



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

We Are at Your Service!



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The breezes taste of apple peel.
The air is full of smells to feel-
Ripe fruit, old footballs, burning brush,
New books, erasers, chalk, and such.
The bee, his hive, well-honeyed hum,
And Mother cuts Chrysanthemums.
Like plates washed clean with suds, the days
Are polished with a morning haze.
- John Updike, *September*



AN
AFTERNOON
OF FUN!

THE GREAT PRAIRIE BLUFFS GET TOGETHER IS ON SEPTEMBER 3



You can meet Cherokee, the horse!

Get ready to judge the Chili and Soup Cookoff!



A taste of the State Fair is coming to Prairie Bluffs the afternoon of September 3! There will be food trucks, animals, roasted corn, games, contests and more!



It's not too late to join the Duct Tape Sculpture Contest! Sign up for the contest by calling Anna at 952-213-6255. 2 rolls of duct tape will be provided for you but you are welcome to use as much as you want. You can use other materials such as cardboard, clips, wire, etc. Sculptures must be compromised of more than 50% duct tape.

Please give your duct tape sculptures to Anna no later than Thursday, September 3rd at 11:00 a.m. Entries will remain anonymous. Please create a name and sign for your sculpture. The sculptures will be judged by everyone at Prairie Bluffs. The contest will be judged based on creativity and appearance; first, second, third and most interesting place prizes will be awarded.

I love a day spent at the fair,
the sights and sounds that fill the air,
Arts and crafts, food and fun,
The fair has something for everyone!
-Kimberly Rinehart, FFA Scrapbook

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FROM THE MANAGER’S DESK



BY STEPHANIE FREDERICK

Hello everyone! I am looking forward to seeing you at our Prairie Bluffs Fair! For this occasion, I thought that I would share some Minnesota State Fair Trivia with you.

What year was the first Minnesota State Fair held? *1859*

How many food concessions are located throughout the fairgrounds? *Approximately 300 food concessions*

What happens to the giant pumpkins and vegetables in the agriculture horticulture competition after the fair? *They are composted.*

How many cookies can Sweet Martha’s Cookie Jar produce in one day? *3 million cookies!*

Which U.S. presidents have visited the State Fair at one time during their life? *Coolidge, Eisenhower, Harding, Teddy Roosevelt, Taft*

How many ears of corn does the Corn Roast food vendor go through each day? *25,000 ears of corn*

What year was electricity first used at the State Fair, allowing it to operate after sunset? *1899*

What is the oldest food concession on the fairgrounds? *Hamline Church Dining Hall, which began operating in 1897.*

When did attendance first top the 1 million mark? *Sept. 5, 1955*

See you at the Fair!

DID YOU KNOW?

Some people sneeze when they go out into the sun. Some people sneeze not once, but three or four times in a row. What’s with all the sneezing? Sneezing is part of the immune process. When our airways feel a tickle, a sneeze clears the germs from air passages at 100 mph! Sneezes start in the nerves. When the sensitive nerves are stimulated, they tell the brain to sneeze. Bright sunlight may stimulate those nerves.

MARKETING MINUTE



BY COLIN GOLDEN

Happy September Everyone!

September is normally the month where Leah and I take a Monday/Friday off and try to travel somewhere new every year. This year will be the first year in six years that we will have to hold off flying anywhere for a new adventure. In the past we have gone to Zion National Park, Estes Park, Nashville, the Badlands, Vail, and Jackson Hole. We have started our “Bucket List” of places that we want to see in our lifetime such as Denali, Glacier, Hawaii, the Redwood Forest, the Pacific Coast Highway, Grand Canyon and Acadia to name a few. This year rather than flying anywhere, we are going on a camping trip in Iowa and a motorcycle trip up to Copper Harbor, MI.

I know that many of you have done some traveling and some have traveled extensively within in the U.S. and abroad. I was hoping for some advice this month so that we can continue to build our list of must-see places. If you have a place or places that you have traveled to that you think we absolutely *need* to see in our lifetime, please let me know. If you have a story or pictures to go along with it, even better!

NUTS AND BOLTS

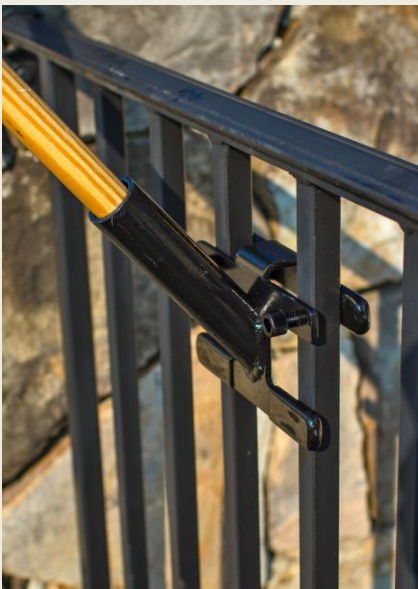
BY PATRICK WINSOR

Hello from the Maintenance department. I hope you will enjoy our rendition of the State Fair! For our Minnesota natives - you know what this means.

