

## Caretaker Position

We are considering adding and additional caretaker to the team. Duties would include: Cleaning the building and handling after hours emergencies. If you would like a copy of the job description please call the office at 651-777-5020.



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## Attention Tech Savvy Tenants

We need your reviews of Norgard Court Apartments on Google and Facebook. If you haven't done so already please log on to one or both of those sites and write your own review of our home.

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# Norgard News

*June 2019 Edition*

May at a glance.....



*Mother's Day High Tea*



*May Performances*

## 4<sup>th</sup> of July Potluck

**\*MARK YOUR CALENDAR\***

4-6pm bring your own meat for the grill masters to cook for you. Please also bring a dish to share with your neighbors.





## Contact Us

**Norgard Court Apartments**

**1807 Gervais Court**

**Maplewood, MN 55109**

Phone

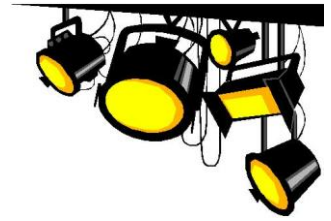
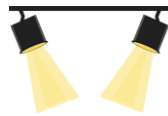
**651-777-5020**

Email

**Amy@YOUareIntegrity.com**

Website

**norgardcourtapartments.com**



## Resident Spotlight: *Virginia Van De Walker*

### Q. How long have you lived at Norgard?

A. I rented apartment #321, at what was then called Gervais Court Apartments, on Feb 18, 2000. It was brand-new, never before occupied.

### Q. What was the last gift you gave someone?

A. The last gift I gave someone was a week ago, when a great grandson graduated from college with a degree in Medical Engineering. I gave him a check.

### Q. Do you have any hobbies? Current or previous?

A. I have two pastimes which I find myself doing every day. #1. I love the Herald Tribune's challenging crossword puzzles and never miss an opportunity to work my brain. #2 I use my computer to keep in touch with 9 grandkids and 28 great grandkids to exchange a lot of emails and pictures.

### Q. What were you like in High School?

A. I loved all sports in high school: I was a gymnast. I had a crush on our team's quarterback and married him two years later.... In 1940

### Q. What is the best and worse job you've ever had?

A. The best job I ever had was raising my three sons... what a blessing. The worst job I ever had was being a private secretary to an over-worked doctor with a nasty disposition. It lasted two long years.

### Q. What is the most memorable vacation you've ever been on?

A. My middle son was a pilot on Northwest Airlines, so I was lucky to have done a lot of flying, but the most memorable trip I ever had was the short train ride to Duluth for our honeymoon.

### Q. Tell us about your first kiss

A. My first kiss had to come from my mother, minutes after I was born on April 5, 1921. I can't remember my first boy kiss, probably when I played Truth or Consequences at an innocent birthday party game.

**\*Note from Virginia\*** - *"I developed essential tremor in my voice in my old age. It embarrasses me so I don't do a lot of conversing. If I appear to be unfriendly, please forgive me. I would love a "good" talk."*

Resident Updates:

-Please continue to make your rent checks payable to:

Norgard Court Apartments.

Caretakers contact info:

1<sup>st</sup> Floor Residents contact: Joe & Dorothy

651-414-9460

2<sup>nd</sup> & 3<sup>rd</sup> Floor Residents contact: Mary Lou & George

651-777-8690

Anonymous Poet Strikes Again.....

*"The years rush on by, I'm old as dirt.*

*I do thank the lord  
that wrinkles don't hurt!"*

**Tenant Corner**

In this section we will address tenant concerns, complaints, and compliments. Please stop by the office if you would like something added to the July edition of Norgard News. Together we make Norgard a great place to live, by respecting everyone's privacy, independence, and comfort of their home.

\*The grill on the patio is for our entire community. Please be sure you're cleaning up after yourself and putting the cover back on when you're done. Also- please let the office know when the propane running low.

\*Completed Work Order requests must be placed in the box labeled "Work Order Requests" that is located on the table outside the office door. **Do not** put your work orders in the office door slot.

\*We encourage all tenants of Norgard to utilize the Solarium to visit with neighbors, friends, and family. This area is always open for you to use, and has an amazing view of our backyard and patio.

\*We are working on programming the Wii in the 3<sup>rd</sup> floor movie room. If you know anything about this device & could give us a hand please let the office know. There are several fun games to play on this console including bowling and golf. Here is to a Wii good time! 😊

\*If you see one of your neighbors in the office meeting with management please do not enter the office while occupied. Private matters may be being discussed which means you should not be standing in the doorway or walking in. Please come back another time or call the office to make an appointment.

**GARDEN UPDATE**

Our new standup garden bed is in. **We need gardeners in the resident gardens.** Please stop by the office if you would like to start gardening. **Reminder** – If you have plants in the garden OR plan to plant this year: you are required to help with the maintenance and upkeep of your plant(s).

