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SEPTEMBER 2020



A Monthly Insight into our Elder Care Community



# Pheasants Ridge Press

**Current Topics >>>**

## *Happy Hours*

On August 7<sup>th</sup> we celebrated International Beer Day and kicked off our new Friday tradition of Happy Hour! Complete with a variety of Beer and a signature Cocktail.

This month's cocktail was a 'Bahama Mama'

## *Waffle Extravaganza*

Indulging in something sweet to eat! Bev whipped up these especially tasty waffles for our residents to choose from!

- Very Cherry
- Blueberry Extreme
- Bananas N' Caramel
- Mixed Berries



# August Staff Meeting

During August's meeting we reviewed OSHA rules and guidelines for a safe working environment.

We also learned about Dementia related activities and how to stay actively involved in the lives of our residents.



## BIRTHDAYS

**JESSYCA**  
September 9<sup>th</sup>

**JESSELY**  
September 18<sup>th</sup>

**NATE**  
September 21<sup>st</sup>

**DENNIS**  
September 25<sup>th</sup>

## ANNIVERSARIES

On August 12<sup>th</sup>, **Jessely**, celebrated her **1** year!

On August 22<sup>nd</sup>, **Jessyca**, celebrated her **1** year!

On August 29<sup>th</sup>, **Olivia M.**, celebrated her **1** year!

## Nurse's corner >>>

### West Nile Virus

The most commonly reported mosquito-borne disease in Minnesota. West Nile Virus (WNV) is transmitted to people and horses through the bite of an infected mosquito. *Culex tarsalis*, a common mosquito in agricultural regions of western and central Minnesota, transmits WNV to humans. Most people infected with WNV show either no symptoms or flu-like symptoms. Mild signs and symptoms of a West Nile virus infection generally go away on their own. But severe signs and symptoms — such as a severe headache, fever, disorientation or sudden weakness — require immediate attention.

No vaccine or specific antiviral treatments for West Nile virus infection are available.

- Avoid mosquito bites
- Use mosquito repellents with 30% or higher DEET
- Wear long-sleeved shirts and long pants
- Install or repair screens on windows and doors
- Remove small pools of standing water from around your home (mosquito breeding grounds)



# WORD SEARCH

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

ACORN  
CHESTNUTS  
COBWEB  
GOURD  
HAYRIDE  
NUTS  
QUILT  
SEPTEMBER

APPLE  
CHILLY  
FALL  
HALLOWEEN  
LEAVES  
OCTOBER  
RAKE  
SLEET

AUTUMN  
CIDER  
FOOTBALL  
HARVEST  
NOVEMBER  
PUMPKIN  
SCARECROW  
THANKSGIVING



BlueStone Rounding >>>



*This month's visit will be facilitated via*  
**>>> VIDEO CALL <<<**

*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.*

# SEPTEMBER 2020 ACTIVITIES

SUNDAY LEISURE	MONDAY PAMPER	TUESDAY CRAFT	WEDNESDAY GAMES	THURSDAY EDUCATION	FRIDAY EXERCISE	SATURDAY LEISURE
		1} <b>1:00 PM</b> One on One Leaf Project	2} <b>12:30 PM</b> Root Beer Floats!	3} <b>1:00 PM</b> One on One History 'TED' talk Videos	4} <b>1:00 PM</b> Happy Hour!	5}
6} <b>9:00 AM</b> TV Church	7} <b>10:00 AM</b> One on One Manicures (A/L) <b>1:00 PM</b> One on One Manicures (M/C)	8} <b>1:00 PM</b> Personalizing Can Koozie's (A/L)	9} <b>10:00 AM</b> Social Distancing BINGO! (M/C) <b>1:00 PM</b> Social Distancing BINGO! (A/L)	10} <b>1:00 PM</b> One on One Educational Hand Out about Space	11} <b>1:00 PM</b> Happy Hour!	12} <b>10:00 AM</b> Staff participate in "Walk to End Alzheimer's"
13} <b>9:00 AM</b> TV Church	14} <b>8:00 AM</b> One on One Beauty Shop (A/L) <b>10:00 AM</b> One on One Beauty Shop(M/C)	15} <b>1:00 PM</b> Personalizing Can Koozie's (M/C)	16} <b>10:00 AM</b> Social Distancing BINGO! (M/C) <b>1:00 PM</b> Social Distancing BINGO! (A/L)	17} <b>1:00 PM</b> One on One Chair Exercises	18} <b>4:00 PM</b> Happy Hour! <b>5:00 PM</b> Annual BBQ Grill Out! 	19}
20} <b>9:00 AM</b> TV Church	21} <b>10:00 AM</b> One on One Hand Massages (A/L) <b>1:00 PM</b> One on One Hand Massages (M/C)	22} <b>1:00 PM</b> One on One Fall Décor Project (A/L)	23} <b>10:00 AM</b> Social Distancing BINGO! (M/C) <b>1:00 PM</b> Social Distancing BINGO! (A/L)	24} <b>1:00 PM</b> One on One Educational Hand Out about Technology	25} <b>1:00 PM</b> Happy Hour!	26}
27} <b>9:00 AM</b> TV Church	28} <b>10:00 AM</b> One on One Foot Bath (A/L) <b>1:00 PM</b> One on One Foot Bath (M/C)	29} <b>1:00 PM</b> One on One Fall Décor Project (M/C)	30} <b>10:00 AM</b> Social Distancing BINGO! (M/C) <b>1:00 PM</b> Social Distancing BINGO! (A/L)			

## 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