

February 2023

# The Residence at North Ridge

5500 Boone Avenue North | New Hope, MN 55428 | 763-592-3000 | [TheResidenceatNorthRidge.com](http://TheResidenceatNorthRidge.com)



## Celebrating February

**Library Lovers' Month**

**Black History Month**

**Mend a Broken Heart Month**

**Groundhog Day**

*February 2*

**Thank a Mail Carrier Day**

*February 4*

**Pizza Day**

*February 9*

**Get Out Your Guitar Day**

*February 11*

**Super Bowl LVII**

*February 12*

**Valentine's Day**

*February 14*

**World Human Spirit Day**

*February 17*

**Carnival**

*February 16–21*

**Presidents' Day (U.S.)**

*February 20*

**Mardi Gras**

*February 21*

## A Note from Nursing



Hello Residents & Families,

I want to take this opportunity to tell you a little bit about myself. I was born and raised in Texas and moved to Minnesota in 2000 with my wonderful husband and two beautiful daughters. I have been married for 29 years and together we raised our girls here in Minnesota, but now they are off on their own wonderful adventures in different parts of the world, so yes, we are now empty nesters with cool travel destinations! I have been working in the medical field for almost 30 years. Over the course of my career, I have worked in many different roles, but none have been as rewarding or fulfilling as my work with Assisted Living / Memory Care residents and their families. Working with this population of amazing people makes me think of my own grandparents and how I hope they would be cared for and treated, with honor, respect and dignity. I understand that change is sometimes hard and at times it can even be difficult, but I want you to know that although there have been many in my position before me, I am truly committed to making a difference and improving various processes within our nursing department. As I am sure you have noticed there have been changes in the nursing staff, but rest assured we still have everyone's favorite go-to, all knowing LPN Maureen H., and she is temporarily officing out of memory care North. We also still have our tried-and-true RN Dennis T., and he is temporarily officing out of memory care South. A new RN has been added to the team, RN Heather B., and she comes to us with 27 years of nursing experience and is currently officing out of apartment 301. We have also added a Nursing Unit Coordinator, this is someone who can help with scheduling your appointments, medication refills, plus a lot more. You already know her, Liz O., from the front desk. Currently we are searching for an overnight LPN supervisor as well as additional AM and PM RNs.

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## New Neighbors



Mary W.- 1st Floor  
Robert W.- 3rd Floor  
Lena S.- 1st Floor

We are so happy to welcome these new residents to The Residence at North Ridge. Please greet these new neighbors and introduce yourself when you get the chance.

Did you know February is Library Lover's Month?

To celebrate the occasion, we'll be holding a special Open House in our own library.

Please stop by and take a peek at the wonderful books we have on hand. It's a pretty impressive collection! We'll also be serving refreshments. Please join us-

**Library Open House**  
**Thursday, February 23**  
**1:30**  
**4th Floor Library**



## February Dress Up Days

Friday, February 10

Friday Flannel Fun Day

Wear your flannel shirt,  
flannel pants or something plaid



Tuesday, February 14

Valentine's Day

Wear Red or Pink

Monday, February 20

Presidents Day

Wear Red, White and Blue



## A Note from Nursing (Continued from page 1)

We are hopeful that these additional team members will help to improve the quality of care that you are receiving. One change that I think a lot of residents and family members will appreciate is the implementation of a central Nursing Office Phone number, this is so you and your family members can call one number to reach a nurse no matter where their office is currently located, this number is 763-592-4057, and as always if there is no answer, please leave a message and you will get a call back! My next two important issues to work on are improving pendant response times and the medication administrations. Although I currently have a very large to-do list my top priority is getting to know you, your families, and staff. I look forward to getting to know you all.

Elizabeth,  
BSN, RN  
Director of  
Wellness



## Resident Spotlight

This month our Resident Spotlight is on our friend, Jock. His tablemates describe him as “a true gentleman” and it was at their urging that he graciously agreed to share his story. Jock’s father was an auto mechanic and ran a Buick dealership with his brother in Duluth, MN. After some time, the brothers parted ways. At that point Jock’s father went to work at Macalester College as a groundskeeper. His next stop was the University of Chicago to pursue a degree in ministry. That is how Jock became, as he puts it, a “PK” (meaning a preacher’s kid). His dad preached at 4 churches each Sunday. Jock and his family had to attend every service each week! He sang in the choir, too. He said Sunday was not his favorite day of the week. Jock went to college and became an urban planning engineer. He furthered his education by attending graduate school in Seattle, WA. Jock went on to become a professor at Macalester College in St. Paul, back where his father was a groundskeeper years before. Jock married his wife, Carrie, and gained a stepdaughter. They lived in Florida for a time before Carrie passed away. His stepdaughter now lives in NE Minneapolis. Jock is immensely proud of his Scottish heritage. He is a huge fan of the Minnesota Vikings and Twins. His favorite foods are salmon, soup and, of course, dessert! Thank you,

Jock, for agreeing to be in “The Spotlight.” It’s fun to learn about your interesting life story.



## In The Spotlight

## Black History Month

In observance of Black History Month we will be showing a series of films that highlight Black History. Our Monday Matinees will include...



The shows will start at 1:30 in the Activity Room and popcorn will be served! Please watch for movie posters that will give a full description of each film.

## Valentine's Day Party

Tuesday, February 14



1:30



Activity Room



Entertainment by

Brian Peterson



\*Due to Valentine's Day, Bingo will be moved to Wednesday (2/15) this week.





## February 17<sup>th</sup> RANDOM ACTS OF KINDNESS DAY

Smile at someone just because/ Say "Thank you"/ Invite someone new to sit with you at lunch/ Give a compliment/ Send a note to an old friend/ Show some extra kindness today 😊

### Staff Birthdays

Tetee (HHA) 2/01

Catasha (HHA) 2/04

Annifa (HHA) 2/10

Susan (Assistant ED) 2/12

Cynthia (HHA) 2/15

Jovye (HHA) 2/16

Georgia (HHA) 2/17

Cindy (Life Enrichment) 2/24

### Staff Anniversaries

Wayne (Maintenance) 4 years

Georgia (HHA) 2 years

Oretha (HHA) 2 years

Venus (HHA) 1 year



## February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas. Those born from February 19–28 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists.

Langston Hughes (poet) – February 1, 1901

Rosa Parks (activist) – February 4, 1913

Babe Ruth (ballplayer) – February 6, 1895

Jimmy Durante (actor) – February 10, 1893

Michael Jordan (athlete) – February 17, 1963

Toni Morrison (novelist) – February 18, 1931

Smokey Robinson (singer) – February 19, 1940

Sidney Poitier (actor) – February 20, 1927

Nina Simone (singer) – February 21, 1933

George Washington (president) – February 22, 1732

Elizabeth Taylor (actress) – February 27, 1932

### Resident Birthdays

Gary F. 2/10

Arlene K. 2/10

Ginny S. 2/10

Nancy T. 2/12

Gerry E. 2/13

Doris S. 2/28

