



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

WE ARE AT YOUR SERVICE!



Stephanie Frederick
Administrator
Phone: [763.331.5289](tel:763.331.5289)



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



Gayle Rieland
Director of Nursing
Phone: [612.716.0291](tel:612.716.0291)



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

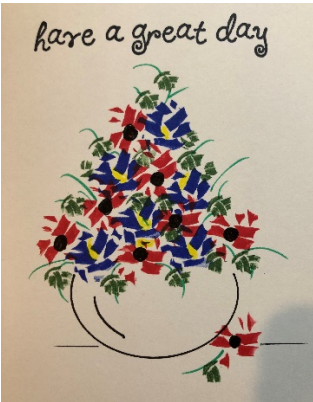


Anna Anderhagen
Director of Life Enrichment
Phone: [952.213.6255](tel:952.213.6255)

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

Andy Larsen
Director of Culinary Services
Phone: [952.212.0343](tel:952.212.0343)

Kaitlyn Graikowski
Nurse Manager, Memory Care
Phone: [952.213.6334](tel:952.213.6334)



Mary Ellen Smith made this rubber band flower design for her stationary using rubber band knots and stamp pads!

The dandelions and buttercups gild all the lawn: the drowsy bee stumbles among the clover tops, and summer sweetens all to me.

- James Russell Lowell

HAPPY FIRST BIRTHDAY PRAIRIE BLUFFS!



Let's go back in time to the 1880s, on the land where Prairie Bluffs was built. This is the Sam Anderson House located just west of the intersection of Pioneer Trail and County Road 18 (which later became Highway 169). According to the Eden Prairie Historical Society, the house had many fine architectural features including gabled dormers and a corbelled chimney. County Road 18 (Highway 169) used to be an old ox cart trail.



Construction for Prairie Bluffs began in 2018. Prairie Bluffs had an office in the strip mall across the street. (The Bella Gina Boutique is there now.) Prairie Bluffs had a "Hard Hat and Galoshes" tour because it was muddy around the site. During the tours, you could hear rap, country, and heavy metal music due to the construction workers' eclectic taste.



The Prairie Bluffs design was inspired by the MN River and surrounding area. Every light fixture, piece of wood, carpet, art piece and outside stone is in some way connected to this concept. The IL lobby design is completely inspired by the MN River. All the rooms are named after bodies of water in Minnesota. The chandeliers may remind you of chunks of ice near the area. If you look at the carpet in the private dining room, there are flecks of gold that resemble embers from a fire. Everywhere you look, you see outdoor themes of prairie grass, birch trees and the MN River!



Jim and Mavis H. were the first people to inquire about Prairie Bluffs. David and Juanita G. were the first people to take a "Hard Hat and Galoshes" tour. Kathy L. was the first person that moved into Prairie Bluffs. Prairie Bluff's birthday is officially July 1st. This picture of Prairie Bluffs was taken across Hennepin Town Road looking east. Did you know that Eden Prairie was once called the town of Hennepin?

FROM THE MANAGER’S DESK



BY STEPHANIE FREDERICK

Greetings Everyone!

Happy summer to you all. What a whirlwind that we have been through since March. I want to thank you for your flexibility, vigilance and patience as we all get through this time together. We all tested negative with these first round of tests! Let’s keep it up for our next round!

I came across an article last week entitled, “Quarantine Fatigue” by Kristin Rogers at CNN and I wanted to share parts of that article with you.

If you've found you're no longer disinfecting your hands as often or becoming more lenient toward unnecessary trips outside, you're not alone. This unintentional phenomenon is "caution fatigue" — and you have your brain to blame... You were likely vigilant at the pandemic's outset, consistently keeping up with ways to ensure you didn't get infected with the coronavirus or infect others. The threat was new and urgent to your brain. And driven by the human instinct for self-preservation, fresh fear motivated you to eagerly adhere to recommended safety precautions.

Fast-forward three to four months, and that sense of immediacy may have faded. Caution fatigue occurs when people show low motivation or energy to comply with safety guidelines. Caution fatigue has been observed in previous or everyday life situations, such as when you ignore an alarm of some sort and don't take it seriously because you've heard it before. This mental state happens for a few reasons, including chronic stress, decreased sensitivity to warnings and the inability to process new information with others.

