December Edition 2024

The Oak Ridge Press

Issue #12

December HISTORY

December 2, 1804 Napoleon Bonaparte was crowned Emperor of France by Pope Pius VII

in Paris.

December 7, 1941 The U. S. Naval Base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft.

December 14, 1799 George Washington died at Mount Vernon.

December 16, 1773 The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships anchored in Boston Harbor and dumped containers of tea into the water.

December 21 Winter begins in the Northern Hemisphere. In the Southern Hemisphere, today is the beginning of summer.

December 23, 1888 Dutch painter Vincent Van Gogh cut off his ear.

December 31, 1879 Thomas Edison provided the first public demonstration of his electric incandescent lamp at his laboratory in Menlo Park, New Jersey.

Oak Ridge
Place Good
Neighbor
Award

Greg #301

Welcome

Help us welcome our newest additions.

Joe #208

Merry
Christmas and
Happy New
Year



OAK PARK HEIGHTS, MN 55082

Main Office: Monday-Friday 8:00-4:30pm

Direct Telephone Number 651-439-8034

FAX: 651-439-8305

Home Health Aide 24-hour phone: 651-295-1886 or 651-350-9576

Kitchen: 651-351-2912

www.oakridgeplace.com

YOUR OFFICE STAFF

Cassandra Smith-Director of Housing (<u>Cassis@oakridgeplace.com</u>) ext 104
Sheena Rubi-Hospitality Manager (<u>sheenas@oakridgeplace.com</u>) ext 112
Marlene George-Office Manager (<u>marleneg@oakridgeplace.com</u>) ext 101
Lizzie Strachota-Activities Coordinator (<u>lizzies@oakridgeplace.com</u>) ext 103
Austan Wilson-Maintenance Technician (<u>maintenance@oakridgeplace.com</u>)

YOUR NURSING STAFF

Brianna Holtry Registered Nurse (Brianna Holtry Registered Nurse (BriannaH@oakridgeplace.com ext 106

John Howard, Licensed Practical Nurse (Johnh@oakridgeplace.com) ext 105

Brenda Unise Nelson, Senior Home Health Aide (BrendaN@oakridgeplace.com)

Trivia Question: Which common pest is the fastest flying insect known to science?



November Fun

Apple Orchard Trip







Amy's Award Celebration



Seated Ballon Ball





Annual Deer Hunting







Halloween Fun!

























Activity Zone

Please keep an eye out on the activities calendar as we did not include everything on this list.

Paint Nutcrackers: 12/03

Let's kick off the Christmas Season right by Painting Nutcrackers. Come down at I Iam in the St. Croix Room to paint your own nutcracker.

Decorate Christmas Ornaments: 12/06

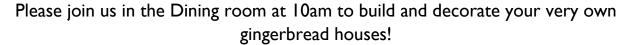


Please come down to the St. Croix Room at 11:30am to decorate your own Christmas Ornaments that you get to hang on our ORP tree that we will display in the Main Lobby.

Christmas Music with Andy: 12/06

We have a Christmas Performer joining us in the Dining Room at Ipm. Please join us for some great music, laughs and dancing.

Build and decorate your own Gingerbread Houses: 12/10



Pizza Party: 12/12

There will be an ORP Pizza party on Thursday December 12th in the dining room for the residents from 4pm-5pm.

Please note: The Dining Room will be closed starting at 5pm for our ORP Staff holiday party. This happens once a year where we would like to show our appreciation to our staff

Make your own Holiday Cards: 12/13

Would you like to make your own holiday cards to give out for Christmas gifts? If you do then please come on down to the Saint Croix Room at 11:30 to decorate your own holiday cards.





Christmas Light Tour: 12/17

Please join us for a Christmas light tour in Stillwater. We will be taking our company van which we are able to take 3-4 residents at a time. There will be multiple time slots so we can try to take as many people as we can. The tour starts at 5pm sharp and will last approximately 30 minutes. Please sign up in the office with either Sheena or Lizzie.





Grinchmas: 12/18

Please join us in the Dining Room during lunch hours for our annual Grinchmas, and look out for our special guest who will be joining us.