Fall is about to show itself. Maintenance will begin prepping for our winter shortly. Our residents will begin to notice cooler nights. This is a good time to get windows opened to enjoy a little extra fresh air. It is also a good time to familiarize yourself with thermostat settings. Many of you may be comfortable doing this already. Please take this time to refresh yourself. For those of you who need some assistance, please feel free to contact our maintenance department. I will gladly help with any needed support.

I have been asked a few times for my thoughts on how to hang flags from our deck balconies. Below this article are a couple of pictures of products that I believe are suitable for your needs. These are found at www.fencehangers.com. There are several options available for purchase, please be mindful of the size pickets you are ordering. Also, please remember to be kind to your neighbor below – whether it be bird seed, or overwatering plants. We share the outdoor space, and we all want to enjoy our time outside.

All our apartments have great views. Our wildlife will be preparing for the winter as well. My guess is we will be seeing more deer in our protected areas. Keep an eye out, and maybe get a photo or two for sharing at one of our social distancing events. Fall colors will be showing soon as well, this is another great photo to share, as every apartment has a different view, with different elevations. See you, and maybe a photo or two soon!



SAVE THE DATE!

PRAIRIE BLUFFS FLU SHOT CLINIC

9 a.m. September 17, 2020

This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. Getting an influenza vaccine is the best way to prevent the flu and its complications. The CDC recommends that everyone 6 months of age or older be vaccinated annually against influenza.

More detailed information to come!

Q and A

Q: What unusual animal helps guard one of the largest U.S. stockpiles of nuclear weapons?

A: Dolphins. The dolphins are specially trained by the U.S. Navy to help protect the Naval Base Kitsap, a marine base 20 miles from Seattle.

ACTIVE LIFESTYLE



BY ANNA ANDERHAGEN

A big hello from Life Enrichment! It feels good to get exercises going again along with devotions, music, small gatherings and educational programs. Let’s all stay healthy by washing our hands and wearing masks so we can keep going! Just to give you peace of mind, I sanitize all surfaces, screens, and any other items used in activities multiple times a day. I also wash my hands and use hand sanitizer so much that all my rings have turned brown. (I’ve tried every jewelry cleaner on the market. If you know anything that works, let me know!)

As places are opening more, keep an eye out for caution fatigue. You were likely vigilant at the beginning of the pandemic. The threat was new and driven by the human instinct for self-preservation. Fast forward a few months, and that sense of immediacy may have faded. Caution fatigue has been observed in everyday life situations, such as when you ignore a car alarm and don't take it seriously because you've heard it before.

You can combat caution fatigue with self-care, conversations with loved ones and making safety practices into habits. One way is to set up visual cues like setting your face mask on a table by the door to remind yourself to put it on before you leave. Also, fear is no longer the motivation, so you need another source of inspiration. Ask yourself, "What's the reward I get for the choices that I make relative to what I'm giving up?" Figuring out how you can safely do some part of your normal routine can give your brain something else to control besides limiting your reactions to threats. And you can still feel in control of your health. Take care and be well!



Megan and Terry Ferro from the Ferro Duo Patio Concert



Bill Mann’s Patio Concert-
singing James Taylor.



Square Dance Cardio Exercise
Cowboy hats optional!

FEATURED ARTIST FOR THE
MONTH OF SEPTEMBER



Lisa Murphy, The Singing Cowgirl

Thursday, September 17
Two Patio Performances at 1 p.m. and 2:30 p.m.

The Mankato-based guitar player and singer heard her first John Denver song when she was five and was hooked. Lisa Murphy routinely plays more than 400 shows per year. Her repertoire includes classic 50s and 60s music and old country tunes. She takes a personalized and interactive approach with her audience. Come join the patio performance for a toe tapping sing along!

TRANSPORTATION HUB



The Prairie Bluffs bus is back!

Transportation is available anywhere in Eden Prairie on Mondays 8-11:00 a.m. and Wednesdays 8-9:30 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/>

PRAYER REQUEST BOX

Starting in mid-September, there will be a prayer request box located in the Communication Room. If you or anyone else you know would like to request prayers, feel free to write down the information on a prayer request card and put it in the locked box. The Tuesday devotions group will gather the requests each week.

