

LEADERSHIP

- Jill Wippler | Executive Director
- Alex Ochiengi | Director of Wellness
- Ruth Nyamari | Memory Support Manager
- Anel Gerzic | Resident Relations Manager
- Amber Sprague | Life Enrichment Director
- Tony Zamora | Culinary Director
- Richard Volkman-Lien | Maintenance Director
- Amanda Stene | Sales and Marketing Director
- Saraya Jayne-Hanover | Administrative Assistant

UPCOMING EVENTS FOR JUNE

Calendar Event Highlights

- 3rd ~ 10:30** Pet Therapy in Memory Support w/Solo
- 7th ~ 3:00** Happy Hour in Tavern
Music w/Gordy Miller
- 12th ~ 2:00** Monthly Birthday Party w/Todd "ELVIS" Anderson
- 13th ~ 10:00** Hearing Aide Scan & Cleaning Clinic From "Hearing Life"
~ **2:30** B-I-N-G-O and Adult Beverages
- 14th ~ 2:00** Father's Day Burgers, Brats & Beer (For Men & Their Families)
- 15th ~ 1:00** Men's Health Fair
- 21st ~ 3:00** Music w/Kevin Wagman in Memory Support
- 26th ~ 12:00** Men's Group Lunch w/Tony

Outings:

- 5th ~ Lunch @** Acapulco Mexican
- 19th ~** Shopping at Walmart
- 24th ~ 2:00** Memory Support Outing DQ And A Scenic Drive
- 26th ~ Lunch @** Bakers Square
- 27th ~ 3:00** Happy Hour w/Tom P.
~ **5:30** Concert in The Park: Johnny Cash Music

June Birthdays

- 1st ~** Marian B.
- 3rd ~** Ray M.
- 4th ~** Roger R.
- 8th ~** Betty H.
- 10th ~** Judy B.
- 10th ~** Sandy E.



PLEASE PLACE STAMP HERE

Current Resident Family
Or Current Prospect
Or Local Community Member

Stoney River Ramsey
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Ramsey, MN 55303

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Family Newsletter

Letter from the Executive Director

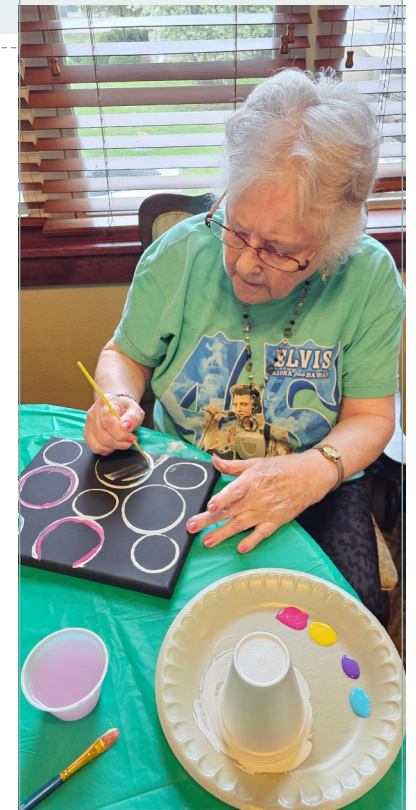
MEMORY SUPPORT COURTYARD

This spring we have begun redoing our courtyard in memory support. If you haven't already checked it out, please do so.

A special thank you to everyone who donated plants and their time for this effort!

It now has rubber mulch, which is safer for residents if someone were to take a tumble while enjoying the space. It also lasts 12 years, so we won't have to do it so often anymore and it will stay looking nice longer.

We hope to finish by mid-June and begin laying new mulch in all the beds around the community, this will be regular wooden mulch and will need to be touched up seasonally. If you would like to volunteer for this next project, see Jill or Richard.



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SPECIAL POINTS OF INTEREST

- Memory Support Courtyard
- New Employees
- New Residents
- Importance of Keeping Hydrated
- UPCOMING SENIOR PROM!



RESIDENT RELATIONS

ANEL GERZIC

We have a plan set to clean up our laundry rooms and set up a lost and found table for anyone who might be missing something to get their stuff back.

Residents have been giving a lot of compliments to some of our caregivers and they appreciate it a lot and it shows that the mentors have been doing a

great job in training some of our new employees.