Christmas Carolers: 12/18

We will have Christmas Carolers coming to ORP AT 5:30pm. They will start caroling on the third floor down the halls and work their way to 2nd floor then to Ist floor. If you would like to hear them, please keep your apartment door open as they will just be walking and singing down the halls.

NOTE: They will **NOT** be knocking on apartment doors. They will spend about 10-15 minutes on each floor.



Come on down to the dining room for our Christmas party. There will be snacks and drinks provided. Small gifts will be given to those who attend

Holiday Name That Tune: 12/23

Come on down to the St. Croix Room to play "Name that Tune- Holiday edition" we will listen to common nostalgic Christmas tunes and the first person to name that tune wins. The person who gets the most correct wins!

Decorate Christmas Cookies: 12/24

Merry Christmas Eve! Come Down to the Dining Room at 10:30 am to decorate your own Christmas cookies.





Wrap Christmas Gifts: 12/24

Join us in the Saint Croix Room to wrap up a few gifts for Staff that are working on Christmas Day. We will listen to Christmas music, drink hot cocoa and wrap gifts to show our staff our appreciation and you can hand them out to each staff member on Christmas Day.

Birthday Bash and New Years Toast: 12/31

Please join us in the Dining Room at Ipm to celebrate our ORP resident's Birthdays and to have a new Years Toast. We are moving Birthday Bash to Tuesday this month due to the New Years Celebration.

Cribbage and Games: Every Friday

Every Friday at 2pm there is a larger group of residents that come down to the dining room at 2pm to play all sorts of different games. Don't be shy, come on down they are very welcoming. Below I will list the game list that they have to offer.

Cribbage/Cross Cribbage

500-

Yatzee

Sequence

Rummikub

Rorke

Scrabble

Merry Christmas and Happy New Year



HIDDEN MYSTERY ITEM

Each month there is an item hidden in the newsletter. If you find the hidden mystery item, call or stop by the office and let us know where you found it and we will put your name in the drawing. At the end of the month, Marlene will pull a name out of the bowl. The winner will receive a \$10 Cub gift card.

The winner for November is Sue in #314. This month find the:





Happy Birthday to the following residents of Oak Ridge Place:

Geri 12/11 Dee 12/14 Bill 12/27 Linda 12/31



HAPPY BIRTHDAY TO THE FOLLOWING OAK RIDGE PLACE EMPLOYEES:

Nash December 14

Maria December 17





Featuring: David DeGree

Contact Us

OAK RIDGE PLACE

6060 Oxboro Ave N

Oak Park Height MN 55082

Phone

651-439-8034

Website

www.Oakridgeplace.com



Resident Spotlight: #226



- Q. How long have you lived at Oak Ridge Place?
 A. David has only been at Oak Ridge a few months and finds it warm and inviting. All the staff are very friendly and nice.
- Q. What was the last gift you gave someone?

 A. He gave his brother a men's fedora hat for his birthday.
- Q. Do you have any hobbies? Current or previous?

 A. Reading and biking
- Q. What were you like in High School?

 A. David was very quiet and had a small circle of friends. He loved photography and went to Mankato State College for two years.
- Q. What is the best and worse job you've ever had?

 A. His worst job was as a bus boy in high school. He worked in visual merchandising in department stores in the men's, women's, and home departments. He retired from the Pottery Barn after 15 years where he worked in visual merchandising as well.
- Q. What is the most memorable vacation you've ever been on?
- A. Spending time at his time share on the island of Kuau'i for a week to 10 days at a time.
- Q. Who is your biggest inspiration?
- A. Jimmy Carter. He is a great humanitarian. My first time voting in the presidential election was for Jimmy Carter.

CONGRATULATIONS

Please help us congratulate: Greg Larsen, #301, is the newest recipient of the ORP Good Neighbor Award. Greg was nominated for his kind, friendly and happy demeanor. Greg is also the champion for winning the WII Bowling Belt. Congratulations.

