



**The Legacy  
of St. Michael**  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

### September Facts

September has three birth flowers: the Forget-me-Not, the Morning Glory, and the Aster. Forget-me-nots represent love and memories, Asters represent love as well, and the Morning Glory represents unrequited love. The birthstone for the month is the Sapphire; which is associated with loyalty, truth, and sincerity, and often symbolizes wisdom and purity. Many believe that Virgos (August 23 – September 22) are wise and highly analytical. Libras (September 23 – October 22) are pure-spirited. They are all about peace and harmony.

"There are flowers enough in the summertime,  
More flowers than I can remember—  
But none with the purple, gold, and red  
That dye the flowers of September!"  
—Mary Howitt (1799-1888)



### Happy Birthday- September

**Judith P 9/2**  
**Roberta N 9/4**  
**Jeanne S 9/11**  
**Kenneth D 9/21**

### New Residents to The Legacy

**Bob Gallus #114**  
**Beverly Kessler #301**  
**Mel Kahnk #319**

### News From the Marketing Center ~

Pick your Neighbors and Refer a Friend!  
If your friend moves in.... you will receive \$500 off one month's rent, and they receive \$500 off their first month's rent as well!  
Please see Lisa in Marketing if you have a referral.  
"Good friends make nice neighbors; nice neighbors make good friends!"  
Lisa Toms, Marketing Director, 763-497-0171

"The mere process of growing old together will make the slightest acquaintance seem a bosom friend." – Ed Koch

# From the Executive Director



Hello Legacy Residents!  
Welcome Fall!

Even though we are sad to see Summer go, I can say that I am excited for some of those beautiful Fall colors to start popping that we love so much! Make sure to get out and take walks before the real cold creeps up on us and take in some of the beautiful Minnesota Fall weather and colors!

Also, please keep in mind that Flu Season is around the corner as well. Make sure to practice good hand washing and stay home when you are not feeling well. We do have our Flu Clinic coming up, please see the front desk for more information on that.

Thank you also for your participation in The Grip Games and The Big Show on Fridays. We will continue to have the fun Socials at 1 pm in the Community Room on Fridays and the Challenges on Tuesday at 1 pm. Keep encouraging your friends to join the fun! It's great to see the Teamwork!



**Chef Demo -**

Wednesday, September 6th @ 1:00 (CR)



**Resident Council -**

Thursday, September 21st @ 2:00 (DR)



**Birthday Celebration w/ Kevin Wegman -**

Wednesday, September 27th @ 2:00 (DR)



**Affinity Hearing-**

Monday, September 11th @ 9:00am (DR)



**Activities Meeting-**

Thursday September 7th @ 1:00pm  
(CR)



**Podiatry-**

Wednesday, September 13th @  
9:00am (CR)

Notebook for appointments is in  
(CR)

"Wrinkles should merely indicate where smiles have been." – Mark Twain



**Playin' Around**



**Courtyard Fun**



**"I got it!"**



**"What's our next Activity?"**

## Gospel Gab:

Greeting Everyone,

Yikes! Is it already September? Where did the Summer go and what were some of your favorite memories of Summer so far?

As a Chaplain who plays guitar, I find that one of my favorite songs to play is "Amazing Grace." Why? It reminds me of heroes of the Bible. I have always loved how the Bible informs us of its heroes' shortcomings right alongside their heroic feats without batting an eye. God sees the potential in people long after society and even the individuals themselves stop seeing it.

We are our own worst enemy in this regard. We keep a tally of all the small ways we have fallen short, counting ourselves out of the running for qualifying as "worthy," and spending anxious nights staring at the ceiling, wondering if perhaps our best wasn't good enough for God after all.

Grace is a difficult concept to grasp. It takes faith to believe that God could see something that we can't. To believe that however much we fall short by, God can make up the difference. One author shared that "God loves to look at us and loves it when we will look back at him." How beautifully simple the love of God and how complex we make it. The one reason we worship is to respond to God's grace, praising God not to celebrate our own faith but to give thanks to the faith God has in us. May we have the faith and the assurance that it is so. That is AMAZING GRACE!