How can we combat Quarantine Fatigue? Perhaps with self-care, conversations with loved ones and shifting our mindset so following guidelines seems rewarding instead of dreadful. Easier said than done. We haven't had the time to turn safety practices into habits. Since our brains like consistency, all these factors might render following guidelines exhausting. An excess of information can also make it hard to adequately read the environment, understand what a true threat is and whether you're doing enough to address it.

Dr. Nelson, vice chair for education at the University of Minnesota Department of Psychiatry & Behavioral Sciences has four tips for fighting caution fatigue.

1. Recognize it takes energy to stay vigilant and conserve some energy for it.
2. Try to avoid information overload. Best practice is to identify one or two high-quality credible sources, based on science, and to really focus on and elevate those sources of information as to what you're going to respond to as you plan your pandemic response.
3. Some are more successful than others at fighting caution fatigue. You can only control yourself and it may not always be useful to look around and see what others are doing.
4. Find a new motivating factor when fear no longer has an impact. Maybe start to think differently regarding the response and saying, 'Engaging in safe practices is a way to help other people and serve other people' and really try to motivate ourselves using positivity rather than fear which has lost a little bit of its effect.

It may help to remember that social-distancing, wearing a mask and washing our hands often is really about the common good. In keeping yourself safe, you’re also improving public health and our community’s health. There’s something powerful about hope, compassion, caring for others, and altruism.

Be well and take care.

FOR YOUR HEALTH



BY GAYLE RIELAND, MS, RN, PHN

As some communities begin to reopen during the global coronavirus pandemic, public health officials say the best way to prevent illness is to avoid being exposed to the virus. Below are some steps from the Centers for Disease Control and Prevention to help protect yourself and others.

How to protect yourself and others:

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public.
- Stay connected with loved ones through video and phone calls, texts and social media.
- Cover your mouth and nose with a cloth face cover when around others and when you must go out in public, such as to a grocery store. The cloth face cover is meant to protect other people in case you are infected.
- Cover your coughs and sneezes. Use a tissue to cover your nose and mouth and throw used tissues in a lined trash can. If a tissue isn’t available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

If you think you are sick:

- Please stay inside your apartment and contact the Concierge immediately at 952-444-5000 ext. 1 or Stephanie Frederick at 763-331-5289.
- Stay home and call your doctor for medical advice and before visiting a medical office. You should call a health care provider as soon as symptoms start.
- Separate yourself from other people in your home.
- Avoid sharing personal household items, such as dishes, drinking glasses, cups, eating utensils, towels or bedding. Wash items thoroughly after using them with soap and hot water.
- On your own, clean and disinfect high-touch surfaces daily in your sick room and designated bathroom. If you are sharing a bathroom, clean and disinfect it after each use.
- Wear a cloth face cover if you are around other people (e.g., sharing a room or vehicle) and before you enter a health care provider’s office.

I want to thank you for your cooperation and support during our COVID testing on June 23rd. It was such a heartwarming response from an awesome community.

The mosquito is out, it's the end of the day;
she's humming and hunting her evening away.
Who knows why such hunger arrives on such wings
at sundown? I guess it's the nature of things."

- N. M. Boedecker, Midsummer Night Itch

MARKETING MINUTE



BY COLIN GOLDEN

Hello Everyone!

As some of you have noticed, I added a piece of metal to my ring finger the first weekend in June. Leah and I were hitched on June 6th and had the ceremony in my sister’s backyard. We had planned a whole huge wedding with all the bells and whistles and lots of guests, but COVID-19 had different plans for us.

I should mention that when I say “WE” planned a wedding I really mean Leah planned a wedding. Leah was working as a full-time surgical ICU Nurse, picking up shifts at a home care agency, and working at a clinic once a week last year all while planning for the wedding. The woman is a force of nature to say the least. I really think that she just got tired of the blank/confused look on my face when asking my opinion on things like, “which flowers will complement the dresses” or “how can we create a table arrangement that is both timeless yet modern?”, and “What kind of statement should our wedding invites make?” and decided it would be easier to just do it on her own.

Our wedding day, we did follow the social distancing rules and we only had 10 people at our wedding, but it was an incredible time and I wouldn’t change a single thing about our special day. I think it will be kind of a unique story to tell our kids and grandkids someday!



We had some late night visitors at Prairie Bluffs. Can you spot the two deer?

DID YOU KNOW?

