

THE PINES SENIOR AND
ASSISTED LIVING
400 WEST 67TH STREET
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Pine Cone Press

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News From The Administrator



Lisa Curry

**Housing Director
The Pines**

With 6 new inches of new fallen snow, it definitely looks like winter and Christmas is upon us. It is starting to look like Christmas around the Pines and this community will soon be filled with red and green with sparkles and glitter. Activities and carolers will don the hallways and open areas and the smell of cookies and cider will fill the air. Families and friends fill the community which is what the holidays are all about.

Families inquire about what to get their loved ones for Christmas when 'they already have everything'. Here are a few ideas:

- new pair of skid-proof slippers,
- a new warm robe,
- a magazine subscription,
- a large clock/calendar that displays the date and day of the week, time and year as we lose track of those things once we retire,
- fruit of the month club,
- a basket of daily use items such as soaps and lotions, shampoo and laundry detergent,
- handmade card with a heartfelt letter,
- homemade baked goods,
- blank cards and stamps,
- your presence can be a gift.

Maybe **CHRISTMAS**,
he thought,
doesn't come
FROM A STORE.
Maybe **CHRISTMAS**,
perhaps, **means**
A LITTLE BIT MORE.
— The Grinch —

Remember our team members cannot accept gifts from our residents and family members. Your thanks is our gift. We do what we do out of the goodness of our hearts. We come to your home each day for the passion in our hearts to help others. We do have a Christmas celebration in December with the whole team and any treats given to the Pines are given to the whole team at that celebration. Please see Lisa Curry, Director of Housing if you have any questions.

From all of us who work at the Pines, I want to wish you all the happiest of holidays and a very Merry Christmas! I hope this holiday season fills your heart with happiness and your soul with the peace that Christmas is all about. Have a blessed holiday season.

Due to Covid 19

**Office and Reception
Hours Until
Further Notice**

Monday—Friday

8:30 a.m. to 7:00 p.m.

Saturday & Sunday

9:00 a.m. to 5:30 p.m.



Resident Services

Cyndy Grinvalds, Director



Seasons Greeting One and All!

Here we are already in the merry month of December. In our world at The it always seems we just take down our 4th of July decorations and then we are putting up Christmas trees...

This year is one to celebrate as many of the epidemic constraints have lifted. Staff, residents and families all went through the rigors of an *unprecedented time in history*. We truly hope you and yours will be able to gather together to celebrate the birth of Christ and fellowship with one another with all the fixins and traditions.

If you have experienced loss this year we understand the myriad of ways it can beset you at the holidays. We extend our most sincere condolences to all affected. Be gentle with yourself, listen to yourself, trust yourself, communicate with others, consider developing some healing rituals, and do what works.

May the peace of God guard your hearts and your minds.

The Benefits and Risks of Bed Rails

Potential benefits of bed rails include:

- Aide in turning and repositioning when in the bed
- Provide a hand-hold for getting in and out of bed

Potential risks of bed rails include:

- Strangling, suffocating, bodily injury or death when patients or part of their body are caught between rails or between the bed rails and mattress (entrapment).
- More serious injuries from falls when patients climb over rails.
- Skin bruising, cuts and scrapes
- Feeling restricted
- Preventing patients who are able to get out of bed from performing routine activities such going to bathroom or retrieving an item.

Alternatives:

- PT/OT Therapy
- Review of mattress
- Additional service related positioning/transfer in/out of bed

You MUST alert nursing department if you are using a bed rail or want to bring in a bedrail related to having to be assessed for safety.

The Pines Assisted Living is only allowing bedrails that adhere to the guidelines per State of Minnesota.

Cassia Residential Care News

Director of Health Services Wendy Rischmiller

Resident Spotlight by Cyndy Grinvalds



Julia was born on December 5th, 1917.

This month we honor her, and celebrate her 105th birthday!

Julia was born Julia Bachmeier in the tiny town of Esmond, North Dakota. Julia was born at home, and would eventually share her home with 13 siblings, seven girls, and seven boys. Julia’s parents owned a farm with crops, cows, horses, hogs, turkeys, and chickens. When asked whether that meant that she knew a little about farm chores, Julia said “Ohhh yes, and not just a little, a lot.” Julia recalls times on the farm working in the field before they could afford a tractor, and helping to harvest behind a team of horses. As many in her generation economic hardship, hard work, and the war formed her young life and who she is today.

Julia set out on her own at the tender age of 16 to work in the households of families in neighboring towns. This eventually took her to the town of Harvey, North Dakota, a small town at the headwaters of the Sheyenne River. It was there one day while out for a walk with some girlfriends that her path crossed with Joe Aschburger. Joe had a girlfriend Julia recalls but fate intervened and they began dating. Joe moved to the big city of Minneapolis, to take a job with the defense department. Julia followed, and they were married and remained in the Minneapolis area thereafter.

Julia, and her husband raised 3 children: 2 girls and 1 boy. Amongst the things Julia did while raising her family was to work as a sales clerk at Sears, golf, and travel. Julia recalls fondly making a hole in one at the old Par 3 Richfield Golf Course that has since been swallowed up by the airport. Julia enjoyed travel and when her husband could not accompany her, she travelled to many U.S. destinations with the Midwestern Bank Travel Club.



**JULIA
REMAINS
A LOVER
OF
COFFEE
AND
POPCORN**

**JULIA HAS BEEN
A RESIDENT
SINCE SEPT 2015**



Pines Third Annual Deer Hunting Opener



Thank you Activity Director Christian, Marcia, and Lisa for setting the scene and for being such great sports for our "just for fun" opening deer hunt!



December Activity Outlook

December Outings

- Dec 2nd – Jensen’s Restaurant
- Dec 9th – Little Six Casino
- Dec 16th – Christmas Lights Scenic Drive
- Dec 23rd – Abdallah Candies
- Dec 30th – Pavek Museum

Dates to Remember

- Dec 13th – Musical Guest: Amy & Adams/Birthday Bash Social
- Dec 21st – Musical Guest: Mary Franz/Christmas Party



I HOPE THIS
DECEMBER...

The weather outside is brightful
 People around you are cheerful
 Music you hear is soulful
 Days you spent are meaningful
 Views you see are beautiful
 Decisions you make are mindful
 Every moment, you are grateful

OurMindfulLife.com



Employee Anniversaries



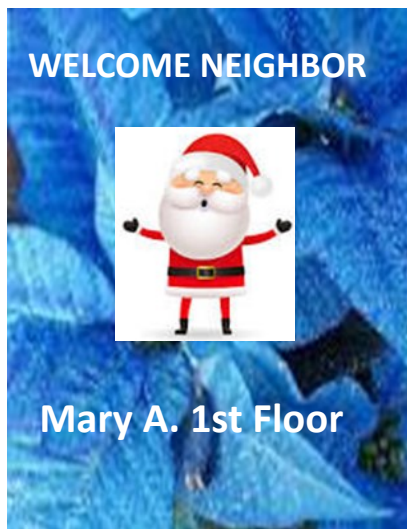
Business Office Manger
Marcia B...6 years

Welcome New Employees

Sam B...Cook

Anita A...Server

Nimo H...Caregiver



CHRISTMAS DAY BRUNCH

- SOUP & SALAD
- ROASTED PRIME RIB OF BEEF
- TWICE BAKED POTATOES
- ASPARAGUS
- TURTLE CHOCOLATE CAKE

Served Sun Dec 25th
11:30 a.m. to 1:00 p.m.

BIRTHDAYS

Mary Ann J... 12/2

Julia Aschburger... 12/5

Julia will turn **105 YO** this month!!! We celebrate her!

Dorothy W... 12/24

