

WILLOWS BEND WORD

MONTHLY NEWSLETTER

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

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Be Active in Search for Joy in Your Life

OUTSWIMMING THE SHARKS
HARVEY MACKAY

There once was a farmer who won the award for the best wheat in the country every year. One day a woman asked him the secret to his success. He told her that the key is to share his best seeds with his neighbors so they could plant good wheat as well. The woman asked, "How can you share your best wheat seed with your neighbors when they compete with you every year?"

"That's simple," the farmer replied. "The wind spreads the pollen from everyone's wheat and carries it from field to field. If my neighbors grow inferior wheat, cross-pollination will degrade everyone's wheat, including mine. If I'm to grow the best wheat, I must help my neighbors grow the best wheat as well."

This is not only good advice for growing the best crops, but also excellent advice for how to live your life. If you want to live a meaningful and happy life, help others find happiness.

I love the saying, "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else."

Happiness is incredibly important. It is not just a fleeting emotion or a byproduct of success. It is a state of mind that can significantly influence both your personal and professional lives.

I often say that happiness is not a spectator sport-you must actively participate in the pursuit of your own joy. It is a powerful force that can shape your outlook on life, your interactions with others and your overall well-being.

Happiness also has been linked to better health outcomes. When you are happy, you are likely to experience less stress, which can contribute to a stronger immune system and a lower risk of chronic diseases.

What brings joy to one person may differ for another. However, there are several universal strategies that can help you obtain happiness, including these.

Chose to be positive. Cultivate a positive outlook and focus on the good in your life. Develop an attitude of gratitude. With a positive attitude, you are better equipped to bounce back from setbacks and maintain a hopeful perspective. When you are happy, you are more engaged, creative and motivated to achieve your goals.

Incorporate humor into your life. Look for humor in everyday situations and allow yourself to laugh. Use humor as a tool for hope, signaling that better times are ahead and that you can handle life's challenges.

Be helpful and kind. Engaging in acts of kindness and volunteering can boost your mood. Recognizing the value in others can enhance your relationships and bring joy to both and them.

Choose Joy. Every day, you have the choice to seek out and embrace joy. Make the conscious decision to pursue activities and thoughts that make you happy. At the same time, avoid self-pity, worry and complaining, which can sap your energy.

Follow your enthusiasm. Be open to taking detours on your road map to happiness. Your enthusiasm may lead you to unexpected and fulfilling places.

Mackay's Moral: Happiness is like a kiss – you must share it to enjoy it.



Fairview Pharmacy Take your best shot at avoiding the Flu & COVID!

Fairview Pharmacy will be on-site providing a Vaccine Clinic for FLU & COVID.

Tuesday, October 15th, 2024
1:30pm-4:00pm
Theater Room

Please wear loose fitting clothing and remember to bring your medical and pharmacy insurance cards. Consent forms are located at the front desk.

Welcome, Jennifer Edminson: Sales and Outreach Coordinator

We're excited to welcome Jennifer Edminson as the newest member of our team at Willows Bend Senior Living Community!

Jennifer lives in Rosemount with her husband and three kids. In addition to her role as Sales Coordinator, she is a highly successful realtor, bringing her real estate expertise and passion our community. Jennifer enjoys sports, animals, kayaking, and the beach and is dedicated to living life kindly.



When you see Jennifer around, please extend a Friendly-Fridley welcome! We're thrilled to have her join us and look forward to the positive impact she will make.

ODOM Rehab: Balance Clinic- September 30th, 2024

Odom Rehab will be hosting another balance clinic on September 30th, 2024. Speak with a therapist about any concerns you might have such as: pain, balance, strength, memory, exercises and MORE. Therapists will take 10-15 minutes to provide you with a brief assessment and opinion- at NO COST to you. Please sign up for a time slot at the front desk.

Contact US: 612.364.1901 infor@odomsportsmd.com www.odomrehab.com

Meet the Candidates!

Join us at various times this month to meet and ask questions to candidates running on the ballot this November.

