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“Wherever you go, No matter what the weather, Always bring your own sunshine”

July/August/September 2017

News From Hugo

Gracewood of Hugo has been busy with a variety of activities these past three months. In the beginning of April, a therapy horse came to visit the residents. We also had Easter activities such as egg coloring, decorating Easter cupcakes, and an egg hunt. The residents celebrated Mother’s Day with a Mother’s Day tea. Jenni Thyng did a wonderful job singing a variety of music. Following the performance, we had tea and little bite size cakes. All the women wore beautiful decorated bonnets! A local Girl Scout troop helped the residents of Gracewood plant tomato plants one evening in June. They planted four large cherry tomato plants in large pots for our patios. The girls also helped us with crafts, sang for us, and brought a snack to share. The residents celebrated Father’s Day with a picnic. We served up hamburgers on the grill with all the fixings. The Polka Spotlight brought fifteen of their dancers to entertain us for the evening. Fun was had by all! The plans for the remainder of the summer include a beach party on the patio, a visit from Elvis, and our annual Grandparents day carnival. We wish you a safe and fun 4th of July holiday.



News From Lino Lakes

We are so excited that summer is here, and are spending as much time as possible enjoying the sunshine in our beautiful patio area. Our kitchen staff has been able to get outside a few times to grill, which is always a treat! Recently, we added a wonderful Activities Director Denise to our team, and she has been a great addition. Our residents are enjoying daily exercise, news, spa days, trivia, and so much more! Over the past couple of months, we have also had the opportunity to welcome a couple of great musicians into our community, and everyone loves to sing and clap along! It has been so great to see people having fun, and enjoying each other’s company. From everyone here at Gracewood Lino Lakes, we wish you a happy and safe summer!



If you would like to submit anything for the Newsletter, please call us at 800/920-4725.

News From Menomonie

Welcome Summer!! We are very happy to have the warm weather filled with flowers, sunshine, and outdoor living! We have so much to be thankful for these past few months, let us share a little piece of that with you. In April, we celebrated Easter with a traditional meal & Easter egg hunt, the Easter bunny even made an appearance! In May, the Assisted Living took a tour of the Heritage Historical Museum in Wakanda Park here in Menomonie. What a fun and informative experience that was! We honored our veterans by holding a special Memorial Day presentation. Thank you to those brave men and women past, present and future for your service & dedication to our great country!!

We have started taking individual trips for lunch, ice cream, and even to the movies for some community connection in our Memory Care. This has been so much fun to get a change of scenery and some nice one-on-one time. In June, the Sunshine kids were here for an event called "Totally Turtle" they brought in reptiles of all sorts for us to see, touch, and learn about. Many of us enjoyed looking from a distance, but it was still such a cool activity! These past few months have been a blast! We are really looking forward to our big Independence Day gathering at the Memory Care, we hope to see many of you there! Take Care!

News From Baldwin

Summer is finally here and we are enjoying our 4 legged friends! A few of our residents feed a mom and baby rabbit every day. Our residents are going to be enjoying meals out on the front patio on those beautiful summer days to come! In our front living room, we have a window shelf that has an American flag hung up, star decorations, and pictures of our two residents that are veterans. We feel it's such a great way to honor them and everything they did and sacrificed for our country. We look forward to what this summer brings us and we are starting to plan some fun summer parties to come.



News From Maplewood



Hello from Gracewood of Maplewood! Summer has arrived and we couldn't be happier. We are spending our days enjoying the sunshine while planting flowers and tomatoes for our patio. It is so nice to sit outside and enjoy the weather and flowers with friends and family. This has been a very busy month at Maplewood from outings to Como zoo for a picnic, Beauty and the Beast at the theater, the Moose Lodge for some country western fun/karaoke and a variety of different musical acts here at the facility! We are looking forward to National Night Out in August. We will have live entertainment, good food and a Talent show presented by staff, residents and families. Please join us!

News From White Bear Lake

We are welcoming summer here in White Bear Lake. Residents have planted our boxes outside and have become the daily greeters to all, as they soak up the rays and enjoy what the season has to offer. We have been enjoying fun birthday parties and holiday celebrations with live music as well as trying new activities with Jessica, our director. Coming up we are looking forward to a day on the lake for a fun-filled pontoon ride and picnic. We are also excited about an appearance from the Senior Saxes to bring a little swing into our day! More to come from the fun bunch in the sun!



News From Hudson

As the flowers start to brighten and the baby birds begin to chirp, we are very excited summer is here! We are enjoying our daily walking club and keeping our flower beds vibrant. We have been very busy with movie outings and new entertainers coming into our homes. As the warm weather is here to stay we are looking forward to reminiscing and relaxing on our patios. We would like to wish safe travels upon everyone throughout the summer.

September 19th, we will be hosting our annual Kick Off to Assisted Living Week Event. We will be grilling delicious food and sipping on fresh lemonade while we watch our kids/grandchildren play games. To end the night perfectly we will have live music! All money our campus raises will be donated to the Alzheimer's Association.



