

September already!?! Wow this year has flown by! This month has always been a busy time for most; kids are going back to school, we celebrate Labor Day weekend, and I can't forget "The Great Minnesota Get-Together". Being new(er) to Minnesota I got to have my first State Fair experience here just a few years ago and my gosh, was it fun! We did everything from visit with the animals, listen to live music, and of course try all of the delicious foods. The line may have been long, but the famous Sweet Martha's Cookies definitely lived up to the hype (I also really loved the fried pickles, yum!). As always, I love to hear from all of you, so let me know what your favorite part about the fair is! This past year and a half has been a whirlwind, but I am excited to celebrate the State Fair once again!

~Megan Mirwald

Assistant Executive Director



Manor

Dee V 9/13
Jim T 9/25

Estates

Jestina B 9/01
Yvonne C 9/03
Vicki M 9/04
Joyce T 9/06
Charles N 9/11
Gregg S 9/17
Teresa K 9/18
Rosia J 9/20
JoAnn B 9/21
Henry O 9/25
Duey M 9/26
Barb E 9/26

Townhomes

Deborah Z 9/09
Kathy P 9/20
Minnie C 9/25
Fred D 9/28

Memory Care



Waterford
A not-for-profit retirement community

SEPTEMBER 2021
Waterford Talk

Monday, September 6



NATIONAL ASSISTED LIVING WEEK

SEPTEMBER 12-18, 2021

"Compassion, Community, Caring" is this year's theme for National Assisted Living Week.

The theme reflects the hard work and dedication of all the essential caregivers in assisted living communities during the COVID-19 pandemic. It also represents the importance of family and remaining connected, even when we could not physically be together.

We thank all of those resilient individuals who have worked so hard, went above and beyond, and never gave up. Thank you for all you do!



Don't forget the

RESIDENT REFERRAL PROGRAM

For referring a new resident to the Waterford Senior Community, receive a rent credit of \$500!

See Willie for details!

Contact Us

WATERFORD
6288 Louisiana Ct N

Brooklyn Park, MN 55428

Phone: 763-316-4800

Fax: 763-536-7679

WaterfordLiving.org

Waterford's Leadership Team

TROY BARRICK, EXECUTIVE DIRECTOR
MEGAN MIRWALD, ASSISTANT EXECUTIVE DIRECTOR
CRYSTAL LEROL, BUSINESS OFFICE MANAGER
RHONDA MAKELA, DIRECTOR OF NURSING
TOM HOMMES, DIRECTOR OF DINING
ANNETTE WAINIO, DIRECTOR OF LIFE ENRICHMENT
RANDY LANDIS, MEMORY CARE COMMUNITY MANAGER
WILLIE RAINEY, COMMUNITY RELATIONS DIRECTOR
SHANNON McMAHON, DIRECTOR OF RESIDENT RELATIONS-ESTATES



Waterford Talk

September is Atrial Fibrillation Month

Atrial Fibrillation, AFib, is a leading risk factor for stroke. According to the National Stroke Association, the irregular or rapid heartbeat is often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly; these irregular heartbeats cause blood to collect in the heart and form a clot, which can travel to the brain and cause a stroke.

The bad news: about 15% of people who have strokes also have AFib, and folks with AFib have a five times greater chance of stroke. The really good news: up to 80% of strokes in people can be prevented.

The National Stroke Association offers tips for stroke prevention:

- * Use medication to restore the regular rhythms of the heart.
- * Prevent blood clots with blood thinners, or anticoagulants.
- * Schedule relaxation time. Stress and fatigue increase the risk for AFib.
- * Exercise—if allowed by your doctor.



Ahoy, Matey!

Calling all buccaneers! Dust off your pirate hats, batten down the hatches, and practice your “Ahoy, me hearties!” What began as a lark—two friends talking to each other in “pirate-speak” during a game of racquetball in 1995—spawned International Talk Like a Pirate Day. The holiday is now celebrated every September 19. Here are a few more phrases to get you started:

Blimey! Fire in the hole! Heave ho! Shiver me timbers!



BUS RULES

- **RESIDENTS MUST SIGN UP!** Decisions are based on the number of people signed up for an activity. If you are not signed up, we may decide to cancel. Anyone signed up, will be notified of the cancellation. Also, if you are not signed up, you may not be allowed to board the bus at the last minute.
- **RESIDENTS MUST BE ON-TIME!** The calendar designates the time the bus will leave Waterford. The bus will leave close to that time. After shopping, you must be at the departure area at the assigned time. If you are not there, the bus will return to Waterford. The bus will return to pick you up. If you are still not ready, you will have to find your own ride home.
- **At this time, face masks must be worn over the mouth and nose while on the bus.**



Waterford Talk

Good Bye Pandemic by Gary L, Manor resident

We were like precious little birds that had fallen from the sky,
Our wings were damaged and we could not fly.

Now that our wings are on the mend

We can go fly once again.

So now we can fly high and free,

And enjoy the coming days back in society.



Historic September Events

Sept. 3, 1783 – Britain and the U.S. sign a peace treaty.

Sept. 4, 1957 – Ford Motor Co. unveils the Edsel, named after Henry Ford II's late father.

Sept. 9, 1895 – The American Bowling Congress is formed.

FUN AT THE WATERFORD

