



# THE PRAIRIE BLUFFS POST

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

### We Are at Your Service!



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From the upland hidden,  
Where the hill is sunny  
Tawny like pure honey  
In the August heat,  
Memories float unbidden  
Where the thicket serries  
Fragrant with ripe berries  
And the milkweed sweet.

-Duncan Campbell Scott



At last count, we have over 80 cherry, 35 Big Boy and 25 Beefsteak tomatoes!

At right, Bob E. is showing his crop of cherry tomatoes.



### GARDENS GALORE!

There's a certain magic being in a garden full of life and opportunity, let alone cultivating that beauty within a community. We have three gardens at Prairie Bluffs and they are all flourishing!

Gardening is a good way to feel a positive sense of control and responsibility. Through nurturing plants and gardens, we feel accomplished with tangible proof of our effort. A little part of you goes into the care of each plant, and seeing it flourish can be very exhilarating. Gardening has also been known to reduce blood pressure, improve sleep and improve mood. Gardening also forces you to practice being present every day. Gardening encourages mindfulness because it engages all the senses- smell, sight, sound, touch and the special reward at the end: taste!



A sampling of tomatoes, basil, chives and cucumber by Kathy.

There are important social benefits of gardening, too. Gardens bring people together. They connect us to other living things (plants, people and wildlife). Connection to nature is connection to life itself! Gardens have been an important aspect of many cultures in history. In the past, community gardens were commonly used to provide food for families year round. During WWII, victory gardens were an important source of food for American families. Did you or your parents have a victory garden? What did you grow?

Tomatoes, cucumbers, chives, basil, cantaloupe and watermelon are being harvested here at Prairie Bluffs. Take a look around the gardens! Try a sample! Taste summer and enjoy!



From impatiens and zinnias to geraniums and begonias, Prairie Bluffs grows them all!

### IN THIS ISSUE



# FROM THE MANAGER’S DESK



BY STEPHANIE FREDERICK

Greetings Everyone,

Can you believe the summer has nearly passed us by? When I think of August, so many wonderful memories come to mind. August is the month both of my parents were born. (My heart is filled with gratitude for the month of August as my parents adopted me years later.)

August is also exciting because as a kid I LOVED back to school shopping. I was not into the shopping for the clothes...I am a nerd at heart and loved the thought of new pencils, pens, notebooks, and yes, my favorite...the essential backpack! A new school year meant new beginnings.

When I think of new beginnings, I think of you and all of us here at Prairie Bluffs. We see the world differently now. We experience the world differently now. I have gratitude in my heart not only for August being the month of celebrating my parents but also celebrating new beginnings with all of you!

Kind Regards,  
Stephanie

# MARKETING MINUTE



BY COLIN GOLDEN

Hello Prairie Bluffians! Bluffites ? Bluffys?

I don’t have anything all that interesting going on in my life right now to share so I thought I would share some shower thoughts. What are shower thoughts you ask ? I think we have all had a "shower thought" or two. They're the fleeting thoughts you have while doing something mundane, like taking a shower or mowing the lawn. They're the miniature epiphanies that occur when your brain is occupied with doing something else.

- If everyone on earth was to compete in a global game of Rock Paper Scissors, the winner will only have to play 32 times.
- If dogs understood peanut butter cups, they would find it cruel that we took one of their favorite people foods and stuffed it in a shell of poison.
- The answer to the age old half empty or full glass question: It depends on your last action with it. If you drank from it it's half empty, but if you filled it it's half full.
- People with hearing aids can mute you in real life.
- House cats are basically lions that figured out how to get more calories out of a single human.
- The world could stop making coffee mugs and there probably wouldn’t be a shortage for many years.
- Every “C” in ‘Pacific Ocean’ is pronounced differently.
- We’re all probably yawning less since we can’t see other people yawning with their masks on.
- Whoever created the tradition of not seeing the bride in the wedding dress beforehand saved countless husbands everywhere from hours of dress shopping and will forever be a hero to all men.

# FOR YOUR HEALTH



BY GAYLE RIELAND, MS, RN, PHN

It has been a great summer to be near a lake eating ice cream. The annual (30-year) average for 90-degree days in our area is 11 days. We are currently on pace for around 15 to 20 days of 90-degree heat this summer! During these hot days, we all need reminders to stay hydrated.

