

NEWSLETTER

Arbors at Ridges

Page 1

March 2025

Administration & Marketing

Refer A Friend & Get A Jacket! If you refer a friend who moves into Arbors at Ridges before the end of May 2025 and you will receive an Ebenezer jacket!

Please refer friends and family that are interested to Becki Kobielush, Outreach & Sales, at 952-435-9942 or email at becki.kobielush@fairview.org.



Maintenance & Housekeeping

Culinary

Please welcome our new Culinary Assistant Muneera Nur.

3/6 Coffee and Chat in the PDR at 10 am

3/17 St Patrick's Day menu will be Rueben Sandwich, Braised Cabbage w/ Fennel, Harvard Beets

3/25 Special Breakfast served in the Dining Room Denver Croissant Sandwich with Sausage Links, Fresh Fruit & Special Beverage Peach Bellini.

Resident's and Families please stop by the dining room to check out the lost and found items. Any unclaimed items will be donated 3/14. Thank you!



As spring approaches and the ground thaws, the maintenance department will be placing "No Parking" signs in front of the building so emergency crews and vendors can get to our building when they need to without issue.

The maintenance team will also be replacing screens in windows that were removed last year for window washing.

If you have a maintenance request that needs to be done, please see Abby at the front desk so that she can put in a work order to Dave. Thank you.

Clinical/Nursing



Staying hydrated is crucial when dealing with norovirus, as it can lead to severe dehydration. *Here are some effective ways to stay hydrated:* Drink Plenty of Fluids, consume small sips of water, clear broth, or electrolyte solutions frequently, avoid sugary drinks, caffeine, or alcohol, as they can worsen dehydration **Start Slowly:** Begin with small amounts of fluids and gradually increase intake as tolerated.

Monitor Urine Color: Pale or clear urine indicates adequate hydration. Dark or yellow urine suggests dehydration.

Additional Tips: Suck on ice chips or popsicles to provide hydration, eat bland foods like rice, applesauce, or toast to help retain fluids, & remember, staying hydrated is essential for recovery from norovirus. By following these tips, you can help your body replenish lost fluids and prevent complications from dehydration.

NEWSLETTER

Arbors at Ridges

Page 2

March 2025

Admin Office Updates

Welcome Spring! - a few quick updates from the Administration office:

NOROVIRUS – As everyone is aware – Arbors at ridges has experienced an outbreak of Norovirus, it started 2/8/25 and continues. We are coming to the end, fingers crossed. During this outbreak we have had 22 residents and 3 staff affected. As soon as our last symptoms have been cleared. We will need to wait 72 hours before we are able to go back to dining in the dining room and group activities. This has been very hard on everyone during this time – we are coming to an end soon. I would like to take a moment to Thank everyone - Residents, Families, Staff for all your efforts in keeping each other safe during this time.

THANK YOU!!

Jill Carlsons last day with our community was February 11th. Congratulations to her and best of luck with her new endeavors and new title of “Granny”. We currently have a great RN Wendy Rudek who is supporting our clinical team while we are recruiting for a new Director of Health Service.

Please take a quick moment to verify that you have the correct telephone number saved for the Arbors at Ridges Clinical Department most importantly the

floor nurse (612) 525-2729.

Arbors at Ridges



March 2025

Donations Requested

The residents of *Arbors at Ridges* would greatly appreciate donations for our March community outreach project:



Breakfast Bags
for families of:

RONALD McDONALD
HOUSE CHARITIES®

Breakfast Items Requested:

Granola Bars	Small boxes of cereal	Oatmeal Packets
Fruit Cups	Crackers	Juice Boxes
Protein Shakes	Water Bottles	Fruit Snacks
Trail Mix	Fruit Bars	Pop Tarts

Please drop off donated items with Arbors receptionist by:

MONDAY, March 24th

Arbors at Ridges Assisted Living
13897 Community Drive, Burnsville, MN 55337

For more information, please contact: **Chantel Brace, Life Enrichment Director** at (952) 435-9959 or chantel.brace@fairview.org



We welcome **new team members** to the Arbors family!

Culinary: Muneera N.

Resident Assistants: Cheryl G., Ryan G., Anthony M., Tigist, Fatemah K.

Please introduce yourself and help them feel welcome!