The sun always rises in the east and sets in the west—or does it? There are only two days out of the year when the sun rises exactly due east and sets exactly due west. During the spring and fall equinoxes, when the hours of daylight and darkness are equal, Earth is tilted toward the sun in a manner that aligns us perfectly so that the sun appears to rise due east. All other days of the year, the position of the sun’s rising and setting on the horizon varies with the length of the days and nights. At the summer solstice, the day of the longest light, the sun rises as far to the northeast as it ever does.

WHEN WAS IT?

It was during this year that Alcatraz became a federal prison. The very first Masters golf tournament was played in Augusta, Georgia. Shirley Temple starred in her first movie, *Stand Up and Cheer!* The great Dust Bowl storms swept across the American prairies. The Academy Award was first called “Oscar” by Hollywood gossip columnist Sidney Skolsky, and John Dillinger was named Public Enemy Number One.

Answer:1934

HAPPY JULY BIRTHDAY TO...

Mike W. 7/1

You share a birthday with Princess Diana, Princess of Wales, Carl Lewis, Olympic champion, and Pamela Anderson, actress on "Baywatch".

Sharon L. 7/12

Anne M. 7/12

You share a birthday with Julius Caesar, Roman Emperor, Henry David Thoreau, author, philosopher, George Washington Carver, American Botanist, Milton Berle, comedian, and "Curly" Joe DeRita, comedian, one of the "Three Stooges".

Lois O. 7/21

You share a birthday with Ernest Hemingway, novelist, Don Knotts, actor on Andy Griffith Show, Cat Stevens, singer, songwriter, and Robin Williams, actor.

Zada B. 7/22

Carol K. 7/22

You share a birthday with Oscar De La Renta, fashion designer, and Alex Trebek, host on TV game show "Jeopardy".

Jon L. 7/25

You share a birthday with Estelle Getty, actress, Walter Payton, NFL football player, and Louise Brown, the first test-tube baby.

Joan H. 7/27

You share a birthday with Leo Durocher, baseball player, Norman Lear, writer, producer, Peggy Fleming, Champion Olympic figure skater, and Alex Rodriguez, NY Yankees baseball player, "A-Rod".

Maridale S. 7/30

You share a birthday with Henry Ford, auto maker, industrialist, Paul Anka, singer, and Arnold Schwarzenegger, weightlifter, actor, Governor of California, quote: "I'll be back!"

CONCIERGE CORNER



BY JULIE ANDREWS

Happy Anniversary to us! I cannot believe the year has gone by so fast! My first day as Concierge was July 3 and the first person, Kathy Lecy, moved in on July 8. So much has happened since then....all the new people moving in....all the new friends.....we opened AL and MC.....more new people and new friends! I do treasure the memories that have been created in the past 365 days and I am looking forward to all of us making many more! (I still miss my little office in IL!)

I am so thankful that all our residents and staff tested negative for Covid-19! It is thanks to everyone who has been mindful of wearing their masks, social distancing and everything else we do to keep that nasty virus at bay. We still need to be vigilant and keep it up!!! Covid-19 needs to go away so we can reclaim our summer activities and social events!

I am back to full time. I will be here from 8 – 5 Monday through Friday. Jeff will be here Mondays and Wednesdays from 10 – 2, Tuesdays from 3 – 7 and Saturdays and Sundays from 8 – 5. Of course, all of this is subject to change. Just know that someone will be at the concierge desk from 8 am to 5 pm... 7 days a week! Happy 4th of July to you all!

RIDDLE ME THIS

A man shaves several times a day yet he still has a beard.
Who could this man be?

Answer: A Barber

ACTIVE LIFESTYLE



BY ANNA ANDERHAGEN

How is everybody doing? I hope you are hanging in there. I miss you all very much. It’s become clich   to say that these are challenging times but I am going to say it anyway. Many people are more stressed, anxious, and lonely than usual. It is entirely reasonable to feel these things, given what’s going on.

For many people, more of the bad tends to mean less of the good. If something sad happens on Tuesday, people forget about what gave them joy on Monday. But research has found that resilient people, people who handle life’s challenges especially well, and who quickly bounce back from setbacks, are better able to hold on to the good, even in the presence of the bad. When faced with challenges, resilient people don’t avoid negative states, thinking everything is fine. Even while feeling stress, anxiety, and loneliness, resilient people continue feeling love, gratitude, joy, and hope. Accepting (not suppressing) negative emotion is part of what it means to be resilient.