Nomination for Oak Ridge Place's GOOD Neighbor AWARD									
Return this slip to the office door slot to nominate a neighbor that you think should be recognized in an upcoming edition of the Oak Ridge Place Newsletter.									
Nominee									
WHY?									
 									
 									
Your Name (optional)									

OAK RIDGE PLACE INFORMATION **OAK**

RIDGE PLACE SENIOR LIVING 6060

OXBORO AVENUE NORTH

A little humor:

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

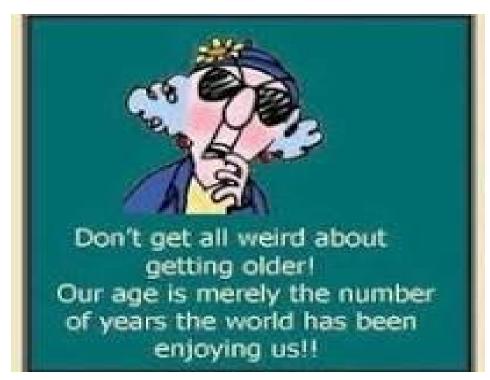
As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

Trivia Question Answer: Horse Fly





TIPS FOR SENIORS TO STAY WARM AND HEALTHY:

Stay indoors (or don't stay outside for very long).

Stay dry because wet clothing chills your body more quickly.

Dress smart – protect your lungs from cold air.

Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing.

Be careful on the ice.

Stay active by engaging in indoor exercises to keep your body active and generate warmth.

Set your home temperature to at least 68 to 70°F at all times.

Ask your family, friends, or neighbors for routine checks throughout the winter months.



NOTES FROM THE DINING ROOM

REMINDERS/ANNOUNCEMENTS

- If you are unwell or sick and would like meals delivered temporarily,
 please contact the nurse's office to get it approved. All meal deliveries go
 through the nursing staff only.
- If you have any home-made recipes that you'd like to showcase on the menu please feel free to make suggestions to Sheena the Dining Manager.
 If we are able to make it then we will showcase one recipe a month.
 Please write down the suggestion or recipe and hand it to Sheena with your name and apartment number.
- There are no substitutions on the menu. We offer a well-balanced meal as well as 5 different alternatives. If you order an alternative, you may order the sides that already come with the special.
- As a reminder Guest meals are \$15.00 per meal for everyone. Resident meals are \$10.00 per meal if you do not have a meal plan. This has not changed. You will see the bill on your monthly invoice.
- Please remember to only take <u>ONE</u> Snack each during our 2pm and 7pm snacks. We need to make sure everyone is getting a snack and if you're taking multiple snacks then there will be none for the other residents.

CELEBRATIONS/DATES TO REMEMBER

- Thursday, December 12th- We will be having a pizza party in the Dining Room from 4pm-5pm. The Dining Room will be closed at 5pm this day due to our annual ORP staff Holiday party.
- December 18th- Grinchmas! Please come on down to our annual Grinchmas themed lunch. There will be a special guest joining us at the WHOBILATION!
- December 25th- Merry Christmas!

HOUSING NOTES:

- There is absolutely no smoking in this building. If you are caught smoking in your apartment, you could be evicted. YOU MUST GO OUTSIDE!
- Do not bang on the window to gain access to the building. Please bring and use your keys.
- Please do not throw away dog poop or cigarette butts, inside the building anywhere. Please dispose of those things outdoors or down in the dumpster.
- Please be sure you know how to buzz your guests in. If you don't know,
 come to the main office and let us know! We can teach you!
- If you leave packages down by your mailbox and they are blocking resident or mailmen access to the mailboxes. We will deliver them, and you will be charged.
- If you use a motorized scooter in the building, please make sure you are navigating the hallways carefully and slowly.

Welcome Pat!

Pat is our new maintenance tech!! He is here at Oak Ridge on Tuesdays and Thursdays. He is at Norgard on Mondays, Wednesdays, and Fridays.

"Hi, my name is Pat. I have two children, they are 23 and 19. I have 3 dogs, 2 pit bulls and a poodle that frequent the dog park daily. Some of my favorite hobbies are exercising, playing volleyball and spending time with my kids."

