

NEWSLETTER



OAK RIDGE PLACE

FEBRUARY

2024

OAK RIDGE PLACE INFORMATION

OAK RIDGE PLACE SENIOR LIVING

6060 OXBORO AVENUE NORTH

OAK PARK HEIGHTS, MN 55082

Main Office: 651-439-8034 (Monday—Friday 8:00—4:30)

Fax: 651-439-8305

Home Health Aide 24-hour phone: 651-295-1886 or 651-350-9576

Kitchen: 651-351-2912

www.oakridgeplace.com

YOUR OFFICE STAFF

Cassandra Smith-Director of Housing (CassiS@oakridgeplace.com)

Sheena Rubi-Dining Services Manager (sheenas@oakridgeplace.com)

Marlene George-Office Manager (marleneg@oakridgeplace.com)

Lizzie Strachota-Activities Coordinator (lizzies@oakridgeplace.com)

Austan Wilson-Maintenance Technician (maintenance@oakridgeplace.com)

YOUR NURSING STAFF

Sandra Shadley, RN, Director of Nursing (sandras@oakridgeplace.com)

John Howard, LPN, Assistant to Director of Nursing
(Johnnh@oakridgeplace.com)

Brenda Unise Nelson, Senior Home Health Aide
(BrendaN@oakridgeplace.com)

HIDDEN MYSTERY ITEM

Each month there is an item hidden in the newsletter. If you find the hidden mystery item, call or stop by the office and let us know where you found it and we will put your name in the drawing. At the end of the month, Marlene will pull a name out of the bowl. The winner will receive a \$10 Cub gift card.

The winner for January is Christine Connolly in #106. This month find the:



HAPPY FEBRUARY BIRTHDAY TO THE FOLLOWING OAK RIDGE RESIDENTS:

Robert B. February 10

Carole S. February 14

**HAPPY
BIRTHDAY**

OAK RIDGE PLACE STAFF BIRTHDAY'S FOR FEBRUARY

Kati Hesley February 18

**HAPPY
BIRTHDAY**

TRIVIA QUESTION:

Which birds fly in groups called “skeins”?

*Here's a tip as you get older:
Never wear a hearing aid,
because if you do,
people expect you
to listen to them.*



FRIDAY, FEBRUARY 2—GROUNDHOG DAY

Most of us know the tradition: on February 2, our old friend the groundhog will emerge from hibernation, come out of his den, and predict whether winter will deliver more cold weather this year. If the groundhog sees his shadow, the story goes, he will return to hibernation and cold weather will persist another few weeks. If not, warm weather is around the corner.

TRIVIA ANSWER: GEESE

Activities Zone

Activities Coordinator: Lizzie Strachota

The Good Neighbor Award:

The Good Neighbor award is going to be in the newsletter where Residents living at Oak Ridge can nominate a fellow resident who they think goes above and beyond regular neighborly duties. The winner of this award will be featured in the newsletter as well as get a prize.

You can nominate a resident with the slip attached.

Dates To Know:

February 2nd - Wear RED all Day to raise awareness for heart disease in women.

Coffee With Cassi at 10am

Come meet the new Housing Director!

Card Game Skip-Bo at 1:30pm

February 5th at 12pm: Valentine's Box Craft! Come down and make a box for your door so people can put Valentine's in them!

February 6, 13, 20, & 27th - Wii Bowling at 1:30pm

Even if you have never heard of a Wii, Wii Bowling is very simple to pick up on. Before the game I will explain how to use the remote controllers and the rules and regulations and will be there throughout to help with any questions or concerns.

Also, On February 6th we will be having a Hat Day. Show off your favorite hat to the building all day long.

Activities Zone

Activities Coordinator : Lizzie Strachota

February 8th at 1pm: Senior Support Group - Come down and talk about different topics like grief, reminiscing, etc.

