

An Olympic “Miracle”

On February 22, 1980, no one expected an American hockey team made up of collegiate players to defeat Russia’s Olympic hockey powerhouse. The Soviets hadn’t lost an Olympic match since 1968 and had won four straight gold medals. And how could anyone forget the Soviets’ 10–3 rout of the U.S. team during an exhibition game just a few weeks prior at Madison Square Garden? Even with a sold-out crowd and home-ice advantage, hopes of an American Olympic victory were slim. It would take a miracle.



The American team was the youngest in U.S. Olympic history, with an average age of 21 years. Coach Herb Brooks drafted his team heavily from two powerhouse college hockey teams, the University of Minnesota and Boston University, bitter rivals that had recently faced off in the NCAA national semifinal in 1976. But Brooks was looking for more than just talent on the ice. He also subjected potential players to a 300-question psychological test that examined their performance under extreme stress. Not only were the Americans playing against legendary Russian players like Vladislav Tretiak, Valeri Kharlamov, and Viacheslav Fetisov (players who would later enter the Hockey Hall of Fame), but they had to play under the cloud of a decades-long Cold War between the U.S. and the Soviets. At the time of the Lake Placid Winter Olympics, President Jimmy Carter was contemplating a boycott of Moscow’s 1980 Summer Olympic Games after Russia’s invasion of Afghanistan. Matters of both sport and politics made the two nations international adversaries.

If fans expected a blowout, they were pleasantly disappointed. The game was a relentless back-and-forth battle for the lead. Russia’s superior talent was on full display, but the young and scrappy Americans took a 4–3 lead with 10 minutes left to play and were able to hold off for a win. It was as much a political victory as a sporting one. Two days later, the U.S. would take the gold against Finland, but history would forever remember the “Miracle on Ice” against Russia.

February Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. The world is full of possibilities, and Aquarians seek freedom in order to reach their greatest potential. Those born between February 19–28 are Pisces’ Fish. Pisces are friendly, wise, and selfless, making them compassionate and generous friends. Their intuitive and romantic natures also make Fish creative and expressive artists.

John F- February 7<sup>th</sup>

Victor W- February 10<sup>th</sup>

Bonnie R- February 19<sup>th</sup>

Marcella O- February 29<sup>th</sup>

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 Naomi (front desk concierge) for going above and beyond for our community.

The Preserve Post

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

Staff Directory

Main Number  
(612) 202-0708

Karla Reiser  
Community Director  
(612) 540-7640

Ashlie Knack  
Assistant Manager  
(612) 202-0708

Healthcare Coordinator  
(612) 540-7641

Justin Hukriede  
Maintenance Coordinator

Britta Rossow  
Life Enrichment Coordinator  
(612) 540-7645

Jeramy Cain  
Community Relations  
Coordinator  
(612) 450– 7642

Keith Simmons  
Culinary Coordinator

Exciting Updates

COVID vaccine

Jaybird Senior Living is currently undergoing the process of rolling out the COVID-19 vaccine to all its communities. The Preserve of Roseville was administered the first part of the vaccine in mid-January and will be looking at getting the second part of the vaccine 21-30 days after the first shot. Some potential side effects are pain at the injection site, fatigue, and aching muscles and joints. The COVID-19 vaccine uses the mRNA method, which has never had any identified safety concerns. All vaccines underwent three efficacy trials, including clinical trials, and have been approved by the FDA and CDC.



New phone system

Here at The Preserve of Roseville we are in the process of switching over to a new phone and internet system. Please be patient with us as we are all learning the ins and outs of this new system. Stop by the front desk if you have any questions or need help with the new phone system and let us know if you are still experiencing any issues with your phone or internet connection.



Visits

We are now able to host indoor visits once again. Visits must be scheduled 24 hours in advance. Currently we can only have 2 people per 30-minute visit. All visitors must comply with PPE and social distancing requirements. Visits are held in our designated visitor area, to call to schedule a visit please call our main line phone number 612-202-0708.



## Life Enrichment

The holiday season may have come and gone but our residents here at The Preserve of Roseville are ready for a fresh start in 2021. So far this January many of our residents created New Year's Resolutions, with the most popular being "to stay positive". One highlight of the month has been seeing our residents express their creativity with the arts and craft project we have completed. Here at The Preserve of Roseville our residents look forward to Wednesday Movies and Popcorn in our Theater, as well as Trivia, BINGO, Hangman, and our Friday Socials.



