



**LET THE
GAMES
BEGIN!**

You are invited to the 1st Senior Olympic Games
Wednesday, July 31st, 2024
Willows Bend Senior Living

Opening Ceremonies begin at 9:45a
Games begin 10:00a
Lunch 1:00p
Closing Ceremonies 1:45a

If you would like to be a part of team Willows Bend,
please let Kerri or Katelyn know!




Resident Birthdays

7/8 George Karls
7/11 Bill Linton
7/15 Richard Gunderson
7/17 JoAnn Johnson

7/19 Debbie Schmidt
7/22 Delores Hendrick
7/24 Dick Plagens
7/26 Audree Gordon

Holidays and Fun Days

7/4 4th of July
7/8 National Freezer Pop Day
7/16 National Cherry Day
7/24 National Tequila Day

WILLOWS BEND WORD

MONTHLY NEWSLETTER

Ebenezer Values: Dignity, Integrity, Service, Compassion, Innovation

Leadership Team

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When and where are the 2024 Summer Olympic Games?

By Meredith Gordon 6/20/2024, CBS Essentials

The 2024 Summer Olympic Games are fast approaching. This summer, the sports world's elite athletes, including LeBron James, Steph Curry, Simone Biles, Scottie Scheffler, Sha'Carri Richardson and more will be going for the gold. That means you'll want to get Summer Olympics-ready. We're here to help!

The host city for the 2024 Summer Olympic Games will be Paris, France and it is scheduled to take place from Friday, July 26th, 2024, through Sunday, August 11th, 2024. NBC will broadcast at least nine hours of coverage from 9am-6pm ET each day. Some events will air on USA Network, Golf Channel, CNBC and E!. Peacock will livestream every event of the Olympic Game, including the opening and closing ceremonies and every Olympic basketball game.

Paris will play host to 32 sports at the 2024 Summer Olympics, including four new additions, breaking (or breakdancing), sport climbing (indoor rock climbing), skateboarding, and surfing.

The Opening Ceremony is schedule for July 26th, 2024. For the first time in Olympic history, it won't take place in a stadium. Instead, this summer's opening ceremony will bring sports to the heart of Paris via the Seine River. The opening ceremony will consist of boats for each national designation traveling up the Seine through the center of Paris. Going from east to west, 10,500 athletes will cross through Paris before finally landing in front of the Trocadero, where the remainder of the opening ceremony will take place.



Recipe for the Month: Grilled Chicken Caprese Salad

Ingredients:

- 4 4-ounce chicken breast cutlets, pounded thin
- 1 tsp kosher salt and fresh black pepper
- 1/2 tsp dried Italian seasoning
- 4 ounces fresh mozzarella, sliced thin
- 2 tbsp balsamic glaze
- 1 tsp extra virgin olive oil
- 1/2 tsp garlic powder
- 6 cups baby arugula
- 3 cups grape tomatoes, halved
- 2 tbsp fresh basil leaves, chopped

Instructions:

1. Season the chicken with 1 tsp extra virgin olive oil, salt, garlic powder, Italian seasoning, and fresh pepper.
2. Preheat the grill to medium-high, clean, and oil the grates to prevent sticking. If using a grill pan, heat on medium-high heat and spray with oil.
3. Divide the arugula, 1 1/2 cups each on 4 plates.
4. Grill the chicken for 2 to 3 minutes on each side, until cooked through then top with mozzarella. Cook 1 more minute, to melt then transfer to 4 plates.
5. Top the chicken with cherry tomatoes and drizzle with balsamic glaze. Finish with fresh basil.



ODOM Rehab Meet Your Team: Emenet Sime, Occupational Therapy



Emenet Sime



A note from Emenet: I am a recent graduate from St. Catherine University, and I am very excited to be the occupational therapist at Willows Bend. I was born and raised here in Minneapolis, Minnesota. I love going on lake walks, reading, traveling, and coffee! Speaking of which - my family owns a coffee shop that's been around for 20+ years in New Brighton, MN and it is a huge part of my life. My favorite part of being an occupational therapist is building meaningful relationships and connections with my clients. My previous experience includes working as a rehab technician at the U of M hospital, where I loved working with clients in the neurology and intensive care units. I find nothing more rewarding than being a part of helping clients reach their goals and regain independence!

Why work with Occupational Therapy?

ENVIRONMENT AND EQUIPMENT

- Home Safety Assessments
- Low Vision Adaptations
- Adaptive Equipment/Wheelchair Orders

ADLs AND MOBILITY

- Dressing
- Showers
- Wheelchair Mobility
- Posture and Stability Training

STRENGTH AND COORDINATION

- Upper Extremity Strength & Range of Motion
- Hand Therapy
- Fine Motor Coordination/Dexterity
- Pain Relief

SPECIALTY AREAS

- Incontinence
- COPD Management
- Anxiety and Depression Management
- Parkinson's Disease Management
- Dementia Programming and Behavior Management

COGNITION AND MEMORY

- Cognitive Assessments
- Compensatory Strategies for Memory Loss

WILLOWS BEND SENIOR LIVING

OPERATION BEDTIME STORIES

Help children in need, by helping us donate books to children at locate hospitals around the Twin Cities Metro.