Maintenance Corner:

- Break down your boxes before putting them into recycling.
- Any service that is not tied to the items or appliances in your apartment owned by ORP, you will be charged a maintenance fee.



If you have questions for the nurse, you are welcome to stop by the nursing office #123 during the following times:

Monday - Friday 9am-10am or 1-2pm.

Outside of those times the nursing office door will remain locked and you will need to call and make an appointment. If an emergency occurs, please use your pendant.

651-439-8034 extension 106

Medication Carts

Starting the week of December 2^{nd,} we will be transitioning from medication boxes in the apartments to a central medication cart. For those on medication administration services the staff will be collecting your medication tackle box the week of December 2nd.





OAK RIDGE PLACE NURSING OFFICE

6060 Oxboro Ave North Suite 123 651-439-8034 ext 106 or105 | BriannaH@OakRidgePlace.com | JohnH@OakRidgePlace.com

WELCOME BRIANNA, RN

My name is Brianna Holtry, but you can call me Bri! I recently graduated with my bachelor's degree in Nursing. I graduated from Weber State University, located in Ogden, UT. I moved out to UT after high school in 2019 with the intention to attend Weber State for the nursing program. About two years after moving to UT, I had been accepted to the nursing program, and get this, I got accepted at the same time that I found out I was pregnant. So yes, I did nurse school from start to finish super pregnant and while learning to navigate life with a newborn baby. Also, while in UT, I got married to my husband, Isaac, so he was my greatest supporter during nursing school.

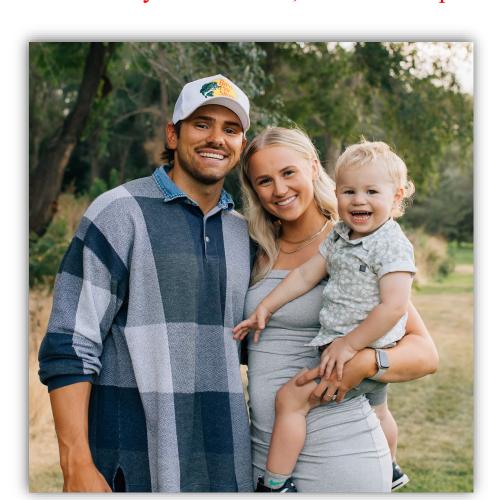
I chose Oak Ridge Place as a place of employment because I was excited and honored for the opportunity to supervise staff and manage resident's care from a different perspective. I also am so excited to learn the ropes of the AL atmosphere, as I have majority of my experience in long-term care.

My hobbies include ANYTHING with my family. I am such a family girl. I love being with my husband, Isaac, and my two-year-old toddler, Rhett. I also really enjoy working out. My husband and I actually met at the gym in UT about 6 years ago.

I chose to be a nurse, because ever since I can remember, I have had such a passion for caring for people and learning more about healthcare. As much as I love being a floor nurse, I truly feel like I have a passion for managing care from behind the scenes as well to ensure that things are done in all aspects to the best of my abilities.

I'd love to meet all of you, please stop in for a Meet & Greet in the Saint Croix Room on:

Monday December 9, 2024 at 1:30pm



Next Resident Council Meeting:

Thursday December 12th at 2pm Saint Croix Room

Purpose of Resident Council

The Oak Ridge Place Resident Council is an organized group of residents who meet regularly to promote friendship and understanding among residents. The council serves as a sounding board for solutions to shared problems, promotes self-advocacy, to initiate new ideas, and to communicate with the facility management.

Role of Facilitator of Resident Council

Shall preside over all meetings. Facilitator will be in charge of meeting rules of order, ensures meeting stays on track, takes minutes from meeting, presenting voted discussions to address with management, and communicating meeting agendas. These tasks can be delegated to any council member the facilitator chooses. Facilitator will exhibit a willingness to listen and has no power or influence in decision making of the council or management. However, the Facilitator is likely the most well versed in the room when it comes to previously discussed topics and/or polices. Facilitator must commit to promoting self-advocacy of council members that have personal grievances and agendas.