HAPPY ST. PATRICK'S DAY! We will be going on an Irish lunch outing to *McHugh's Pub House* in Savage! We'll also celebrate with a *St. Patrick's Day Bingo Party* and Irish music and humor with our friends **Bob & Mary Mitchell!**

As the weather improves, please join the Life Enrichment Team as we venture out more into the community! We will head to the MN Landscape Arboretum for their beautiful Spring Flower Show as well as enjoy a relaxing scenic drive along the Minnesota River. In need of some necessities? Join us on our Wednesday shopping trips to Target and Walmart. Refer to the March Life Enrichment calendars for dates and times of these exciting adventures!



THANK YOU **National Marketing & Sales Professional Week** is celebrated March 2 - 8th! Please extend appreciation to **Becki**, Arbors Director of Sales & Outreach as well as **Abby**, Arbors Sales & Administrative Coordinator! They work hard in fostering connections within our local communities as well as connecting Arbors residents with new friends and neighbors! Becki and Abby, we thank you for all you do! You are appreciated!

Wish List: Life enrichment programs are made possible by charitable donations to **Ebenezer Foundation**. For more information call 612-879-1415 or visit <http://www.ebenezercares.org/giving-to-ebenezer.html>

13897 Community Drive Burnsville, MN 55337 (952) 898-4005

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2025

Arbors at Ridges Life Enrichment Calendar

 <p>MARKETING & SALES PROFESSIONALS WEEK! 2</p> <p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p>3:30 Friendship Visits - All Floors</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 3</p> <p>10:30 Pet Visits with Darlene & Brody</p> <p>10:45 Service of Morning Prayer with Chaplain Darin - CH</p> <p>1:00 Unwrapping Music with MacPhail Center for Music - CR</p> <p>2:15 Happy Hour - CR</p> <p>3:00 Friendship Visits - All Floors</p> <p>6:00 Rick Steves' Travel Series: Dublin & Mystical Side Trips - Ch 71</p>	<p>9:30 <i>Stretch & Strength</i> Exercise Class - WR 4</p> <p>10:45 Mardi Gras Craft & Bingo with Ebenezer Preschool Friends - CR</p> <p>1:00 Mardi Gras Theme Bingo - CR</p> <p>2:30 Mardi Gras Social - CR</p> <p>3:00 Pet Visits with Pat & Boomer - All Floors</p> <p>5:30 Evening Movie: <i>Brooklyn</i> - TH</p> <p style="text-align: center;">Mardi Gras</p>	<p>9:30 Ash Wednesday Worship Service - CR 5</p> <p>*10:00 Manicures & Mimosas - WR</p> <p>*1:00 Shopping Outing: Target (Burnsville)</p> <p>2:00 Featured Cocktail Hour: <i>Coffee with Irish Cream Liqueur</i> - CR</p> <p>3:00 Arbors Jeopardy! - CR</p> <p>5:30 Piano Music with Sumner & Parker - CR</p>	<p>9:30 <i>Music & Movement</i> Class - WR 6</p> <p>10:00 Coffee & Chats with Darcie (Culinary Director) - PDR</p> <p>10:45 Resident Council (Resident-led meeting) - CR</p> <p>1:00 Pet Visits with Carole & Scruffy</p> <p>2:00 Monthly Birthday Party! - DR (Featuring Music by Gabe Dalhoff)</p> <p>3:15 MARCH Theme Bingo - CR</p> <p>6:00 Presentation with Minnesota Photographer/Historian Doug Ohman: Name That Town - CR</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 7</p> <p>10:00 Pet Visits with Paul & Jolie</p> <p>10:30 Northern Clay Center Pottery Class with Ebenezer Preschool Friends - CR</p> <p>1:00 Cards & Games - CR</p> <p>2:00 Popcorn Party - CR</p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p>6:00 America: The Story of Us (Episode 1: <i>Rebels</i>) - Ch 71</p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71 1</p> <p>10:30 Morning Coffee Chats - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Cocoa & Cookie Social - CR</p> <p>3:30 Friendship Visits - All Floors</p>	
