

Activities Updates

- It's hard to believe that August is here! Hopefully the weather will cooperate for the outdoor activities we have this month! In addition to the restaurants we will be visiting, we will be going to Minnehaha Falls for a picnic Thursday August 14th departing at 11:30am. We are also planning a trip to the Centennial Lakes Farmer's Market Thursday August 21st at 2:45 pm. The Trip to the Planetarium has been postponed to Tuesday Sept. 2nd at 12:45pm.
- Chosen Threads, formerly Taylor Marie, a mobile clothes shopping service will be here Wed. Aug. 6th. Shopping will begin at 11:30 am in the Fireside and Exercise Room. There will be a turkey salad luncheon with a fashion show beginning at noon in the dining room. If you've always wanted to be a model, now is your chance! Please see Sonja if you're interested in modeling.
- Niny, a jazz singer will be here to perform for us Thursday August 7th at 2:00 in the Lobby. There will be a sing along portion in her program with songs from the Great American Song Book. Following the program, we will celebrate the August Birthdays in our community at 3:15pm.
- Men's group will be meeting Friday August 8th at 2:00 pm in the Activity room. All men are invited to this time of getting to know one another better and planning the future activities.
- All Residents are invited to the resident meeting Tuesday Aug. 12th at 2:00 pm and then for a scoop of the Ice cream flavor of the month at 3:00 pm.
- Staff from the Edina Dairy Queen will be here again for Blizzard Bingo Wednesday August 13th at 3:00 pm. If you win, you will again get a personalized coupon for a treat of your choice!

Activities Updates cont.

- Dr. Marc Jaros, professor at Normandale College, will be here to try again to present his program on violin music Thursday August 14th at 2:00 pm.
- Everyone is invited to a Vernon Terrace sponsored happy hour with drinks and appetizers in the Fireside Room Thursday August 14th at 3:00 pm.
- The van will be going Friday August 15th at 1:30pm to Dairy Queen so that you can redeem the coupons that you won at Blizzard Bingo. Even if you didn't win, join us and treat yourself to a Dairy Queen treat!
- The Fire Spice Band will be here Tuesday August 19th in the Lobby at 2:00pm. They play songs from the 50's-70's.
- Everyone is invited for some watermelon Friday August 22nd at 3:15pm. Come and have a favorite summertime treat of many as summer is ending!
- The culinary staff will again be presenting a Chef Demo Wednesday August 27th at 2:00 pm. Come and watch the staff prepare something that you can make at home if you'd like! Samples are served and you may learn some of their secrets which you can pass on!
- A shopping trip to Cub, Trader Joe's and Target was omitted from the activity calendar for Thursday August 28th at 9:30 am. Signup is now available at the front desk!
- Assisted Living Week is coming September 7th -13th. The theme this year is "Ageless Adventure" We will have different activities relating to that theme everyday. We will be having a party for residents and families Wednesday September 10th 4-6 pm. There will be more information forthcoming!



VERNON View

MONTHLY NEWSLETTER
VERNON TERRACE OF EDINA

August 2025



More than 40 Middle School youth from Our Lady of Grace visited. They played board games and bocce and decorated our sidewalks!



Residents Frank and Jim continue to have monarch butterflies that they are releasing. They have more than 30 that will be ready in the next month!



A group visited the Foshay Tower and couldn't believe how the city skyline had changed!

Activated Insights Survey

We are so grateful to the residents and family members who participated in the Activated Insights survey and shared with us what is going well and what areas they would like us to work on improving. The survey ran from June 16, 2025 to July 22, 2025. Our goal was to hear from all of our residents and family members, and we did well in accomplishing this as we heard from 91% of you. Thank you!

The response breakdown from residents is as follows:

- Independent-94%
- Assisted living-83%
- Memory Care-86%

This response rate provides an opportunity for Vernon Terrace to be recognized, based on your feedback, as part of the U.S. News Best Senior Living Program. We are excited to receive your feedback, which should become available by the end of August 2025. We will schedule a time to share this information with you later this summer or early fall. Thanks again for taking the time to complete the survey. Thanks also to our many staff that assisted residents in completing their survey and hosting the special events that were held.

