



# THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

WE ARE AT YOUR SERVICE!



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APRIL IS NATIONAL VOLUNTEER MONTH

This month’s newsletter is dedicated to all of the wonderful volunteers we have here at Prairie Bluffs! Thank you for your time and willingness to help whenever a need may arise. With great appreciation, we say, **THANK YOU!**

For...performing and entertaining, helping serve food, drinks and cake, being a PBSL Ambassador, leading our book club, teaching bridge, leading the monthly resident council meetings, folding, sorting and passing out the monthly newsletter and calendars to the every mailbox and apt. door, assisting with gathering residents in wheelchairs to come to events, pushing resident wheelchairs to and from when an HHA is not readily available, transporting musical equipment to and from apt and CMR, calling Bingo!, running the men’s group meetings, taking over Bible Study and Devotions when leaders are not available. And everything else you all do out of the kindness of your hearts.

Lyndon Peterson  
Brian Larson  
Jean Ferguson  
Diane Helgeson  
Audrey Peterson

Kathy Lecy  
Carol Kane  
LuAnn Jutting  
Betty Dean  
Bryan Byrne

Bob Reber  
Carolyn Shriver  
Penny Pokorny  
Barb Wallace  
Peter Peterson

Maridale Sand  
Bev Lippka  
Jim Kronlokken  
Gretchen Tjossem

*By volunteering, you have just given the most expensive and priceless gift, anyone could have ever given – kindness, your valuable time and unconditional love.*





FROM THE EXECUTIVE  
DIRECTOR’S DESK



BY CHELSEA KALAL

Welcome to Spring! It certainly hasn’t felt that way this past week or so, but we all know that green grass, flowers, and sunshine are soon to be here. Spring always reminds me of change. While change is scary and hard for many people, it allows us to reflect on what we have endured to get to where we are and focus on new goals for the upcoming season. Since I began at Prairie Bluffs just over 5 months ago, I have been creating a list of projects and goals for both the community and myself. I am excited to really start tackling more of these this month and will be bringing you all along for the ride. Our Praise Board has been a big hit – please continue to utilize it to recognize our amazing staff here!

Chelsea



Introducing our new Speech Therapist from Active Therapy!

Jessica Williams is Active Therapy’s new Speech-Language Pathologist (SLP), AKA speech therapist (ST). Jessica earned her bachelor’s degree from Saint Cloud State University (SCSU). After graduating, she went to the University of Minnesota Duluth (UMD) to get her Master’s Degree in Communication Sciences and Disorders. Jessica has experience working in various settings, from transitional care, to home care, and outpatient services (as we provide here). On a part-time basis, she also works as a speech therapist for an acute care hospital (North Memorial)!

Jessica’s passion to become a speech therapist began in her teens when she shadowed her mother’s speech therapist coworkers working with kids. She originally thought she would work in the schools, but quickly learned she had a passion for working in healthcare. She particularly enjoys working with adults, seniors, and “super-seniors” . Some of her colleagues think of this professional role as “the Master of the Neck and Up.” Starting from the anatomy of the lungs to the neck, tongue (a complex tool!), facial muscles, and how these structures combine to produce words and speech. These same structures allow you to safely chew and swallow foods, drinks, and medications. One very dangerous problem that can occur when these areas are not working properly is the increased risk of choking, and/or increased risk of “aspiration” pneumonia; in which food/liquids/bacteria improperly enter your lungs. Working our way UP are the nerves that feed these areas and coordinate to activate movements in sequence to make sounds, facial expressions, etc. Then, are the inner workings of the brain where processes occur to put together thoughts before your words come out.

These are some of the things with which Jessica likes to help with: assessments providing insight on how well you can think, problem solve, and make insightful decisions, working on tips and tricks to help you comprehend, remember, and process information, and enhancing people’s ability to better communicate and be a part of more meaningful social experiences. Jessica also has experience educating families and loved ones of those diagnosed with dementia on how to best support their needs and modify expectations as the stages of dementia change over time.

In her free time, Jessica enjoys spending time with her two children, both boys – ages 1 and 4, husband, and new puppy! She loves the outdoors, being creative, reading, and drinking coffee. Jessica loves bringing positive energy into people’s lives! She has the heart of a servant and is committed to helping you live your best life.

Ashley

MARKETING MINUTE



BY KAY SOUPIR

Happy April Everyone!

Marketing has been very busy the last several weeks and we have many new faces in the community. Please make sure you stop and say hi to all the new people coming to our community. We have a lot of good happenings coming up for the month of April.