Responsibility of Management in accordance with Resident Council

Management will respond to grievances and recommendations of the council, but are not required to implement any changes requested by the council. Management will ask council to refer back to previous responses for repeat grievances and recommendations.

Responsibility of Resident Council Members (All residents of Oak Ridge Place)

Keep the meetings respectful, professional, and goal based.
Collaborate with other council members by building relationships.
Your ideas and concerns that are shared should be community based and serve purpose for all residents not just your personal requests/ demands.

Oak Ridge Place Executive Director receives state-wide recognition Amy Howard presented with the Leader of the Year award at statewide convention

Care Providers of Minnesota announced that Amy Howard, Executive Director, Oak Ridge Place, was presented with the Leader of the Year Award at a statewide senior care convention held earlier this month in Minneapolis. The Leader of the Year Award recognizes the achievements of an individual at the senior leadership level for their contributions and skill.

Amy was selected as this year's recipient due to her willingness and efforts to teach her employees how to be their best by guiding them to make sound decisions that are based on feelings and facts. She is a perfect example of how a manager makes staff feel important, valued, and appreciated.

Amy is well-versed in all aspects of her job including the laws surrounding this sector of assisted living, an understanding of business economics, and is remarkable recalling information. She leads with conviction, determination, and kindness. The staff and residents respect her and stand by her decisions as she is selfless, kind, and down-to-earth. Amy puts her staff and residents needs over hers; she sees and cultivates the abilities that even an individual may not recognize themselves. It shows that she is passionate about her career and her team, and how they grow with her and the organization. She sets a good example for all staff while being open-minded and gets to know all her staff on a deeper level.

When there is a need, she doesn't hesitate to work on the floor as an HHA, help maintenance with a sheetrock problem, or in the kitchen and cook for everyone. She is the best example of a team player and propels her team forward with her positive attitude and witty jokes. Amy is always smiling, professional, and a mentor to all. She gives amazing advice and her doors are always open for all residents and staff if they need to vent or just need someone to talk to. What also makes her a great leader is that she is so understanding and compassionate.

Amy was presented with his award during a keynote session, which was part of the three-day educational convention for long-term care providers. Presenting the award was Toby Pearson, president and CEO of Care Providers of Minnesota, and Amanda Johnson, Board of Director's Chair, Care Providers of Minnesota.

About Care Providers of Minnesota

Care Providers of Minnesota is a non-profit membership association with the mission to Lead Members to Excellence. Our 1,000+ members across Minnesota represent non-profit and for-profit organizations providing services along the full spectrum of post-acute care and long-term services and support. We are the state affiliate for the American Health Care Association/National Center for Assisted Living, and with our national partners we help members succeed. More information can be found at www.careproviders.org.





R S E D Q G C H D T E E T Q E S Z S C Z Ε G U Z M X Z R Н Z D ٧ S Q F U 0 X R S E 0 D S G T Z C G G Q 0 Ε X Ε M Т Н C K

David inn

Matthew Luke
three angel
frankincense myrrh
cows nativity
stable Joseph

clothes
e Messiah
el Galilee
rh gold
vity star
eph Mary

swaddling men Nazareth camels Shepherds Christmas Emmanuel
wise
Bethlehem
sheep
manger
Jesus

Hello Winter

WORD SEARCH

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

WINTER SLED SNOWFLAKES COAT SNOWMAN BLIZZARD FROST SWEATER



DECEMBER PINETREE COCOA CHRISTMAS ICE FIREPLACE SNOW

MITTENS

本的材本



Christmas Word Search





CAROLS ELVES LIGHTS PRESENTS SANTA TREE COOKIES GINGERBREAD MISTLETOE REINDEER SLEIGH WINTER DECEMBER HOLLY ORNAMENTS RUDOLPH STOCKINGS WREATH