Name Tags

There are reusable name tags with your name and apartment number on them. There are still quite a few people who have not picked them up yet. Please come to the front desk and pick yours up if you have not already done so. If you lose it, we will replace that one at no cost. The third one will cost \$5. We encourage everyone to wear them especially at large events. Thank you!



August Birthdays

- 8/8 Bev H. #431
- 8/12 Fred A. #414
- 8/15 Peter B. #516
- 8/17 Carolyn K. #405
- 8/28 Frank C. #515
- 8/31 Galene E. #525

In Memory

- Dr. Jim #12
- Bernie R. #8
- Olga B. #429

Welcome New Residents

- Tony D.#117
- Steve & Ieva P. #408
- Fred A. #414

Welcome New Employees

- Marcie-Activities
- Lisa R. –sFront Desk
- Gladys-RA

Window Washing

It's that time again for the annual window washing! The window washers will be here beginning August 18th. Please look for more information coming in the next couple of weeks.

Resident Spotlight



Our spotlight this month is Richard, Dick, Johnson. Dick grew up in Redwood Falls, MN. He went to Gustavus Adolphus College and earned a degree in economics. He was drafted into the military for 2 years and stationed in France. He had various jobs when he came back working for Citgo Oil, and at a bank as a credit manager. He spent most of his time as a certified real estate property manager for real estate investment.

Dick and his wife Barb, who lives in the Willows, have been married 64 years! They met over the phone when she was a teacher introduced by a mutual friend, the superintendent of schools. He was impressed by her knowledge of sports. They have three wonderful children!

Dick is very proud of the fact that he independently taught himself to play piano by ear and continues to play today! He has graciously entertained for us since he moved in here. He wants to play for us again in November in celebration of his 95th birthday!



Mail

If you get mail in your box but it's not yours, please turn it into the front desk and they can get it to the proper person. Thank you!

Garage

Just a reminder to please put on your car lights when entering or leaving the garage. This makes your car visible to others and also helps you, the driver, to see people walking. Thank you!



Butterfly Watch

Jim and Frank, our resident monarch butterfly experts, have put a box in the Activity Room to track the progress of a life of a monarch beginning with a larvae. Come and check it out regularly to watch the progress!

Lake Harriet Outing

We had a wonderful time at Lake Harriet this past Wednesday! The weather was perfect for a lake outing, and the experience was made even better by a sweet treat from Bread and Pickle, the lakeside eatery near the water. We highly recommend stopping by for ice cream — they offer around seven flavors, and the prices are surprisingly reasonable. It's the perfect way to cool down.

One of the highlights of our visit was hearing residents share their fond memories of summers spent at the lake during their younger years. It was heartwarming to hear them talk about afternoons filled with sunshine, swimming, and laughter with friends.

Of course, no trip to Lake Harriet would be complete without appreciating the iconic Lake Harriet Bandshell. *Fun fact:* the bandshell has been a local landmark since the late 1800s, with the current structure built in 1986 after the original was destroyed by fire. It's known not only for its charming architecture but also for hosting hundreds of live music events every summer — from jazz and folk to rock and orchestras, all with the lake as a backdrop.

We left feeling nostalgic, refreshed, and already looking forward to our next visit. Lake Harriet remains a special place full of charm, history, and good vibes!



The Willows
Memory Care

August 2025

Upcoming Event: Responding to

Dementia Related Behaviors

with Sara Michel

Join us on Tuesday, August 26th for an insightful session with Sara Michel, a certified educator from the Alzheimer's Association, as she presents "Responding to Dementia Related Behaviors"—part of her Empowered Caregiver series.

This class outlines how dementia causes changes in a person's behavior, including how they may communicate. Learn about possible reasons for behaviors and ways to address them, including medical and non-medical approaches. You'll also learn to recognize when additional help is needed.

Sara will be speaking in place of the Care Partners Support Group from 4:00 PM to 5:00 PM in the Exercise Room. Don't miss this opportunity to gain insights and support on your caregiving journey!

Light refreshments will be served. No RSVP necessary. All are welcome!

For more information, please contact karen.swain@fairview.org or

(952) 358-6123