

# NORGARD COURT



2014

NOVEMBER

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.**

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**TRACY BARNACLE—————GENERAL MANAGER**

**HOME CARE SENIOR SERVICES – 651-770-8505**

**COMMUNITY ROOM: 651-777-2448**

## Live Smoke Free



Norgard Court Apartments was designed to promote a healthy living environment where people enjoy calling home. On **November 21<sup>st</sup>, 2014**, the building will begin implementing a smoke-free policy that will promote the health of its residents. The smoke-free policy covers all units, balconies/patios and common areas. Home Care Senior Services (the management company for Norgard Court), says the company chose to put the smoke-free policy into effect as a way to prevent secondhand smoke exposure in the building. The health and well-being of residents is our top priority. A smoke-free building is safer and contributes to a better living environment. All residents should have received a formal letter on **October 20<sup>th</sup>, 2014** explaining our implementation process.



All residents are invited to join us for the 'Birthday Bash' on Wednesday, November 5, 2014, in the Community Room, at 1:00 p.m. This month we're celebrating Joe, Lucy, Nilla, Carole, Ruth, and Lorraine's birthday. Cake and ice cream will be served by management. Many thanks to Helen and Sally for always helping to serve ~ with a smile ☺ Hope to see everyone there!



Let's give a warm welcome to Barbara & Beth, Apt. #311. We're so glad you've chosen to live at Norgard Court Apartments ☺

**HAPPY THANKSGIVING!** Please note that the office will be closed on **Thursday, November 27**



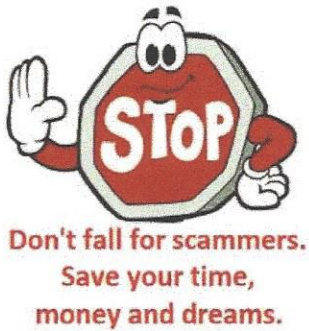
The writer Michel de Montaigne once said, "Valor is stability, not of legs and arms, but of courage and the soul."

Many thanks to our service members, and that we remember their sacrifices they made, and the courage it took to defend honor, duty, and country. Veteran's Day is on Tuesday, November 11, 2014. God Bless the U.S.A.!!!!



Just a friendly reminder that the 'Silver Harmony Singers' will be performing for us at 2:00 p.m., in the Community Room, on Monday, December 8, 2014. Also, 'Eric Thomas' will be performing for us 11:30 – 1:00 p.m., Monday, December 22, 2014. More information to follow!





## **November's Resident Education**

Entering sweepstakes and giveaways is fun, exciting and enjoyable. But please keep in mind these valuable tips and warning signs to help you know the difference between a legitimate sweepstakes offer and a scam. Recognizing the difference between legitimate sweepstakes and other types of offers that may not be legitimate will help you protect yourself and your family.

**Tip 1: Beware of Fake Check Scams:** If you receive a check claiming to be from a legitimate sweepstakes and are asked to cash it and wire or send a portion back -- STOP -- you are the victim of a scam contact. The check is not real! Consumers should always remember that at Publishers Clearing House no payment or fee is ever necessary to enter or claim a prize.

**Tip 2: Be Suspicious of Callers Claiming You've Won - But Ask You to Send Money:** If you receive a telephone call from someone claiming you have won a sweepstakes prize but are asked to send money to claim it -- STOP -- you have not heard from a legitimate sweepstakes company. At Publishers Clearing House we do not notify our contest winners by phone.

**Tip 3: Be Wary of E-mails Claiming You've Won -- and Asking You to Send Money:** If you receive an e-mail notifying you that you have won a major sweepstakes prize, but are asked to provide personal financial information, or send money to claim the prize -- STOP -- you have most likely been contacted by a fraudulent sweepstakes scam operator. At Publishers Clearing House we do not notify major prize winners by e-mail.

**Tip 4: Never Give Your Credit Card Number to Collect a Prize:** If you are asked to provide your credit card number or provide your financial bank account information in order to claim a sweepstakes prize -- STOP. Fraudulent scam artists often request this information and then go on a spending spree with your credit card; or wipe out your bank account.

**Tip 5: Do Not Send Money to Claim a Sweepstakes Prize:** If you are asked to send money to pre-pay taxes, pay a legal fee, pay a border fee, or pay any kind of fee to claim a sweepstakes prize -- STOP -- you have not heard from a legitimate sweepstakes company. Whether contacted by mail, phone or e-mail, remember: no legitimate sweepstakes company will ever ask you to pay or send money to claim a prize. It's prohibited and unlawful!

