

## The Klondike Gold Rush

On August 16, 1896, an American prospector named George Carmack was fishing with his wife at the mouth of the Klondike River. Many of the other prospectors did not particularly like Carmack. They distrusted him for marrying the daughter of a local Native American chief and for his habit of telling tall tales, a habit that earned him the nickname “Lyn’ George.” But it is no exaggeration to say that Carmack’s adventure on that morning would change the course of history.

Carmack and his wife were traveling with her brother and nephew, “Skookum” Jim Mason and Dawson Charlie, both members of the Tagish First Nation. While history often reports that it was Carmack who discovered gold at Rabbit Creek near the Klondike River, it is far more likely that Skookum Jim made the first discovery. But because Carmack was the only American in the group, he filed the claim. There was enough gold in the creek to make Carmack and his family rich beyond measure. He renamed the waterway Bonanza Creek, and, despite his newfound wealth, he spent the remainder of his days searching for gold in California and the Cascade Mountains of Washington.



So remote was Canada’s Yukon that word of Carmack’s discovery did not reach civilization until a year later. Upon hearing the news, 100,000 prospectors, called “stampedeers” for their frenzied rush north, headed to the Klondike in search of their own fortunes. The Canadian government required prospectors to carry a literal ton of equipment and supplies to ensure that they would survive the trip. Men carried the loads themselves, scaling treacherous routes such as the Chilkoot Trail through the mountains. The journey was so taxing that only 30,000 made it to the Klondike River, and most all of these a full year later. Worst of all, those that did make it to the Klondike found that the region had already been mined. Of the original 100,000 prospectors, only 4,000 found gold, and just a few hundred became rich. Regardless of the facts of history, the name Klondike will forever be synonymous with gold.

## August Birthdays

In astrology, those born August 1–22 are Leo’s Lions. These “kings of the jungle” are natural-born leaders, full of creativity, confidence, and charisma. Leos use their generosity and sense of humor to unite different groups into a common cause. Those born August 23–31 are Virgo’s Virgins. Virgos pay attention to details and like to keep things organized. Their deep sense of humanity and love of others makes them defenders of justice, goodness, and purity.

**Dawn H- August 11<sup>th</sup>**

**John W- August 11<sup>th</sup>**

**Janice K- August 17<sup>th</sup>**

**Bill F- August 30<sup>th</sup>**

## 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 **Vanessa (housekeeper)** 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  
Assistant Manager  
(612) 202-0708

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RN Supervisor

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Maintenance Coordinator

Britta Rossow  
Life Enrichment Coordinator  
(612) 540-7645

Jeramy Cain  
Community Relations  
Coordinator  
(612) 450- 7642

Keith Simmons  
Culinary Coordinator

## Exciting Updates

### Stuff a Bus

The school year is quickly approaching, and kids everywhere will be heading back to class. In celebration of National Youth Day on August 12<sup>th</sup> the Preserve of Roseville will be collecting donated school supplies to give back to our local schools. Donation can currently be placed in one of our pop-up school bus collection bins in out front lobby and mail lounge. Some highly requested items include backpacks, pencils, folders, notebooks, crayons, and markers.



## Religious Services

We are excited to welcome religious services into our community provided by Lutheran Church of the Resurrection. Services will take place at 9:30-10:30am on the first and third Thursday of the month, with communion offered on the third Thursday. These services are open to all residents that wish to participate. If you have any question or are interested in attending, please reach out to our Life Enrichment Coordinator, Britta.

## Shopping Outings

Starting this August shopping outings will be integrated into the activity calendar every other Tuesday morning. Some shopping locations include Lunds & Byerlys, Walgreens, Cub Foods, and Target. Please reach out to our Life Enrichment Coordinator, if you are interested in learning more details or if you have any questions. For a complete schedule of our shopping outings check the Monthly Activity Calendar on our website.