## Celebrating February

### Black History Month

### Women's Heart Week

February 1-7

### Groundhog Day

February 2

### Chinese New Year:

### Year of the Ox

February 12

### Valentine's Day

February 14

### Presidents' Day

February 15

### Mardi Gras

February 16

## Reoccurring Activities

**Monday:** Live 2B Healthy, Brain Teasers, Banana Grams, Chair Yoga, Chat Pack, Trivia

**Tuesday:** Live 2B Healthy, Brain Teasers, Family Feud, Chair Exercise, POKENO, Creative Coloring

**Wednesday:** Word Search, Brain Teasers, Who Am I, Walking Club, Movie and Popcorn

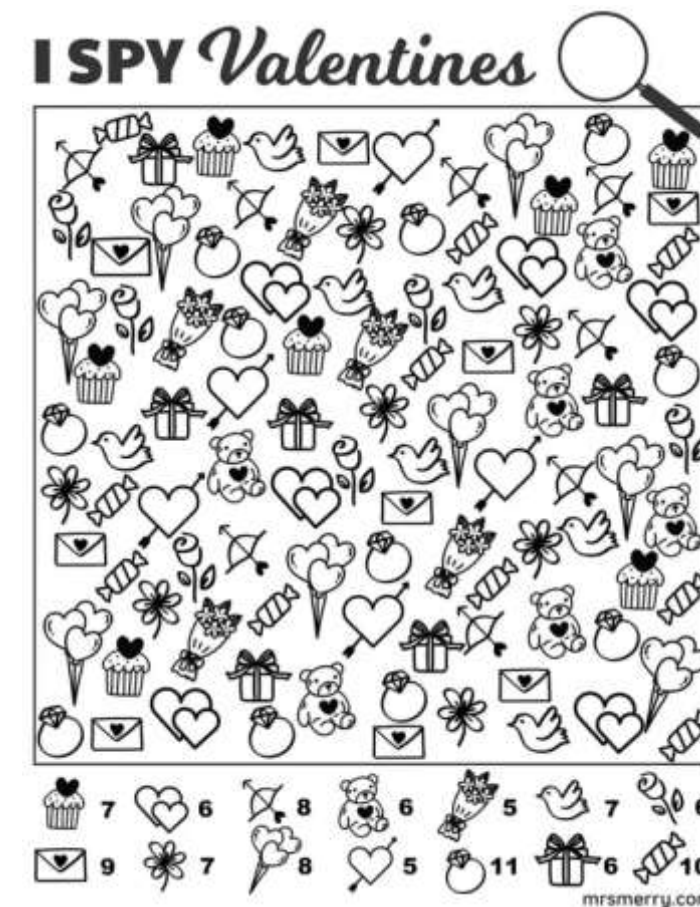
**Thursday:** Live 2B Healthy, Brain Teasers, Men's Discussion, Chair Yoga, BINGO, Hangman

**Friday:** Journaling, Brain Teasers, Scattergories, Chair Exercise, Arts and Crafts, Social Hour

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

Photo consent given for all images

## Brain Teasers



## A Crackerjack Idea

Sugar-coated popcorn and peanuts were a common snack at the end of the 19th century, but in 1896 Fritz and Louis Rueckheim created a formula that prevented the mix of popcorn and peanuts from sticking together. One



customer who sampled this idea found it so wonderful that he exclaimed, "That's a crackerjack!" The *Cracker Jack* name was born. It wasn't until February 19,

1913, that Cracker Jack placed the first of their famous prizes inside a box. These were small prizes such as metal tops, tiny joke books, paper dolls, and even miniature furniture. When Cracker Jack began offering prizes in a set or series, sales soared; people wanted to collect entire sets. Perhaps the most famous prizes of all were the baseball cards of 1914. Today, a complete set of 144 cards is worth tens of thousands of dollars.

## Donating to The Preserve

The Preserve of Roseville is now taking donations. We are looking for donations to our activities program, community library, movie theater, and seasonal décor. We are currently looking for any books or movies or other seasonal decorations. If you or a family member would like to donate books, games, decorations, appropriate movies, 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.