

Current Topics

- ❖ Walk to End Alzheimer's
- ❖ Annual BBQ Grill Out
- ❖ September Staff Meeting

Nurse's Corner

- ❖ Influenza vs. COVID-19

October Word Activity & Activity Calendar



A Monthly Insight into our Elder Care Community

Pheasants Ridge Press



Current Topics >>>

ALZ Walk

On September 12th Pheasants Ridge team walked 36,072 steps and raised \$500 for Alzheimers and all dementia related illnesses! This year's walk was impacted by COVID-19, resulting in teams choosing their own course. Naturally, our team chose to walk right here in St.Peter!

Annual BBQ Grill Out

Residents and Staff enjoyed a beautiful evening of grilled food, cold beverages and live entertainment!



September Staff Meeting



At our September staff meeting our DoN, Victoria, demonstrated how to properly assist a resident who has fallen. In addition, she revisited on assisting a resident with transferring. We ended our meeting with an entertaining video on HIPAA practices.

BIRTHDAYS

Nurse's corner >>>

BETTY
October 7th

MARY
October 12th

DARLENE
October 22nd

SUSIE
October 25th

Influenza vs. COVID-19

The symptoms of Influenza and COVID-19 can appear to be very similar. Below are some key comparisons health officials have basically agreed upon.

- Both are respiratory diseases transmitted via contact with infectious respiratory droplets.
- COVID-19 appears to be spread more prevalent than Influenza.
- COVID-19 appears to cause more severe illness more frequently than Influenza. This may be attributed to the fact that COVID-19 is caused by a new type of coronavirus, against which humans have no immunity.
- The mortality rate of Influenza is roughly 0.1%, while COVID-19 is estimated to be about 1.4%, with risk of death being significantly higher for older persons than for younger individuals.
- Many factors, however, determine seasonality of diseases, and more time is needed before conclusions can be drawn about whether COVID-19 is a seasonal illness.

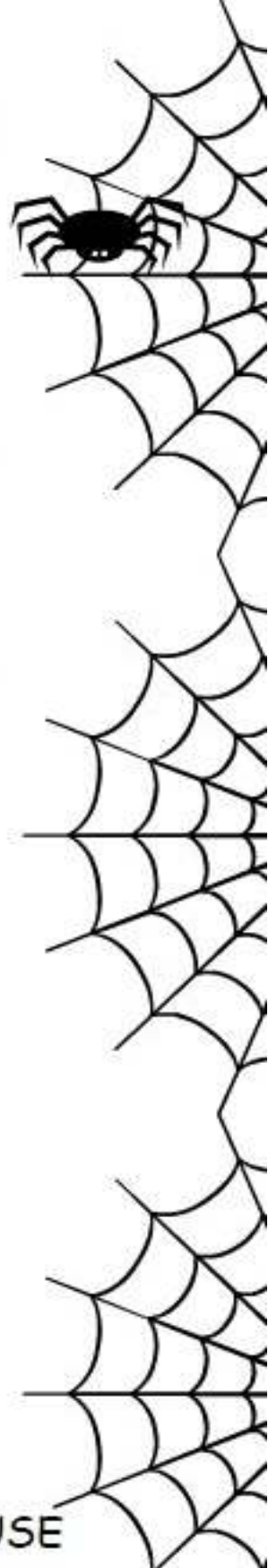
ANNIVERSARIES

On September 12th, *ROSA*, celebrated her 2 year!

On September 28th,
MARY, celebrated her 4
year!

HALLOWEEN WORDSEARCH

N E E W O L L A H R B R Q R N
 I Q H N R O C Y D N A C M G V
 E T T V W C O S T U M E A U R
 A Y X H F I C D X O M S R V E
 E F V I G M T C H M M P O S B
 Z Y M F Z I J C O R L O U P O
 S V M X E T R N H R B O N U T
 K S A A A H S F S Q H K K M C
 S T E E L T Q H B D B Y W P O
 A S R Y E T O Y E D F C W K B
 M T C R S R D T W S T L H I G
 O A S O R N N F B B C R Q N C
 A A H O A U A L O J S A I L R
 L G R C A G I Z C G Z Z R C E
 W N Q H H U K W W L Q F I Y K



GHOST
 WITCH
 TRICK
 TREAT
 CANDY

PUMPKIN
 MONSTER
 COSTUME
 SPOOKY
 SCARY

FRIGHT
 HORROR
 SCREAM
 BOO
 MASKS

COB WEBS
 CANDY CORN
 HALLOWEEN
 OCTOBER
 HAUNTED HOUSE

BlueStone Rounding >>>



THE OCTOBER VISIT WILL BE HELD ON

>>> **MONDAY 26th** <<<

Bluestone Vista offers the opportunity to have a Mankato Clinic provider team that includes a geriatric doctor, nurse practitioner and/or physician assistant visit in their residential living facility on a regular basis.

OCTOBER 2020 ACTIVITIES

SUNDAY LEISURE	MONDAY PAMPER	TUESDAY CRAFT	WEDNESDAY GAMES	THURSDAY EDUCATION	FRIDAY EXERCISE	SATURDAY LEISURE
				1} 1:00 PM One on One 'TED' Talk videos	2} 1:00 PM One on One Chair Yoga	3}
4} 9:00 AM TV Church	5} 10:00 AM Beauty Shop (A/L) 1:00 PM One on One Manicures (M/C)	6} 1:00 PM One on One Pumpkin Painting (A/L)	7} 1:00 PM Social Distancing BINGO! 3:00 PM 'Apple A Day' Apple Treats	8} 1:00 PM One on One Voting Information	9} 1:00 PM Friday 'Funny' Hand-Out	10}
11} 9:00 AM TV Church	12} 10:00 AM One on One Manicures (A/L) 1:00 PM Beauty Shop (M/C)	13} 1:00 PM One on One Pumpkin Painting (M/C)	14} 1:00 PM Social Distancing BINGO!	15} 1:00 PM Candy Education!	16} 1:00 PM Wine & Cheese Happy Hour	17}
18} 9:00 AM TV Church	19} 10:00 AM One on One Back Massage (A/L) 1:00 PM One on One Back Massage (M/C)	20} 1:00 PM One on One Halloween Craft (A/L)	21} 1:00 PM Social Distancing BINGO!	22} 1:00 PM Pumpkin Education!	23} 12:00 PM 'Poke-A- Pumpkin' (A/L) 1:00 PM 'Poke-A- Pumpkin' (M/C)	24}
25} 9:00 AM TV Church	26} 10:00 AM Wacky Hair Contest	27} 1:00 PM One on One Halloween Craft (M/C)	28} 1:00 PM Social Distancing BINGO!	29} 1:00 PM Halloween Costume Contest	30} 12:00 PM Halloween Lunch Party	31} 

OUTDOOR VISITS

Tuesdays – Thursdays – Friday

10:00 am to 12:00 pm and again in the afternoon from 2:30 pm to 4:00 pm

Reservations Required

Contact our Community Relations Coordinator, Aryel (507)-931-0966 ext.#7