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EMERGENCY NUMBERS

After Hours Home Care
612.385.0693

After Hours Maintenance
612.499.3306

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651.703.8078

Patty *Tradition Hairstyles*
651.829.5289

Happy Feet *Foot Care*
763.560.5136

In Loving Memory

Helen Jacobsen Dona Nichols
We will deeply miss our dear friends.



Happy Birthday!

Eldina Lucht..... 8/4
Lola Rostomily..... 8/5
Kelvin Saari..... 8/8
DeWayne Mead 8/12
Emery Feero..... 8/14
Dee Theien 8/15
Nina Katz..... 8/17
Char Anderson..... 8/17
Larry Hackel 8/22
Mikki Hierl..... 8/29
Diane Blexrud..... 8/29



Anniversaries

Mel and Kersey Jackola..... 8/13
Jim and Rose Hannon..... 8/30

Help us Celebrate Staff Birthdays!

Hawa Bedell *Nursing Assistant*..... 8/06
Evelyn Smith *Nursing Assistant* 8/12
Matthew Cummings *Dining* 8/14
Martina Johnson *Nursing Assistant*..... 8/26
Isaac Dapaye *Dining* 8/27
Goble Norris *Nursing Assistant*..... 8/29

I wish to take this time to “thank” all those here at Tradition, staff and residents. I have received many cards and messages for the celebration of my 90th birthday. I was overwhelmed with all the well wishes. I deeply appreciate it very much.

Earl Larsen

A warm welcome home to our newest friend & neighbors

Duane and Carin Miner #132
Ruth Rapke #349

Welcome

We would like to say good-bye and good luck to the following residents

Ellen Bacon Helen Kelly



Tradition Times

Independent & Assisted Living



8500 Tessman Farm Road N
Brooklyn Park, MN 55445

August 2021

★ National Day Out ★

We will be celebrating National Day Out on **Tuesday, August 3.**

- Entertainment by Monroe Wright
- Food, drinks and fun!
- Visits by the Brooklyn Park Police and Fire Department

Invite friends and family to join us.
This event is free for everyone!



Wellness Clinic

Hosted by Interim Healthcare

Thursday, August 5
1:30 – 2:30 pm

In the Lobby

Vital Checks

Blood pressure, heart rate and oxygen checked by a Licensed Practical Nurse

Balance Screens

Balance tested by a Physical Therapist Assistant

Memory Screens

Have your memory tested by a Certified Occupational Therapist



Resident Council

Hello to everyone. Covid is still with us but we are learning to deal with it. Activities are being added all the time. It's been tough because not many are getting involved. I am hoping we will be able to have a Resident Council meeting soon. I hope many of our new residents will be there and give their ideas on what they would like to do. At any time you are welcome to give your suggestions to Christine, the Activity Director.

We are getting close to Resident Council Elections. Because of Covid the present Council members have been in office an extra year. We need to find people that are interested in the welfare of our community at Tradition. We badly need people to come forward and offer to run or help find candidates. If you have any questions call any one of the Council members and they will help you.



Just a reminder, we are collecting for the Employee Holiday Fund. This is the only tip the staff can receive. Please be generous.

Bernice Blaske – *Resident Council President*



The Dog Days are the hot, humid days of summer — historically the period following the rising of Sirius, the “Dog Star”. The Old Farmers’ Almanac considers the Dog Days to be the 40 days starting July 3 and ending August 11.

Happy August!

The kitchen department recently bloomed a new team of servers! Some of you have already experienced their great service and smiles. More will come with joy, and will put a sunshine on your face.

Upcoming Events:

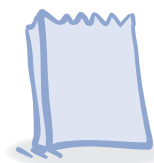
• Rib Night

is **Friday August 20.**

Please be sure to sign up.

BBQ

RIBS



Notes

- Meal pick-up times:
 - Lunch 12:15 pm
 - Dinner 5:15 pm

- For delivery or pickup be sure to write it on the signup sheets so kitchen can act accordingly.
- To ensure you and your server's safety, we may need to move your walker to serve you. Please be sure your walker is labeled with your name and room

number. Anytime you need to leave we will bring it right back to you. We have had a walker mix up a couple times now.

- We no longer will need to take your temperature to dine in, but please remember to put hand sanitizer on before walking in. Thank you!
- We advise you to please come in at least five minutes before meal service starts, so you won't feel like you have waited for hours to be served.
- With the new team of servers, a reminder that service may not be as satisfying so please be patient. New faces you have seen in the kitchen just have started learning and progressing. Jasmine and Shean both assure you that the team will give you all a pleasure dining experience as always.