News From Fridley

Hello from White Pine Fridley. This Spring has been so fabulous that our residents' faces are full of joy from the wonderful activities, and events that they have been a part of this quarter. Residents enjoyed making sandwiches for the homeless this quarter, which is always a breathtaking experience for them knowing that they are a part of something so meaningful as giving back! We really enjoyed seeing the residents so vibrant and stimulated from the middle school drummer's performance, who made them feel young and active. The ladies enjoyed a day of pampering and makeovers that they followed up with a makeover fashion show for all! We had fun this season making plastic bird feeders and mason jar table arrangements which turned out amazing. The special holiday of Mother's and Father's Day brought families together. Residents planted their first vegetable garden here at White Pine Fridley which is growing beautifully!

We also like to applaud our employees for the great work and the love they share for each one of our amazing residents. We are all looking forward to a great Summer!



News From Champlin

The summer sun is finally here and our Champlin residents are soaking up the rays. We started doing Happy Hour twice a month and it's been a blast watching their excitement on the patio as the drink cart gets passed around. Our patio flowers and plants are in full bloom. A big Thank You goes out to John and Dorothy's family who donated the plants and their time. We've had a few themed parties over the last few months. For Cinco De Mayo we had chips and salsa and wore fake mustaches. We also had a beach party with kiddie pools for dipping our toes in, freeze pops and summer time music. Friday July 7th, we welcome a new polka player named Jerry Biershback at 5:30pm. We also added Joe Aherns Tuesday July 11th at 1pm. Interim Healthcare has

been kind enough to stop by and speak to us about a different health topic every other month. On July 12th, we will be learning about sensory loss. On August 9th after supper we will be having our yearly ice cream social. Family is encouraged to attend.

News From Inver Grove Heights

This spring we were very busy. We celebrated St. Patrick's Day with green beer, green snacks, and music. We figured the birds were hungry after our long winter. We made them some yummy peanut butter bird feeders; we used pine cones we collected ourselves. On Mother's Day, we had Bloody Mary's or Mimosas for our fancy Breakfast, that was wonderful.

Now for SUMMER!!! We love summer. We do everything we can outside from going on walks, planting flowers, reading the paper, lemonade socials on the deck and dancing in our gazebo and so much more.

We also have two parties planned for this Summer both with DJ's. We all love to dance so we can't wait.



News From Chippewa Falls

Hello summer! But where is the sun? Everyone is glad it's finally summer, however we are disappointed that the sun is being so shy. We now have a baby deer that has been visiting us, the tenants have named her Baby. She will not run off when they are sitting on our patio, as the tenants talk to her, the ears come up as if she understands what they are saying to her!

Even though the tenants aren't loving this rainy weather our flowers sure are! They are blossoming and growing great! They are adding a lot of color to our front door and by our patio. We still enjoy Cheryl coming in with crafts! We recently made bird houses and a fish bowl with a couple fish swimming in it. These crafts are mainly made from paper.

We enjoyed our traditional Mother's Day tea! This is a great way for tenants and staff to sit down and talk about their mothers, grandmothers, what it's like being a mother, or being a grandma. It is a great way for our staff to get to know our tenants on a more personal level.

We welcomed to Chippewa Falls Fred and Virginia M. They are settling in and getting to know staff and tenants. They can't believe how many furry friends we have right outside their window!



News From Cottage Grove

Summer has gotten off to a great start here at the Assisted Living in Cottage Grove. The residents enjoy spending time outdoors and tending to the flower and vegetable gardens. They take every opportunity to get fresh air and visit with family and friends. Activities have been in full swing with everything from Bingo to Happy Hour and some of the residents recently enjoyed a trip to the Casino and came back winners! We have had birthday parties and live music, visitors and tours! All is good and we're all looking forward to the rest of the Season!!!

The Memory Care residents have been relaxing & enjoying the fresh air on our patio, reminiscing with family and friends while watching the birds and wildlife that surrounds us. We planted flowers, tomatoes and made bird feeders with the kids group from St. Rita's. Les Blake and other entertainers have gotten us dancing and tapping our toes during our monthly birthday celebrations. We look forward to our weekly visits with Therapy dogs Cali Rose, Dempsey and Tank. We are starting to plan our carnival event for August which is a favorite for residents, families & staff!

We have welcomed some new friends to our team, both residents and staff. We are eager to help them settle in and become part of our White Pine Family. Everyone including four legged friends are always welcome to stop by for a visit!



Now that Summer is here, the fun can begin! Highland is very excited for the summer days ahead. This past quarter, we enjoyed a nice Mother's Day Brunch, many families joined to spend great quality time with their loved ones; it was a very nice turn out! Father's Day followed and we enjoyed a nice Father's Day BBQ for lunch and movies with popcorn. Aside from that, in June we had assistance from the Boys Scouts to help kick off the planting in our garden for our 2nd year of "Plant the Seed" program. Many of our residents have worked on flower arrangements for our patio as well as the front entrance, they really enjoyed that time together and I'm sure it brought back so many special memories. Highland Park's 4th of July party will kick off with music by Jim Roth, who plays the accordion, BBQ for lunch and watching fireworks on the patio later in the evening.