As we age, our bodies cannot cool down as well as when we were younger. Chronic medical conditions and certain prescription medications can change our body responses to heat. Older adults may not feel as hot when temperatures are very high and are less likely to feel thirsty when their bodies are near dehydration.

The following are tips for staying cool during these hot days of summer:

1. If possible, stay in an air-conditioned environment.
2. Drink plenty of cool, non-alcoholic, non-caffeinated beverages without too much sugar. When the body sweats, it loses vital salts and minerals, so grab a sports drink to replenish. If your liquid intake is limited, eat cold fruits that contain high amounts of water like apples, watermelon and cantaloupe.
3. Stay out of the sun during the warmest parts of the day—usually between 10 and 11 am and 3 and 4 pm. Wear weather appropriate clothing that is loose fitting with light fabrics.

Have a safe, healthy Summer!

Coming soon—Information on our Fall flu clinic.

# NUTS AND BOLTS

BY PATRICK WINSOR

Hello to everyone from the maintenance department!

I hope you are enjoying your summer. We are approaching the time of year that the days are getting shorter. That means I will be keeping an eye out for wasps that may be looking for a place to winter. Please let me know if these pesky critters are trying to make a home close to your apartment.

From our trash and recycle side - thank you for not using any plastic bags for recycling. I have noticed the effort. Also, you may notice that the trash chutes are raining around 8 am on Thursdays. This is from our weekly wash down of the trash chutes.

On the patios, I want to thank all of you for your continued efforts at making sure the furniture cushions and umbrellas are put away. This makes it so much easier for everyone to enjoy!

If you have any ideas for our Grillin’ and Chillin’ nights let me know! I hope you are enjoying them. I know I do! See you all soon!

# IN THE GOOD OLD DAYS OF AUGUST

In August 1932, the average annual income was \$1,652.  
A new house cost \$6,515 and a new car was \$610.  
A gallon of milk cost 43 cents  
and you could get a gallon of gasoline for only 10 cents.

In August 1990, the average annual income was \$20,172.  
A new house cost \$128,732 and a new car was \$12,472.  
A gallon of milk was \$2.15  
and a gallon of gasoline was \$1.16.



ACTIVE LIFESTYLE

BY ANNA ANDERHAGEN

My word for this month is gratitude. It is an affirmation of goodness, of seeing good things in this interesting world we live in right now. It doesn't mean convincing yourself that everything's fine and dandy. Living your life with gratitude means choosing to focus your time and attention on what you appreciate. The goal is not to block out difficulties, but to approach those difficulties from a different perspective. I am trying to recognize that other people-or even higher powers, if you're of a spiritual mindset-give us many gifts, big and small, that bring us goodness in our lives.

Each night, I think of three things that happened during the day which I am grateful for. I usually come up with more than three. It can be a situation, place or a person. It can be as small as a hummingbird taking a sip from a flower or as big as the Minnesota Twins home opener at Target Field finally happening. It is amazing how much goodness there is out there. I invite you to try it!



A special thank you to Bobby Campbell (Mr. Incredible) and Moments Hospice for lifting our spirits with costumes, snacks, treats and drinks.

MONTHLY CELEBRATIONS IN AUGUST

- Arrr-gust Begins – August is International Pirate Month. Practice talking like a pirate all month long!
- Bargain Lovers Month – Celebrate Garage Sale Day (Aug. 8) and Thrift Shop Day (Aug. 17).
- Boomers Making a Difference Month – Baby boomers were born between 1946 and 1964 and are the largest living adult population. We also celebrate Baby Boomers Recognition Day (Aug. 17).
- Clown Month (International) – Celebrate with International Clown Week (Aug. 1–7), Clowning Around Day (Aug. 1), and Lucille Ball's birthday (Aug. 6).
- Geology and Gemstone Month – Celebrate with Carat Day (Aug. 4), Wear Your Birthstone Day (Aug. 13), and A Gem of a Day (Aug. 24).
- Read-A-Romance Month – This month-long celebration urges readers to choose a novel to read from the romance genre.



Sturgeons are long-lived fish. Their average lifespan is 50 to 60 years old.

The largest sturgeon caught on record was a female weighing 3,463 pounds and 24 feet long.

The full moon on August 3rd is known as the sturgeon moon. Some sources say it is named this because sturgeon fish are readily caught during this month.

Did you know that the moon's diameter measures the same distance as that from New York City to Phoenix, AZ?

Some astronauts describe the moon as smelling like gunpowder.