The good news is that we can cultivate resiliency. Resilience increases as people experience more frequent positive emotions. So, how can we experience more positive emotions, even with the world in its current state? Here are some helpful ideas:

- 1. Set aside time to take care of your body, mind, and spirit. Exercise, hobbies, prayer or meditation bring positive emotions, for those living alone or with others.
- 2. Help others. Those who go out of their way to help others also experience more positive emotions.
- 3. Call, text and connect with others. Even meet face to face, if you’re six feet apart, wearing a mask, just for 10 minutes. It doesn’t have to be for very long. It is not how much time you spend with others, but rather the quality of the emotional connection you make with them.

My word for May was “uplift”. June was “awe.” This month, it’s “resilience”. When I feel stress, anxiety or loneliness, I am going to try and find the love, gratitude, joy and hope during the day, too.

*Many of the ideas from this article came from the Greater Good Magazine at UC Berkeley.

DOUBLE RAINBOWS ON THE WEST AND EAST SIDES OF PRAIRIE BLUFFS!

Kathy captured this beautiful rainbow on the west side of Prairie Bluffs. You can faintly see that it is a double rainbow! What a sign of hope and transformation!

It is promising because double rainbows signify new beginnings and good changes!



Gretchen and Bob also saw a double rainbow on the east side of Prairie Bluffs on a different day!

Double rainbows are seen when the sun’s rays are twice reflected within a raindrop. In the rainbow body, the colors get inverted – the red color appears on the inside while the violet is on the outside. Can you see the faint color inversion in this photo?

FUN VIRTUAL THINGS
TO DO ONLINE!

You can commemorate the 100 year anniversary of American women winning the right to vote by visiting the Library of Congress’s online exhibition about the suffrage movement.
<https://www.loc.gov/exhibitions/women-fight-for-the-vote/about-this-exhibition/>

Get an online taste of Austrian tradition through some entertaining snippets offered up by the Salzburg Puppet Theatre.
<https://www.youtube.com/channel/UCbaYe52XalxJMMATkybKDUw>

While listening to Mozart at home, take a virtual tour of Mozart’s birthplace!
<https://mozarteum.at/en/museums/mozarts-birthplace/#virtual-tour-mozarts-birthplace-section>

Tokyo’s MORI Building Digital Art Museum: teamLab Borderless offers a range of immersive videos that take you inside the museum’s trippy and wonderful exhibits.
<https://borderless.teamlab.art/>

Tour of the online exhibitions of the Canterbury Museum in New Zealand
<https://www.canterburymuseum.com/discover/online-exhibitions-overview/>

Head to Churchill, Manitoba, the Polar Bear capital of the world. Check out this live webcam of polar bears!
<https://explore.org/livecams/polar-bears/polar-bear-cam>

Take a virtual dive with the National Marine Sanctuaries. You can explore the blue depths of the American Samoa, the Florida Keys, Monterey Bay, and many others.
<https://sanctuaries.noaa.gov/vr/>

MORE VIRTUAL TRAVEL IDEAS:

Anyone dreaming of white sand beaches might enjoy browsing the views from this collection of webcams scattered around the British Virgin Islands.
<https://www.bvimariner.com/webcams/>

Get a bird’s-eye view of Greenland’s stunning frozen scenery in this elegant nine-minute video.
<https://www.youtube.com/watch?v=f7hbWvHKns0>

Paso Robles is known for its wineries, and good news: You can now visit many of them online, while enjoying a glass of whatever you have on hand at home!
<https://pasorobleswineries.net/virtually-tour-paso-robles/>

Let’s go to Sicily!
<https://360fusion.net/Sicily/Sicily.html>

Take a virtual rickshaw ride around the city of Tokyo!
<https://www.youtube.com/watch?v=XBnpivFtlhY>

See the Roman ruins of Caesarea in a beautiful stretch of Israel’s Mediterranean coast.
https://www.youtube.com/watch?v=Pvuv-tfpoOc&t=14s#_blank

Take a walking virtual tour of Krakow, Poland!
<http://virtualnyspacer.krakow.pl/html5/index.php?id=52619#52619/0>

Check out Swedish nature in virtual reality!
<https://visitsweden.com/what-to-do/nature-outdoors/nature/sweden-vr-films/>

Take a panoramic tour of the Bahamas!
<http://360vr.bahamas.com/#pano2132/-19.4/21.6/90.0>

ROLLING HAPPY HOUR CART



Jeff and Colin celebrating Flag Day with drinks and flag trivia!

