

NORGARD COURT



2015

MAY

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

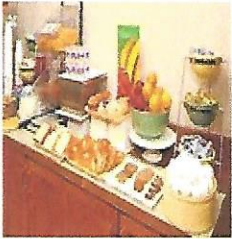
COMMUNITY ROOM: 651-777-2448



All residents are invited to join us for the 'Birthday Bash' on Wednesday, May 6, 2015, in the Community Room, at 1:00 p.m. This month we're celebrating Alda, Eileen, Guy, Jeanne, and Beth's birthday. Cake and ice cream will be served by management, and by our helpers Helen and Sally! Thanks Dorothy for helping last month, and for calling Bingo all the time, and for making coffee for us, and for all the other wonderful things you do!



Let's give a warm welcome to Myrtle, Apt. #104, and Donald & Jeanne, Apt. #211. We are so happy you've chosen to reside at Norgard Court Apartments!



Continental Breakfasts are served Monday and Wednesday in the Community Room, at 8:30 a.m. Many thanks to Guy and Mike for all that they do to prepare, and help serve breakfast. Come and join us for yogurt, cereal, fresh fruit, hard-boiled eggs, pastry, raisin bread, cottage cheese, etc. It's a great way to get to know your neighbors, and there is no additional cost to you!



Many thanks to Mike and Ann for organizing deliveries of food items to share with residents. Many residents have commented on this wonderful gesture, and wanted to be sure we mentioned how greatly appreciated this is!



Did you know that if you have yellowed stains on your vinyl flooring from rugs that this would not be considered as "Normal Wear and Tear" when you move out? The following tips may or may not work, depending on how long the rugs were in the same spot. Steps to Remove the Yellow Stains: 1. Begin by removing the rugs and sweeping away any dirt from the area. 2. Next, wet the entire area with plain water. 3. Sprinkle baking soda over the yellowed area and allow it to set for at least 10-15 minutes. 4. Use a soft cloth to wipe the baking soda away. 5. It may take several applications to remove the yellow areas if they are deeply discolored. 6. Once the stain is gone, continue to clean the area with baking soda during weekly cleanings to keep the yellow stains from returning. To prevent stains from occurring, check the labels on the floor rugs to ensure that they are non-staining to vinyl floors.

ANOTHER BEATITUDE

BY ELIZABETH CLARK



BLESSED ARE THEY WHO UNDERSTAND
MY FALTERING STEP AND SHAKING HAND,
BLESSED, WHO KNOW MY EARS TODAY
MUST STRAIN TO CATCH THE THINGS THEY SAY,
BLESSED ARE THEY WHO SEEM TO KNOW
MY EYES ARE DIM AND MY MIND IS SLOW,
BLESSED ARE THEY WHO LOOKED AWAY,
I SPILLED MY TEA ON THE CLOTH THAT DAY!
BLESSED ARE THEY WHO, WITH CHEERY SMILE,
STOPPED TO CHAT FOR A LITTLE WHILE,
BLESSED ARE THEY WHO KNOW THE WAY
TO BRING BACK MEMORIES OF YESTERDAY,
BLESSED ARE THEY WHO NEVER SAY,
"YOU'VE TOLD THAT STORY TWICE TODAY!"
BLESSED ARE THEY WHO MAKE IT KNOWN
THAT I'M LOVED, RESPECTED AND NOT ALONE,
AND BLESSED ARE THEY WHO WILL EASE THE DAYS
OF MY JOURNEY HOME, IN LOVING WAYS.

Beatitudes ~ Sermon on the Mount

Matthew 5:2&3

Spring Outing Ideas



1. **Take a Sunday drive.** When I was young, driving around the community to check out home town activity was a Sunday afternoon ritual for many of us. We still come enjoy watching new construction or being shown how the town that they've lived in for decades is changing. For those who live near flood prone bodies of water, spring is a terrific time to take a drive to see how this year's water levels compare to other years. A twist on this approach is to pick a prime time when cherry trees, crab apple trees or other ornamentals are at their peak and do a flower tour.
2. **Go to the zoo.** Who doesn't like baby animals? Spring is birth time for most species. Rent or borrow a wheelchair if one is needed for longer walks. Not only will you see baby animals, you will see young children reacting to the animals.
3. **Go to a restaurant.** When was the last time you went out with your friends or family to a restaurant? Now that snow isn't a problem, it's easier to navigate such adventures. Keep in mind that going for a meal at off-peak times is a good idea. That usually means less stress for everyone.
4. **Visit a Dairy Queen.** One of my mom's favorite treats was a hot fudge sundae from Dairy Queen. I'd often take her to get a sundae on the way home from a doctor visit or other necessary outing, but occasionally we'd go to Dairy Queen just for something to do. I do suggest encouraging you to sit outside if the weather's nice and you are able.
5. **Enjoy children at play.** Watch children swim or play on playground equipment. Spring brings young children out in throngs. People who enjoy children often like hearing their laughter and watching the seeming innocence of this type of play.
6. **Have a picnic.** Whether you go to a park, stay in your own backyard or use the grounds of the nursing home, a picnic is often possible. If your loved one is able, going to a park would be nice, however many nursing homes have gorgeous grounds and nice areas with tables that accommodate wheel chairs. If all else fails—and I'm aware that this isn't an outing but sometimes we have to punt—bring a picnic to your loved one in the care home.