February 9th at 10am: Movie Matinee - *Grease*

February 11th at 5pm: Super Bowl Party

Oak Ridge will be hosting a Super Bowl party in the dining room. Wear your favorite jersey.

February 12th at 10am: Tech Time with Lizzie - if you have cell phone questions, want to learn the Wii and how to work it, or any other tech related questions.

February 13th at 1:30pm: Craft - Valentine's

Creating Valentine's for you friends or significant other to put in their Valentine's box on their door.

February 15th at 1:30pm: Matinee - *A Walk to Remember*
Popcorn will be served.

February 16th at 10am: Paint and Sip - painting while sipping coffee and spending time with friends.

February 19th at 12pm: American Trivia

February 22nd at 2pm: Science Experiments
Come down and learn how fossils are formed.

February 23rd at 10am: Book Club

This club is all about books where residents can talk about current reads, genres they like, upcoming books etc.

February 26th at 12pm: Mini Manicures

February 27th starting at 11am: Mardi Gras Lunch and Celebration

February 29th at 2pm: Men's Club - Calling all the men at ORP! Come down and gather with the other guys in the building.

Resident Spotlight



Jackie Gary



Interview W/ Jackie Gary #115

Q. How long have you lived at Oak Ridge Place?

A. Since May, so about 7 months.

Q. What was the last gift you gave someone?

A. I Recently sent my sister and son-in-law gifts for Christmas.

Q. Do you have any hobbies? Current or previous?

A. I love working on puzzles and diamond dots as well as reading.

Q. What were you like in High School?

A. Well I was never a part of the popular group, but I wasn't necessarily quiet. I had this bookkeeping Class that was my favorite. The teacher was great.

Q. What is the best and worse job you've ever had?

A. The best job I had was as a secretary and I don't think I've ever had a bad job.

Q. What is the most memorable vacation you've ever been on?

A. The most memorable vacation I've been on was an Alaska cruise. The cruise was fun, and Alaska is just so beautiful.

Q. Who is your biggest inspiration?

A. My church friends. I believe they live a life that exemplifies the Lord.

Contact Us:

OAK RIDGE PLACE 6060 Oxboro Ave N Oak Park Height MN 55082

Phone 651-439-8034

Website www.Oakridgeplace.com



Nomination for Oak Ridge Place's GOOD Neighbor AWARD

Return this slip to the office door slot to nominate a neighbor that you think should be recognized in an upcoming edition of the Oak Ridge Place Newsletter.