December 2024



	December 2021									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
1	2	3	4	5	6	7				
10am- Puzzle in St. Croix Room 12pm- Vikings vs Cardinals 12pm in St. Croix Room	10am- Communion 10am- Make your own Bouncy Ball in Dining Room 11am- Walking Group- Meet in Lobby 10:30am- Good morning w/ Pam 2pm- BINGO	10am- Manicures 12pm- Paint Nutcrackers 1pm- Dancersize w/Pam 2pm-Wii Bowling	10am- Good morning w/ Pam 10am- Coloring in Dining Room 12:30- Bible Study 2pm- BINGO	9am- Transportation 1:30- Women's Wii Bowling	10am- Holiday Trivia 11:30am- Decorate Christmas Ornaments 1pm- Christmas Music w/ Andy 2pm Cribbage	10am- Open Library in St. Croix Room 12pm- Puzzle in St. Croix Room 1:30- Movie Matinee I'll be Home for Christmas				
8	9	10	11	12	13	14				
10am- Puzzle in St. Croix Room 12pm- Vikings vs Falcons 12pm	10am- Communion 10:30am- Good morning w/ Pam 12pm- Walking Group- Meet in Lobby 1:30 Nurse Meet & Greet 2pm- BINGO	10am- Build your own Gingerbread Houses 1pm- Dancersize w/Pam 2pm-Wii Bowling	10am- Good morning w/ Pam 10am- Tech Time w/ Lizzie 11:30am- Coloring in Dining Room 12:30- Bible Study 2pm- BINGO	9am- Transportation 1:30- Women's Wii Bowling 2pm- Resident Council Meeting 3pm- Family Council Meeting 4-5pm- Pizza Party in Dining Room Dining Room closes at 5pm today only	10am- Jeopardy 11:30am- Make your own Holiday Cards 2pm Cribbage	10am- Open Library in St. Croix Room 12pm- Puzzle in St. Croix Room 1:30- Movie Matinee in St. Croix Room The Santa Stakeout				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
10am- Puzzle in St. Croix Room NO Vikings game this Sunday	10am- Communion 10:30am- Paint and Sip in Dining Room 10:30am- Good morning w/ Pam 12pm- Walking Group- Meet in Lobby 2pm- BINGO	1pm- Dancersize w/Pam 2pm-Wii Bowling 3pm- Manicures 5pm- Christmas Light Tour	10am- Good morning w/ Pam 10am- Coloring in Dining Room 11-1pm- Grinchmas in Dining Room 12:30- Bible Study 2pm- BINGO 5:30- Christmas Carolers	9am- Transportation 1pm- Writing/ Storytelling Class w/ Bonnie 1:30- Women's Wii Bowling	10am- Hangman 11am- Book Club 12:30-On this Day History/ Talking Points 1pm- Christmas Party! 2pm Cribbage	10am- Open Library in St. Croix Room 12pm- Puzzle in St. Croix Room 1:30- Movie Matinee How the Grinch Stole Christmas
22	23	24	25	26	27	28
10am- Puzzle in St. Croix Room 3:05pm- Vikings vs Seahawks	10am- Communion 10am- Walking Group- Meet in Lobby 11am- Holiday Name that Tune 2pm- BINGO	10:30am- Decorate Christmas Cookies 12:30pm-Wrap gifts for staff working on Christmas Day. 2pm-Wii Bowling	Merry Christmas! Offices are Closed	9am- Transportation 1:30- Women's Wii Bowling	10:30am- New Years Trivia 1pm- Heavy Machinery 2pm Cribbage	10am- Open Library in St. Croix Room 12pm- Puzzle in St. Croix Room 1:30- Movie Matinee Christmas Scavenger Hunt
29	30	31	1	2	3	4
10am- Puzzle in St. Croix Room 12pm- Vikings vs Packers	10am- Communion 10:30am- Baking Group 1:30am- Walking Group- Meet in Lobby 2pm- BINGO	10am- Manicures 1pm- Birthday Bash/New Years Toast 2pm-Wii Bowling	Happy New Year! Offices are Closed	9am- Transportation 1:30- Women's Wii Bowling	10am- Jeopardy 12pm- Activities Meeting 2pm Cribbage	10am- Open Library in St. Croix Room 12pm- Puzzle in St. Croix Room 1:30- Movie Matinee Pitch Perfect