***Special Thanks to the Sunday Supper Committee for the incredible luncheon and entertainment they hosted in May.***





Please join us for cake, wine, &  
**BINGO**

**Tuesday June 11<sup>th</sup> at 1:30pm**

**Happy JUNE Birthday to:**

1<sup>st</sup> June #201

7<sup>th</sup> David #203

7<sup>th</sup> Theresa #207

17<sup>th</sup> Melanie #109

25<sup>th</sup> Helengrace #323

Special Thanks To- Marlyn  
in #206 for arranging  
entertainment at our May  
Birthday Bash.

If anyone interested in  
arranging entertainment  
in the future please stop  
by the office.

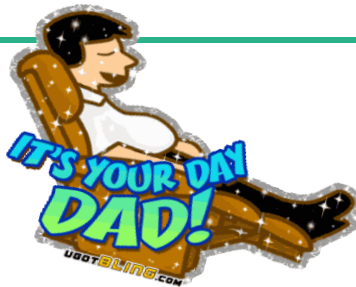
*In the May Newsletter I incorrectly noted June's Birthday in #301 it was May  
2<sup>nd</sup>. Happy Belated Birthday, June. I hope you had a wonderful day!*



**Father's Day 2019**

**Father's Day Picnic: Beer, Brats, Baked Beans, and Coleslaw.**

**Monday June 17<sup>th</sup>  
at noon.**



All tenants are  
welcome to attend to  
celebrate all fathers  
with us.

Happy 90<sup>th</sup> Birthday, Vern!

The family of Mr. Vern Docken cordially invites you to attend Vern's 90<sup>th</sup> birthday  
Celebration on Saturday June 29<sup>th</sup> in the community room. More details to follow.

# Summer Safety Tips for Seniors

Summer tends to bring with it a sense of excitement and a desire to get outside and be active. That's great, but for seniors who have a higher sensitivity to heat, a little more caution needs to be exercised when it comes to making plans in the sun.

As long as you're careful and stick to a few main safety tips, you can enjoy most of the summer activities you can imagine. Here are 7 summer safety tips for older adults:

## 1. Stay hydrated.

The standard suggestion is to aim to drink **6-8 cups of water a day**. If you intend to spend much time out in the sun, you may want to aim even higher to avoid dehydration. Invest in a water bottle or two that it's easy to take along on your jaunts outside and challenge yourself to finish it before you get home.

Don't just depend on your body to tell you when you're thirsty. One of the many small frustrations of aging is that seniors become less aware of their thirst. **Be proactive in staying hydrated** and make sure it's water, sports drinks or juice that you're drinking – sodas, coffee, and especially alcohol won't work as good alternatives for hydration.

## 2. Don't stay out for too long.

If you live somewhere where it gets really hot, you should keep your plans for outdoor activities reasonably short. Don't plan to spend the whole day out in the sun – stick to a couple of hours and then head inside for a break. You don't always feel the effect the sun is having on you in the moment, but it can build to something dangerous if you're not careful to temper the time you spend outside on hot days.

## 3. Check the forecast before you go out.

You don't want to be caught unawares on a 104° day. Make sure you know what to expect of the weather before you go out so you can dress appropriately and plan your day accordingly. Don't risk being stuck on a hike far from your car when record temperatures hit in the afternoon. When the heat starts to get extreme, make sure your plans give you an easy out from the outdoors so you can take breaks and cool off.

## 4. Keep sunscreen where it's easily accessible and you'll remember to use it.

If you carry a purse, **keep your sunscreen** in it at all times. If you don't, stick some in your car or anywhere else you can think of where you're likely to have it when you need it. If you think you might forget to re-apply when needed, set yourself an alarm, pretty much all phones have that option these days.

## 5. Check the side effects of your prescriptions.

Some medications make people more sensitive to the sun. Make sure you know if your prescriptions mean you need to take extra precautions. It probably won't mean you have to forego outdoor activities, just that you'll need to make extra sure to follow some of the other suggestions on this list to avoid problems.

## 6. Use your air conditioning if you have it.

I know it costs money, but summer heat waves can have serious consequences for seniors. Making sure you're reasonably comfortable and safe in your own home is worth the splurge. The **Low Income Home Energy Assistance Program** may help if the cost is prohibitive.

## 7. Know the early warning signs of heat-related illnesses.

Hopefully these tips can help keep you from encountering a heat related illness, but you should still be prepared for the worst just in case. Know the symptoms for dehydration, heat stroke, heat exhaustion, and heat syncope. If you suspect you're experiencing any of these, utilize; water, shade, or some time inside in air conditioning. It's better than a trip to the emergency room.