July 2019 Newsletter:
Volume 6, Issue 7

What does the Fourth of July mean to you? See below for responses from people here at Providence Place. The more often a word was said, the larger it appears!

Fourth of July

— Brenna H, Community Life Assistant

www.provplace.com
New Residents

Marilyn B—2N  Lawrence J-3N
Stella B-2N    Julie P-3S
Geraldine B-2S  Wallace D-3S
Richard R-2S    Henry J-3S
Edward B-2S

July Birthdays

7/1 Colleen S.—2S  7/26 Wilbur H.—2N
7/1 Terry L.—2N    7/26 Leonard H.—2N
7/4 Wayne P.—2S    7/27 Michael C.—2N
7/10 John A.—2N    7/27 Felix G.—3N
7/14 Virginia C.—3N 7/29 Kathleen S.—3N
7/15 Bob C.—2N
7/16 Samantha S.—2N
7/17 Donna H.—2S
7/19 MaryAnn C. - 3S
7/19 Betty S.—3S
7/22 Lynn S.—3N
7/24 Joe C.—2N
July Activity Highlights

July 4— 4th of July Grill Out— Courtyard—sign up!
July 5— Doughnut Sale— 9:00— 1S Dayroom
July 8— Coffee with the Chef— 9:30 on 2N
July 9— Resident Council Meeting— 9:45 on 2N
July 11— Target Shopping Outing— Sign up!
July 17th— Food Committee Meeting— 3:30 on 2N
July 19— Doughnut Sale— 9:00— 1S Dayroom
July 23— Fishing Outing — Sign up!
July 26— Friday Party with Cindy Scheffler— 2:30 on 2N

Non-Continental U.S. Trivia

1. The U.S. purchased Alaska from what country in 1867?
2. What is Alaska’s state land mammal?
3. What mountain in Alaska is the highest in North America?
4. What is Hawaii’s state flower?
5. What president was born in Hawaii in 1961?

See the answer key in the back of the newsletter!
Special Days and Famous Birthdays

July Monthly Observances
Birthstone: Ruby
Flower: Larkspur or Water Lilly
Zodiac signs: Cancer and Leo
July is: National Ice Cream Month
National Hot Dog Month
National Pickle Month
National Picnic Month

July Daily Observances


2 Continental Congressmen vote to cut ties with Britain, 1776. Vermont is first state to abolish slavery, 1777.

Birthdays: Neil Simon, wrote "Odd Couple." Geraldo Rivera, TV host.


15 Birthdays: Rembrandt van Rijn, artist. Linda Ronstadt, singer. Jessie Ventura, wrestler and governor of MN.


22 1st solo flight around the World, 1933. Public enemy number one John Dillinger is shot. Birthdays: Don Henley, singer for the Eagles. Alex Trebek, host of Jeopardy. Willem Dafoe, actor.


Food Committee Meeting!

Join us on Wednesday, July 17, at 3:30 P.M. on 2N, to talk about the food and the service!
Outing

When: Thursday, July 11
Time: 9:00 A.M.

If you are interested in this outing, let a Community Life staff know by Tuesday, July 9, at noon.

Final list will be posted Wednesday.

SPACE IS LIMITED!!
Fading Sun

The sun is fading in the west
From higher to lower view
Radiating glorious blaze
From gold to skylark blue

The pink expanse on either side
Is like a sea so vast
That one cannot perceive the tide
When evening shore be cast

Gray shadows cross the last white clouds
Obey the last light rim
Angel song so sweet so long
So majestic yet so dim

Last light of the evening glow
A time praise Heavens strength
A time to remember her grace
And glorify her length

—Janice F.

Fishing Trip

The water of the lake is dark
Reflecting sky of blue
Little fish swim below
The surface, more than a few

There’re lily pads of green
With white flowers off pier
The sun is fiercely hot
The water a lot like a mirror

Beneath the water, growth
The heat can’t rearrange
Life goes on and on down there
In summer without change

Fishing day of peace
A lake so grand and good
A time of summer life
Surrounded by a wood

—Janice F.