HAPPY 4TH OF JULY!

We are already familiar with the fireworks, parades, barbeque and festivities like picnics, fairs, concerts and parties that take place on this day, but here are some interesting tidbits about the July fourth holiday.

- Only John Hancock signed the Declaration of Independence on July 4, 1776. All the others signed later.
- The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The only two signers of the Declaration of Independence who later served as President of the United States were John Adams and Thomas Jefferson.
- The stars on the original American flag were in a circle so all the Colonies would appear equal.
- The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.
- President John Adams, Thomas Jefferson and James Monroe all died on the Fourth of July. Adams and Jefferson died on the same day within hours of each other in 1826.
- Every 4th of July, the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

MONTHLY CELEBRATIONS IN JULY

Color Your World Month – Celebrate with Red, White, and Blue Day on Independence Day (Fourth of July), Yellow Pig Day (July 17), and Blue Monday (July 27).

Doghouse Repairs Month – It is a month to stay out of trouble and do something nice for someone who is important to you. If you are IN the doghouse, celebrate Get Out of the Doghouse Day (July 20).

Fabric Care Month – It is a month set aside to educate people about how to handle tough laundry problems. Celebrate Laundry Workers' Week (July 6) and Sort Your Laundry Day (July 10).

Roots and Branches Month or Family Tree Month – This is a month to do a family project and celebrate who you are, where you came from, and where you are going. We can also celebrate Parents Day and Aunties Day (July 26), Cousins Day (July 24) and Father-in-Law Day (July 30).

"You've Got Mail" Month – Celebrate Praise Postal Workers Day (July 1), the anniversary of the first U.S. stamps (issued on July 1, 1847), the birth of the five-digit postage ZIP codes (beginning on July 1, 1963), and the anniversary of the appointment of the first postmaster general (July 26) this month.

FOOD FOR THOUGHT

BY ANDY LARSEN

Good day to you all!

The theme I'd like to touch on this month is berries! Berries of all kinds are some of my favorite foods which is great because they carry many health benefits so it's a win-win! Strawberries, Blueberries, Blackberries and Raspberries are very low on the Glycemic Index which is scale that measures how quickly certain foods will cause a person's blood sugar to spike. With a score of 40/100, berries are a great option for those watching their blood sugar but also have a sweet tooth!

If you're anything like me, you love raspberries! I know for me; a "serving" of raspberries simply depends on how big the container is! Did you know that according to an article posted on "thekitchn.com" Minneapolis/St. Paul is rated the #1 raspberry loving city and #3 overall berry loving city in the country? How cool is that!?! And just because I love fun facts: did you also know that avocados, bananas, kiwis, pumpkins, tomatoes and watermelon are all berries? Because the seeds are located inside these fruits, they are all berries! I'll never look at a BLT sandwich the same way!

BERRY PUNNY JOKES

Eat, drink, and be berry, for tomorrow we're pie.

I went to the farmer's market to get some berries, but they didn't have any. It was a fruitless trip.

What happened when a truckload of strawberries crashed on the freeway? It caused a huge jam.

How do grapes settle their disputes? They berry the hatchet.

Why are blackberries never lonely?
Because they hang around in bunches.

What do you call a bunch of berries playing instruments?
A jam session

How do you fix broken berries? With a berry patch

What's a berry's favorite type of news? Currant events

What is a British berry's motto? Keep calm and cherry on

Where did Fats Domino like to pick berries? On Blueberry Hill

What do you get when you walk around with
berries in your shoes? Toe jam

What kind of berries taste the most fowl? Gooseberries

How do you make a blackberry turnover? Push it down a hill.

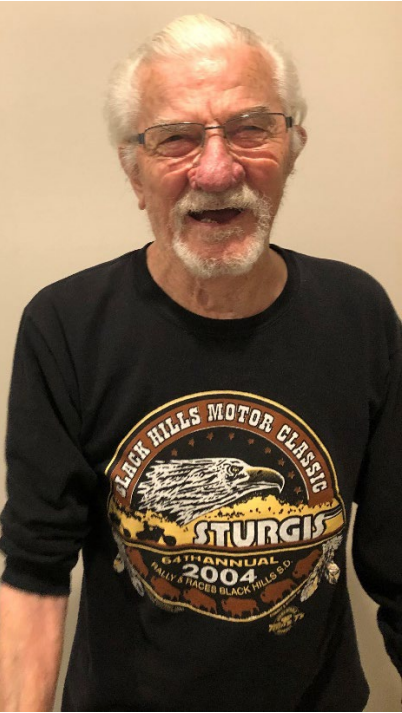
MORE ABOUT JULY

July was named for Julius Caesar and is the seventh month of the year in the Gregorian Calendar. July is often called the "dog days" of summer. This nickname comes from the ancient Romans who referred to the hot, humid days of July as *dies caniculares*, or "dog days," due to an association with Sirius, also called the dog star, in the summer night sky.

