



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

## June Birthdays!

Annalisha (Community Director)- June 24th

Marilyn Monroe- June 1st

Frank Lloyd Wright- June 8th

Lou Gehrig- June 19th

Meryl Streep- June 22nd



## Notable June Events



June 14th:  
Flag Day



June 20th:  
Summer Solstice



June 21st:  
Fathers Day

## June Horoscopes

*For those born from June 1st to June 20th, they are members of the Gemini zodiac sign. Social, talkative and familiar with trends, the Gemini is one of the most outgoing zodiac signs. People born from June 21st to June 30th identify with the Cancer sign.*

*Rolling Out the  
Red Carpet...*

**June  
2020**

### Staff Directory

**Main Number**

(612) 202-0708

**Annalisha Perez**  
Community Director

(612) 541-7640

**Ashlie Knack**  
Assistant Manager  
(612) 202-0708

**Malinda Pietsch**  
Healthcare Coordinator  
(612) 540-7641

**Justin Hukriede**  
Maintenance Coordinator  
(612) 540-7638

**Britta Rossow**  
Life Enrichment Director  
(612) 540-7645

**Jeramy Cain**  
Community Relations Coordinator  
(612) 450-7642

**Luz Sharp**  
Culinary Coordinator  
(612) 540-7644



## Preserve Post

We are jumping into June here at The Preserve of Roseville, and have officially been open for a month now. We would like to thank all of our wonderful staff for their hard work and dedication to our residents here at The Preserve. We would also like to thank our amazing residents that have chosen to make The Preserve of Roseville their home. As our states are re-opening we are getting many questions about what that will mean for our community. At this time we are still following the no visitors guidelines, based on the Center Disease Control (CDC). Our highest priority will always be the health and safety of our residents, and are currently developing a plan to gradually phase out the protocols that are currently in place.

***"The best thing about the future is  
that it comes one day at a time."***

***Abraham Lincoln***

# Caught “Red” Handed

The employee we would like to take the time to recognize for June is...

**Samantha Reeves– Resident Assistant**

Thank you Sam for all of your hard work and dedication to our residents here at The Preserve of Roseville

## What’s Happening

**We have a lot of fun and engaging activities planned for this next month. Many of our residents have been participating in all that The Preserve has to offer like daily walks, BINGO, and exercising in the fitness center. It has also been great to see residents taking the time to get to know their neighbors in the community and the staff members here at The Preserve of Roseville.**

## Reoccurring Events

Mondays: Chair Exercises, Memory Games

Tuesdays: Walking Club, POKENO

Wednesdays: Coffee & Donuts Hydration Cart, Book Club

Thursdays: Walking Club, BINGO

Fridays: Chair Yoga, Crafts or Card Games

Everyday: Daily Chronicles and Hydration Cart



# Staying Hydrated

Did you know that the recommended amount of water is 11 cups per day and roughly 75% of Americans suffer from dehydration. The best way to get those 11 cups of water is to drink plain water, but people can also get water from other sources such as fruits, vegetables, soups/stews, and other beverages like tea or juice. Drinking water has many benefits such as he regulating body temperature, preventing infection, keeps joints lubricated, and also improves cognition.



Seniors are at an increase rise for dehydration due to a lower ability to conserve water and a reduced sensation of thirst. Certain medications, chronic illnesses, high sodium diets, and limited mobility are common risk factors for dehydration in the senior population. These are just some of the reasons why it is important to stay hydrated, especially in the upcoming hot and humid weather.

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

## Brain Teaser

What has to be broken before you can use it?

An egg

What is full of holes but still holds water?

A sponge

What gets wet while drying?

A towel

I shave every day, but my beard stays the same. What am I?

A barber

What question can you never answer yes to?

Are you asleep yet?