Nominee _____

WHY? _____

Your Name (optional) _____

WELCOME
welcome
NEW RESIDENTS



NORMA #217

NEW STAFF

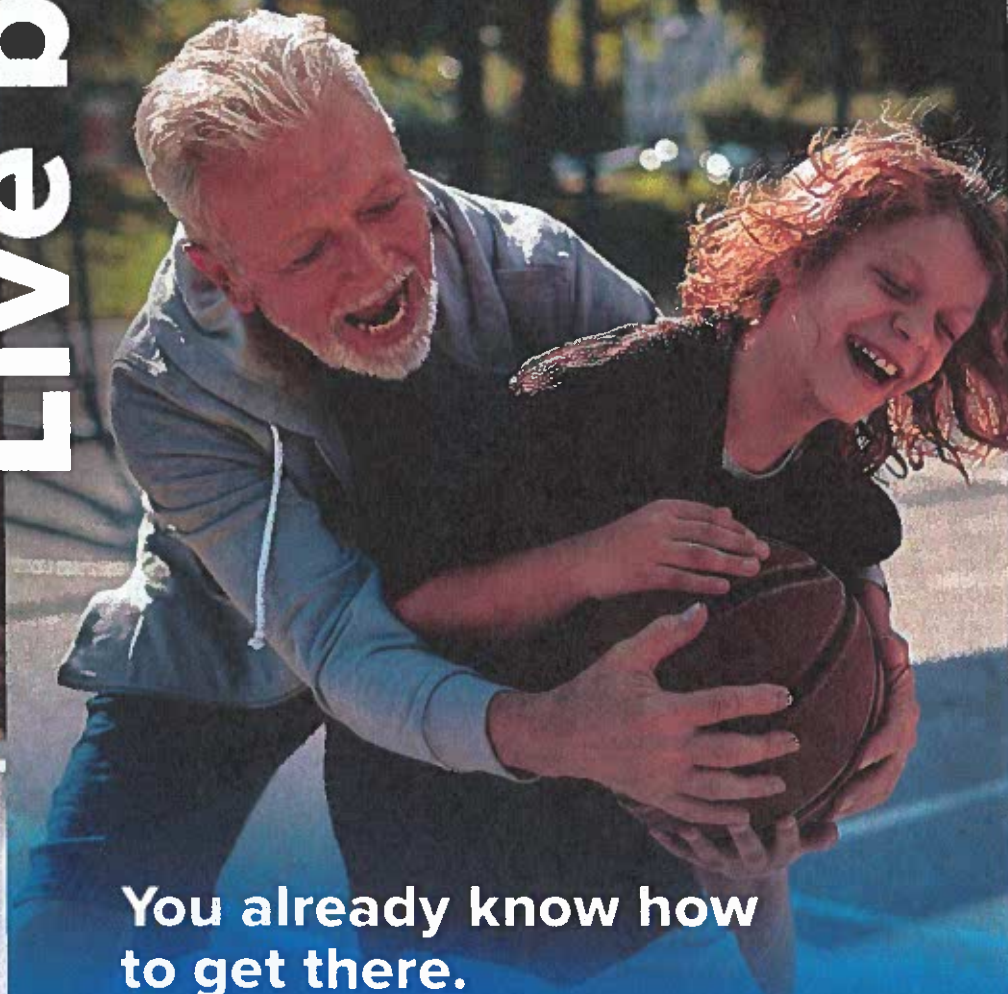
KRISTIN, DIETARY AIDE

MARY, HOME HEALTH AIDE



Live big.

Start small.

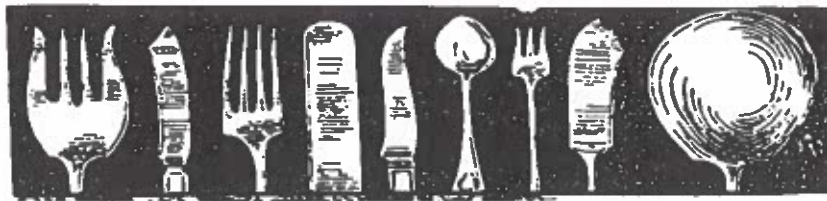


You already know how to get there.



You know it takes small steps to live big. Like talking to your health care provider about your risk for heart attacks and strokes, and getting your cholesterol and blood pressure checked.

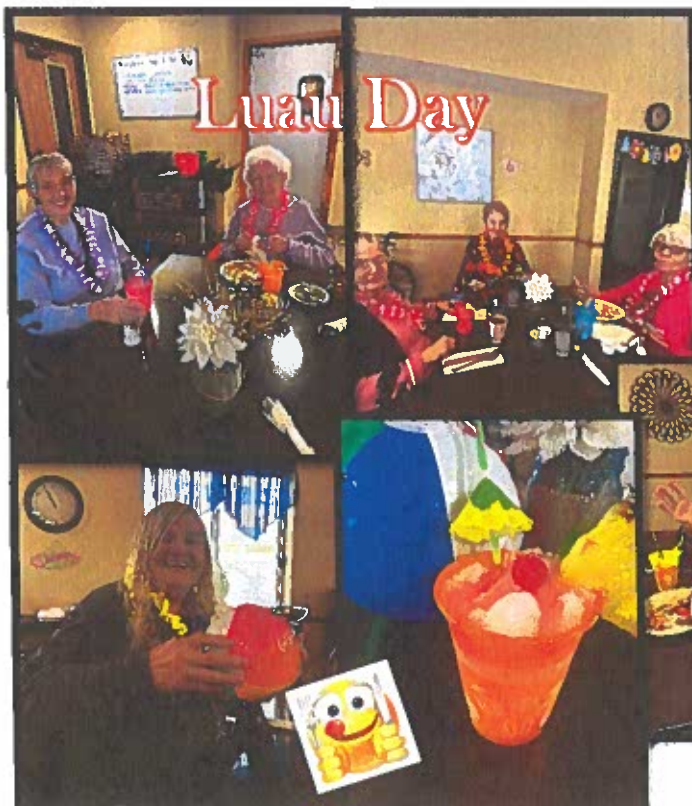
Then, with regular physical activity, healthy eating, and taking your medication as prescribed – it's on to the really big stuff. Like kite surfing. Or teaching your grandchild how to slam dunk. Schedule an appointment with your health care provider today. Learn more at hearthealthysteps.org.