The steady buzzzzzzzz of the Katydid chorus,
the bass solo of the croaking Frog,
the steady woof-woof-woof a barking Dog -
a summer night's serenade.
- Michael P. Garofalo, Cuttings

"Hot July brings cooling showers,
Apricots and gillyflowers."
- Sara Coleridge, Pretty Lessons in Verse

GETTING TO KNOW YOU



Introducing...Bob Eder!

Bob Eder is friendly, thoughtful and a positive thinker. He makes things fun and exciting wherever he goes!

What might someone be surprised to know about you? **I raced cars and motorcycles and I was fast. I also owned two food trucks.**

If you could meet anyone in the world, who would it be? **Wild Bill Cody. I am reading a book about him right now. He was a great gunfighter on the American frontier. He would be full of himself if I met him, though.**

What is your favorite sport? **Hunting deer and pheasants. I love being outside, especially in nature. Taking walks in the woods, seeing deer, owls and other birds. I like learning the different sounds that birds make.**

What is the best vacation you have ever taken? **Oh, I’ve taken so many... Probably camping by a lake, any lake. And going fishing for crappies and sunfish. Those are my favorite. They are easy to clean.**

If Hollywood made a movie about your life, who would you want cast as you? **I’d want to play myself in the movie! There is only one Bob Eder.**

If you were to write a book about yourself, what would you name it? **“Making the Heart Feel Good”.**

Do you have a motto that you live by? **Life is too short not to have some fun and excitement.**

Do you have any hobbies? **I build and ride motorcycles. I like Hondas, the big ones. Honda Gold Wings are the best, not Harley Davidson. My friend had a Harley and I raced him 180 miles with my Honda Gold Wing. I went over 120 mph! When I got off my motorcycle, I was dizzy, going so fast. But I beat him.**

When are you happiest? **When I am on my motorcycle in the mountains. I feel free.**



Bob on a motorcycle in February

SUDOKU

				7				
4					3			
	6		4		2		1	3
7	3				4			
		4						8
			7			9		
		9		3		8	5	7
					1			
6			9					

TREE FOR THE MONTH OF JULY:



WALNUT TREE

Walnut trees grow around 30 to 130 feet tall, have feather-like leaves, and bloom in the spring. The plant flourishes in temperate climates across the world and is cultivated for its fine timber and prized nuts. The edible seeds of these deciduous trees are called walnuts, which are usually harvested September through November. China produces half of the world’s walnuts. The United States and Iran are also big walnut growers. Walnuts are a healthy nut that is high in protein and omega-3 fatty acids. These nuts are often used in baked goods or served candied as a sweet treat.

JULY BIRTHSTONE: RUBY



The word ruby comes from the Latin word *rubens*, meaning “red.” Rubies can range in color from light raspberry to dark purple. The rubies from Myanmar, formerly Burma, are the most valuable and sought-after rubies because of their color, described as pigeon-blood red. The only natural gemstone that is harder than a ruby is a diamond. Large rubies of good quality are very rare and very expensive. In fact, the ruby is the highest-priced colored gemstone in the world.

JULY FLOWER: LARKSPUR



Many flowers get their names from their color, but the larkspur takes its’ name from an animal. The flower’s scientific name, delphinium, is derived from the Greek word for dolphin, *delphis*. As the larkspur begins to bloom, its petals form graceful arches and curve in a bottle-like shape, resembling the nose of a dolphin. Larkspurs of all colors are thought to symbolize feelings of lightness and an open heart.

DID YOU KNOW?

Around July 1, 1200: Historical artifacts suggest that sunglasses were invented in China. Smoke-colored quartz lenses were worn by judges to shield their eyes from both the sun and witnesses being questioned.

GETTING TO KNOW YOU

Afia Akosomo Nyanthakyiwaa, Lead Home Health Aide and CNA



Afia in a traditional Ghanaian dress.