Thank you!



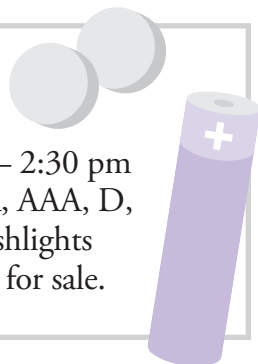
Podiatry Clinic

AHI Podiatry will be in the Beauty Shop on **Tuesday, August 10** for those who are signed up to see the Podiatrist. If you have not previously enrolled, please get an enrollment packet from the Front Desk or Tracy in the Nursing Office on the second floor. For those who are signed up, you will receive a door hanger during the first week of August with your appointment time. If you have a conflict with that time or you want to cancel please see Tracy.



Batteries

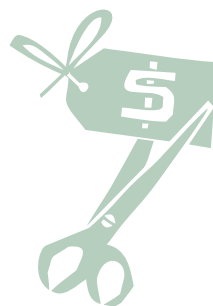
Mobile Batteries will be here on **Tuesday, August 10** from 1:30 – 2:30 pm in the Lobby. They will have AA, AAA, D, C and watch batteries. Some flashlights and other small gifts will also be for sale.



Utilities

If you are one of the residents who has been paying for your own Electric and Gas utilities, please double check that your final bill shows an end date of July 31, 2021.

Tradition has contacted Xcel and CenterPoint to change all the billing of accounts to come to us for service starting August 1, 2021. If you have automatic payments set up with your bank, you do not need to do anything. Xcel and CenterPoint will only pull the amount you owe and then stop after the final bill is paid. If you have any issues or questions please see Tracy.



Sherry Lindner



My name is Sherry Lindner. I was born October 26, 1946 in Northwestern Hospital in Minneapolis, MN.

I grew up in North Minneapolis with my parents and sister who was 13 years older. We had a large

garden in the lot next to our house. I would take my wagon and sell vegetables to our neighbors. We also had a chicken coop with temperamental chickens. My father broke his back at work so my mother got a job at the arsenal making bullets.

I went to McKinley and Jordan Junior Schools. I graduated from Patrick Henry High School in 1964. I started a two-year business course in 1965 at Minnesota School of Business. I met my husband there and we married in 1967. I was offered a job as secretary to the Director of the Minnesota State High School League. He didn't like dictation and wrote everything on paper. He divided the state into class A + AA divisions for Tournaments and I had to type it up for the State Legislature which was stressful. I quit work when I was expecting my one and only child, Jennifer. Her dad died in a car accident a week after her first birthday.

I went to work at Home School and Board of Education. When my daughter grew up we went into daycare together. She quit her Job at North Memorial Hospital to be with her kids. I remarried

IN THE
Spotlight



in 1991. My husband was in the Marine Corp for over 20 years. He passed away in 2010 of Agent Orange.

My absolute favorite past time over my lifetime was volunteering. I worked at my church helping with loaves and fishes, feeding school age kids during the summer and I am still a current member of the Brooklyn Park Lady Lions.

I have two grandchildren Kate (23) and John (19). Kate goes to school at The College of St. Scholastica studying Elementary Education. John goes to Iowa Central Community College where he plays baseball and is majoring in Law Enforcement.

My husband and I loved traveling. We traveled to places in the United States, but especially loved Mexico, Mazatlan and Cancun. I love spending time with my family and cat, Lucy. I'm an avid reader from the newspaper to magazines to books.

I like living at Tradition, because of the social aspect, I love visiting with the staff and residents. The staff is also so caring and friendly.

Curl Up and Dye *That is the name of a beauty shop. Puts a different meaning on it doesn't it?*

I started dying my hair about 10 years ago. I had found two little white hairs and I panicked. My hair looked drab. I looked old. I was in denial. I AM NOT OLD!

I had seen the ads "Hate that Gray? Wash it away!" I had no desire to be a blonde, just wanted my natural color. It looked so easy. You put this foamy stuff on your hair and it colors all the gray hair. Simple. Once I dyed my hair, I had to keep doing it because it grows out and looks funny. At first there were only a few strands. Every six weeks I would dye. I planned to do it until I was 90.

A few months ago I had to quit dying. I found that there were harsh chemicals even in the natural brands. I thought back to when my daughter wanted to lighten her hair and got a bad box that turned her hair green. It's just not fair. If a lady goes gray she looks old, but if a gentleman goes gray he looks distinguished. I am getting used to getting gray. Will you please let me know when I start to look distinguished!