FEATURED ARTIST FOR THE  
MONTH OF AUGUST



Bill Mann

Bill Mann will be giving two patio concerts for us on Thursday, August 6 at 1 p.m. (AL Patio) and 3 p.m. (Minnehaha Patio). He is a thoughtful and compassionate writer and musician, whose heartfelt songs will lift your spirits. Though comfortable on several instruments, Bill is primarily a guitar player with a powerfully soothing voice. His songs are a skillfully crafted blend of personal experience and spirituality. His musical teeth were cut in the 60s and 70s on the Beatles, James Taylor, Jackson Browne, and a whole host of others. You can listen to him anytime on his YouTube channel at <https://www.youtube.com/yourheartknows>.

JOKING AROUND

A frog telephones the Psychic Hotline. His Personal Psychic Advisor tells him, "You are going to meet a beautiful young girl who will want to know everything about you." The frog is thrilled, "This is great! Will I meet her at a party?" "No," says his advisor, "in her biology class."

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

If two left-handed people have an argument, who is right?

To the guy who invented zero: thanks for nothing!

TRANSPORTATION HUB



The Prairie Bluffs bus is back!

Transportation is available anywhere in Eden Prairie on Mondays 8:00-11:00 a.m.

Please sign up for the bus in the activities sign up book stationed in the Minnehaha Room or call/text Jeff directly.

LIVE STREAMING CHURCH AND  
SYNAGOGUE SERVICES (SUNDAYS)

- 9:00 and 10:40 Grace Church <https://grace.church/watch-live/>
- 8:30, 9:45 and 11:00 Wooddale Church <https://wooddale.org/live/>
- 8:15 and 10:45 Cross View Lutheran Church <https://www.crossview.net/worship/media.cfm>
- 9:15 Immanuel Lutheran Church <https://livestream.com/ILC>
- 9:00 Beth El Synagogue <https://www.besyn.org/religious-life/live-streaming/>



CONCIERGE CORNER



BY JULIE ANDREWS

No Minnesota State Fair this year??? OH NO!!!!

Until my 30’s, I was never a huge fan of the fair. My family only went a handful of times when I was a child and I don’t like crowds. It was not until I became friends with Lori and Brad Ribar, who own the Corn Roast, that my perspective changed. Both Lori and Brad are from “fair families” and grew up at the fair during those “12 days of summer”. Lori’s grandparents owned Peter’s Meats and had a hot dog stands while Brad’s grandfather was the superintendent of sanitation for the fair. Lori and Brad met at the fair, married and for his Master thesis, Brad created the corn roast stand and implemented his project after grad school.

After many years of Lori inviting me to experience the fair from her perspective, I joined the thousands of people who ate their way through the fair. This time though, it was different.....I was Lori’s weekend assistant. Until 2 years ago, there was a trailer behind a fence that was her office. (Last year they built a new and improved corn roast stand.) It was in the locked office where we would sort all the money, run it through the counter and band the cash for Brad to take to the bank.

I was amazed at how the thousands of dollars a night would seem like monopoly money! If it rained, we would string clothesline throughout the ceiling and hang bills by clothes pins to dry in the breeze from the air conditioner. In our downtime, we would visit (and eat) with other food vendor friends, explore exhibits and attend concerts. My pay for my hard work (wink wink) was all the beer I could drink and all the corn I could eat! It was a blast!!

The Minnesota State Fair truly runs in the Ribar blood. I am no longer Lori’s weekend assistant as their 2 daughters and their husbands are very involved in the corn stand. And, Lori and Brad’s son and his wife started Duke’s Poutine a number of years ago.

I, along with thousands of others, will miss the Minnesota State Fair this year!

DID YOU KNOW?

Alexander Graham Bell believed that his greatest invention was not the telephone but the photophone, which allowed for voice transmission on a beam of light. It was a precursor to modern fiber-optic communication.

The fat in milk contains beta-carotene, which gives the milk a yellowish color. That is why nonfat milk is whiter than whole milk and why higher fat cheeses are darker in color. Beta-carotene gets into the cow’s milk via the grasses that cows ingest.

Kit Kat, the chocolate-covered wafer bar is a big hit in Japan, in part because Kit Kat translates to “You will surely win.” They are often given as good luck charms to students before school exams.



Barbara T. is raising monarch butterflies! She released a male and female monarch on July 28. How many chrysalises do you see here? She has many more caterpillars that will soon turn into chrysalises, too!

