

Leaf-Peepers Delight



By the last weekend of September, Fall Foliage Week, you have likely noticed that the weather has begun to cool and leaves have started changing from green to shades of yellow, orange, and red. This dramatic transformation is the result of a careful and complex chemistry occurring within the leaves.

Throughout the summer months, tree leaves are hard at work, photosynthesizing thanks to chlorophyll. Not only does chlorophyll absorb sunlight and convert light energy to the chemical energy plants need to survive but they also give leaves their green color. But leaves also contain carotenoids, plant pigments that create hues of yellow and orange. Dominant chlorophyll normally covers up the carotenoids, but as the weather cools and days grow shorter, chlorophyll degrades and fades. Suddenly, the yellows and oranges of the carotenoids become dominant. But what of the brilliant red hues? The color red is the result of a pigment produced in autumn called *anthocyanin*. Cool nights stimulate the production of sugars within trees, and this stimulates the leaves to produce anthocyanin. Weather conditions in late summer, such as drought, heavy rain, or too many clouds, can affect the production of sugars and the resulting anthocyanin, either resulting in eye-popping (more sugar) or dull reds (less sugar). Dedicated leaf peepers enjoy nature’s show regardless.

New England enjoys fame as a prime leaf-peeping destination, thanks to its leafy forests and chilly September nights, a combination that produces excellent fall foliage displays. Yet plenty of other places around the world offer excellent fall foliage. Japan is a prime spot for leaf-peeping, especially the northernmost island of Hokkaido, where leaves begin to turn as early as mid-September. Romania’s Carpathian Mountains offer another excellent destination, especially the alluring Lake Sfânta Ana. No matter where you go, if there are leaves and chilly nights, then you are bound to find some spectacular fall foliage.

September Birthdays

In astrology, those born between September 1–22 are Virgo’s discriminating Virgins. Virgos pay attention to detail and are highly organized, making them curious and intelligent learners who can get the job done without complaint. Those born between September 23–30 balance the scales of Libra. Libras have strong intellects and keen minds and so need constant stimulation. Libras are also masters of compromise and diplomacy, acting as wise mediators between friends and colleagues.

Upcoming Birthdays

Al- September 4th
Rita- September 15th

From your friends at The Preserve we wish you the happiest of birthdays!

Resident Referrals

Did you know that any current residents can receive a \$500 referral concession if they refer someone to make The Preserve of Roseville their new home? Residents would receive the concession once the referred resident has lived at The Preserve for 30 days. So, tell your friends, neighbors, and family about all that The Preserve has to offer!

Caught Red Handed



This individual has been “caught red handed” going the extra mile for our residents or a coworker. We appreciate their effort to be Responsive, Enthusiastic, and Devoted. We would like to give a big thank you to **Holly (Resident Assistant).**

The Preserve Post

The Preserve of Roseville * 2600 Dale St N, Roseville MN, 55113 * 612-202-0708

Exciting Updates!

Salon Services

This past August we welcomed our stylist Missy to the salon. Missy offers a variety of services such as manicures, haircuts, and permanents to name a few. Starting Wednesday August 26th, the salon will be open every other Wednesday at 9:30. If you or a loved one is interested in receiving services please contact the Life Enrichment Coordinator, Britta or you can contact our stylist at (612) 414- 7972 for more information.



National Assisted Living Week
Caring is EssentiAL

Coming up this September is National Assisted Living Week. This year, COVID has been an unforeseen challenge that has resulted in every person working in long term care to step up and go above and beyond



expectations. The theme for Assisted Living Week in 2020 is “Caring is EssentiAL”. This year’s theme reflects on the hard work and dedication of all essential caregivers in assisted living communities across the country. At The Preserve we will be

honoring our essential caregivers that despite the challenges continue to play a critical role in caring for our residents.

Essential Caregivers at The Preserve

Here at The Preserve of Roseville we recently started a new policy for essential caregivers. This program acknowledges the importance of family, friends, or other caregivers that are active in the care of our residents and allows them to actively contribute to their wellbeing. If you are interested learning more about this new policy or applying to be an essential caregiver contact the front desk for more information.