WHEN WAS IT?

It was during this year that the Scrabble board game was released. The first musical synthesizer was demonstrated by RCA. Jonas Salk’s polio vaccine was approved for use. Ray Kroc opened the first McDonald’s. The Guinness Book of World Records was first published, and the Swiss inventor George de Mestral was granted a patent for Velcro.
1955

HAPPY SEPTEMBER BIRTHDAY TO...

Eileen S. 9/6

You share a birthday with Catharine Beecher- educator,
Joseph P. Kennedy- Kennedy family patriarch and
Jeff Foxworthy- American comedian/actor/author.

Eric J. 9/8

You share a birthday with Richard I, King of England - "Richard the Lion-
Hearted", Antonin Dvorak-composer, Sid Caesar-comedian,
Patsy Cline- country singer and Bernie Sanders- American politician

Bob Z. 9/20

You share a birthday with Upton Sinclair-novelist, Dr. Joyce Brothers- TV
Psychologist, Sophia Loren- actress and
Guy LaFleur- NHL hockey player

Jerry V. 9/23

You share a birthday with Mickey Rooney-actor, Ray Charles- singer, Julio
Iglesias- singer, Bruce Springsteen- singer and
Jason Alexander- actor who played George on "Seinfeld"

Shirley W. 9/29

You share a birthday with Gene Autry- actor/singer, the "Singing
Cowboy", Jerry Lee Lewis- singer/musician and Bryant Gumbel-
TV journalist, newsman

Arlene A. 9/30

You share a birthday with Buddy Rich- jazz drummer, Deborah Kerr-
actress, Truman Capote- novelist, Angie Dickinson- actress and
Johnny Mathis- singer.

GETTING TO KNOW YOU

Introducing Amanda Buegel,
our new Culinary Director!

When you meet Amanda, she is
a very outgoing, fun and
friendly person. Her motto is
“Treat people the way you want
to be treated.” She has worked
in the food industry her whole
life.

If you could meet anyone in the
world, who would it be?
**Abraham Lincoln. He would
have a lot to say, lots of wise
words, especially in the times
we are living in today.**



What might someone be surprised to know about you? **I love to drive 4
wheel drive trucks. I am a big fan of the Midwest Off Road Short
Circuit. They do jumps and everything. If I ever win the lottery, I
will become a race car driver. I love fast cars!**

What is the best vacation you’ve ever been on? **Camping in the Upper
Peninsula (UP) of Michigan. Our family is a camper family.**

What is the most important thing that you have learned in the last five
years? **Don’t sweat the small stuff. Why waste energy on what you
have no control over?**



What is your hidden talent? **I can fit my
whole fist in my mouth!**

What is your favorite thing to do? **Be with
my family and kids. Just being with
them no matter what we do. We can be
chilling on the couch or searching for
rocks, just being with them is what
matters.**

What was your most unusual job? **Old
Country Buffet when I was 16.**

When are you happiest? **I’m always
happy!**

If you were to write a book about yourself, what would you name it?
**Young and the Restless, Days of our Lives, All My Children and As the
World Turns because my life can be a soap opera sometimes!**

SEPTEMBER TREE: PALM



Palm trees are part of the *Arecaceae* botanical family of
perennial flowering plants, which thrive in tropical and
subtropical climates. Palms usually have small, white flowers
and large, evergreen leaves that are fan or feather shaped.
They get their name because their leaves often look like an
open palm with fingers radiating out.

Palms have played an integral part in human history for
thousands of years, going back to Mesopotamian times. The
trees provide food, shelter, and building material, allowing
people to survive in otherwise inhospitable desert climates.
Some of the many products still made from palms include palm
oil, dates, coconuts, rattan furniture, heart of palm, palm wine,
and açai. In ancient Rome, palm branches symbolized victory.
In Christianity and Judaism, they represent peace and plenty.
Today, we associate them with tropical vacations!

AHH, SWEET SEPTEMBER

The final day of each September is always on a different day of
the week than the last day of any other month each year.
It’s also the only month with the same number of letters (nine)
in its name as the number of the month.

September got its name from the Latin word *septem*, meaning
“seven,” because it was the seventh month in the old Roman
calendar. Around 44 BC, Julius Caesar reformed the calendar
and made September the ninth month. The Anglo-Saxons
called it the *gerst month*, meaning barley month because it was
the month they harvested their barley crops. Originally,
September had 31 days. Later the 31st day was removed,
leaving “thirty days hath September.”

The Romans believed that Vulcan, the god of fire and forge,
looked after the month of September, which was associated
with fires and volcanic eruptions.

