

The Pines Senior and
Assisted Living
400 West 67th Street
Richfield MN 55423

Pine Cone Press

VOLUME 9, ISSUE 8

2016



Lisa Cameron
*Administrator of
The Pines*

Augustana Mission
Statement:

*"The Mission of Augustana
Care is to serve God by fostering
fullness of life for older adults
and other people in need through
the provisions of healthcare,
housing and other services in a
Christian tradition."*

INSIDE THIS ISSUE:

Activity Forecast	2
Resident Spotlight	2
Health Matters	4
Spiritual Services	4
Dining	5
Resident Committee	5



August News From The Administrator

Here we are, in the last month of what we traditionally view as "summer." I can't believe how quickly the summer has flown by. We have seen several new residents enter The Pines throughout the past couple of months, and I hope that the more seasoned residents were able to meet and greet these new faces! August is National Friendship Month, so make sure to reach out to somebody you don't know very well—who knows, you may even make a new friend! This is one thing I love about working at The Pines. There is always new information I'm learning about residents. Whether it's a past hobby, occupation, or hearing about their families, I feel like I'm constantly learning about the residents here!

This month we will be celebrating National Night Out on Tuesday, August 2nd. We are so excited to celebrate ours and The Oaks on Pleasant's 15 years of being open by working together to combine our communities. Please join us for food, games, and musical entertainment by the Roe Family Singers out in our own backyard starting at 6pm!

This August, the world will also be gearing up to watch and cheer on their favorite athletes and teams at the 2016 Rio de Janeiro Summer Olympics! The opening ceremony will play on Friday, August 5th at 6:00pm on NBC. Rio 2016's motto is "Live your passion." In Portuguese, it is "Viva sua paixão!" How fitting of a phrase for such an exciting event and time of the year. My favorite Olympic sport to watch is gymnastics, but there are some interesting events that have been added in recent years, including trampolining—which is also fun and interesting to watch!

Please note that we will have a slight change of timing for our morning socials to accommodate for residents that also receive lunch, and to ensure our dining staff is able to provide the best service to you. Beginning in August, the morning social start time will be moved from 10:45am to 10:30am. The afternoon social will remain at 3:00pm. This will be reflected in the daily activity calendars as well.

I want to remind residents and family members that a brief satisfaction survey was sent to residents or a family member at the end of July. Please submit your feedback by Friday, August 5th via the postage-paid envelope that was included with the survey. We appreciate and value any and all comments, suggestions, and appraisals! We also feel continuously blessed to have so many caring families that support their loved ones each and every day.

Thank you to all of the visitors that have visited us throughout the summer. We love seeing residents out enjoying the sunshine and warmer temperatures. I hope everyone has a great August!



HERE ARE JUST *SOME* OF OUR FUN, UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Bingo	2. National Night Out	3. Shop at Hobby Lobby	4. Dr. Day	5. Target shopping	6. Card Club @ 6
7. Veteran Root Beer Float event 1-4 p.m.	8. Bingo	9. Card Club @ 2	10. Dairy Queen	11. Dr. Day	12. Shop @ Rainbow	13. Card Club @ 6
14. Shop @ Walgreens	15. Bingo	16. Kindred at Home talk	17.	18. Dr. Day	19. Festival Foods	20. Card Club @ 6
21. Bean Bag Toss	22. Bingo	23. Card Club @ 2	24. Lunch @ Red Lobster	25. State Fair picnic!!!	26. Shop @ Rainbow	27. Card Club @ 6
28. Pines Walkers	29. Bingo	30. Birthday Bash @ 2	31. Scenic Drive to Rose Gardens			

Resident Spotlight



Harold Malinosky

Family has been a source of pride and gladness for Harold throughout his lifetime. Starting on a farm in Friendship, Wisconsin, no doubt where Harold was endowed with a set of values that would serve him and his family well throughout life. As for many who were raised on a farm, Harold was never afraid of hard work. He enjoyed working alongside family on the farm, going to school, serving his country in the U.S Navy, being married to the same woman for 64 years, and raising a family of four children. The hard and rewarding work of building a four bedroom cabin on Cross Lake that remains a legacy of love to the four generations that have followed. The hard, and honorable work of being a Minneapolis Police Officer for 25 years, and an Investigative Detective for the State Crime Lab for 10 years.