This ad was made possible through a partnership with the CDC Foundation, Amgen, Bayer, FH Foundation and the National Association of Chronic Disease Directors.

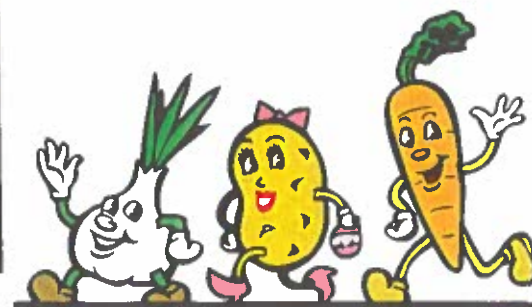


NOTES FROM THE DINING ROOM

- Please welcome our newest Dietary Aide Kristin Colombo.
- Starting Monday March 4th, 2024 Oakridge Place will no longer regularly deliver daily meals. All residents must stop by the dining room during meal service times and attend meal or get their meals to go. Temporary meal delivery due to illness must be approved by the nursing department and the director will need to approve anything over 24 hours and not greater than 10 days
- As a reminder it is recommended that resident's must order their meal at least 10 Minutes before meal service ends.
- Please Join us for our Valentines Day Gala which will take place on  Wednesday February 14th during lunch service from 11am-1pm in the dining room.  RSVPs will be going out soon, please RSVP no later than 4pm Friday, February 9pm. All residents and guests are welcome to attend. \$10.00/meal unless you are on a meal plan



We had such an amazing time at our Luau themed lunch. The Virgin Pina Coladas were a hit! We also loved the Pineapple chicken with peppers and a Hawaiian Dream Cake. Yum!





My name is Cassandra Smith. I was born and raised in Hudson, WI – where I currently live. My husband's name is Aaron, and we have a 9-year-old daughter, Everlee. I have worked at Oak Ridge Place since 2010. First, as a Certified Nursing Assistant, Office Manager, then the Activities Coordinator, and a Site Manager for two of our other buildings. I am ecstatic to be back at Oak Ridge as the Director of Housing and Marketing!

Some hobbies I enjoy are dancing, ice skating, camping, fishing, hiking, scuba diving, bow hunting and anything outside! A few fun things about me are I have been dancing since I was 5, and teaching dance since I graduated high school in 2008, with the same studio. My favorite colors are purple and green. I love plants (perhaps, too much) and have 14 orchids at home. I LOVE football, and I am a die-hard Green Bay Packer fan. Some of my interests are baking and enjoying spending time with my family.

And finally, my goal as Director of Housing is to reintroduce a sense of community and to be your advocate to come to with questions, concerns and to provide you with an overall feeling of support. While also having a little fun!

I already know a lot of residents here from working here prior, but I would love to meet you all! Don't be afraid to come and say "hi!"



NATIONAL WEAR RED DAY

National Wear Red Day, on the first Friday in February, is an annual campaign to raise awareness about heart disease in women.