Things We Like About June

June, stay.
I like Father’s Day, June 16th.
School is out
The munchkins are on the street
Watch your feet!

The flowers are pretty in June
Time to go barefoot
Don’t walk on the glass
Walk on the grass

Graduation parties abound.
It’s riding time all the way!

I remember peonies in the garden,
crawling with big ants, mosquitoes,
ticks and June bugs.

—Looking Ahead Group Poem
I like to tell you stories about times past. I’m sure you just might think that most of them aren’t really true, but are just an old man’s imagination. I want to assure you they are true about the factual things they contain; otherwise, I may expand on matters that only make the stories more fun to listen to. We all know that horses don’t fly (but there are horseflies!), cats don’t have purple hair, and dogs don’t wear raincoats. They wear cowboy boots and carry guns. Their front legs have hands instead of paws, and animals can’t talk. You always see what they say in print in bubbles above their heads. Dog and cat flies let fleas take care of the biting for them. So you can see that I keep the facts and the fun stuff separated. So don’t be misled by mice that set traps for purple-haired cats in 1948, but bubble gum you could get if you wanted to stand in line to purchase one piece for a penny; and M&Ms were the nicest candy and almost impossible to get. Balloons were back but expensive. Can you believe that a friend of my big brother bought an English bicycle, and cap guns were made of metal, and some people had TV sets? Pictures of news and cowboy movies were about all that was on. More about that later.

—John C
ACROSS:
2. A cow stores her milk in this
4. Famous milk slogan
5. A cow’s _______ has four compartments to
digest food
9. A baby cow
10. The most popular flavor of milk
11. Cold milk drink
12. This dairy food comes in a cup
14. About one-fifth of all U.S. cheese is used to make _____
16. America’s favorite ice cream flavor
17. This month is Dairy Month
18. ‘Holey’ cheese
19. Cow talk

DOWN:
1. Tastes great on corn
3. Milk goes well with this snack
6. Milk mineral that keeps bones strong
7. Milk is approximately 97 percent this
8. Southeast’s largest dairy state
13. Get _________ servings of dairy every day
15. Cows graze on __________
18. Non-fat milk is also called
Camping Word Search

**Find answers at back of newsletter**

ADVENTURE  FLASHLIGHT  RIVER
BACKPACK  GRILL  SUNSCREEN
BINOCULARS  HIKE  TENT
BOOTS  MARSHMALLOWS  TRAIL
CAMPFIRE  MOUNTAIN  WATERFALL
COMPASS  NATURE  WOODS

**Find answers at back of newsletter**
Getting to Know You

The MDS Team Continued

*MDS stands for Minimum Data Set

Andrew Hinton, RN, MDS Coordinator, 2nd Floor

What does your job entail? Part of my job as an MDS nurse is to interview residents and collect information in order to create a picture, or overall assessment, of each resident, their condition, and create a care plan based on their specific needs. Care plans I help create are used by staff members to help provide our residents with the best possible care. We reassess each resident every quarter and update their care plans.

Tell us about yourself! I attended Minneapolis Community and Technical College. Hobbies of mine include hunting and fishing. My favorite thing to do is trout fishing. I love hanging out with family and friends. I’m excited to be back at Providence Place, everyone here is like a big family.
What does your job entail? I collaborate with all the different entities involved in resident care from the nursing aides, to the doctors, for an individualized plan of care for each resident.

