

Food for Thought

June is Soul Food Month, a time to appreciate the rich and delicious culinary tradition of African American kitchens. As the term suggests, this cuisine is more than just nourishment for the body; it is also food for the soul. The cuisine has sustained generations of African Americans during the struggle for equal rights.



The term *soul food* is most often attributed to the writer Amiri Baraka, who published an article entitled “Soul Food” in 1962 as a response to the assertion that Black Americans had no cuisine of their own. African Americans know better. The origins of soul food lie in the Deep South. During the era of slavery, enslaved people had to make do with whatever meager foodstuffs they were provided. Often given the cheapest and least nutritious cuts and provisions, cooks had to use their creativity to modify African food traditions and whip up new dishes that were delicious and nutritious. While soul food nowadays is equated with comfort and community, most recipes and techniques were born out of necessity and survival.

Most soul food features southern staples such as rice, okra, pork, and greens. Much of the rice grown in the South was of a variety taken from west Africa. In the 1700s, rice was South Carolina’s most valuable export and a vital ingredient in many African American recipes. Like rice, okra was also brought to America from Africa. The vegetable became a mainstay in the personal garden plots of many enslaved people. The least desirable, blandest cuts of pork were often the only cuts available to slaves. Cooks drew on African recipes to liven up the flavor, using ingredients like hot peppers and vinegar, ingredients that are the base of many southern barbecue sauces. Boiled greens are yet another vital southern staple, and they are hardy, resistant to frost, and nutritionally dense. Even leftover broth of boiled collards has a prime place at the table. The potent and vitamin-rich *potlikker* is often soaked up with cornbread. So many soul food recipes exist that there are enough to sustain you through the entire month of June.

June Birthdays

In astrology, those born from June 1–20 are the Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, sociable communicators. Those born from June 21–30 are Cancer’s Crabs. Crabs like to retreat into their “shells” and enjoy being surrounded by loved ones at home. They nurture deep relationships and become loyal friends.

Kent A- June 1st

Al H- June 12th

Arlene G- June 18th

Norm E- June 19th

A Little Birdie Told Us

This individual has been noted for going the extra mile to help our residents and staff members. We appreciate their effort, determination, and diligence to providing exceptional red-carpet service. We would like to give a big thank you to **CeCe (receptionist)** for going above and beyond for our community and lending a helping hand to our residents.



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!

The Preserve Post

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

Staff Directory

Main Number
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Community Director
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Ashlie Knack
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(612) 202-0708

Denyse Barrett
Healthcare Coordinator
(612) 540-7641

RN Supervisor

Justin Hukriede
Maintenance Coordinator

Britta Rossow
Life Enrichment Coordinator
(612) 540-7645

Jeremy Cain
Community Relations
Coordinator
(612) 450- 7642

Keith Simmons
Culinary Coordinator

Exciting Updates

Wall of Honor

Our staff here at The Preserve of Roseville have finished installing the final details to The Wall of Honor located in the hallway by the mail lounge. The Wall of Honor serves as a way to pay respect to our veterans’ dedication to this country and acknowledge the time they served. We are happy to have unveiled this wonderful addition to our community in time for Memorial Day.



Anniversary Celebration

On behalf of The Preserve of Roseville we would like to say thank you to everyone who was able to come and help us celebrate our communities 1 Year Anniversary Celebration this past May. It was a great day filled with music, food, and fun. Our residents enjoyed getting to see the Roseville community support our building and are excited for what this next year will bring. A special thank you to all our community partners and volunteers that helped make this day happen.

Open Dining Room

Starting on Tuesday, June 1st our dining room will be open to serve breakfast, lunch, and dinner! We are excited to see all our residents down in the dining room together. Just a reminder to our residents to please take extra care when filling out our daily menu on which delivery option you



would prefer (dine in, take out, or delivery). Starting June 1st, a \$6 delivery charge will also take effect for all meals. Please contact our Culinary Coordinator with any questions.

Life Enrichment

The month of May was full of fun filled activities. Some of the highlights from this past month include the wonderful Mother's Day Brunch provided by our culinary department and our Pie in the Face Fundraiser. This past month we also celebrated Cinco de Mayo by making pinatas and having margaritas with lunch. Some other enjoyable activities include making Mother's Day cards to donate and making fabric wreaths with fun summer flowers. Our residents continue to enjoy participating in Music Speaks, Live 2B Healthy, and games such as BINGO, Trivia, Hangman, and POKENO. We are looking forward to celebrating the men in our community on Father's Day this coming June.



Reoccurring Activities

Monday: Daily Chronicles, Brain Teasers, Live 2B Healthy, Creative Coloring, Hangman, Board Games

Tuesday: Daily Chronicles, Brain Teasers, Exercises, Chat Pack, POKENO, Guess the Tune

Wednesday: Daily Chronicles, Brain Teasers, Live 2B Healthy, Manicures, Movie

Thursday: Daily Chronicles, Brain Teasers, Exercises, Men's Group, BINGO, Card Games

Friday: Daily Chronicles, Brain Teasers, Live 2B Healthy, Trivia, Arts and Crafts, Social Hour

Extra: Meet the Nurse, Food Committee, Activity Meeting, New Resident Social, All Resident Meeting, Taste Testers, Fun with Food, and more!

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

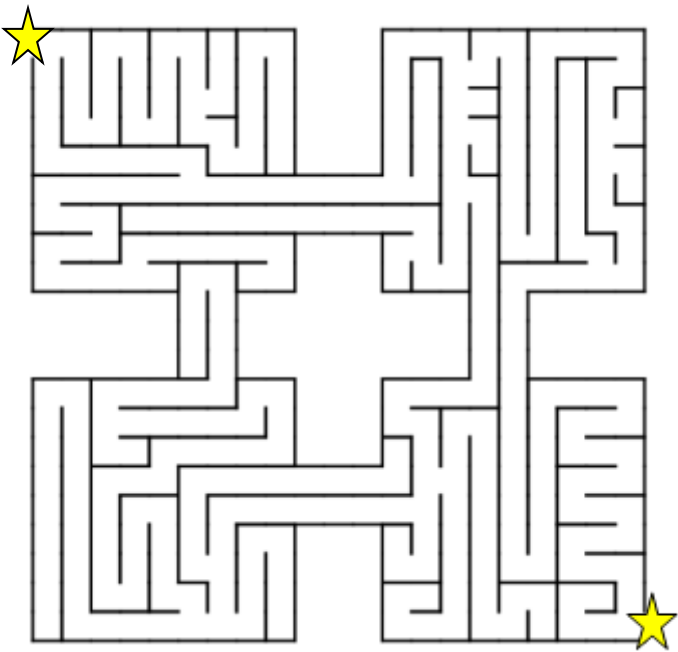
Photo consent given for all resident images



Brain Teasers



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|-----------|------------|----------|
| ANISE | GARLIC | PARSLEY |
| BASIL | GINGER | ROSEMARY |
| CHIVES | LEMONGRASS | SAFFRON |
| CORIANDER | MARJORAM | TARRAGON |
| DILL | MINT | THYME |
| FENNEL | OREGANO | TURMERIC |



Celebrating June

Chocolate Ice Cream Day
June 7

Family Health and Fitness Day
June 12

Flag Day (U.S.)
June 14

Juneteenth
June 19

Father's Day (U.S.)
June 20

Tour de France Begins
June 26

Donating to The Preserve

The Preserve of Roseville is now taking donations. We are looking for donations to our activities program- specifically in our memory care neighborhoods, community library, movie theater, and seasonal décor. We are currently looking for donations for gardening supplies and pretend play items. 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. 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.

