



Hi There!

We have many new residents in the building so please feel free to introduce yourself and welcome them home!

If you ever have any questions or concerns, feel free to come talk to me. I am always open to new suggestions and ideas!

-Britta

The Life Enrichment office number is:

651-315-6662

## May Birthdays!

May 6th, George Clooney

May 16th, Janet Jackson

May 23rd, Drew Carey

May 31st, Clint Eastwood



## Notable May Events

- Monday May 4th, The Preserve of Roseville officially opens
- Tuesday May 5th, Cinco de Mayo
- Sunday May 10th, Mothers Day
- Monday May 25th, Memorial Day

## May Horoscopes

*In astrology, those born between May 1st to May 20th are members of the Taurus sign. The practical Taurus can be recognized by their earthy and realistic ways of living. For those born from May 21st to May 31st, they are members of the Gemini sign.*

*Rolling Out the  
Red Carpet...*

**May  
2020**

### Staff Directory

**Main Number**

(651) 202-0708

**Annalisha Perez**

*Executive Director*

(651) 370-3672

**Ashlie Knack**

*Assistant Manager*

(651) 308-0258

**Sandra Shadley**

*Healthcare Coordinator*

(651) 640-1595

**Justin Hukriede**

*Maintenance Coordinator*

(612) 308-1069

**Britta Rossow**

*Life Enrichment Director*

(612) 315-6662

**Jeramy Cain**

*Community Relations Coordinator*

(612) 268-8602

**Luz Sharp**

*Culinary Coordinator*

(651) 788-0489



## Preserve Post

**Happy May!**

**We are excited to welcome you into our new community here at The Preserve of Roseville. Our experienced staff are looking forward to building lasting relationships with all our new community members. We offer a large variety of amenities including; outdoor terrace, restaurant style dining, colorful activities program, and ample community spaces for all to enjoy. From your team here at The Preserve of Roseville we want to thank you for choosing us to be your new home and can not wait to meet all of our new community members!**

*“Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give.”*

*— Eleanor Roosevelt*

# Staff Appreciation

We want to take a moment to say thank you to all of our staff members and management team that have been working diligently to get The Preserve of Roseville ready for our residents. Thank you everyone for all of your hard work and dedication to serving our community!

## Precautions in Place for Covid-19

Here at The Preserve of Roseville we prioritize the safety and well-being of the members of our community. We are following guidelines created by the Center for Disease Control and Prevention (CDC) regarding preventing the spread of Covid-19 within our communities. Some of the preventative measures we are implementing within the community include:

- Cleaning and disinfecting common areas and high touch areas
- Limiting group activities and outings
- Implementing social distancing
- Screening staff, visitors, and essential workers
- Encouraging good hand hygiene
- Implementing the use of personal protective equipment (PPE)



If you have any questions or concerns regarding The Preserve of Roseville's precautionary measure for Covid-19, feel free to contact Annalisha Perez, Community Director, or Sandra Shadley, Healthcare Coordinator.

"COVID-19: Guidance Retirement Community Response." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 20 Mar. 2020, [www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html](https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/guidance-retirement-response.html).

# Busy Bodies

We know right now its hard to stay active while staying at home, but here are some fun activities that can help you become a busy body:

- Online exercise and stretching
- Video Chat or call with friends and family
- Write a letter or card
- Read a book or newspaper
- Learn a new skill
- Get crafty by painting, coloring, or scrapbooking
- Brain games and trivia
- Cooking and baking
- Watch documentaries
- Meditate
- Service projects (sewing masks or tie blankets)
- Listen to music
- Puzzles
- Take the time to get organized



## Brain Teaser

D B Y G R E N E K Y  
R L H V M E D G B K  
I O L T S I N B N G  
B S S T W I S T X Q  
Y S G H Z O E T D D  
D O E Z A E R S W L  
A M U E W D U G D Y  
L B W T B N E D U B

Blossom  
Buzzing  
Shade  
Sun  
Mist  
Tweet  
Nest  
Bees  
Ladybird  
Growth  
Bud  
Energy