Mayor of Fridley: 1. Dave Ostwald (TBD) 2. Natividad Seefeld 9/11 at 3:15pm

Council Member at Large: 1. Peter Borman 9/12 at 10:30a
2. Patrick Vescio 9/28 at 10:30a

County Commissioner: 1. Mandy Meisner 9/4 at 10:30a 2. Taher Herzallah 9/16 at 10:30a



Resident Birthdays

9/5 Nancy Delp
9/18 Don Greenwaldt
9/18 Marian Copa
9/25 Susan Murzyn
9/28 Aneita Hitzemen
9/28 Shirleen Plantage

Resident Birthdays

9/1 Henrietta Ofori
9/2 Tanayla King
9/14 Dennis Kpandeba
9/24 Reuben Nganga
9/26 Jartu Boyce
9/27 Grace Nimene

Holidays and Fun Days

9/1 Labor Day
9/8 Grandparents Day
9/17 Full Moon
9/22 Autumn Begins

MINNESOTA GOPHER FOOTBALL SCHEDULE

DATE	TIME	OPPONENT	LOCATION	TV
8/29	7:00p	North Carolina	Huntington Bank Stadium	FOX
9/7	11:00a	Rhode Island	Huntington Bank Stadium	Peacock
9/14	2:30p	Nevada	Huntington Bank Stadium	BTN
9/21	TBA	Iowa	Huntington Bank Stadium	TBA
9/28	TBA	Michigan	Michigan Stadium	TBA

MINNESOTA VIKINGS FOOTBALL SCHEDULE

DATE	TIME	OPPONENT	LOCATION	TV
8/10	3:00p	Raiders	Home	FOX 9
8/17	3:25p	Browns	Away	FOX 9
8/24	12:00p	Eagles	Away	FOX 9
9/8	12:00p	Giants	Away	FOX
9/15	12:00p	49ers	Home	CBS
9/22	12:00p	Texans	Home	CBS
9/29	12:00p	Packers	Away	CBS



MINNESOTA TWINS BASEBALL

DATE	TIME	OPPONENT	LOCATION
9/1	1:10pm	Blue Jays	Home
9/2	5:50pm	Rays	Away
9/3	5:50pm	Rays	Away
9/4	5:50pm	Rays	Away
9/5	12:10pm	Rays	Away
9/6	7:10pm	Royals	Away
9/7	6:15pm	Royals	Away
9/8	1:10pm	Royals	Away
9/9	6:40pm	Angels	Home
9/10	6:40pm	Angels	Home
9/11	6:10pm	Angels	Home
9/13	7:10pm	Reds	Home
9/14	6:10pm	Reds	Home
9/15	12:05p	Reds	Home
9/16	5:40pm	Guardians	Away
9/17	5:40pm	Guardians	Away
9/18	5:40pm	Guardians	Away
9/19	12:10pm	Guardians	Away
9/20	6:10pm	Red Sox	Away
9/21	3:10pm	Red Sox	Away
9/22	12:35pm	Red Sox	Away
9/24	6:40pm	Marlins	Home
9/25	6:40pm	Marlins	Home
9/26	6:40pm	Marlins	Home
9/27	7:10pm	Orioles	Home
9/28	1:10pm	Orioles	Home
9/29	2:10pm	Orioles	Home

Entertainment

MACPHAIL HOUR	Tuesday, September 10th 2pm
JOHNTOURAGE	Thursday, September 12th 2pm
DAVID JONES-SPEAKER	Friday, September 13th 1:30pm
ZOOMOBILE	Monday, September 16th 2:45pm
THE FLORAS	Tuesday, September 17th 2pm
AMY & ADAMS	Wednesday, September 18th 2pm
MACPHAIL UNWRAPPING MUSIC	Tuesday, September 24th 2pm

SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 Women King (on Disney) (T/C)	1 Labor Day 10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Movie Matinee: Wild Oats (on Peacock) (CL) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	2 9:30 Shuttle to Target (WFE) 10:00 Coffee & Chat (CL) 11:00 Resident Ambassador Meeting 1:30 500 Card Club (DR) 2:00 Documentary: Jazz Fest- A New Orleans Story (HULU) (T/C) 3:30 Tequila Tuesday (Margaritas) (CL)	3 10:00 Coffee & Chat (CL) 10:30 Meet Mandy Meisner- Running for Anoka County Commissioner in District 7 (CR) 1:30 Farkle! Dice Game (DR) 2:30 Outing: New Brighton Farmers Market (WFE) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	4 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) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	5 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	6 10:00 Coffee & Chat (CL) 12:00 Minnesota Gopher Football vs. Rhode Island Rams (on Peacock) (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The Supremes At Earl's All- You-Can-Eat (on Disney) (T/C) 4:00 Puzzle Club (LIB)
8 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 12:00 Minnesota Vikings at New York (on Fox) (CL) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Mamma Mia! (on Amazon) (T/C)	9 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 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) 6:00 Girl Scout Troop 18675 (learning card games) (CR)	10 9:30 Shuttle to Aldis (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) 6:00 Men's Night (CL)	11 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Outing: Pine Tree Apple Orchard 1:30 Farkle! Dice Game (DR) 3:00 Outdoor Games (if weather permits) (CL) 3:15 Meet Natividad Seefeld- Running for Mayor of Fridley (CR) 4:30 Puzzle Club (LIB)	12 10:00 Coffee & Chat (CL) 10:30 Meet Peter Borman- running for Council Member at Large (CR) 1:30 Hand & Foot Card Club (DR) 2:00 Entertainment: Johntourage (CR) 3:00 Happy Hour (CL) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	13 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Educational Speaker David Jones- Statue of Liberty (CR) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	14 10:00 Coffee & Chat (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The Guardian (on Hulu) (T/C) 3:30 Minnesota Gopher Football vs. Nevada Wolf Pack (on BTN) (CL) 4:00 Puzzle Club (LIB)
15 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 12:00 Minnesota Vikings vs. San Francisco (on CBS) (CL) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Muzzle (on Hulu) (T/C)	16 10:00 Coffee & Chat (CL) 10:30 Meet Taher Herzallah- Running for Anoka County Commissioner District 7 (CR) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 2:45 ZooMobile (CR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)	17 9:30 Shuttle to Bob's Produce (WFE) 10:00 Coffee & Chat (CL) 11:00 Resident Ambassador Meeting 1:30 500 Card Club (DR) 2:00 Entertainment: The Floras (CR) 3:15 Apple Dumpling Social (CR)	18 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Farkle! Dice Game (DR) 2:00 Entertainment: Amy & Admas (CR) 3:00 Outdoor Games (if weather permits) (CL) 3:15 Root Beer Floats (CR) 4:30 Puzzle Club (LIB)	19 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) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	20 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 11:45 Lunch Outing: Big Louie's Bar & Grill (WFE) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	21 10:00 Coffee & Chat (CL) 11:00 Minnesota Gopher Football vs. Iowa (TBA) (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The American (on Hulu) (T/C) 4:00 Puzzle Club (LIB)
22 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 12:00 Minnesota Vikings vs. Houston (on CBS) (CL) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Annapolis (on Hulu) (T/C)	23 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 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)	24 9:30 Shuttle to Target (WFE) 10:00 Coffee & Chat (CL) 1:30 500 Card Club (DR) 2:00 Life-long learning: MacPhail Unwrapping Music (CR) 6:00 Ladies Night (CL)	25 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Farkle! Dice Game (DR) 2:00 Resident Council (CR) 3:00 Ice Cream Bar Social (After Resident Council) (CR) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	26 10:00 Coffee & Chat (CL) 10:30 Documentary: Minnesota: A History of the Land (episode 5) (T/C) 1:30 Hand & Foot Card Club (DR) 3:00 Happy Hour (CL) 6:00 Independent Game Night- Cards, Bunco, Dominoes, etc. (DR)	27 10:00 Outing: Minnesota Landscape Arboretum and Apple House (WFE) 10:00 Coffee & Chat (CL) 11:00 Exercise Independently (-1R) 1:30 Dominoes (CL) 2:30 Cribbage Card Club (CL) 3:00 Outdoor Games (if weather permits) (CL) 4:30 Puzzle Club (LIB)	28 10:00 Coffee & Chat (CL) 10:30 Meet Patrick Vescio- running for Council Member at Large (CR) 11:00 Minnesota Gopher Football at Michigan (on TBA) (CL) 1:30 Independent Card Games (DR) 2:30 Willows Saturday Matinee: The Vow (on Hulu) (T/C) 4:00 Puzzle Club (LIB)
29 10:00 Coffee & Chat (CL) 10:30 Resident Run-Live Worship Service (T/C) 12:00 Minnesota Vikings at Green Bay (on CBS) 1:30 Independent Card Games (DR) 2:30 Willows Sunday Matinee: Get Out (on Hulu) (T/C)	30 9:00 Balance Clinic with ODEM (Sign up at the front desk) (-1R) 10:00 Coffee & Chat (CL) 11:00 Exercise with Kerri (-1R) 1:30 Bridge Club (DR) 3:30 Margarita Monday (CL) 4:30 Puzzle Club (LIB)	-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				