Wear red to show your support for saving women's lives

The national campaign urges women to learn their risk for heart disease and to take steps to lower their risk. What increases a woman's chances of heart disease?

- Smoking Sedentary lifestyle Family history Diabetes Stress Inflammatory diseases like rheumatoid arthritis and Crohn's Complications during pregnancy Menopause



We can prevent or reverse many of these risks by taking action. Speaking with our physician also helps to further lower our risk of heart attack and stroke by making and following a plan.

- Quit smoking. Ask for help if you need it. Your physician has many tools at her side to make quitting a success.
- Change your lifestyle. Become more active and improve your eating habits. This will help with many risk factors including stress, family history, and other health conditions.
- Get routine physical exams.



Senior Support Group

This is newly created support group facilitated by our very own, Jane George. The goal is to bring together people who face similar problems to share not only problems but also solutions. This is a safe place for residents to gather to gain understanding and support as they navigate the winding road of aging, loss and grief. This is a newly started group and the goal is to create a relaxing fun atmosphere to share. Please join us for our first meeting to create the best possible support group.

Thursday February 8, 2024 1pm in the Saint Croix Room.



Meeting held: 1/4/2024 at 2:05pm. 7 residents were present.

RESIDENT COUNCIL CORNER

JANUARY RECAP

DINING

We did not have any concerns. Our servers are doing a great job.

BUILDING

The decorating is so wonderful. We felt like a winter wonderland.

2ND FLOOR ROOM

Amy has said it was up to each resident to get their own exercise equipment for their apartment. This room will not be used as a exercise room when the remodel is complete.

COMMITTEE REPORT

Cards: The residents were happy to get cards.

NEWSPAPER

Please do not take papers that are given to paying subscribers!!
It is very frustrating for the subscribers. If you want a paper purchase a subscription.

HEALTH AIDS

Suggested to have a book for new HHA staff to know what to do in an emergency.

ADJOURNED

3:00PM

REMEMBER LOCK YOUR DOORS.

PLEASE JOIN US AT OUR NEXT MEETING:
THURSDAY FEBRUARY 1, 2024 2PM. WE
HOPE TO SEE YOU THEN!

RESPECTFULLY SUBMITTED BY: *Ann Marie Johnson*

MAINTENANCE CORNER



Garbage Disposals

We will be transition to a “No Garbage Disposal” community. If you currently have a garbage disposal in your unit it will remain there until it is no longer operable. Once this happens your garbage disposal will NOT be replaced.



Trash Chutes

Please only place sealed garbage bags in the trash chutes. If your item does not fit in the chute opening do not force it. You must then bring your rubbish to the garage. Inserting large bags and/or boxes can cause the chute to be clogged.

Cardboard should not be placed in the chute. These items need to be brought downstairs to the garage and placed in the recycling dumpster.

Again, the chutes are provided as a convenience on all floors. Please be mindful of what you are putting in the chute so it remains operational for everyone.



♥ VALENTINE'S DAY ♥

WORD SEARCH

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

ADMIRER
BE MINE
CANDY
CARD

BOW AND
ARROW
CANDY
CARD
CHERUB

CHOCOLATES
CONVERSATION
HEARTS
CUPID
FEBRUARY

GIFTS
HEART
HUGS
KISSES
XOXO

LOVE LETTER
ROMANCE
ROSES
SWEETHEART
VALENTINE

Name: _____ Date: _____

Groundhog Day

February 2nd

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BURROW
CANDLEMAS
CLOUDY
DEN
EMERGE
FEBRUARY
FORECAST

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



GROUNDHOG	PUNXSUTAWNEY
HIBERNATE	SECOND
HOLE	SHADOW
MARMOT	SIX WEEKS
MORNING	SPRING
MYTH	SUNSHINE
NATURE	TEMPERATURE
OMEN	WEATHER
PHIL	WINTER
PREDICTION	WOODCHUCK