

NORGARD COURT



2014

NEWSLETTER

NORGARD COURT APARTMENTS

1807 GERVAIS COURT E.

MAPLEWOOD, MN 55109

651-777-5020

YOUR SITE STAFF

HOME CARE SENIOR SERVICES

SHARON BENDUHA—————SITE MANAGER

Mon.-Fri. 8:00 a.m. to 4:00 p.m. 651-777-5020

RICK BUDD—————MAINTENANCE

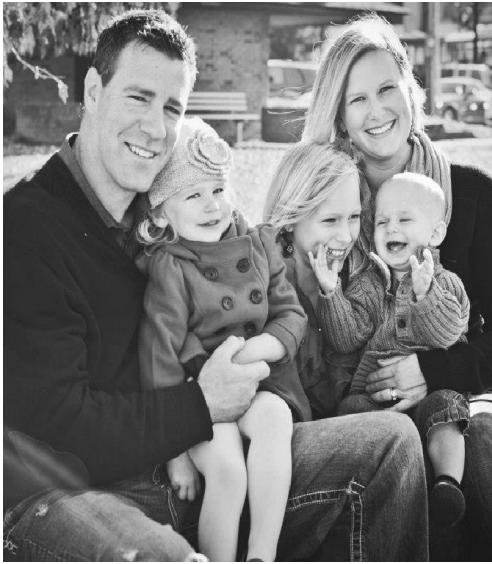
Mon.-Fri. Noon to 3:00 p.m.

TRACY BARNACLE—————GENERAL MANAGER

HOME CARE SENIOR SERVICES – 651-770-8505

COMMUNITY ROOM: 651-777-2448

Meet our new General Manager!



Please help us welcome Tracy Barnacle as our new General Manager on Thursday, August 21st at 2:30 during our Birthday Bash Celebration.

Tracy grew up in North Saint Paul and married Brent Barnacle in 2008. They are blessed with 3 beautiful children: Hayli (13), Rylee (4), Blake (2) and are currently living in Oakdale.

Tracy leads from a place of great authenticity. She thrives on building authentic and genuine long-term relationships with others that are built on trust and loyalty.

Over the years Tracy has positioned herself as top performer in three different industries; banking, sales, and business development. Her attention to detail and her natural ability to sense the unspoken word have allowed her to exceed the

needs of her customers.

Tracy continues to grow her amazing network and has a true interest in making a positive impact in the lives of others. In her eyes it's really about the ripple effect; she strives to make a positive impact in others' lives so that they can do the same for someone else. Tracy wants to bring out the best in others and she does this by recognizing each individual's unique qualities.

She understands that we all have our own unique gifts to bring to the table. She believes in developing strong teams that have high levels of communication. When communication increases so does trust, engagement, and productivity. In Tracy's eyes, these are the key ingredients in promoting highly effective teams.



All residents are invited to join us for the 'Birthday Bash' on Wednesday, August 6, 2014, in the Community Room, at 1:00 p.m. This month we're celebrating Bob L., Mary Jane, Bev, Sally S., and Leo's birthday. Cake and ice cream will be served by management. Also, our new General Manager, Tracy Barnacle, will be joining us to say Hello! Hope to see you there ☺



We had a wonderful turn-out for the 'Pancake Breakfasts!' Many thanks to Mike for making all those blueberry pancakes, sausages, and eggs! Many thanks to Guy for always being there to help, and Helen Grace for pitching in as well! It's so inspiring to see everyone coming together, and having such a great time celebrating life, and each other.





Please give a warm welcome to Sid and Marllys, who will be moving in Apt. #110, on August 11th. We're so happy you've chosen to live at Norgard Court Apartments!

FIRE PLANS AND PROCEDURES: If there is a fire in the building, or if the alarm sounds, do not panic, and do not assume the fire alarm is malfunctioning.

- A. If you are in your apartment, and there is a fire outside your door, or the fire alarm sounds:
 - 1. Do not open your apartment door without feeling it first to see if it is hot.
 - 2. If the front door is hot, or smoke is leaking under it, DO NOT OPEN THE DOOR!
 - a. Put a wet towel under the door, and make sure your door is unlocked.
 - b. Crack a window, and sit by the window until a fireman comes.
- B. If you are in the common area, and there is a fire, or the fire alarm sounds:
 - 1. If you are in the community room when the fire alarm sounds, exit the building through a safe passageway.
 - 2. If you are in the hallway, and there is no sign of fire, enter your apartment, or ask to enter a neighbors apartment. Do not open a door without testing it first.
 - 3. If the fire is in the hallway or common area, exit the building through a safe passageway.
- C. If a fire starts in your apartment:
 - 1. Do not hesitate to leave your apartment. Close the door behind you.
 - 2. Pull the fire alarm pull station nearest your apartment.
 - 3. Call 911 from a neighbor's phone and give them your name, address, and apartment number.