DONATION DROP BOXES WILL BE AT THE FRONT DESK



WE ARE GOING GREEN!

In response to resident request at monthly resident council meetings, we have opted to discontinue the use of paper coffee cups at the coffee bar.

If you would like a cup of coffee, please bring your own coffee mugs with a lid. Willows Bend can provide a coffee mug if you don't have one. Please go the front desk. Once you are done using our coffee mug, please return it to the front desk to be washed.



Thank you!

MINNESOTA TWINS BASEBALL

DATE	TIME	OPPONENT	LOCATION
7/2	6:40p	Detroit	Home
7/3	7:10p	Detroit	Home
7/4	1:10p	Detroit	Home
7/5	7:10p	Houston	Home
7/6	1:10p	Houston	Home
7/7	1:10p	Houston	Home
7/8	7:10p	Chicago WS	Away
7/9	7:10p	Chicago WS	Away
7/10	1:10p	Chicago WS	Away
7/12	9:15p	San Francisco	Away
7/13	6:15p	San Francisco	Away
7/14	3:05p	San Francisco	Away
7/20	6:10p	Milwaukee	Home
7/21	12:05p	Milwaukee	Home
7/22	6:40p	Philadelphia	Home
7/23	6:40p	Philadelphia	Home
7/24	12:10p	Philadelphia	Home
7/26	5:40p	Detroit	Away
7/27	5:10p	Detroit	Away
7/28	12:40p	Detroit	Away
7/29	6:10p	New York	Away
7/30	6:10p	New York	Away
7/31	12:10p	New York	Away

REMINDER FOR THE SUMMER MONTHS

Drink water, and stay hydrated!

Fill up your water bottle at the water fountain by the garage exit. There is also water located by the coffee station!

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>-1R Exercise Gym CL Club Room 1st Floor CR Community Room 2nd Floor DM Dimensions DR Dining Room 1st Floor LIB Library 2nd Floor T/C Theater/Chapel 2nd Floor WFE Willows Front Entrance WL Willows Lobby</p>	<p>9:15 Walking Club 10:00 Coffee & Chat (CL) 11:30 Lunch Outing/Bingo (1pm): Hi-Stakes Cafe & Bar (WFE) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)</p>	<p>9:30 Shuttle to Target (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:15 Outing: Bear Boating and Dinner After (WFE) 3:00 Documentary: The Beatles-Let it Be (Disney) (T/C)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Farkle! Dice Game (DR) 2:00 Entertainment: Thomas Hipps (CR) 3:30 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)</p>	<p>Happy Independence Day!</p>	<p>10:00 Coffee & Chat (CL) 1:30 Dominoes (CL) 2:30 Movie Matinee: Independence Day (Disney) (T/C) 2:30 Cribbage Card Club (CL) 4:30 Puzzle Club (LIB)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Where the Crawdads Sing (Hulu) (T/C) 4:00 Puzzle Club (LIB)</p>
<p>10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Money Monster (Hulu) (T/C)</p>	<p>9:15 Walking Club 10:00 Coffee & Chat (CL) 10:30 Resident Ambassador Meeting (DR) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)</p>	<p>9:30 Shuttle to Aldi's (WFE) 10:00 Coffee & Chat (CL) 10:30 Catholic Communion with St. Williams (T/C) 1:30 500 Card Club (DR) 2:00 Life-long learning: MacPhail Hour (CR) 3:30 Documentary: For Love & Life (Amazon) (T/C) 6:00 Bunco Night (DR)</p>	<p>9:30 Outing: Treasure Island Casino (WFE) 10:00 Coffee & Chat (CL) 1:30 Farkle! Dice Game (DR) 3:30 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB) 6:00 Men's Night (CL)</p>	<p>9:15 Outing: Senior Center to play Bingo (\$1 a card) play from 10:00a-11:15a (WFE) 10:00 Coffee & Chat (CL) 1:30 Hand & Foot Card Club (DR) 2:00 Educational Talk: Ted Urban- Bike Packing (CR) 3:30 Bill Linton Birthday- Rootbeer Floats (CR)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 3:00 Happy Hour (CL) 4:30 Puzzle Club (LIB)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The Burial (Amazon) (T/C) 4:00 Puzzle Club (LIB)</p>
<p>10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: The Tender Bar (Amazon) (T/C)</p>	<p>9:15 Walking Club 10:00 Coffee & Chat (CL) 11:30 Lunch Outing/Bingo (1pm): Hi-Stakes Cafe & Bar (WFE) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)</p>	<p>9:30 Shuttle to Bob's Produce (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:00 Entertainment: Michael Riddle (CR) 3:15 Outing: Shoreview Farmers Market</p>	<p>10:00 Coffee & Chat (CL) 1:30 Farkle! Dice Game (DR) 3:30 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB) 5:00 Parking Lot Party/Family Night: Entertainment-No Limits the B-side Band (WFE)</p>	<p>10:00 Coffee & Chat (CL) 10:30 History Presentation with Kerri- Vikings (CR) 1:30 Hand & Foot Card Club (DR) 3:00 Happy Hour (CL)</p>	<p>10:00 Coffee & Chat (CL) 11:45 Lunch Outing: Steel & Hops (WFE) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 4:30 Puzzle Club (LIB)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: Radioactive (Amazon) (T/C) 4:00 Puzzle Club (LIB)</p>
<p>10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Willows Sunday Matinee: Ferrari (Hulu) (T/C) 1:30 Independent Card Games (DR) 3:30 Entertainment: Joey Clark & Friends- Let's Go To The Movies! (CR)</p>	<p>9:15 Walking Club 10:00 Coffee & Chat (CL) 10:30 Resident Ambassador Meeting (DR) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)</p>	<p>9:30 Outing Franconia Sculpture Park & Lunch 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:00 Life-long learning: MacPhail Unwrapping Music (CR) 3:30 Documentary: Older than Ireland (Amazon) (T/C) 6:00 Bunco Night (DR)</p>	<p>9:30 Shuttle to Aldi's (WFE) 10:00 Coffee & Chat (CL) 1:30 Farkle! Dice Game (DR) 2:00 Resident Council (CR) 3:00 Outing: New Brighton's Farmers Market 3:30 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB) 6:00 Ladies Night</p>	<p>9:15 Outing: Senior Center to play Bingo (\$1 a card) play from 10:00a-11:15a (WFE) 10:00 Coffee & Chat (CL) 1:30 Hand & Foot Card Club (DR) 3:00 Happy Hour (CL)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Dominoes (CL) 2:00 Entertainment: Mark Browning Milner (CR) 2:30 Cribbage Card Club (CL) 3:00 Ice Cream Drumstick Social (CR) 4:30 Puzzle Club (LIB)</p>	<p>10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The Aeronauts (Amazon) (T/C) 4:00 Puzzle Club (LIB)</p>
<p>10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Captain Phillips (Hulu) (T/C)</p>	<p>9:15 Walking Club 10:00 Coffee & Chat (CL) 11:30 Lunch Outing/Bingo (1pm): Hi-Stakes Cafe & Bar 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)</p>	<p>9:30 Shuttle to Bob's Produce (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:00 Ice Cream Social (CR) 3:30 Ted Talk:Special Olympics let me be myself - a champion</p>	<p>Senior Olympic Games 9:45 Olympic Games Opening Ceremony 10:00 Olympic Games Begin 1:00 Lunch: Paris Olympic Game Themed 1:45 Closing Ceremony</p>			