Tell us about yourself! I graduated from St. Catherine’s University. I have eight biological children: four boys and four girls. I have a dog named Daisy and a cat named Raffi. I’m from Arizona, but love living in Minnesota. On weekends I like to work in my yard and do home projects around my kids’ sports schedules. I love being a nurse and feel blessed to be able to work in a profession that I enjoy.
**Sports Update:**

**MLB**

Rocco Baldelli, born September 25, 1981, was an American League outfielder, and is currently the manager for the Twins, replacing Paul Mollitor. He made his debut in the Major Leagues in 2003 with the Tampa Bay Devil Rays. In his first two years in MLB, he became known as a great outfielder, and was voted third for the American League Rookie of the Year. In 2005, he was diagnosed with a metabolic disorder that caused injuries, among other things. After the 2008 season, the Rays did not renew his contract, and he signed as a free agent with the Boston Red Sox. He ended up retiring as a player at the age of 29. He spent three years with the Tampa Bay Rays as an instructor and special assistant for baseball operations, than he became the first base coach, then the major league field coordinator. Baldelli was chosen as Twins manager in October of 2018.

Paul Molitor, also known as “Molly,” was the former manager for the Twins, and was a highly successful baseball player, mostly as a designated hitter. He made the Baseball Hall of Fame, had seven All-Star Game appearances, and was named the World Series MVP in 1993. In 2014, he became the Twins manager and managed for four seasons until he was fired in 2018.
**MLB Continued**

Twins hit 125 home runs and are the hottest team in baseball, as of June 12th. The Twins record as of 6/27/19 is 52 wins, 27 losses.

Joe Mauer retired his number 7.

**FIFA’s Women’s World Cup**

The U.S. soccer team beat Thailand in their first game in the World Cup, 13-0. They will play France in the quarterfinals on 6/28/19.

**NHL**

St. Louis Blues won the Stanley Cup over the Boston Bruins, 4-1 on June 12th.

**NFL**

Kyle Rudolph, former Notre Dame player, signed a 4 year contract with the Minnesota Vikings to the delight of coach Mike Zimmer.

**NBA**

On 6/13, Toronto beat Golden State to be the NBA Champions, 114-110.
Celebrate the 4th of July with an outdoor grill out!

When: Thursday, July 4th at 12:00 pm noon
Where: Courtyard
Cost: Free!

Sign up with CL staff by Friday June 28th at noon.

Space is limited!
The path which led Sculptor Gutzon Borglum to Mount Rushmore began on a homestead near Bear Lake, Idaho, where he was born in March of 1867.

Gutzon's interest in art developed early, but he didn't receive any formal training until he attended a private school in Kansas. Shortly after, he moved with his family to California, where he worked as a print maker's apprentice, but after six months he struck out on his own. After opening a small studio, he had a few commissions and gradually made a name for himself. In 1888, he completed a portrait of General John C. Fremont, and this marked an important point in his young career. Not only did it bring him recognition and acclaim, it also earned him the friendship of Jesse Benton Fremont, the General's wife. She encouraged the young artist and helped him sell many of his works.

Borglum worked to create a distinctly "American" art. He began to experiment with the emotional impact of his work. Out of a large block of marble, he fashioned a colossal head of Abraham Lincoln. The work was completed and taken to a shop window in New York. When Robert Lincoln, the son of the late President, was taken to see the work, he exclaimed, "I never expected to see father again."

It was the bust of Lincoln that prompted Helen Plane, President of the United Daughters of the Confederacy, to contact Borglum about the possibility of doing a head of Robert E. Lee on the side of Stone Mountain in Georgia. He began the work in 1923 and by 1924 the head of Lee was unveiled. Soldiers in the audience who served with the Confederate leader were moved to tears by the likeness.
Doane Robinson, the State Historian of South Dakota, read of the Stone Mountain venture and wrote to Borglum about the possibility of doing a mountain carving in the Black Hills. Borglum came to South Dakota in 1924 at the age of 57 and agreed to do the project. Work on the sculpture began in 1927. With 450,000 tons of granite that needed to be removed, the sculptor found out early on that jackhammers were not going to take care of the job fast enough. Ninety percent of the granite removed from the rock face was done with dynamite. The last 10 percent was done by sculptors repelling down the mountain using jack and air hammers to do the fine details.