TREE FOR THE MONTH OF  
AUGUST: THE MIGHTY OAK



There are over 600 species of oak trees and shrubs, which are part of the Quercus genus, in the beech family. Oak tree leaves are arranged in a spiral pattern, and its fruit is a nut, commonly called an acorn or oak nut. The lone seed inside an acorn matures in six to eighteen months.

The average oak tree lives to around 200 years but some survive up to 1,000! Oaks can be found in the Americas, Asia, North Africa and Europe. They will thrive in a variety of climates, from cool temperate to tropical regions. They can be deciduous or evergreen.

Oak trees were prized by Celts and Druids who believed in powerful “oak fairies.” Ancient rulers across cultures often wore oak leaf crowns. Because the trees are often struck by lightning, they were also linked to Thor and Zeus.

AUGUST FLOWER: GLADIOLUS



Gladiolus, which gets its name from the Latin word for “sword,” *gladius*, represents strength and moral integrity. It is also said that these romantic looking flowers can pierce a heart with their beauty, which explains why the blooms also symbolize infatuation.

Gladioli grow from a bulb called a corm. Corms are planted each spring and dug up in the fall. “Glads,” as they are commonly called, come in a wonderful range of colors and shapes. The flower blossoms open one by one, from the base on up, making this a very enduring cut flower.



HAPPY AUGUST BIRTHDAY TO...

Gretchen T. 8/6

You share a birthday with Alfred Lord Tennyson-English poet, Edith Roosevelt-former first lady, Alexander Fleming-discovered penicillin, Lucille Ball-actress, and Andy Warhol-artist.

Richard K. 8/18

You share a birthday with Meriwether Lewis-explorer, Rosalynn Carter-former first lady, Robert Redford-actor/director, and Patrick Swayze-actor/dancer.

Fred B. 8/22

You share a birthday with Claude Debussy-composer/musician, H. Norman Schwarzkopf-General who led coalition forces in Operation Desert Storm, Valerie Harper-actress, and Cindy Williams-actress, "Shirley" on TV series "Laverne and Shirley".

GETTING TO KNOW YOU



Introducing...Leely Lundgren-Wilkins, Home Health Aide!

Do you have a favorite quote or motto? **Keep smiling. It makes your day better. Smiling creates a ripple effect. When you smile, it makes someone else smile. And that smile gets passed on to someone else and it keeps going! Laughter is also good. Life is good when you laugh.**

How do you define success? **Take it one day at a time and you will get there eventually. Have patience.**

What was the most unusual job that you have ever had? **When I was about 12 years old, I started delivering the Star Tribune newspaper around my neighborhood. I would start my day at 4 a.m. and I made extra money that way.**

What is the best vacation that you have ever been on? **Disneyworld in Florida and Sea World. I love all animals and I love fish, too.**

If you could meet anyone in the world, who would it be? **God. If it weren't for God, I wouldn't be in this world.**

If you were to write a book about yourself, what would you name it? **Leely and My Dogs.**

What are some of your hobbies? **Camping and fishing. I love to fish. And I will fish for anything that bites.**

What is your favorite thing to do? **Travel. Someday, I would love to travel around the world.**

What is the most important thing that you have learned in the last five years? **I have learned a lot. I have learned to have patience and compassion. To be there for others. It is very important to be there when they really need you.**

What is your hidden talent? **I have a big heart. I have a huge passion for my work. I love it.**

When are you happiest? **I am happy all the time!**

AUGUST BIRTHSTONE: PERIDOT



The peridot is a stunning stone that ranges in color from olive to lime green. The green color is due to the presence of iron. Stones with a brownish tint have higher levels of iron.

Peridot is one of the oldest known gemstones. Ancient Egyptians shaped them into beads. The Greeks used them to make rings and pendants and believed the jewelry could ward off evil. The largest peridot ever found weighs 310 carats and belongs to the Smithsonian Institution.

SUDOKU

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

WORD SCRAMBLE

1. N I C L O H C E R \_\_\_\_\_
2. E L S N B I S G \_\_\_\_\_
3. A I R C V A \_\_\_\_\_
4. S I B U L P H \_\_\_\_\_
5. N E C H E A N \_\_\_\_\_
6. S M U R T E \_\_\_\_\_
7. L M R A K A L H \_\_\_\_\_
8. R T H E M P A O \_\_\_\_\_

Word Scramble Answers:  
chronicle, blessing, caviar, publish, enhance,  
muster, hallmark, metaphor



JUST FOR FUN DAYS

August 1 is Clowning Around Day. It marks the beginning of International Clown Week each year. Wear a red nose and tell some jokes today!