AUGUST, 2014

NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BEAUTY SHOP OPEN ON MONDAYS, BY APPOINTMENT ONLY- CALL 651- 387-0219			BEAUTY SHOP OPEN ON THURSDAYS, 8:30 A.M. - NOON	1 Bingo @ 7 p.m. Cards to Follow	2
3	4 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	5 Chair Ex. Class@10:30am Bingo @ 2:00 pm Cribbage @ 7:00 p.m.	6 Brkfast@ 8:30 Kowalski's @ 9:40, Birthday Bash @ 1:00 pm, Communion Service @ 2:30	7 Chair Exercise@10:30 a.m., Worship Service @ 2:30, Schwan's @ 11:00 a.m.	8 Bingo @ 7 p.m. Cards to Follow	9 Community Room Reserved Apt.. #317 8:00 a.m. to 5:00 p.m.
10	11 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	12 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	13 Continental Breakfast @ 8:30 a.m.	14 BEAUTY SHOP OPEN Chair Exercise @10:30 a.m., Blood Pressure Check @ 1:00p	15 Bingo @ 7 p.m. Cards to Follow	16
17	18 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	19 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	20 Breakfast @ 8:30 a.m. Kowalski's @ 9:40 a.m. POTLUCK @ 5:30 p.m.	21BEAUTY SHOP OPEN Chr. Ex.@10:30 Blood Pres. @ 1:00, Schwan's @ 11:00 a.m.	22 Bingo @ 7 p.m. Cards to Follow	23
24 31	25 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	26 Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	27 Continental Breakfast @ 8:30 a.m.	28 BEAUTY SHOP OPEN 8:30 a.m.-Noon, Chair Exercise Class @ 10:30 a.m.	29 Bingo @ 7 p.m. Cards to Follow	30

Summer Drinks Word Search

How many cold drinks can you find in the puzzle?

I	T	D	Z	O	N	I	C	C	U	P	P	A	R	F	K	T	AQUAFRESCA
P	O	E	C	I	U	J	E	L	G	N	U	J	J	D	D	I	BERRYFROST
E	U	I	C	E	D	C	O	F	F	E	E	F	P	H	S	C	COLAFIZZ
P	I	N	A	C	O	L	A	D	A	H	R	M	F	M	M	E	COLDBEER
E	B	A	C	S	F	W	U	Y	C	E	Z	M	O	W	L	D	FRAPPE
P	R	I	D	H	J	S	O	N	E	M	B	O	G	L	Q	T	FRAPPUCINO
P	Z	R	A	S	P	Z	U	B	I	K	T	H	A	A	P	E	FRUITFIZZ
A	O	G	E	U	T	P	D	L	F	H	S	Q	K	T	E	A	FRUITPUNCH
R	R	N	H	Z	T	L	K	R	I	U	U	C	L	A	L	S	HORCHATA
F	M	A	G	I	O	S	U	E	L	A	I	O	E	H	U	O	ICEDCOFFEE
J	X	S	U	C	H	I	D	S	F	I	Y	L	M	C	J	D	ICEDTEA
Z	Y	R	L	A	T	I	E	R	E	W	Q	A	O	R	T	A	JUNGLEJUICE
N	F	K	K	F	A	B	E	B	J	Y	N	F	N	O	N	P	KOOLAI
E	C	E	I	L	C	S	I	R	G	I	J	I	A	H	I	O	LEMONADE
M	D	Z	O	S	C	W	Z	Y	T	N	I	Z	D	F	M	P	MILKSHAKE
J	Z	O	H	A	L	C	Y	S	F	M	E	Z	E	T	R	G	MINTJULEP
W	K	J	M	Z	I	B	E	R	R	Y	F	R	O	S	T	M	PINACOLADA
																	PUNCH
																	SANGRIA
																	SLUSH
																	SMOOTHIE
																	SODAPOP

All About Puzzles

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