

NEWSLETTER



OAK RIDGE PLACE

MARCH

2024

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 February is Susan Newton in #124. This month find the:



HAPPY MARCH OAK RIDGE PLACE RESIDENTS:

Marcia B. March 17

Cathy N. March 20

Amy S. March 23

**HAPPY
BIRTHDAY**

Happy St. Patrick's Day!!

Sunday, March 17



OAK RIDGE PLACE STAFF BIRTHDAY'S FOR MARCH

Jodi Villegas March 27





NOTES FROM NURSING



Shawntell, HHA

Welcome Shawntell!

Oak Ridge Place has developed a new position to our team to improve quality of care.

The new position is a Home Health Aide Bath Aide. This position will involve assisting residents with bathing in all capacities as well as offering support in the laundry department with washing, drying, and folding laundry.

Please help us welcome Shawntell to our team.

We are very excited to offer this new position & Shawntell is a perfect addition to the ORP team.

Attention Residents Receiving Bathing Services:

We are in the process of implementing new bathing schedules. Please be patient with us as we navigate through developing this new position. If you have any questions or concerns, please contact the nursing department.



OAK RIDGE PLACE NURSING OFFICE

6060 Oxboro Ave North Suite 123

651-439-8034 ext 106 | SandraS@oakridgeplace.com | www.OakRidgePlace.com

IT'S TAX TIME

Community Thread will be here on Tuesday, March 12 for income tax preparation. They will take your information with them and return on Wednesday, March 20 with your completed return.

Please sign up in the office if you would like have your taxes prepared. **YOU NEED AN APPOINTMENT.**

INFO TO BRING WITH YOU:

Last years return

A blank check for direct deposit

Social Security—W2

CRP Rent Credit Form

Any other income

Resident Spotlight



Ivia Coakley

MAINTENANCE CORNER



FRUIT FLIES

Where Do Fruit Flies Come From?

Fruit flies often come in to your home through cracks in walls, loose seals around doors or windows, or via eggs laid inside of a piece of produce from the grocery store. Fruit flies can seem to come from out of nowhere to infest your home, but this is mainly due to how quickly fruit flies breed and develop.

What Attracts Fruit Flies?

Fruit flies are mainly attracted to extra ripe, fermenting fruits and vegetables. However, they are also drawn to things such as drains, garbage disposals, empty bottles and cans, trash bags, cleaning rags and mops. Essentially, they are drawn to food waste and moist environments.

How To Prevent a Fruit Fly Infestation

Keeping your home clean is one of the most effective ways to keep fruit flies at bay. The best way to prevent a fruit fly infestation is to remove sources of attraction. Seal your produce in airtight containers, store it in the refrigerator and remove any overripe produce. Keep drains and garbage disposals clean and dry and regularly disposing of trash. Garbage cans and recycling bins that contain the residues of fruit juice or soda, can attract fruit flies, so it's important to clean these areas regularly. If food or drink residues spill anywhere, clean up the spill immediately.

WORK ORDERS

Is there anything that needs repair or replacement in your apartment? Please stop by the office to get a work order. Office staff are available to assist if needed to complete the work order request. Typical office hours are Mon-Fri 8-4:30pm.

Maintenance is on site Monday – Friday 8am-4:30pm.

This team is also available 24/7 in cases of emergency situations.



Wii bowling is done on Tuesday's at 2:00 pm. Bill is our new champion this week. He will carry the title and championship belt for one week.

Please come down and join in for the fun!!!



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:

Every Monday at 10:30am- Good Morning w/ Pam

Start your week of right and create new connections well having great conversation and coffee.

Every Tuesday at 10:30am - Sing-A-Long w/ Pam

Come down and jam with Pam!

Get your vocal cords ready to sing your heart out with a group of fellow residents.

Every Tuesday at 1:30pm- Wii Bowling

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.

Every Wednesday at 10pm- Coloring

Have a nice relaxing morning while coloring.

Every Wednesday at 10:30am- Dancercise

Let the music move you. Even if you are not a dancer don't be worried this class applies to people of all skillsets.



St. Patrick's Day

WORD SEARCH



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

LEPRECHAUN
SHAMROCK
ORANGE
CELTIC
MAGICAL

CELEBRATE
TRADITION
RAINBOW
GREEN
CLOVER

LIMERICK
EMERALD
POTATO
LUCKY
MARCH

IRELAND
BLARNEY
LEGEND
JIG
PARTY

March 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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3 4 5 6 7 8 9

1:30pm- Card Games
10am- Communion
10:30am- Good Morning w/ Pam
2pm- Bingo
10am- Exercise Class
10:30pm- Sing A Long w/ Pam
12pm- Tech Time
2pm Wii Blowing
10am- Coloring
10:30am- Dancercise
12:30pm- Church Service w/ Clay
2pm- BINGO
9am- Grocery Transportation
2pm- Resident Council
3pm- Family Council
Wear Purple for Women's Day
10am- International Woman's Day Donuts
2pm- Cribbage and Scrabble
12pm- Open Library
1pm- Puzzle in the St. Croix Room



10 11 12 13 14 15 16

1pm- Paint and Sip
1:30pm- Card Games
10am- Communion
10:30am- Good Morning w/ Pam
12pm- Men's Club
2pm- Bingo
10am- Exercise Class
10:30pm- Sing A Long w/ Pam
12pm- Mini Manicures
2pm Wii Blowing
10am- Coloring
10:30am- Dancercise
12:30pm- Church Service w/ Clay
2pm- BINGO
9am- Grocery Transportation
1pm Senior Support Group w/ Ice Cream
11am- St. Patrick's Day Lunch
1:30pm- St. Patrick's Day Celebration
2pm- Card games and Scrabble
12pm- Open Library
1pm- Puzzle in the St. Croix Room



17 18 19 20 21 22 23

1:30pm- Card Games
10am- Communion
10:30am- Good Morning w/ Pam
2pm- Bingo
10am- Exercise Class
10:30pm- Sing A Long w/ Pam
12pm- Bananagrams Game
2pm Wii Blowing
10am- Coloring
10:30am- Dancercise
12:30pm- Church Service w/ Clay
2pm- BINGO
9am- Grocery Transportation
1:30pm- Movie Matinee: Singing in the Rain
10am- Making Friendship Bracelets
1pm- Jeopardy
2pm- Cribbage and Games
12pm- Open Library
1pm- Puzzle in the St. Croix Room

24 25 26 27 28 29 30

1:30pm- Card Games
10am- Communion
10:30am- Good Morning w/ Pam
12pm- Book Club
2pm- Bingo
10am- Exercise Class
10:30pm- Sing A Long w/ Pam
12pm- Heavy Machinery
2pm Wii Bowling
10am- Coloring
10:30- Dancercise
12:30pm- Church Service w/ Clay
2pm- BINGO
9am- Grocery Transportation
1:30pm- Science w/ Seniors
11am- Pancakes and Pjs Easter Lunch
1:30 Decorate Eggs
2pm- Cribbage and Games
12pm- Open Library
1pm- Puzzle in the St. Croix Room



31 NOTES

11am- Easter Lunch 1:30pm- Card Games