I wanted to share with you a couple of great ongoing opportunities:

Tuesdays at 9:30am-Devotion and Coffee- Come gather for Coffee, Conversation and a short Devotion to start the day off.

Tuesdays at 3:00pm- Soul Awakenings- The Me I Want to Be with John Ortberg (This is a DVD series that talks about becoming all that God has for you!)

Friday's at 10:00am -Hymn sing with Ramona

Fridays at 1:00pm- Men in Mission (Guys come join us as we talk about some current issues of the day)

Keep your weekly calendar handy and take advantage of the many activities that are available. I would enjoy visiting with you at any time. Let's chat!

Rev. Jeff Bergman

Senior Living Chaplain



Bingo on Wednesday nights has been moved to Thursday nights- through the end of August, so that you may go & enjoy...

*Family Night in the Park*



September Excursions- Walmart, Dollar Tree, Millside Restaurant, Senior Center Bingo, Fleet Farm, Cub,  
See Signup book in (CR)

## ***The Nurses Monthly Prescription:***

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but good health habits like avoiding people who are sick, covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like flu.

Get Vaccinated

Get your family vaccinated: fight flu!

Seasonal flu vaccines protect against the four flu viruses that research indicates will be most common during the upcoming season.

The tips and resources below will help you learn about additional actions you can take to protect yourself and others from flu and help stop the spread of germs.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.

Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

Handwashing: Clean Hands Save Lives

Tips on hand washing and using alcohol-based hand sanitizers.

Avoid touching your eyes, nose or mouth.

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## **Flu Shot Clinic**

When: Wednesday September 20

Time: 8 am- 10 am

Where: Private Dining Room

You MUST sign up by Friday September

15th

Forms and signup sheet will be available at the front desk.



**Activity Notes:**

The Book Club is reading "The Girls from Ames".

Please attend the Monthly Activity Meeting—pick the weekend movies, add new activities, suggest weekly Excursion locations.

\* If there are any suggestions for Activities, please talk to Pamela.



**What's Cookin' w/ Chef Josh:**

In a blink of an eye summer is almost over.

We had some awesome weather and were able to grill out most of our Burgers, brats and pork chops!!

Thank you to all who came out and enjoyed our Summer BBQ during the St. Michael Daze and Knights.

As some of you know I have stepped into a temporary Culinary Specialist Position. Lifespark is working on transitioning some of our other properties to have Culinary Managers like me. I have the privilege to be working close with some other Lifespark employees and Martin Brothers employees to make this happen. I will be traveling in September to all the buildings that are transitioning. I will be in St. Michael at least two days a week during this transition. If situations should arise when I'm gone ,please don't hesitate to reach out to Lindsay or Jenifer.

We will be moving our Dietary Committee meeting to quarterly. Our Next Meeting will be October 25th. Our new location will be in the coffee shop.

I have a small snack and refreshments during our meetings.

Our new Fall/winter Menus are in final review and the plan is to start them October 4th.

There have been some changes lately in our kitchen. Henry has left us for a FT position elsewhere. We wish him the best and we will most definitely miss him. We thank him for his time and service even though it wasn't as long as we wanted. I want to Introduce our new cook Jayden! He was hired on as a Dietary Aide, he caught on very quickly which caught my attention. I presented him with the opportunity to step into the cook role and he jumped at it. He has been working very hard and learning new skills that will stick with him throughout his life which makes my heart happy. He is a go getter, and we couldn't be happier to have him on our team. When you see him, please congratulate him on his new position.

As always, my door is always open so, please stop in and say hello!!

Thanks for allowing me to serve you each day,

Josh Ordorff

Culinary Director

Interim Culinary Specialist



*Garden Bloom*



*Yahtzee!*



*Double Yahtzee!*



*Daze & Knights BBQ*



*Daze & Knights Live Music*



*Annondale Community Band Show*



*The Band of Annondale*



*A Community Band*

"If you associate enough with older people who do enjoy their lives, who are not stored away in any golden ghettos, you will gain a sense of continuity and of the possibility for a full life." ~ Margaret Mead