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 9</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p>3:30 Friendship Visits - All Floors</p> <p style="text-align: center;">Daylight Saving Time Begins</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 10</p> <p>10:30 Pet Visits with Darlene & Brody</p> <p>1:00 Unwrapping Music with MacPhail Center for Music - CR</p> <p>2:15 Happy Hour - CR</p> <p>3:00 Friendship Visits - All Floors</p> <p>6:00 Rick Steves' Travel Series: The Best of West Ireland ~ Dingle, Galaway and the Aran Islands - Ch 71</p>	<p>9:30 <i>Stretch & Strength</i> Exercise Class - WR 11</p> <p>11:00 High Touch High Tech Science Project with Ebenezer Preschool Friends - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Happy Hour - CR</p> <p>3:00 Cards & Games - CR</p> <p>5:30 Evening Movie: Finding You - TH</p>	<p>9:30 Ebenezer Ridges Memorial Service - CR 12</p> <p>10:45 <i>Art with Heart</i> with Artists Debbie & Sue - WR</p> <p>*1:00 Outing: MN Landscape Arboretum Spring Flower Show (Chanhassen)</p> <p>2:00 Featured Cocktail Hour: <i>Irish Beer</i> - CR</p> <p>3:00 Divine Mercy Chaplet / Catholic Communion / Rosary - CH</p> <p>6:00 Comedy Hour - Ch 71</p>	<p>9:30 <i>Music & Movement</i> Class - WR 13</p> <p>10:45 Caregiver Spotlight: Dave H. (Maintenance Coordinator) - CR</p> <p>1:00 Pet Visits with Carole & Scruffy - All Floors</p> <p>2:00 Chef's Special Social - CR</p> <p>3:00 LUCKY Theme Bingo - CR</p> <p>6:00 Music with Niny Salem - CR</p> <p style="text-align: center;">Purim Begins</p>	<p>9:30 Seated Exercise Session - Ch 71 14</p> <p>9:30 St. Patrick's Day Leprechaun Hunt with Ebenezer Preschoolers - CR</p> <p>10:00 Pet Visits with Paul & Jolie</p> <p>1:00 Cards & Games - CR</p> <p>2:00 Popcorn Party - CR</p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p>6:00 America: The Story of Us (Episode 2: <i>Revolution</i>) - Ch 71</p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71 15</p> <p>10:30 Morning Coffee Chats - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Cocoa & Cookie Social - CR</p> <p>3:30 Friendship Visits - All Floors</p>	
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 16</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p>2:45 Piano Music with Sumner & Parker - CR</p> <p>3:30 Friendship Visits - All Floors</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 17</p> <p>10:30 Pet Visits with Darlene & Brody</p> <p>10:45 Service of Morning Prayer with Chaplain Darin - CH</p> <p>1:00 <i>Unwrapping Music</i> with MacPhail Center for Music - CR</p> <p>2:30 St. Patrick's Bingo Party - CR</p> <p>3:30 Friendship Visits - All Floors</p> <p>6:00 Wearing the Green: A Documentary on St. Patrick's Day - Ch 71</p> <p style="text-align: center;">St. Patrick's Day</p>	<p>9:30 <i>Stretch & Strength</i> Exercise - WR 18</p> <p>*10:00 Catholic Mass - ECH</p> <p>10:45 Decorating Ronald McDonald House Breakfast Bags w/ Ebenezer Preschoolers - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:30 Shamrock Shake Social - CR (Featuring a Wee Bit O' Irish Music & Humor with Bob & Mary M.)</p> <p>3:00 Pet visits with Pat & Boomer</p> <p>5:30 Evening Movie: <i>Underdogs</i> - TH</p>	<p>9:30 Holy Communion Worship Service - CR 19</p> <p>*10:00 Manicures & Mimosas - WR</p> <p>*1:00 Shopping Outing: Walmart (Apple Valley)</p> <p>2:00 Featured Cocktail Hour: <i>Irish Eyes Cocktail</i> - CR</p> <p>3:00 Arbors The Price Is Right! - CR</p> <p>6:00 Comedy Hour - Ch 71</p>	<p>9:30 <i>Music & Movement</i> Class - WR 20</p> <p>*11:00 Irish Lunch Outing: McHugh's Pub House (Savage)</p> <p>1:00 Pet Visits with Carole & Scruffy - All Floors</p> <p>2:00 Chef's Special Social - CR</p> <p>3:00 SPRING Theme Bingo - CR</p> <p>6:00 Music with Jim Kirkendall - CR</p> <p style="text-align: center;">Spring