August 3 is Watermelon Day. "When one has tasted it, he knows what the angels eat." ~ Mark Twain.

August 4 is "Well, Hello Dolly" Day. Jazz singer and musician Louis Armstrong was born on this day in 1901. In 1963, Armstrong scored a huge international hit with his version of "Hello Dolly."

August 5 is Pamper Yourself Day. Use scented oils to give the room a calming aroma, make a foot soak and put cucumbers on your eyes!



August 7 is the Purple Heart Anniversary. Following the Revolutionary War, George Washington wanted to honor soldiers for their courage during the conflict. So, he ordered the creation of the Badge of Military Merit (a cloth heart of purple color) on this day in 1782.

The badge was reinstated on Washington's 200th birth anniversary, but its name was changed to the Military Order of the Purple Heart. The Purple Heart is given to those who have been wounded or killed during combat.

August 8 is Happiness Happens Day (formerly, Admit You're Happy Day). The holiday is sponsored by the Secret Society of Happy People. Their website suggests that you celebrate the day by wearing your silver shades and handing out silver kisses. Why silver? Because happy people have a way of finding the silver lining in even the darkest clouds. The website also suggests everyone put a happy description in front of their name today such as Energetic Erin, Kind Kim, Jovial Joe, or Bubbly Bob!

August 9 is Smokey Bear's Birthday. On this day in 1944, the first Smokey Bear poster was released by the Ad Council. The beloved character devotes his life to preserving the forests by informing countless generations of children: "Only YOU can prevent forest fires!"



August 10 is Lazy Day. It is a day dedicated to lazing around, hanging out, and generally relaxing. Put on your comfiest pajamas, curl up with a good book or plan a movie marathon.

August 11 and 12 are Shooting Star Days. These two days are expected to be this year's peak of activity for the Perseid Meteor Shower. Look up in the sky and "wish upon a falling star!" As many as 50–100 falling stars may be seen from late night until dawn.



August 15 is Answer the Phone "Hello" Day. In 1877, Thomas Edison coined the telephone greeting "Hello." He suggested the use of "Hello" to answer the phone instead of "Ahoy" (as used on ships), which was reportedly suggested by Alexander Graham Bell. By 1889, central telephone exchange operators were known as "Hello Girls," and during WWI, Hello Girls became part of the Signal Corps.

August 18 is the 100th Anniversary of a Women's Right to Vote. The 19th amendment to the U.S. Constitution was ratified on this day in 1920. The U.S. Mint will be releasing a design for a Women's Suffrage Centennial silver dollar on this day!

August 22 is Be an Angel Day. A day to do one small act of service for someone. You could even serve them Angel Food Cake!

August 23 is "Singin' in the Rain" Day. Gene Kelly was born on this day in 1912. Did you know Gene Kelly had a 103-degree fever when he filmed the famous dance scene in Singin' in the Rain?

August 26 is Cherry Popsicle Day. According to legend, an 11-year-old boy named Frank Epperson accidentally invented the Popsicle in 1905. He was stirring up a soft drink when he got distracted and left the cup and the stirring stick out on his front porch overnight. The next morning, he discovered a delicious frozen treat with a convenient stick handle!

REMEMBER WHEN IT WAS COLD?

This photo might help you remember! Gretchen took this picture of a sun dog this past winter looking east during the sunrise.



Sundogs are scientifically known as a parhelion, which means “with the sun.” There are two conditions usually present when a Sundog forms: (1) the sun is low in the sky as typically observed at sunset or sunrise, and (2) there are lots of clouds with ice crystals in the sky. Brrrr!

When light is refracted within a water droplet or ice crystal in a cloud, it is broken out into colors. Most people are familiar with this effect when they see a rainbow. Can you see the rainbow around the sun? They are typically located 22 degrees to the right and/or left of the sun depending on how the ice crystals are distributed. The colors transition from red (closest to the sun) to blue (on the edge away from the sun). Thanks for sharing, Bob and Gretchen!



Toby the black goldendoodle puppy visited Prairie Bluffs in July. He loved getting pets and gave out many kisses. He is 5 months old.

RIDDLE ME THIS

What’s the difference between a cornfield and a potato field?

*One has ears that can’t hear, and the other has eyes that can’t see.*