SEPTEMBER BIRTHSTONE:
SAPPHIRE



Next to the diamond, sapphire is one of the hardest materials
known. Sapphires come in many colors, but the finest sapphire
color is a rich, velvety cornflower blue. Rubies are red
sapphires. Ancient Persians believed that Earth rested on a
giant sapphire whose reflection gave the sky its color.
The gem symbolizes truth and sincerity.

SEPTEMBER MONTHLY CELEBRATIONS

Coupon Month and Coupon Clipping Month – Celebrate Coupon Month by clipping coupons, of course!

Courtesy Month – You can never be too polite. You can brush up on your manners!

Library Card Sign-Up Month – The observance was launched in 1987 and is sponsored by the American Library Association.

One-on-One Month – This is the month to get to know your family members and friends better by getting together with them individually. When people spend time together on a one-to-one basis, they are more likely to share their feelings, ideas, and dreams.

Self-Improvement and Self-Awareness Month – Take Socrates' advice to "know thyself."

Save the Koala Month – There is no other animal quite like the cute little koala. For this reason, Australia is keen on saving them and has declared September “Save the Koala” Month.

Subliminal Communications Month – Everyone has heard stories about enterprising advertising executives flashing phrases like "You are thirsty!" or "Eat popcorn!" on movie screens to increase refreshment sales. Subliminal communications are messages beamed directly to the subconscious mind. Do you believe in subliminal messages?

Summer into Fall Month – The autumn season begins on September 22.

Wilderness Month – This month is declared annually to remind people to visit and enjoy our wilderness areas. It is dedicated to protecting our wilderness areas and their riches: clean water, stretches of undisturbed land, thriving wildlife, and healthy ecosystems.

DID YOU KNOW? (BASEBALL EDITION)

Babe Ruth wore a cabbage leaf under his cap to keep him cool. He changed it every two innings.

Every single MLB baseball is rubbed in Lena Blackburne Baseball Rubbing Mud, a unique "very fine" mud only found in a secret location near Palmyra, New Jersey.

Jackie Mitchell, a 17-year-old female pitcher for the AA Chattanooga Lookouts, once played the New York Yankees in an exhibition game and struck out Babe Ruth and Lou Gehrig in succession.

Can you name three cities that have two baseball teams?
Chicago (Cubs and White Sox), Los Angeles (Dodgers and Angels), New York (Mets and Yankees)

CONCIERGE CORNER



BY JULIE ANDREWS

This will be my last newsletter as I’m cutting back on my schedule. I will now be working every Friday and filling in when needed. I love working here and with all of you, but 45 hours a week is now too much for meI’m not as young as I used to be! 😊 I didn’t want to leave Prairie Bluffs so Stephanie came up with this option. Thank you, Stephanie,!!!

Monday through Thursday, you will find Kay Soupier behind the desk. She has experience in senior living and is a fabulous lady! She will be able to answer any questions and help with whatever you need. When you see her, please introduce yourself. No need to worry, Jeff will be here Saturdays and Sundays at the front desk and Monday, Tuesday and Wednesday driving the bus and coordinating family visits. In short, someone will be your Concierge 7 days a week from 8:00 am – 5:00 pm!

See you on Fridays.....!!!

SEPTEMBER FLOWER: ASTER



A member of the *Asteraceae* family, the aster takes its name from the Latin word meaning *star*, a reference to its star-like head. Also known as the Michaelmas daisy, starwort, and frost flower, the aster usually blooms in late summer and fall. It comes in many colors including blue, purple, pink, yellow, and red, all with yellow or black centers. Aster flowers symbolize love and patience.

THE MOTHER OF INVENTION

What do bulletproof vests, fire escapes, windshield wipers and laser printers all have in common?

They were all invented by women.

SUDOKU

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			9			3		

WORD SCRAMBLE

1. NOTUMRETAN
2. ORGEG
3. IDBLEBR
4. CARODBE
5. CIOTBOR
6. SCEIREP
7. LNOCMU
8. PIMSRE

Word Scramble Answers on next page.

JUST FOR FUN DAYS

June 1st is How Did We Ever Live Without... Day – Today, focus on the many inventions that make our lives more comfortable and/or easier, such as air-conditioning, remote controls and cell phones.

June 2nd is the Anniversary of V-J Day – On this day in 1945, a formal surrender ceremony was held in Tokyo Bay aboard the USS Missouri. At the time, President Truman declared September 2 to be V-J Day (Victory over Japan Day). Do you remember the famous photo of the sailor and nurse kissing in Times Square on V-J Day?