I will be hosting an Advance Care Planning Education put on by St. Croix Hospice on April 10<sup>th</sup>, 2024 from 3:30 -4:30 pm in the Minnehaha Community Room. This will be a free education course that offers an overview of advance care planning. I will have flyers located throughout the building with more information on the education.

I would like to order more garden boxes for the Independent Building patio for more gardening opportunities to have for those that enjoy planting and maintaining the gardens for the growing season. Please feel free to give me your input on this.

“Life is about accepting the challenges along the way, choosing to keep moving forward, and savoring the journey.”

Kay

CORY’S CREATIONS

BY CORY FRANZMEIER

Happy Easter to you all! I hope you had a wonderful holiday. I really don’t have much to report this month. I hope you’re enjoying the new menu items and if you’re not please let me know and we can make some adjustments. I will be having another cooking with Cory session on April 2nd. Please look at the calendar for the time. I will be making everyone’s favorite Deviled Eggs. I will make a few different types of Deviled Eggs to give you some options. But for now, I will just post the Classic Deviled Egg Recipe here for you.

Classic Deviled Eggs

- 6 Large Eggs
- 1/4 Cup Mayonnaise
- 1 tsp. Dijon Mustard
- 1 tsp. Hot Sauce
- Kosher Salt
- Freshly Ground Black Pepper
- Sliced Chives and Smoked Paprika for serving.

Directions:

- Step 1.** Bring a large pot of water (about 8 Cups) to a boil. Using tongs or a slotted spoon, gently lower each egg into water. Return to a boil, cover, reduce heat to medium low, and cook 12 minutes. About 3 minutes before eggs are cooked, fill a large bowl with about 2 cups ice and about 3 cups of water. Transfer eggs to ice water. Let sit about 30 seconds. Drain, rinse eggs under cold water, and peel.
- Step 2.** Halve eggs lengthwise and scoop out yolks into a medium bowl. Add Mayonnaise, mustard, and hot sauce to bowl, then mash yolks with the back of a fork an stir until mixture is smooth; season with salt and pepper.
- Step 3.** Arrange egg whites on a platter. Using a piping bag fitted with a star tip fill egg whites with egg yolk mixture. Top with chives and paprika.

Cory





SPRING RECIPE



Cherry Rhubarb Crunch

- Ingredients:
- 1 cup rolled oats
  - 1 cup packed brown sugar
  - 1 cup all-purpose flour
  - 1/4 teaspoon salt
  - 1/2 cup cold butter, cubed
  - 4 cups diced rhubarb
  - 1 cup sugar
  - 2 tablespoons cornstarch
  - 1 cup water
  - 1 teaspoon almond extract
  - 1 can (21 ounces) cherry pie filling
  - 1/2 cup finely chopped walnuts
  - Vanilla ice cream, optional

Directions:

1. Preheat oven to 350°. In a large bowl, combine oats, brown sugar, flour and salt; stir well. Cut in butter until crumbly. Pat 2 cups mixture into a greased 13x9-in. baking dish; cover with rhubarb. Set aside remaining crumb mixture.

2. In a saucepan, combine sugar and cornstarch. Stir in water; cook until mixture is thickened and clear. Stir in extract and cherry filling; spoon over rhubarb. Combine nuts with reserved crumb mixture; sprinkle over cherries. Bake until filling is bubbly and topping is lightly browned, 40-45 minutes. If desired, serve with ice cream.

KATIE’S KLEANING KORNER

BY KATIE INGRAM



Hey Prairie Bluffs Community. I hope you all had a safe and blessed Easter. We have reasons for celebrating in April. HealthCare Services Group has been your cleaning crew for a whole year now!!! To say we are blessed with such a great community would be an understatement. Secondly Katie, your 2nd floor housekeeper/Assistant Manager and Faith your 3rd floor housekeeper have been with us for the entire year we have been within the community. If you see them give them a high five. I appreciate all their hard work and love for you residents. We are thankful for each and every one of

you and love helping you keep your homes sparkly. We look forward to another year in the books with the community. Thank you for making it such a warm place to work.

As a reminder we do not provide toilet paper, paper towels, and or garbage bags to the assisted living or independent living apartments. Also what is left in the public restrooms is for the restrooms, please do not take it for your home. I was given a pretty tight budget to supply the building and if you are taking it for your home it leaves the building without. We can maybe help out if you are between shopping trips but cannot supply all of your toilet paper and such. I am very sorry for any inconvenience this may cause, but I do hope you understand.

