

NORGARD COURT



2014

DECEMBER

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.

STEVE PALMER-----CARETAKER

APT.# 110

TRACY BARNACLE-----GENERAL MANAGER

HOME CARE SENIOR SERVICES - 651-770-8505

COMMUNITY ROOM: 651-777-2448



Thank you for your prompt attention to our implementation process for a smoke-free policy at Norgard Court Apartments. We are happy to announce that on November 21, 2015, Norgard Court Apartments will officially be a smoke-free building! If you have any questions, please call the office at 651-777-5020, or stop by during office hours, Monday – Friday, 8:00 a.m. to 4:00 p.m.



All residents are invited to join us for the 'Birthday Bash' on Wednesday, December 3, 2014, in the Community Room, at 1:00 p.m. This month we're celebrating Ray, Jeanne, Stephen, Kathryn, and Marion D.'s birthday. Cake and ice cream will be served by management. We had a record turn-out in November, and fun was had by all ☺ Hope to see everyone there!



Let's give a warm welcome to Steve Palmer, Apt. #110. We're so glad you've chosen to live at Norgard Court Apartments, and that you've agreed to be our **Caretaker**☺ Steve has an extensive background of maintenance experience, and is eager to help keep our building clean, and safe! We are so grateful to have you on board!



HAPPY HOLIDAYS! Please note that the office will be closed on **Thursday and Friday, December 25th & 26th, 2014, and January 1st & 2nd, 2015. Best wishes to all of you for the happiest of holidays!**



The 'Silver Harmony Singers' will be performing for us at 2:00 p.m., in the Community Room, on Monday, December 8, 2014. Coffee and cookies will be available after the performance. Also, 'Eric Thomas' will be performing for us 11:30 – 1:00 p.m., Monday, December 22, 2014, compliments of management!



Many thanks to Enid and Jeanne, and all volunteers for the wonderful Holiday decorating at Norgard Court Apartments!

When the temperature drops we run a higher risk of health problems and injuries related to the weather, including hypothermia, frostbite, and falls in ice and snow. It's important to take certain precautions at this time of year. Here's what you need to know.

Hypothermia

As we age we produce less body heat than younger people, and it's harder to tell when the temperature is too low. This can be dangerous because when your body is in the cold for too long, it begins to lose heat quickly. The result can be hypothermia, a dangerous drop in body temperature.

Know the Warning Signs of hypothermia: lots of shivering; cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Call your health care provider if you think you think you may have hypothermia

- **Stay Indoors** when it's very cold outside, especially if it's also very windy. Keep indoor temperatures at about 65 degrees. If you have to go outside, don't stay out for very long, and go indoors if you start shivering.
- **Stay Dry** Wet clothing chills your body quickly
- **Wear Layers** Wearing two or three thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. Always wear layers, as well as:
 - a hat
 - gloves or mittens (mittens are warmer)
 - a coat and boots
 - a scarf to cover your mouth and nose and protect your lungs from cold air

Frostbite

Extreme cold can cause frostbite-damage to the skin that can go all the way down to the bone. Frostbite usually affects the nose, ears, cheeks, chin, fingers and toes. In severe cases, frostbite can result in loss of limbs. People with heart disease and other circulation problems are more likely to get frostbite.

- **Cover Up** all parts of your body when you go outside. If your skin turns red or dark or starts hurting, go inside right away.
- **Know the Warning Signs of frostbite:** skin that's white or ashy (for people with darker skin) or grayish-yellow; skin that feels hard or waxy; numbness. If you think you or someone else has frostbite, call for medical help immediately. A person with frostbite may also have hypothermia, so check for those symptoms, too.
- **If Frostbite Occurs** place frostbitten parts of your body in warm (not hot) water.

Falls

It is easy to slip and fall in the winter, especially in icy and snowy conditions.

- **Wear Boots With Non-skid Soles** so you're less likely to slip when you walk.
- **If You Use a Cane, Replace the Rubber Tip Before it is Worn Smooth.** You might also buy (at a medical supply store) an ice pick-like attachment that fits onto the end of the cane to help keep you from slipping when you walk.

Be Careful With Space Heaters. Make sure space heaters are at least 3 feet away from anything that might catch fire, such as curtains, bedding and furniture.

Have your Car 'Winterized' before the bad weather hits. This means having the antifreeze, tires, and windshield wipers checked and changed if necessary. **Do Not Drive on Icy Roads**, overpasses, or bridges if possible; look for another route.


Stock your Car With Basic Emergency Supplies, such as:

- a first aid kit
- blankets
- extra warm clothes
- booster cables
- a windshield scraper
- a shovel
- rock salt, a bag of sand or cat litter (to pour on ice or snow in case your wheels get stuck)
- a container of water and canned or dried foods and can opener
- a flashlight
- Have a cell phone with at all times



DECEMBER, 2014

NORGARD COURT APARTMENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY 7 Com. Rm. Reserved, #317 – Holiday Boutique, 1 to 4:00 pm noon to 5 p.m.	1 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP 651-387-0219	2 Chair Ex. Class @ 10:30 am Bingo @ 2:00 pm, Cribbage @ 7:00 p.m.	3 Brkfst @ 8:30 BirthDay Bash @ 1:00 p.m., Communion Service @ 2:30	4 BEAUTY SHOP OPEN, Chair Exercise @ 10:30 a.m., Worship Serv. @ 2:30 p.m.	5 Bingo @ 7 p.m. Cards to Follow	6 Community Room Reserved #317, 3:00 to 9:00 p.m.
8 Breakfast @ 8:30 a.m./Postal Van @ Noon, Silver Harmony Singers @ 2:00, Poker @ 7:00	9 Chair Ex. Class @ 10:30 am, Bingo @ 2:00 pm Cribbage @ 7:00 p.m.	10 Continental Breakfast @ 8:30 a.m., Kowalski's @ 9:40 a.m.	11 Chair Ex. @ 10:30 a.m., Schwan's @ 11:00 a.m., Blood Pressure Check @ 1 p.m.	12 Bingo @ 7 p.m. Cards to Follow	13	20 Community Room Reserved , #306, 2:00 p.m. To ?
15 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	16 Chair Ex. Class @ 10:30 a.m., Bingo @ 2:00, p.m. Cribbage @ 7:00 p.m.	17 Continental Breakfast @ 8:30 a.m., POTLUCK @ 5:30 pm in Com. Room	18 BEAUTY SHOP OPEN, Chair Exercise Class @ 10:30 a.m.	19 Bingo @ 7 p.m. Cards to Follow	20	27
22 Breakfast @ 8:30 a.m./ Eric Thomas @ 11:30 am, Postal Van @ Noon, Poker @ 7:00	23 Chair Ex. Class @ 10:30 a.m., Community Room reserved , #302, noon - ?	24 Cont. Brkfst. @ 8:30 a.m., Kowalski's @ 9:40 a.m., Com. Rm. Reserved , #204, 3 to 9 p.m.	25 HAPPY HOLIDAYS! 	26 OFFICE CLOSED 	27	28
29 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN	30 Chair Ex. Class @ 10:30 a.m., Bingo @ 2:00 p.m. Cribbage @ 7:00 p.m.	31 Continental Breakfast @ 8:30 a.m.	1 Happy Holidays! 	2 	BEAUTY SHOP OPEN ON THURSDAYS 8:30 A.M. - NOON	28



Christmas Tree



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

Angel
 Boughs
 Christmas
 Excitement

Green
 Joy
 Lights
 Magical

Ornaments
 Presents
 Santa Claus
 Snow

Tree
 Twinkle
 Winter