Environmental Services Updates

TRASH/RECYCLING REMINDER:

Please remember, the wheeled containers in the trash rooms are **NOT** for trash; the trash chute is on the wall. I continue to pull plastic trash and grocery bags out of the recycling bins, and lately I have seen dirty “to-go” food trays, raw garbage, and pieces of wood dumped in.

ALL trash must be in a tied garbage bag and sent down the Trash Chute. The open garbage is allowing flies to breed, and nobody wants that.

The wheeled bins are **ONLY** for clean RECYCLEABLE items listed on the containers: Plastic containers, paper, glass bottles. All recyclable food containers should be thoroughly rinsed before recycling them. Cardboard boxes should be flattened and stacked behind/beside the recycling container. If you have put your recyclable items in a plastic bag, it is no longer recyclable and must go down the Trash Chute.

Please pay attention to the signs in the trash rooms and on the recycling containers.



FIRE DRILL: This month we will have a daytime drill, the date is not set. Pay attention to postings in the elevators; I normally give 3 days' notice.

Courtesy in the Garage: If you park in the garage, please park straight within your parking space. Parking at an angle makes it more difficult for your neighbor to get it/out of their vehicle, and nobody likes to complain about their neighbor...

Tom Miller, Environmental Services Director

Activities Corner

Happy July! We have a lot going on this month and I can't wait. For entertainment we have the Thomas Hipps coming back to share some patriotic music. After the 4th we have our life-long learning MacPhail Hour as well an educational talk from Ted Urban about his biking the US. Michael Riddle will be back to share his musical stylings, we will have the MacPhail Unwrapping Music program, Joey Clark & friends for a “Let's Go to the Movie!” program, and we will end the month with Mark Browning Milner. Don't forget our Family Night/Parking Lot party on July 17th from 5-7pm with music by No Limits B-side Band.

Every week we will continue our grocery outings and bingo to either the senior center or Hi-Stakes Café. We will also be going to the Shoreview Farmers Market and New Brighton's Farmers Market. We will also take a day trip to Treasure Island Casino and lunch to Steel & Hops!

Kerri Antonen, Life Enrichment Director
Don't forget to like us on Facebook!

<https://www.facebook.com/WillowsBendSeniorLiving>