Filling out grievances is something that helps us get better as a community and work on any concerns that an employee or resident might have. Please feel free to fill one out with any concerns

WELLNESS

ALEX OCHIENGI

Staying hydrated is key for seniors to have a healthy and enjoyable summer! Dehydration can lead to serious health issues, but seniors can easily prevent it by prioritizing fluid consumption. With a decreased sense of thirst and medications that may increase fluid loss, older adults are more vulnerable to dehydration. That's why it's important for seniors to drink water regularly throughout the day, even if they don't feel thirsty, and to eat hydrating foods like fruits and vegetables. By staying hydrated, seniors can maintain body temperature, support cardiovascular health, and ensure proper function of muscles and joints. So let's raise a glass to a summer filled with health and well-being!



CULINARY

It has been brought to management's attention that in the dining room, many residents are clanking their glasses with their silverware to get their server's attention. This is coming across as being rude to our dining staff and disturbing our other residents who are trying to eat their meals in peace. Please discontinue this practice; your servers will make their rounds and will get to each table during service.

When it comes to healthcare, ensuring a smooth and effective process for provider appointments outside of Bluestone is crucial for maintaining your well-being and addressing any concerns you may have about your medications. By following a few key steps, you can streamline the process and make the most out of your appointments with healthcare providers.

Step 1: Prepare for the Request Before your appointment, it's important to be well-prepared. Make a note of the date, time, and healthcare provider for your upcoming appointment. Additionally, take the time to list down any questions or concerns you have about your medications that you would like to discuss during the appointment.

Step 2: Request Assistance from Living Staff Identify the individual responsible for medication records in your facility, whether it's a nurse, medication aide, or administrative staff member. They can assist you in ensuring that the necessary steps are taken for a successful provider appointment.

Step 3: Review the Medication List Once you receive your medication list, it's crucial to check for completeness. Verify that all your medications are correctly listed and take note of any discrepancies between the list and your own understanding of your medications.

Step 4: Discuss Any Changes with Your Provider Should you identify any discrepancies in the medication list, it's essential to address them promptly. Talk to the staff or healthcare provider about these differences and seek clarification. Share your list with your healthcare provider during the appointment and discuss any questions or concerns you had prepared beforehand.

Step 5: Return the Medication List After discussing any changes with your healthcare provider, make sure to return the medication list. Have the provider sign and date it to confirm the discussed changes. This ensures seamless continuity of care and helps in keeping accurate records for future reference.

By following these steps and actively engaging in the medication management process, you can ensure that your provider appointments outside of Bluestone are productive and that your medication concerns are addressed effectively. Effective communication and preparation play a key role in optimizing your healthcare experience and promoting your overall well-being.

"In early June the world of leaf and blade and flowers explodes, and every sunset is different." — John Steinbeck

NEW NEIGHBORS

AMANDA STENE

During the month of May we welcomed 1 new neighbor to our community:

Patricia S

Currently for the month of June we are looking at 5 new neighbors moving into Stoney River.

Reminder that if you refer someone to our community both you and your friend will receive a \$1,000 rent credit.

HUMAN RESOURCES

SARAYA JAYNE-HANOVER

EMPLOYEE SPOTLIGHT

Maria S. has been with Stoney River for nearly 7 years on our culinary team! During her time with us she has shown unwavering hospitality to our residents and our community. She brings fresh ideas and a smile to the kitchen every day. Thank you, Maria, for all that you do!

NEW FACES THIS SUMMER

Summer is upon us and friends and family are returning home from college. During this time, we will have some new faces here at Stoney River until they return to school in the Fall. We would like to welcome,

Kaitlyn H. Caregiver

Annika B. Caregiver

Meghan C. Caregiver

Danny J. Culinary/Maintenance

In addition to new summer staff, we would like to introduce our new full-time cook!

Tyler B. has recently joined the community to help keep full bellies and smiles on faces. We are excited to have him!



UPCOMING MAJOR EVENT AT STONEY!!!

Families please mark your calendars. Stoney River will be hosting a Senior Prom for our residents on evening of July 26th.

We have arranged for a pop-up dress shop with Classy Consignments located in Anoka to happen in our very own Tavern on July 1st for anyone looking to get a new dress for the occasion.

Griswold Home Care will be heading up a glam-squad to help everyone look their best.

If your loved one is in our Memory Support and you would like them to join in the fun we ask that they are escorted by a family member for the event.

The theme of our first ever Stoney River Senior Prom will be A Night in Paris.