Begins</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 21</p> <p>10:00 Pet Visits with Paul & Jolie - All Floors</p> <p>10:30 Friendship Visits - All Floors</p> <p>1:00 Cards & Games - CR</p> <p>2:00 Popcorn Party - CR</p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p>6:00 America: The Story of Us (Episode 3: <i>Westward</i>) - Ch 71</p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71 22</p> <p>10:30 Morning Coffee Chats - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Cocoa & Cookie Social - CR</p> <p>3:30 Friendship Visits - All Floors</p>	
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 23</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p>3:30 Friendship Visits - All Floors</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 24</p> <p>10:30 Pet Visits with Darlene & Brody</p> <p>1:00 Unwrapping Music with MacPhail Center for Music - CR</p> <p>2:15 Happy Hour - CR</p> <p>2:30 - 3:30 Monthly Dakota County Library Outreach Service - TH</p> <p>6:00 Rick Steves' Travel Series: <i>South Ireland ~ Waterford to the Ring of Kerry</i> - Ch 71</p>	<p>8:00 Special Breakfast - DR 25</p> <p>9:30 <i>Stretch & Strength</i> Exercise - WR</p> <p>10:45 All About Kindness Activity with Ebenezer Preschool Friends - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Happy Hour - CR</p> <p>3:00 Community Outreach Project: Ronald McDonald House Breakfast Bags Assembly - CR</p> <p>5:30 Evening Movie: <i>Reagan</i> - TH</p>	<p>9:30 Worship Service - CR 26</p> <p>10:30 Culinary Club with Rachel & Amelia - WR</p> <p>*1:00 Scenic Drive: Minnesota River (Shakopee/Eden Prairie)</p> <p>2:00 Featured Cocktail Hour: <i>Coffee with Irish Cream Liqueur</i> - CR</p> <p>3:00 Divine Mercy Chaplet / Catholic Communion / Rosary - CH</p> <p>6:00 Comedy Hour - Ch 71</p>	<p>9:30 <i>Music & Movement</i> Class - WR 27</p> <p>10:45 Community Resident Ambassador Meeting - CR</p> <p>1:00 Pet Visits with Carole & Scruffy - All Floors</p> <p>2:00 Chef's Special Social - CR</p> <p>3:00 SPRINGTIME Theme Bingo - CR</p> <p>6:00 Music with Tim Patrick - CR</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 28</p> <p>10:00 Pet Visits with Paul & Jolie - All Floors</p> <p>10:30 Friendship Visits - All Floors</p> <p>1:00 Cards & Games - CR</p> <p>2:00 Popcorn Party - CR</p> <p>3:00 Relaxing Music with Nature Scenes - Ch 71</p> <p>6:00 America: The Story of Us (Episode 4: <i>Division</i>) - Ch 71</p>	<p>9:30 <i>Arthritis Foundation</i> Exercise DVD - Ch 71 29</p> <p>10:30 Morning Coffee Chats - CR</p> <p>1:00 Dime Bingo - CR</p> <p>2:00 Cocoa & Cookie Social - CR</p> <p>3:30 Friendship Visits - All Floors</p>	
<p>10:30 Worship Service with Ebenezer Corporate Chaplain Chris Beckman - Ch 71 30</p> <p>1:00 Pokeno - CR</p> <p>2:00 Afternoon Refreshments - CR</p> <p>3:30 Friendship Visits - All Floors</p>	<p>9:30 <i>Balance & Motion</i> Class - WR 31</p> <p>10:30 Pet Visits with Darlene & Brody (No MacPhail Center for Music today)</p> <p>1:00 Trivia / Word Games - CR</p> <p>2:15 Happy Hour - CR</p> <p>3:00 Capturing Life Legacies (sign up in Life Enrichment Binder in DR)</p> <p>6:00 Rick Steves' Travel Series: Belfast and the Best of Northern Ireland - Ch 71</p>	<p>PLEASE NOTE:</p> <p>Outings/programs marked with an asterisk (*) have limited space and require sign-up. Please sign up in the Life Enrichment Binder in the lobby & follow the directions outlined on the sign-up sheets.</p>					

LOCATION KEY: Ch 71 = Arbors TV Channel 71; CH = Arbors Chapel (1st floor); CR = Community Room (1st floor); DR = Dining Room (1st floor); ECH = Ebenezer Care Center Chapel; PDR = Private Dining Room (1st floor); SL = Stoneridge Lounge (1st floor); TH = Theater Room (1st floor); WR = Wellness Room (1st floor)