146
5/03	Colvin P.	#230
5/05	Merlin W.	#329
5/12	Carol P.	#207
5/12	Carolyn S.	#245
5/13	Chuck R.	#317
5/22	Franci L.	#109
5/23	Leroy R.	#241
5/24	Betty E.	#316
5/24	John E.	#111
5/25	Bob L.	#249
5/27	Elvy B.	#206
5/28	Nancy B.	#130
5/31	Jean A.	#302



## MAY Fun Facts & Horoscope

**Birthstone:** Emerald  
**Birth Flowers:** Lily of the Valley and Hawthorn  
**Zodiac Signs:** Taurus and Gemini



A **TAURUS** is a person born between April 20<sup>th</sup> and May 20<sup>th</sup>. They have a strong desire to be surrounded by loved and beauty and are drawn to the material world and physical pleasures. Individuals born under this sign are sensual and tactile, placing great importance on touch and taste as their primary senses. They are also known for being stable and conservative, making them one of the most dependable signs of the zodiac. ♉

A **GEMINI** is a person born between May 21<sup>st</sup> and June 21<sup>st</sup>. They are playful and intellectually curious. They are constantly juggling a variety of passions, hobbies, careers, and friend groups. They are the social butterflies of the zodiac. These quick-witted twins can talk to anyone about anything. Find them buzzing between happy hours, dinner parties and the dance floor. ♊

**HOROSCOPE**  
As you gear up for the month ahead, expect a surge of refreshed energy and enthusiasm towards exciting new adventures. Keep your eye on the prize by prioritizing your finances, as the promise of ease looms on the horizon. Take proactive steps to settle any outstanding debts so you may clear the path to greater financial freedom. A future where scarcity mentality is not your baseline is even more possible now.