Environmental Services Updates

THERMOSTATS: We've had some streaks of cooler days/nights, and some residents have asked why they are feeling a cold draft in their apartment. Remember, every apartment takes in outside (fresh) air every hour (it's a building code). If you have the thermostat set on Cooling (as most do in the summer) and it gets cold outside, the system won't "run", BUT cooler outside air is still brought in every hour. Do NOT close your vents, because that creates back-pressure on the furnace which can cause a failure. Instead, purchase the clear magnetic diverters and place them on your vents; they will divert the air outward into the room, vs downward. If you must have it warmer in your apartment, you need to turn the thermostat over to Heating.

WINDOW WASHING: Window washing is done yearly at Willows Bend and was completed this past month; I thought the vendor did a terrific job on the exterior. If you want your interior panes cleaned, you can request the service, but it is a charged service.

STORAGE OF ITEMS: Please remember that our building has sprinkler heads in all areas of the building/apartments, even in most closets. All items MUST be kept 18" away from those sprinklers or it is a violation of the fire code. You also do not want to bump those heads and set off a spray of water that cannot be shut off, except by the fire department; it would be a costly accident.

FIRE DRILL: The fire drill will be on the overnight shift of Sept 9th, so it will be silent. I will have to pull the alarm on the 10th to verify the equipment. A reminder will be posted in several areas 3 days before the drill.

TRASH/RECYCLING: **ALL** trash must be in a tied garbage bag and sent down the Trash Chute located on the wall. Open trash is not allowed as it allows flies to breed, and nobody wants that. **Please** remember, the wheeled bins are **ONLY** for **clean RECYCLEABLE** items listed on the containers: Plastic containers, paper, and 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.

BATH SINK STOPPERS: To engage the vanity stoppers, push down on it and you will hear it "click" down, then push down again to open the drain.

Tom Miller, Environmental Services Director

Activities Corner

Willows Bend Senior Living has an exciting September ahead with a variety of activities and events. We're looking forward to outings to the New Brighton Farmers Market, Pine Tree Apple Orchard, lunch at Big Louie's, and a visit to the Minnesota Landscape Arboretum & Apple House. Additionally, our regular bingo sessions at Hi-Stakes Cafe and Fridley Senior Center will continue every other week, and grocery runs are scheduled for every Tuesday morning. For entertainment, we have performances lined up from Johntourage, Amy & Adams, and The Floras. Our lifelong learning opportunities include the MacPhail Hour, MacPhail Unwrapping Music, an educational presentation with David Jones, and a visit from the ZooMobile. Exercise classes will resume the second week of September, taking place every Monday, Wednesday, and Friday. If you have any suggestions or would like to see something added to the calendar, please let the Life Enrichment Team know.

Kerri Antonen, Life Enrichment Director

Don't forget to like us on Facebook! <https://www.facebook.com/WillowsBendSeniorLiving>