Staff Directory

Main Number
(612) 202-0708

Annalisha Perez
Community Director
(612) 540-7640

Ashlie Knack
Assistant Manager
(612) 202-0708

Marian Smith
Healthcare Coordinator
(612) 540-7641

Justin Hukriede
Maintenance Coordinator

Britta Rossow
Life Enrichment Coordinator
(612) 540-7645

Jeremy Cain
Community Relations Coordinator
(612) 450– 7642



Life Enrichment

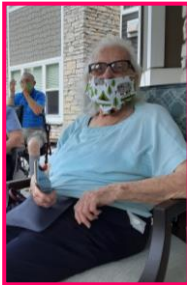


Photo release given

August was a whirlwind of activity here at The Preserve of Roseville. We started out the month with a new fitness program called *Live 2B Healthy*. This program is designed with the senior community in mind and is offered every Monday, Tuesday, and Thursday at 9:00 A.M. Our residents continue to enjoy Social Hour every Friday at 3:00 P.M. with drinks, snacks, games, and more. In honor of National Elvis Week, we had outside entertainment by Todd “Elvis” Anderson which was a hit with our residents. This was a great event with our memory care, assisted living and independent living residents all together enjoying music by the “King of Rock’n Roll”. It has been great to see all of the residents visiting with family and friends outside and hope to see more this coming September. If you are interested in a outside or window visit, please call the main line for scheduling.

Celebrating September

Happy Cat Month

Mushroom Month

Healthy Aging Month

International Enthusiasm Week
September 1–7

Bowling League Day
September 3

Labor Day: U.S.
September 7

Grandparents Day
September 13

National Assisted Living Week
September 13-19

International Country Music Day
September 17

Good Neighbor Day
September 28

Reoccurring Activities

Monday: Live 2B Healthy, Chair Yoga, Coloring, Card Games, Trivia

Tuesday: Live 2B Healthy, Chair Exercise, Discussion Cards, POKENO, Board Games

Wednesday: Discuss and Recall, Walking Club, Word Search, Craft/Art, Hangman

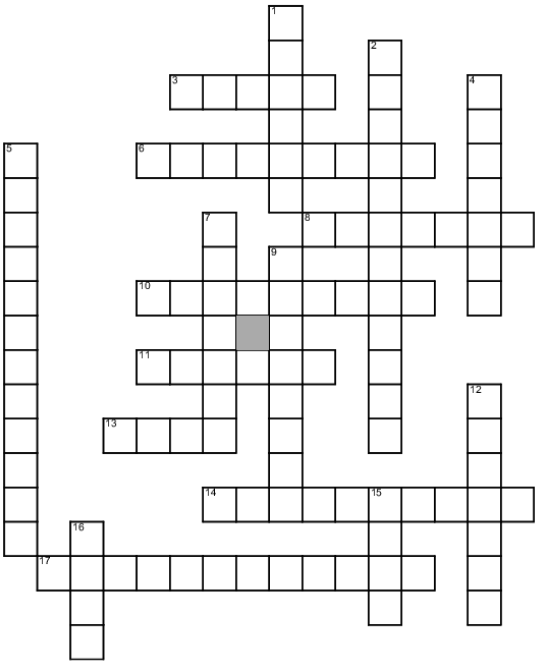
Thursday: Live 2B Healthy, Chair Yoga, Journaling, BINGO, Board Games

Friday: Discuss and Recall, Chair Exercise, Puzzles, What Comes to Mind, Social Hour

To see the complete Activity Calendar, see your Life Enrichment Coordinator- Britta

Brain Teasers

Fall Harvest Crossword Puzzle



Across

- 3. Fruit of the oak tree
- 6. scares birds from cornfields
- 8. Month preceding November
- 10. Holiday on October 31st
- 11. They change colors in the fall
- 13. used to gather leaves
- 14. Horn of plenty
- 17. Carved pumpkin

Down

- 1. Traditional Thanksgiving bird
- 2. Mexican Holiday on the first of November
- 4. To gather; to reap
- 5. Holiday for giving thanks
- 7. Leaves on trees
- 9. Month preceding December
- 12. In astrology, the first day of autumn is called the autumnal _____
- 15. Grows on tall stalks
- 16. Another name for autumn

Your Daily Dose of Jokes

Why did the scarecrow win the Nobel Prize?

→ Because he was out-standing in his field.

What is a scarecrow's favorite fruit?

→ Straw-berries

How do you fix a flat pumpkin?

→ With a pumpkin patch



Labor Day

Labor Day is celebrated on the first Monday in September, it celebrated the creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contribution's workers have made to the strength, prosperity, and well-being of our country. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday. The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day.

<https://www.dol.gov/general/laborday/history>

Donating to The Preserve

The Preserve of Roseville is now taking donations. We are looking for donations to our activities program, community library, and seasonal décor. If you or a family member would like to donate any books, games, decorations or other items please contact the Life Enrichment Coordinator, Britta Rossow. Donations must be in good repair and appropriate for our residents at The Preserve of Roseville. All decisions on donated items will be made by the management team here at The Preserve. All donations from outside the community will be collected by scheduled appointment.