How do you define success? **To be able to interact with people and make them feel good. To have them feel better. It is much better than money in your pocket.**

Before you came to America, what did you do? **In Ghana, I taught French for 10 years. When I came to America, I became a paralegal. It was fine but I wanted to be able to move around rather than sit all the time in one place. I love what I do now!**

What is the best vacation that you have ever had? **I just went to Ghana this past December and surprised my mom. We all met, the whole family, even my cousins from all over Europe. We had a party for my mother and my aunt for 2 whole days. We wanted to show them love.**

If you could meet anyone in the world, who would it be? **Jesus. Amen!**

If you were to write a book about yourself, what would you name it? **I’ve started to write a book already! It is called “Never Say Never.” I want to be an author when I retire.**

What are your top five life highlights? **1. My children. I have two boys, Ernest and Kelvin. 2. Coming to America. 3. Getting an education. 4. My boys graduating high school. 5. My boys graduating college.**

Do you have any hobbies? **I don’t like cooking, I love cooking! And I make lots of food when cooking, 4-5 things at the same time. I always give some of my cooking to people to take home with them, too. I can cook from 6 a.m. to 11 p.m. the whole time listening to music. Before I was born, my mom and dad would dance to “What a Wonderful World” by Louis Armstrong. That is my favorite song along with Whitney Houston’s “I Will Always Love You” and “Lady in Red.”**

When are you happiest? **When I am cooking and talking with my mom. I also like to laugh. When you meet a person without a smile, give them one of yours.**

PATRIOTIC QUOTES

“Where liberty dwells, there is my country.” – Benjamin Franklin

“My favorite thing about the United States? Lots of Americans, one America.” – Val Saintsburt

“Ask not what your country can do for you—ask what you can do for your country.” – John F. Kennedy

“I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him.” – Abraham Lincoln

“Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance.”
— Theodore Roosevelt

TECHNOLOGY CORNER

Let’s start with Technology Basics this month!
The definition of a computer is an electronic device that manipulates information or data and can store, retrieve, and process data.

Types of Computers

- 1. Desktop: A desktop computer usually comes with separate components that make up the desktop. It comprises a screen called a monitor, a mouse, a keyboard, and the computer box itself (called a tower). Many newer versions of desktop computers, known as “all-in-ones,” combine the monitor and computer box into a single unit with a separate keyboard. It relies on main power connection with a power cable.
- 2. Laptop: A laptop computer, also known as a notebook, is a single box that opens like a clamshell, with the monitor on top and keyboard and mouse below. Laptops are convenient in that they are portable and in addition to a power cable it also uses battery power, which can last for several hours.
- 3. Tablet: A tablet computer is a lightweight, wireless, and portable personal computer with a touchscreen flat surface. The tablet is usually smaller than a notebook computer but larger than a smartphone. Tablets can also serve as a camera for photography and video capabilities. It also has a battery that can last several hours but is also a cable for charging directly into a power source.
- 4. Smartphone: A smartphone is a cellular phone device with the capabilities of a personal computer. Like a tablet, they use a touchscreen surface and have cameras for photography and video recording. For most people, smartphones are used as portable personal computers since they are able to connect to the Internet and allow you to do most of the things on a personal computer.

Useful Things You Can Do with a Computer:

- Browse the Internet
- Use email
- Manage your finances
- Play games
- Download and watch movies
- Listen to music
- Stay in touch with friends and family (via social media software such as Facebook, Twitter or voice calls and video chats via software like Zoom or Skype)
- Sharing photo albums
- Shopping online
- Edit your own video and photos
- Write letters

It’s true that during most of your life, you didn’t have the modern gadgets of today and you did just fine thank you very much! But that doesn’t mean you can’t use technology! If you are interested in learning more about what your phone, tablet, laptop or desktop can do, please call Anna at 952-213-6255. And once we have activities up and rolling again, there is a Tech Talk class you can join every Thursday at 1 p.m.!

*Many of these computer descriptions came from the website *Aging in Place* at <https://www.aginginplace.org>.

WORD SCRAMBLE

- 1. T F P I N P A L _____
- 2. A I R P E I R _____
- 3. V N E I C E _____
- 4. M U E R S E _____
- 5. L D A O D L B _____
- 6. S R T E S U B T _____

Word Scramble Answers:
flippant, prairie, evince, resume, oddball, buttress

JUST FOR FUN DAYS

July 1: International Joke Day – Read some jokes in the *Joking Around* section!