August will bring us more fun outside as we start to plan our National Night Out event, last year was such a great turn out, so we're hoping for another good event this year. Overall, our plans this summer is to enjoy the nice weather and spend as much time outdoors as possible.

We wish you all the best!

News From Highland Park



News From Blaine

Sunshine and Smiles at White Pine

Summer has arrived at White Pine Senior Living in Blaine and we are looking forward to a season filled with sunshine and smiles. We hope you enjoyed our Father's Day Carnival last month. Games, kettle corn, and prizes were had by all! Thank you for all the volunteers who made this day memorable.

July is our favorite month at White Pine. We love sipping cold lemonade on the patio and watering the beautiful flowers. We also enjoyed planting vegetables in the garden and watching them grow. This year we hope to harvest many delicious vegetables and donate them to others. What a wonderful opportunity! Tomatoes, potatoes, and onions OH MY!

Activities are booming or we should say Blooming with FUN! A mini pony visit will be all thrills. New music entertainers will brighten our day. From cooking up new recipes during Baking Club to Spa Day manicures and massages, we have something fun for everyone to enjoy. From all of us at White Pine Senior Living we hope you have a wonderful summer!



News From St. Croix Falls

Hello from St. Croix Falls. Summer has arrived and our garden, veggies, and flowers look spectacular. Thanks to resident Delores Riegel, for donating a fountain that we put on our patio. In April, we had an Easter egg hunt that residents had fun finding eggs and received prizes. Thanks to the Bushing 4-H for making Easter gifts for the residents. May was National Arthritis month, everyone enjoyed the good education that was talked about. Staff donated items to the tornado victims in Chetak WI after the storm destroyed a lot. We celebrated Mother's Day and Father's Day. We also celebrated 50's week with Mary Hall singing, and watched the movie Grease. Residents enjoyed popcorn and snacks while watching the movie, and we also had a cook out. Until next time I hope everyone enjoys and has a great summer.



News From Mendota Heights

Greetings from White Pine of Mendota Heights!

We hope you are all having a good summer like we all are! We have been busy with entertainers and BBQ's! Our patio is all set up for the residents to enjoy with some fresh lemonade. The residents helped activities with the gardening and planting as well as daily watering. We almost have a full building so there are quite a few new faces. We have been doing lots of activities trying to get to know one another which has been very fun and exciting! Come stop by and kick back with us on our back patio! We would love to have you!



News From North Branch

The flowers and vegetables have all been planted at our home, and at our new rented plot at the Williams Park Community Gardens at North Branch. Our beautiful raised plot and free transportation to and from the garden has been provided to us by the Allina Health Hospitals with a grant to the University of Minnesota Extension. Dianne Patras, Chisago County Master Gardener and her colleges have gone the extra mile on helping our residents plant and maintain our beautiful garden. We have all enjoyed getting to know our new friends. They treated us to a picnic with great food and drinks at the garden. The flowers are blooming beautifully, we picked peas this week and the strawberries will be ready early next week to pick. It has been fun listening to the residents telling stories of the

gardens they had planted in the past and how they used to can and freeze their produce. After all the hard but rewarding work our residents have put into our gardens they have still found plenty of time for many parties. The first day of summer was kicked off with a barbeque. After all the good food and drinks, we enjoyed music performed by Todd Harper. Our family at Gracewood enjoys listening to good music and getting together. We are missing our SCIP kids and their teacher Andy Spofford, who volunteered at our home this past school year. We cannot wait for the kids to come back next fall. We wish the kids that graduated the best of luck with their new futures. We have been still embracing our new life program. Our family enjoys staying busy, playing games or just going out on the patio to enjoy the warm weather. All of us at Gracewood of North Branch wish everyone a very happy summer with lots of beautiful flowers and fresh fruits and vegetables.

News From River Falls

A blessed and happy summer to everyone from all of us at Comforts of Home in River Falls! We have enjoyed a great spring and summer so far with trips around our relaxing pond and waterfall where we see many beautiful aspects of nature! There are ducks with babies, lots of fish, and some of the ducks even come right up to our window! We also see many beautiful types of birds enjoying their small feeders and homes along the pond and outside our windows! Not only are we enjoying nature, but we also enjoy taking care of the lovely colorful flowers and mini gardens in our raised garden beds!

In April, we held our annual community Easter Egg hunt with a delicious continental breakfast, music provided by our dedicated pianist Jake Jacobs, and an outdoor egg hunt throughout our campus! We dedicated the month of May to our wonderful Mothers with a Mother's Day tea party. We enjoyed each other's company listening to classical music while drinking hot tea and eating delicious chicken salad sandwiches, and baked goods prepared by our wonderful cook Deloris. In June, we held a Father's Appreciation Social with root beer floats, classic country music, and various table games going on throughout the party! We look forward to the coming months where we will be celebrating Gladys K.'s 102nd birthday, a backyard patio grill out with music provided by Farmer's Market musicians, an outdoor community event concert by Colleen Raye, and the Annual Walk to End Alzheimer's event on September 16th. We would also like to send a word of thanks to our amazing volunteers who dedicate their time and talent each month to make our homes a great place to live in! We are very blessed!