On the wall in Harold’s apartment are images of five generations of Harold’s joys in life. There are images of Harold and Maureen’s four children, of whom Harold is so proud to say “all minded well, and grew up to be upstanding citizens!” These family members gave him 12 grandchildren, 30 great grandchildren, and 2 great, great, great grandchildren. Life and hard work, laced with honor and an ample supply of love produced this loving and supportive family.





Danielle Krueger, RN

Director Health Services

612-259-2892



**Resident Angel of
The Month
Chuck Kuppe**

Thanks to everyone that attended the Kindred at Home presentation of “Seven Days Without Activity Makes One WEAK”. To those of you that didn’t attend here are a couple of takeaways from the presentation:

- Studies have shown that inactivity can be even worse for you than smoking cigarettes
- 150 minutes of activity in a week is the recommended amount for older adults
- If an activity becomes easy for you, than it is most beneficial for you to take it to the next level, or add repetitions or higher resistance
- If walking has become easy for you, then try walking faster to get your heart pumping harder

Please join us next month on August 16th at 2 pm in the Activity room for “Creating a Supportive Living Space” to learn how to maximize your apartment to ensure your safety, and prevent falls hazards.

These presentations are a great way to stay educated on various health topics that pertain to aging. Every resident at The Pines that is open to Health & Wellness attend an annual care conference with the Director of Health Services, the Resident Services Director, and the Housing Director. At these meetings, we meet with the resident and/or their family members to discuss health cares, dining, activities, and housekeeping. But, did you know that you don’t need to wait for this meeting to add on health care services? Our team of Home Health Aides and Licensed Nurses can help you with laundry, medication set-up, medication administration, getting dressed, bathing, safety checks, and so much more. Contact me directly if you would like to inquire about available services. We are happy to help!

Spiritual Services



A resident guardian angel on earth who lifts us up when we believe our wings have forgotten how to fly.

Chuck enjoys visiting with others and sharing his sense of humor. He has acquired the affectionate name of “Chuckles” by some of our staff. The meaning of “chuckles” is to laugh quietly or to oneself. We are so happy Chuck wishes to share his wit with us!

Resident Services

It is important that we intermittently remind families and residents of our building’s emergency procedures.

Each apartment should have a laminated *Emergency Procedures* form on the refrigerator. If you do not have one, please call the Front Desk and request one. There is a potential for severe weather, fire, flood, or other unique emergencies in any living environment. Our building has an automatic fire sprinkler system throughout. Resident apartment doors and building doors are 2 hour fire rated doors.

If at any time you are instructed by staff to move to the bathroom in your apartment, to evacuate your apartment, or move to a safe place in the building please cooperate as you are able. We will always err on the side of safety. It may not seem convenient. Staff follows established protocol and the instructions of fire department/police. Because we do not have an intercom system in apartments, instructions and “all clear” will typically come straight from a staff member.



The Pines Restaurant

Summer Potato Salad

- 5 cups cooked, peeled, cubed potatoes
- 3 hard boiled eggs peeled & chopped
- 1/3 cup lemon juice, 1/4 cup vegetable oil
- 2 tsp white sugar, 1 1/2 tsp seasoning salt
- 1 1/2 tsp Worcestershire sauce
- 1 tsp dry mustard,
- 1/4 tsp black pepper
- 1/2 cup mayonnaise
- 1/4 cup chopped green onions
- 1/3 cup chopped celery
- 1/2 bunch minced parsley



Method of Prep

In small bowl combine lemon juice, oil sugar, seasoned salt, Worcestershire Sauce, powdered mustard, and black pepper. Mix well. Blend in mayonnaise. Combine cubed potatoes, eggs, green onion, celery, and minced parsley.

Pour lemon dressing over potato mixture to coat and toss gently. Refrigerate at least 2 hours before serving.