Again, thank you for allowing us into your homes to clean. Enjoy a picture of your housekeeping team. From left is Evan, your 1st floor housekeeper, Crystal in the back, is your 4th floor/floating housekeeper, Faith in front, is your 3rd floor housekeeper, and last but not least Katie, your 2nd floor housekeeper/assistant manager.

PB’S TRANSPORTATION HUB



Open transportation is available anywhere in **Eden Prairie** on Mondays and Wednesdays for the month of April, 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.

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 is located on the counter under the main lobby stairs (for AL). You can also call the *new* Life Enrichment Director’s desk phone at 952-213-6255 or the front desk at 952-444-5000 to sign up for outings.



A lunch outing with this fabulously fun bunch at Tavern 4 & 5.

WELCOME

NEW NEIGHBORS

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

Gerald L.	#132
Patricia C.	#336
Jeanette G.	#137
Franci L.	#109
Janny H.	#116
John J.	#115
Elizabeth C.	#311

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/>



HAPPY APRIL BIRTHDAY TO...

Audrey S. on 04/03

Diane H. on 04/07

Joan H. on 04/08

Betty D. on 04/19

LuAnn J. on 04/20

Jim H. on 04/20

Jan M. on 04/24

Heather H. on 04/24

Jean C. on 04/24

Mary C. on 04/30

Diane B. on 04/30

April Facts and Fun

The Birthstone of April is:

Diamond

The April Zodiac Signs are:

Aries and Taurus

The April Birth Flowers are:

Daisies and Sweet Peas



♈ An Aries is a person born between March 21<sup>st</sup> and April 19<sup>th</sup>. Aries loves to be number one, so it's no surprise that these audacious rams are the first sign of the zodiac. Bold and ambitious, Aries dives headfirst into even the most challenging situations. Aries is a passionate, motivated, and confident leader who builds community with their cheerful disposition and relentless determination.

♉ 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 love 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.

April Horoscope

April brings the awakening of nature and with it also a new chapter in our lives. The month when the sun moves through the dynamic sign of Aries and then settles into the stable earth sign of Taurus holds the promise of renewal and growth. This is a time when we can expect the stars to influence our lives in unique ways, providing opportunities for advancement and perhaps challenges that encourage personal growth.

PBSL RESIDENT  
SPOTLIGHT



Let's get to know Shelly Knuths! Shelly moved to PBSL in July of 2021. She was born the eldest of eight kids on a family farm in Albert Lea. Her parents had eight children in ten years, so Shelly and her siblings learned to work hard early. She started driving a tractor at 9! In 1957, Shelly married Leroy Knuths. He worked as a CPA and then Partner with Arthur Anderson. Together they had four children, Jay, Sina, Jon and Kara. Eventually the Knuths' decided on a major change and they bought Rosco Manufacturing in 1980. The company made and sold Road Maintenance Equipment worldwide and they eventually moved it to Madison, South Dakota. Shelly was very involved and eventually served as Director of Administration for Rosco. One year in the late-eighties, she was named South Dakota Businesswoman of the Year! A pretty cool fact about Shelly is that she hunted pheasants until she was 82! She learned to needlepoint at 10 years old and still does it to this day. She joked that when she moved to PBSL from her house, transporting her needlepointing supplies was of more concern than her furniture! Shelly describes herself as pragmatic and very family-oriented. She is happiest at her cabin on Ten Mile Lake. One of her life's highlights was a 110-day cruise around the world that visited 47 ports! If you haven't met Shelly, you might find her at Women's Coffee Group on Tuesdays. We're happy you're here Shelly!

PBSL MARCH  
EMPLOYEE OF THE MONTH

**Congratulations to our Employee of the Month, Bashir!** Bashir started as a Certified Nursing Assistant at Prairie Bluffs in 2021 and states that he enjoys working here because Prairie Bluffs is a great company that cares for their staff and residents, and they have good leadership. PBSL is a convenient location from his home and he enjoys the flexibility of this job. Bashir is married and has 5 kids, 4 boys and 1 girl. When he is not working, he likes to spend time with his family, play soccer with his kids, go walking and he loves to read. You can find Bashir reading all kinds of books. He once told us that he likes to read to learn and better understand our history and culture. When speaking to his co-workers, they would describe Bashir as a "team player, compassionate, easy-going, and great to work with." We are fortunate to have you Bashir! Congratulations on this recognition!!

SPRING JOKES

What did one flower say to the other flower?  
A: Hi, Bud!

Why do birds love Springtime?  
A: Because the weather is "Tweet"

How do thunderstorms save their money?  
A: In a "rainy-day" fund.

What falls but never gets hurt?  
A: The rain.

