



11124 183<sup>rd</sup> Circle NW  
Elk River, MN 55330

July 2020

# Elk River Senior Living

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## Thoughts from the Executive Director

As we celebrate the 4<sup>th</sup> of July a little differently this year, let us be mindful of the sacrifices that have been made for us to live in the Free World. We must never take for granted the men and women who served in the Armed Forces and those that gave their lives in order that we may be able to enjoy the many freedoms which we are afforded today. The Staff and I want to THANK all our Veterans here at Elk River Senior Living who served, wives of those who served, along with the children and grandchildren currently serving our Country insuring that we continue to enjoy this holiday which is all about Freedom. The team here at Elk River Senior Living has been planning a mobile barbeque to celebrate this holiday with our Residents.

Thank you for your ongoing support and trust in Elk River Senior Living. I know everyone is anxiously waiting for life to be able to resume with family and friends. Thank you to each of our residents for doing your part of social distancing, wearing a face mask, and frequently washing your hands. Handwashing remains the number one way to prevent the spread of illness. As always, we will continue to work daily to ensure we are doing everything possible to keep them safe. No matter what the situation, awareness on the "bright side" must be kept in the forefront of all our minds to get through this challenging time. While it's true we can't do exactly what we did before, we CAN and will continue to create new ways to connect with our residents and keep them engaged. We are blessed to have staff with a passion for the population we serve and an intrinsic desire to please, no matter how difficult.

Kind regards,  
Kylie

Kylie Larson  
Executive Director  
Elk River Senior Living

## We are at your service!

Kylie Larson  
Executive Director

Rachel Hoppenrath  
Director of Nursing

Shari Kish-Neal  
Nurse Manager

Deb Bland  
Marketing Director

Darlene Anderson  
Life Enrichment Director

Jeremy Schouveller  
Culinary Director

Josh Halvorson  
Maintenance Director

Olivia Bjorstrom  
Business Office Assistant

## Summer's Berry

No treat enhances a summer barbeque or picnic better than fresh berries. Whether you eat them plain out of your hand or add them to your favorite recipe, give thanks for this delicious bounty all July long, for July is National Berry Month. The next time you're out at an open-air farmer's market or even at the local grocery store, keep an eye out for unusual or rare berries that may have come from another part of the country. Your taste buds will thank you.



Facebook.com/ElkRiverSeniorLiving

To see all the upcoming activities that are planned and pictures from previous activities.





## Happy Birthday to our July Birthday's

- 7/1 Joan G.
- 7/2 Patricia G.
- 7/13 Dennis L.
- 7/14 Shirley S.
- 7/21 Donald R.
- 7/24 Susan S.
- 7/30 John S.

### July Birthdays

In astrology, those born between July 1–22 are Cancer's Crabs. Crabs care deeply about their family and home. After all, they carry one on their backs! Guided by their hearts, Crabs are sympathetic and loyal friends and imaginative collaborators. Those born between July 23–31 are Leo's Lions, the zodiac's natural-born leaders. Dramatic, confident, and humorous, Leos are adept at rallying people to a common cause and finding creative solutions in the trickiest of situations.

Birthstone: Ruby Flower: Larkspur



We'll be celebrating Independence Day by having a BBQ lunch on Wednesday, July 1<sup>st</sup>. Hamburgers and Brats will be BBQ out on the community room deck and delivered with all the fixings to resident's apartments. There is no charge for this meal.

### Fun July 4<sup>th</sup> Facts:

Not everyone was on board with celebrating on July 4, the day Congress approved the Declaration. John Adams wanted to celebrate on July 2, the day Congress voted for independence.

Three US presidents have died on July 4 — John Adams, Thomas Jefferson, and James Monroe. In a bizarre twist of fate, Adams and Jefferson both died on July 4, 1826, the fiftieth anniversary of the country they helped found.

July 4 wasn't deemed a federal holiday until 1870, nearly 100 years after the nation was founded.

Americans consume around 155 million hot dogs on the Fourth of July each year. They also spend \$92 million on chips, \$167.5 million on watermelon, and \$341.4 million on beer.



### Heat Wave

July is typically a hot-weather month, here are some tips for staying cool during the heat:

1. Drink up
2. Avoid the hottest times of the day
3. Dress for the heat
4. Keep water in refrigerator for quick cool down
5. Replace salt and minerals
6. Stay Cool Indoors
7. Stay informed, listen to the weather report

Air-conditioning is the number one protective factor against heat-related illness and death.

During conditions of extreme heat, spend time in locations with air-conditioning.



Residents sat out front or on their decks enjoying listening to Mary Hall entertain during one of our outdoor music events.

### MDH OUTDOOR VISITATION GUIDANCE FOR LONG-TERM CARE FACILITIES

Visitor criteria:

1. Visitors should schedule visitations with the facility 1 to 2 hours prior to arriving by calling (763)-276-7076 and speak to the concierge.
2. Visitors must wear a mask, or other face covering, during the entire visit unless medically contraindicated.
3. Visitors must use alcohol-based hand rub upon entering and exiting the outdoor visitation area.
4. Visitors must be actively screened for signs and symptoms of COVID-19, and must attest to COVID19 status if known. This should be done at a designated location outside the building.
5. Visitors should not walk through the facility to get to the outdoor visitation area.
6. Visitors must sign in and provide contact information.
7. Due to the risk of exposure, holding hands, hugging, kissing, or other physical contact is not allowed during family visits.
8. Visitors under age 12 years must be in the control of adults who bring them and must also comply with social distancing requirements.
9. Pets must be under the control of the visitor bringing them in.
10. All visitors must maintain 6 feet social distance.
11. Visitors must stay in designated visitation locations.

Weather: Visits should occur only on days when there are no weather warnings that would put either the visitor or resident at risk.

Facilities that meet the criteria above retain the right to deny outdoor visitation to specific residents only if they believe:

1. Circumstances pose a risk of transmitting COVID-19 to the facility because the resident or visitor does not comply with infection control guidance above, or
2. The resident or visitor is at risk of abuse/harm.

Residents and their loved ones may contact providers with questions about outdoor visits. Facilities should ensure residents, and their loved ones, have access to the Office of Ombudsman for Long-Term Care at 651-431-2555 or 1-800-657-3591 to request advocacy services.

### Grandma is Surfin the Net

Grandma's on the net again,  
The kitchen's not her home.  
She used to make us cherry pies,  
and call us on the phone.  
She would talk to us for hours; now she leaves us  
all alone.  
We miss her homemade biscuits,  
and I'll make this little bet.  
If you want to contact Grandma,  
you'll have to surf the net.  
Grandma's on email & messenger with her  
Electronic friends, you bet.  
We've been calling her all morning,  
and we haven't got her yet.  
She's never surfed at Malibu,  
or caught a wave at Waikiki,  
She's never seen a surfboard:  
hang ten doesn't mean a thing.  
She's never met a beach-bum,  
moon Doggie is just a pup.  
But when she heads for her computer,  
You know the surf is up.  
Grandma's getting older and  
her eyes are getting dim.  
Her random-access memory,  
is half of what its been.  
When Saint Peter comes to call someday,  
She'll say I can't go yet.  
He'll have to wait for Grandma,  
cause she's surfing on the net.

Author Unknown



Board in Community Room during Covid-19. Residents and staff sharing how they've been spending their time these past few months.