Enjoy Cookies Baked Fresh Every Day



- Chocolate Chip
- S'more Blossom
- Sugar Cookie
- Caramel Walnut



The Pines Pat on the Back !

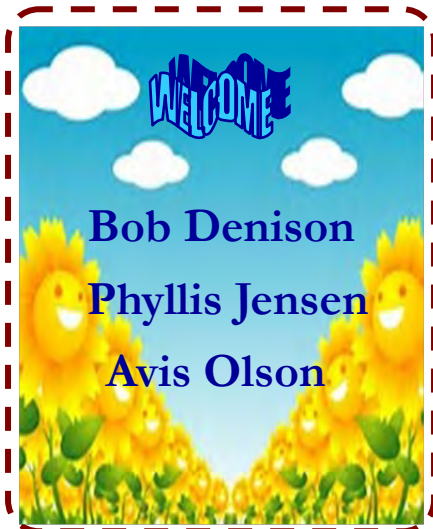
HOME HEALTH AIDE JENNA S. 11 MONTHS

The Director of Health Services as well as other Pines staff will tell you Jenna is very much a team player. She is always willing to learn new things and help out whenever she can. Jenna is passionate about her work, and engages with residents and families. She possesses a skill set for building relationships.

Jenna's dream is to become an OR nurse. Jenna is to be commended and supported for working to achieve her goal. She is currently enrolled in nursing school while working with us as an aide. Jenna's positive energy is a boost to our team, and we wish her much success in realizing her dream.

*Any day in
August is
better than
a day in
January
Keith Vik...*

New Residents



Welcome New Employees!



SERVER
Caleb P.



BIRTHDAYS

- 8/1 Ione Nelson
- 8/8 Helen Sabatuk
- 8/12 Wilma Nelson
- 8/15 Bob Kline
- 8/21 Anna VerBrooks
- 8/22 Jean Heminger
- 8/26 Virginia McDonald
- 8/28 Loretta Hanson
- 8/30 Ileen Norton



400 West 67th Street
Richfield MN 55423
612-861-3331



The Pines is a beautiful site nestled into the heart of Richfield. Around the corner from picturesque Wood Lake Nature Preserve, The Pines is situated in a residential neighborhood less than a block from the hub of activity. This cozy retreat is the perfect home for those who are ready to let go of worries and take hold of their best versions of life. The Pines provides a safe, caring and supportive environment with an outstanding restaurant and access to on-site health care services. Living at The Pines is living with peace of mind.

Amenities Include:

- ♥ Private Apartments with full kitchen and bath
- ♥ Studio, one and two bedrooms
- ♥ Weekly housekeeping
- ♥ Bird Aviary
- ♥ Formal meals served in the Restaurant
- ♥ Free laundry facilities
- ♥ Spa services in the on-site beauty shop
- ♥ Scheduled group transportation
- ♥ 24-Hour medical staff
- ♥ Fitness Program & Exercise Room
- ♥ Theater & Party Areas
- ♥ Park-like grounds with sculpture garden
- ♥ Shopping, banking, and medical clinics within one block
- ♥ Comprehensive, multi-level activity program

Visit us online at
www.thepinesrichfield.com

Those of Service to You

Lisa Cameron...Housing Director
Katie Dockry...Business Office Manager
Danielle Krueger...Director of Health Services
Katherine Tloutan . . . Leasing Counselor
Jatoma Gavin. . . Executive Chef
Joe Small . . .Environmental Services Director
Kate Johnson...Activities Director
Cyndy Grinvalds...Resident Services Director
Jenny Siler...Lead Receptionist

Office Hours

Monday - Friday
9:00 am – 8 pm
Saturday & Sunday
9:00 AM – 5:30 PM



*The Pines is hosting an
OPEN HOUSE and **Root
Beer Float** fundraiser!*

When: Sunday, August 7th 1-4pm

Where: The Pines: 400 W. 67th Street

Free-will donation (suggested donation of \$2 per float)

**ALL donations will go to the
Richfield Veterans Memorial**

Live Music by Retro Swing Sister

Vintage WWII military vehicles

Prize drawings | Group tours available

Questions? Call 612-861-3331