Life Enrichment

We kicked off July with a fun Ice Cream Sundae Social hosted by members from Interim Healthcare, we had a huge turn out and it was a great way to celebrate the Fourth of July. Another fun Fourth of July activity our residents participated in was creating a button collage of the U.S Flag, and they turn out fantastic! Some other crafts completed this July include clay ornaments, scrabble letter signs, and painting. Our residents also had the opportunity to bake homemade dog treats that were donated to a local animal shelter. This month our residents also baked cinnamon twists and cookies in the community kitchen during our fun with food activities. Games such as bingo, pokeno, hangman, bananagrams, and cards are still fan favorites among our residents. Next month we are looking forward to shopping outings and celebrating the state fair in our community. Check out our website for the full August Activity Calendar.

Reoccurring Activities

**Monday:** Daily Chronicles, Brain Teasers, Live 2B Healthy, Creative Coloring, Food Activity, Guess the Tune

**Tuesday:** Daily Chronicles, Brain Teasers, Exercises, Creative Coloring, POKENO, Cookies and Coffee

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

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

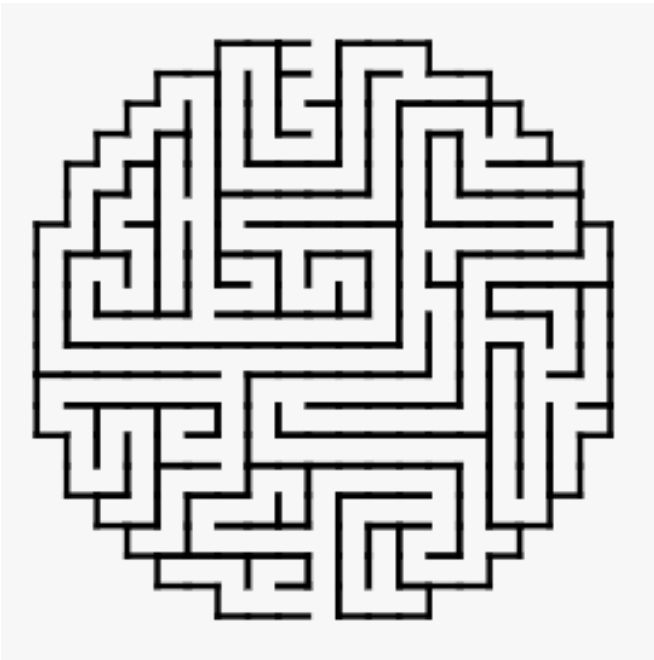
**Friday:** Daily Chronicles, Brain Teasers, Live 2B Healthy, Trivia, Arts and Crafts, Social Hour

**Extra:** Meet the Nurse, Food Committee, Activity Meeting, New Resident Social, All Resident Meeting, Religious Services, Library Services and more!

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

Photo consent given for all resident images

Brain Teasers



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

ALMOND	GRANOLA	PUMPKIN SEED
BANANA CHIP	HONEY	RAISIN
CASHEW	PEANUT	SESAME
CHEX	PECAN	SPICY
CHOCOLATE	POPCORN	SWEET
COCONUT	PRETZEL	WALNUT

Celebrating August

**Sturgis Motorcycle Rally**  
August 6–15

**Sandcastle Day**  
August 7

**Elvis Week**  
August 11–17

**Bowling Day**  
August 14

**Chef's Appreciation Day**  
August 21

**International Dog Day**  
August 26

**Pony Express Day**  
August 29

Feeling Left Out



It may be fitting that International Lefthanders Day falls on Friday, August 13. Like many superstitions associated with Friday the 13th, left-handedness was once believed to be a source of evil. The Devil himself is thought to be left-handed, and in the Middle Ages, lefthanded people were thought to practice witchcraft. Luckily, modern science has put such unsettling notions to rest. There are really no great differences between right- and left-handers in personality, health, or thinking. For the 10% of the population that is left-handed, things might be more inconvenient—after all, the majority of the world is right-handed, so many products and designs cater to right-handed people.