Borglum remained devoted to the project until his death in Chicago, following surgery on March 6, 1941, several days before his 74th birthday. Borglum will never be forgotten. Mount Rushmore is one of the most visited monuments; millions of people come to see his fine art every single year. His distinct “American” art style still invokes emotions in all to this day and for days to come.

—Chloe Tirebuck, Art Therapist
All About Cheesecake

By: Andrew Pfaff RD, LD

Different Cheesecakes:
New-York Style
Mango Key Lime
Strawberry
Turtle
Snickers
White Chocolate Raspberry Truffle
Lemon Raspberry Cream

And many more! You can add any flavor of your liking when making a cheesecake!

Questions:
If you have any questions about this article or wish to talk with a Dietitian about anything food related, please let a staff member know!

National Cheesecake Day - July 30th

This month, I want to take a minute to talk about that sweet tooth that most of us have. You may have been told to eat healthy and avoid sweets altogether. I want to let you know that having sweets occasionally is okay! The key is moderation! Having a sweet (but small) snack once a day or every other day is ok to do as long as you don’t go overboard. Check out these interesting facts about cheesecake below:

- It is believed that cheesecakes were given to Olympic athletes for energy as early as 776 B.C.
- However, the “American cheesecake” was not invented until the 1800s.
- The largest cheesecake ever made was 4,703 pounds!
- On the “Golden Girls,” the cast consumed more than 100 cheesecakes over the course of the 7 seasons it aired!
Resident Council

The Resident Council will be meeting on July 9th, at 9:45 AM, on 2N.

Please come to discuss two Residents Rights and two Quality of Life issues, as well as the Community Life Budget Report.

The Resident Council is a comfortable, safe place to raise any questions or concerns you may have regarding the building, staff, or programming.
In Loving Memory

Linda C. — 2N
Pamela H. — 3S
Thomas H. — 1N
Donna H. — 2N
Shirley L. — 2S
Robert R. — 1N
LET’S GO FISHING!!!

WHEN: Tuesday, July 23
TIME: 8:00 AM
WHERE: Lake Johanna
COST: FREE!

If you are interested in going fishing, please let a CL staff member know by Thursday, July 18, at noon.

SPACE IS LIMITED!!
COLOR ME FOR THERAPY!
Answer Key

Non-Continental US Trivia
Russia, Moose, Mount Denali, Yellow Hibiscus, Barack Obama

Cow Crossword

Camping Word Find
Administrator
Tyler Donahue 612) 238-2566

Director of Nursing
Darci Fiala 612) 238-2504

Assistant Director of Nursing
Nnenna Orjinta (612) 238-2574

Social Services Director
Kirsten Erkilla (612) 238-2519

Social Worker for 3S and 2S
Katie Keck (612) 238-2581

Transitional Care Social Worker
Molly Schuneman (612) 238-2502

Maintenance Director
Doug Schroeder (612) 238-2539

Community Life Director
Brett Collins (612) 238-2538

Rehab Director
Christine Lash (612) 238-2519

Nutritional Services
Patti Tintes 612) 238-2542

Admissions
LaTrece Owens (612) 238-2545

Staff Development/Infection Control/ADON
Wendy Miron (612) 238-2502

Human Resources Director
Kristy Larsen (612) 238-2508

Business Office Manager
Kathleen Justice (612) 729-6271

Staffing Coordinator
Meri Santo (612) 238-2572

Registered Dietitian
Andrew Pfaff (612) 238-2529

Housekeeping
Joyce Smith (612) 238-2514

Spiritual Care
(612) 238-2563

Integrative Care
(612) 238-2557

Newsletter Committee
John A, Patty C, Philip C, Brenna H, Kirk M, Vickie M, Janice N, Mary S

Office of Ombudsman
Local number 651) 431–2555
1(800) 657-3591

Regional Ombudsman
Kristen Rice (651) 425-0858

Certified Volunteer Ombudsman
Larry (651) 431–2555
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