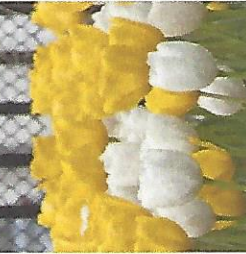

As with everything suggested, make sure you pay attention to your body and for signs of fatigue, thirst, too much sun or other issues that could signal that it's time to leave.

We are looking forward to putting our spring

Activities schedule together!

MAY, 2015

NORGARD COURT APARTMENTS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|--|
| | BEAUTY SHOP OPEN ON MONDAYS BY APPT. ONLY 651-387-0219 4 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN |  5 Chair Ex. Class@10:30 am, Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m. 12 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m. |  6 Cont. Brkfst. @ 8:30 a.m., BirthDay Bash @ 1:00 p.m., Communion Serv.@2:30n.m. 13 Continental Breakfast @ 8:30 a.m., Kowalski's 9:40 a.m. | BEAUTY SHOP OPEN ON THURSDAYS 8:30 A.M. - NOON 7 Chair Ex. @ 10:30am, Worship Service @ 2:30 p.m., Cribbage @ 7:00 n.m. 14 Chair Ex. @ 10:30 a.m., Blood Pressure, Schwan's @ 11:00 a.m., Cribbage@7:00 | 1 Bingo @ 7 p.m., Cards to Follow | 2 |
| 3 SUNDAY SUPPER | 11 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 12 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m. | 13 Continental Breakfast @ 8:30 a.m., Kowalski's 9:40 a.m. | 8 Bingo @ 7 p.m., Cards to Follow | 9 | 16 |
| 10 HAPPY MOTHER'S DAY!  | 18 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 19 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 n.m. | 20 Continental Breakfast. @ 8:30 a.m., Potluck @ 5:30 p.m. in Community Rm. | 21 Chair Exercise Class @ 10:30 a.m., Cribbage @ 7:00 in Community Rm 28 Chair Ex. @ 10:30, Schwan's @ 11:00, Cribbage @ 7:00 in Community Rm | 22 Bingo @ 7 p.m., Cards to Follow | 23 C/R Reserved Apt. #112, 11:00 a.m. to 6:00 p.m. |
| 17 | 25 Breakfast @ 8:30 a.m./Postal Van @ Noon, Poker @ 7:00 p.m., BEAUTY SHOP OPEN | 26 Chair Ex. Class@10:30 a.m., Bingo @ 2:00 p.m., Cribbage @ 7:00 p.m. | 27 Continental Breakfast. @ 8:30 a.m., Kowalski's @ 9:40 a.m. | 29 Bingo @ 7 p.m., Cards to Follow | 30 | 31 |
| 24 C/R Reserv. #223, 11-6 PM <hr/> C/R Reserved #102, 1-5 PM | | | | | | |

Cleaning House

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

| | | | |
|------------|----------|---------------|--------------|
| dusting | windows | fresh | paper towels |
| sweeping | vacuum | fix | broom |
| mopping | carpets | bubbles | water |
| Swiffer | put away | sponge | garbage |
| rags | laundry | brush | rearrange |
| scrubbing | wax | clean | debris |
| Windex | wipe | spring | neat |
| chemicals | bucket | arrange | tidy |
| ammonia | trash | germs | organization |
| polish | Pine-Sol | antibacterial | apron |
| furniture | filthy | soap | housework |
| picking up | grease | refill | |
| declutter | shine | Magic Eraser | |

To find the answer to the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list

Trivia: From 1970 through 1990, Nancy Walker played the role of a waitress who promoted Bounty paper towels. She became famous for the line, "the quicker picker-upper." What was the first name of Nancy's character on these commercials?

Answer: _____