July 2: “I Forgot!” Day – It is a day to make up for all the birthdays, anniversaries, and other special occasions that you forgot to acknowledge. Use this excuse all day long!

July 4: Independence Day – The Declaration of Independence from Great Britain was passed by the Continental Congress in Philadelphia on this day in 1776.



July 6: Malted Milk Day – On this day in 1886, Horlick's of Wisconsin offered the first malted milk for sale to the public. Horlick's developed the process to dehydrate milk and patented it in 1883, calling it "malted milk." The company originally produced a food for babies that could be shipped without spoiling. Do you remember malted milkshakes?

July 7: Lucky 7 Day – It is the seventh day of the seventh month, and seven is considered a lucky number.

July 10: Don't Step on a Bee Day – Today is a day to respect and protect the bees.

July 15: National Give Something Away Day- Feeling generous? Give something away! Another thing you can give away is advice!

July 21: Rail Travel Day – It was on July 21, 1904, that the Trans-Siberian railway was finally completed. The 13-year-long project culminated in a railway over 5,000 miles in length. Have you ever traveled by rail?

July 23: Ice Cream Cone Anniversary – Charles E. Menches of St. Louis invented the ice cream cone and sold it to his customers at the St. Louis World's Fair on this day in 1904. The story goes that he ran out of dishes, so a nearby waffle vendor began to roll his waffles into the shape of a cone to hold the ice cream.

July 27: National Korean War Veterans Armistice Day – A day to honor veterans of the Korean War and to remember the fallen.

July 30: International Day of Friendship – The U.N. proclaimed International Day of Friendship in 2011 with the idea that friendship between countries, cultures, and individuals can inspire peace and build bridges of understanding.



JOKING AROUND

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, "because," he said, "I can't stand chess nuts boasting in an open foyer."

I went to the zoo the other day, there was only one dog in it, it was a shitzu.

To the guy who invented zero, thanks for nothing!

What did the left eye say to the right eye? Between you and me, something smells.

There was a man who entered a local paper's pun contest... He sent in ten different puns, in the hope that at least one of the puns would win. Unfortunately, no pun in ten did.

A man walks into a bar and it's empty – it's just him and the bartender. He sits down and orders a drink. He hears someone whisper, “Pssst...I like your tie.” The man looks around but doesn't see anyone. “Pssst...that color looks nice on you.” He asks the bartender, “Excuse me, but...are you speaking to me?” The bartender rolls his eyes and says, “No, sorry about that. It's the peanuts... they're complimentary.”

THIS DAY IN HISTORY

July 2, 1776 - The Continental Congress in Philadelphia adopted the following resolution, originally introduced on June 7, by Richard Henry Lee of Virginia: "Resolved, That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved."

July 2, 1964 - President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination based on race in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration.

July 4, 1776 - The Declaration of Independence was approved by the Continental Congress.

July 7, 1898 - President William McKinley signed a resolution annexing Hawaii. In 1900, Congress made Hawaii an incorporated territory of the U.S., which it remained until becoming a state in 1959.

July 18, 1947 - President Harry Truman signed an Executive Order determining the line of succession if the president becomes incapacitated or dies in office. Following the vice president, the speaker of the house and president of the Senate are next in succession.

July 19-20, 1848 – A women's rights convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.

July 20, 1969 - A global audience watched on television as Apollo 11 Astronaut Neil Armstrong took his first step onto the moon. As he stepped onto the moon's surface he proclaimed, "That's one small step for man, one giant leap for mankind" - inadvertently omitting an "a" before "man" and slightly changing the meaning.

July 25, 1909 - The world's first international overseas airplane flight was achieved by Louis Bleriot in a small monoplane. After asking, "Where is England?" he took off from France and landed in England near Dover, where he was greeted by British police.

July 27, 1953 - The Korean War ended with the signing of an armistice by U.S. and North Korean delegates at Panmunjom, Korea. The war had lasted just over three years.

July 31, 1790 - The U.S. Patent Office first opened its doors. The first U.S. patent was issued to Samuel Hopkins of Vermont for a new method of making pearlash and potash. The patent was signed by George Washington and Thomas Jefferson.



NAME FIVE

Can you name the five largest European countries by area?

1.France, 551,695 km²; 2. Spain, 498,511; 3. Sweden, 450,295; 4. Norway, 385,178; 5. Germany, 357,386