September 3rd is Improve Your Penmanship Day – Remember "penmanship" in school? Many schools are dropping cursive writing from their curriculum because so many students now use computers or smartphones to communicate. Do you think it is a good idea?

September 6th is Bee's Knees Day – Do you know the origin of the phrase? It started in the 1920s when a whole collection of American slang was coined to mean "an outstanding person or thing." Examples included the flea's eyebrows, the canary's tusks and one that still survives—the cat's whiskers.

September 7th is Labor Day- This holiday started as a part of the labor union movement, to recognize the contributions of men and women in the US workforce, but modernly is seen as a chance to celebrate the last weekend of summer.

September 9th is Shake Those Hips Day – Some 54 million viewers watched as Elvis "the Pelvis" Presley appeared on Ed Sullivan's show on this day in 1956. He sang "Hound Dog" and "Love Me Tender."

September 13th is Grandparents Day- Show off pictures of your wonderful grandchildren today! Zoom with them or make a virtual call to celebrate!

September 17th is Honky-Tonk Day – Hank Williams, born on this day in 1923, was a pioneer of honky-tonk music. He had eleven No. 1 hits in his career, including "Hey Good Lookin'", "Your Cheatin' Heart" and "Lovesick Blues," among many other top-10 hits.

September 18th is Happy Birthday, U.S. Air Force Day – Prior to this date, the U.S. Air Force had been a part of the Army military branch. It became a separate military service on September 18, 1947. Rosh Hashanah is also celebrated on this day.

September 19th is Talk Like a Pirate Day- created in 1995 by John Baur (Ol' Chumbucket) and Mark Summers (Cap'n Slappy), of Albany, Oregon. Greet friends not with "Hello, everyone!" but with "Ahoy, maties!" or "Ahoy, me hearties!" Aaaarggg!

September 22nd is the first day of autumn and the autumnal equinox. On the equinox, day and night are roughly equal in terms of length. Also notice the arc of the Sun across the sky each day as it starts shifting south. Birds and butterflies migrate along with the path of our Sun!

September 27th is Yom Kippur – Yom Kippur begins at sundown on this day and ends at sundown on the 28th.

September 29th is International Coffee Day – Dunk your biscotti in coffee today or eat delicious coffee ice cream!

September 30th is Frisbee Day – The Frisbee was patented on September 30, 1958. Do you play frisbee as a teenager? Throw one around today!



Bob and Gretchen enjoying the beautiful weather along with Grillin' and Chillin' with Patrick.

GETTING TO KNOW YOU



Meet Marilyn Kreutz!

When you meet Marilyn, you can't help but smile. She is fun, caring, full of energy, empathetic, strong and a very spiritual person. She is also a huge Minnesota Twins fan! Marilyn grew up in Elk River and then lived in Minneapolis. She graduated with honors from Hamline in Nursing. She developed and headed the Quality Assurance Program at Asbury Hospital (the old Methodist Hospital) for Standards of Care in Nursing.

What is the best vacation that you have ever been on? **I went to the Holy Land and visited the Sea of Galilee. I went with my sister and brother in law with a big group. I took lots of notes and they said to put my pen down and just enjoy it! I also saw the Passion Play in Germany. It was over 7 hours long!**

What is the most important thing that you have learned in the last five years? **Take each day at a time. Don't worry.**

What is your favorite sport? **I love to watch and play all sports. My favorite is probably football, basketball and baseball. I played forward in basketball but we only played half court! For baseball, I usually played first base or pitcher.**

Do you have a favorite quote or motto? **Many bible verses come to mind. "Love thy neighbor." And your neighbor is being more than just the person who lives next door.**

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

What might someone be surprised to know about you? **I was a complete tomboy. I even played football with all the guys.**

What is your hidden talent? **I was a figure skater. I skated everywhere. I could do axels and spins. The Elk River Stadium was a block from my house. They would freeze it and put in a warming house.**

When are you happiest? **When I get together with my family. I am so fortunate that my kids, grandkids and great-grand kids live nearby. My grand-daughter Kate is a nurse and she is studying to be a physician's assistant.**

If you were to write a book about yourself, what would you name it? **One Great Life**

DID YOU KNOW?

The Eisenhower interstate system requires that one mile in every five must be straight. These straight sections are usable as airstrips in times of war or other emergencies.

Camels can travel up to 100 miles in the hot desert without water. But contrary to popular belief, a camel's hump is not filled with water. Instead, it is filled with up to 80 pounds of fat that is metabolized for energy and water when needed.

Word Scramble answers: tournament, gorge, dribble, brocade, robotic, precise, column, simper