**Tip 6: Always Play Safely:** At PCH we include a Sweeps Facts insert in every promotional offer we send. Be sure to read the Sweeps Facts, as well as our Official Rules. They are there to provide you with all the information you will need to play safely! Don't fall for 'lookalike' mailings that try to mislead consumers by imitating legitimate sweepstakes.

**Tip 7: If an Offer Sounds too Good to be True, Think Twice -- It Usually is!** The only sweepstakes rule you need to know is that No Purchase is Necessary and the winning is always free!

**Tip 8: DON'T EVER LET ANYONE IN THE BUILDING:** Get as much information as you can from the caller and do not ever let anyone in the building to talk to them in person.

**Tip 9: If You Believe You've Been the Victim of a Fraud Contact...** If you believe you have been contacted by a scam we recommend that you contact your local consumer protection officials and file a complaint with the National Fraud Information Center at [www.fraud.org](http://www.fraud.org). Your complaint may help others and will be useful to law enforcement in stopping the scams. If you wish to report a scam contact or you simply want to reach Publishers Clearing House, call toll-free: 1-800-392-4190. If you believe you received a suspicious email using our name and logo, you may forward it to our fraud reporting mailbox, [abuse@pch.com](mailto:abuse@pch.com)



# NOVEMBER, 2014

## NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY</b>	BEAUTY SHOP - Call 651-387-0219			<b>BEAUTY SHOP OPEN ON THURSDAYS 8:30 A.M. - NOON</b>	<b>1</b> Bingo @ 7 p.m. Cards to Follow	<b>1</b>
<b>2</b> Daylight Saving Time Ends	<b>3</b> Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	<b>4</b> Chair Ex. Class@10:30am Bingo @ 2:00 pm Cribbage @ 7:00 p.m.	<b>5</b> Brkfst@ 8:30 <b>Birthday Bash</b> @ 1:00 pm, Communion Service @ 2:30	<b>6</b> BEAUTY SHOP OPEN, Chair Exercise @10:30 a.m., Worship Service @ 2:30	<b>7</b> Bingo @ 7 p.m. Cards to Follow	<b>8</b> Community Room reserved, #304, 1:00-4:30 p.m.
<b>9</b>	<b>10</b> Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	<b>11</b> Chair Ex. Class@10:30am Bingo @ 2:00 Cribbage @ 7:00 p.m., <b>Veteran's Day!</b>	<b>12</b> Continental Breakfast @ 8:30 a.m. Kowalski's @ 9:40 a.m.	<b>13</b> BEAUTY SHOP OPEN, Chr.Ex.@10:30 Schwan's @ 11:00a.m., Blood Pressure Chk @ 1pm	<b>14</b> Bingo @ 7 p.m. Cards to Follow	<b>15</b>
<b>16</b>	<b>17</b> Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	<b>18</b> Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	<b>19</b> Continental Breakfast @ 8:30 a.m., <b>POTLUCK</b> @ 5:30 pm in Com. Room	<b>20</b> BEAUTY SHOP OPEN, Chair Exercise Class @ 10:30 a.m.	<b>21</b> Bingo @ 7 p.m. Cards to Follow	<b>22</b>
<b>23</b>	<b>24</b> Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	<b>25</b> Chair Ex. Class@10:30am Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	<b>26</b> Continental Breakfast @ 8:30 a.m., Kowalski's @ 9:40 a.m.	<b>27</b> C/R reserved #101, 8-2:00pm	<b>28</b> Bingo @ 7 p.m. Cards to Follow	<b>29</b> Community Room reserved, #108
<b>30</b>				 <b>Happy Thanksgiving!</b>		



## Veteran's Day Word Search

Find the hidden words associated with the holiday.

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

ARMY  
 BATTLE  
 BULLETS  
 DEFEND  
 FLAG  
 FREEDOM  
 GRAVES  
 HEROES  
 HONOR  
 MEDAL  
 MEMORIAL  
 MILITARY  
 PARADES  
 PEACE  
 POPPY  
 POW  
 REMEMBER  
 SACRIFICE  
 SOLDIER  
 TREATY  
 VETERAN  
 VICTORY  
 WAR  
 WORLD