



## Summer Family Picnic Great Fun!

This year's annual summer picnic, celebrated on Thursday, August 20th, was especially enjoyable given the delicious pot luck dishes brought in by family and friends to complement hot roast beef sandwiches. We are thankful to all of you who helped make the evening an event that will long be remembered!



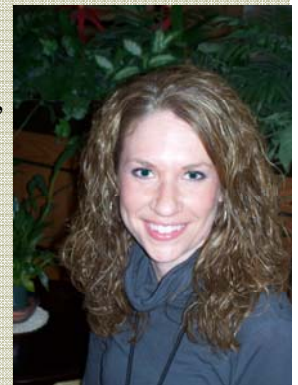
*Pictured clockwise starting at top left—The families of Claude Blenkush, Lois Harringer, Donna Butters, and Amy Palm.*

**Congratulations to all Picnic Raffle Winners:** Tenants Amy Palm, Edna Foerster, Marilyn LaValle, Dick May, Bertie Organ; and family members/friends Dave Phillips, Wanda Carpentier, Gerilyn Blomquist, Bob Scherman, Barb Breheim, Ed Welch, & Bill Shepard.

## A Message from our Property Manager

As we have stated before, customer service is very important to us. We strive to bring you quality care and service each and every day. Every fall we give out a tenant satisfaction survey through My Innerview. In previous years the surveys have been mailed directly to your apartment and you have been responsible to complete them and send them back to My Innerview.

In order to increase our participation this year, we have decided that we will hold a few "survey socials" and have everyone come down to the main dining room to complete the survey. The dates of these socials will be in October and will be posted around the building once they have been decided upon. We are striving for 100% participation! Thank you for your cooperation.



*Katie Rideout*

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## Meet Our New Tenants!

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Staff & tenants welcome our newest tenants who have chosen to call Cerenity Residence - WBL home!



Lorna Jobe



Nancy  
Werlein



Roger  
Krummel

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## Big Screen TV Arrives!



Be sure to check out our front lobby which now features a large flat screen TV. Every few seconds the TV scrolls through a vibrant, “Welcome,” followed by such updates as the activities for the day, upcoming weather forecasts, and contact information.

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## Flu Update From our Nursing Staff

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“The Flu” or Influenza has been making news this year because there are two different types causing concern.

The first—typical Seasonal Influenza—we see in the fall and winter, and take the flu vaccine to prevent.

The second—H1N1 Influenza—will not be prevented by the current vaccine and so a second vaccine is expected to be available later in October.

The best advice is prevention. That means frequent hand washing and keeping hands away from your eyes, nose, and mouth. Avoid close contact with others who are sick, and if you are sick stay home.

When you cough or sneeze, cover your mouth with a tissue (if you have one) and drop it in the trash. If you do not have a tissue, bend your elbow and cover your mouth and nose.

We will be having a Vaccination Clinic here on October 15 from 10:30 a.m.—12:00 noon. This Clinic will offer the seasonal flu vaccine and the Pneumonia vaccine. You may take the vaccine here if you wish, or you may have an earlier opportunity to take it at another location. Complete information for our Clinic will be delivered to the wooden box outside your apartment door.

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## Save These Important Dates

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**Friday, October 30th, is our Tenant’s Annual Halloween Party, starting at 2:00 p.m.** Tenants are encouraged to participate by dressing in costume, if desired, and taking part in games, drawings, and of course, treats.

**Saturday, November 14th, is our Annual Fall Boutique from 10:00 a.m.—2:00 p.m.** The general public along with all staff and individuals living on our campus are invited to purchase new and antique gifts, baked goods, gift certificates and tenant/resident crafts & handiwork. Also available are a variety of raffles, concessions, and silent auction items & baskets. All proceeds will benefit our tenants and residents. Keep an eye out for more information.

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## Assisted Living Week Celebrated with Gusto! September 13th—19th

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Cerenity Residence—WBL launched into Assisted Living Week with the theme: “We Celebrate Assisted Living Week with Hands that Serve and Hearts that Care.” Here is a look at some of the special events our tenants & staff enjoyed during the week.



*(Left) An outing to Pine Tree Apple Orchard encouraged tenants to enjoy the fall weather & buy some favorite desserts—apple rollovers, apple pie, & apple donuts.*

*(Right) Tenants watching a magic show clap in response to “The Great Roberto.” Audience participation included tenants opening a yellow box and holding a long rope.*



*(Above) Tenants enjoyed shrimp linguini, fresh breadsticks, and walnut cake during a celebration lunch. Campus Administrator, Greg Baumberger, joined the group (pictured far left), as did Property Manager, Katie Rideout (middle photo, in center).*

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## Thanksgiving Day Planning

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Family members and friends are invited to enjoy a traditional Thanksgiving Day meal in our main dining room. Keep an eye out for a form to complete as this holiday approaches. Pricing will be included.

## **A PUBLICATION OF CERENTIY RESIDENCE—WBL**

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*Community...Empowerment  
Compassion*

### **As the Cold Weather Returns...**

we are targeting October 15th to turn on the furnace. Then, you are able to adjust the exact temperature desired using your thermostat.

### **For Your Shopping Conven-**

**ience...**Granny's Foods arrives at 1:00 each Tuesday to set up a small grocery store in our dining room. They have both freezer and refrigerated sections, along with boxed and canned goods.

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## **Ongoing Tenant Input Needed**

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We offer two different regularly scheduled meetings that are specifically looking for your comments and ideas. Check your activity calendars for the exact day and time, then join in!

**Food Committee Meetings**—Generally meets twice a month. Provides our dietary supervisor, Jeremy Brunner, with feedback on our meals.

**Tenant Council Meetings**—Usually meets every other month. Give input to and receive updates from the individuals heading up various areas —such as our building (Katie Rideout), maintenance (Jim Higgins), activities (Holly Gardner), nutritional services (Shawn Minke or Jeremy Brunner) & overall campus administration (Greg Baumberger).

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## **Lionmobile Update**

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The Lionmobile recently announced that its transportation service is now available for non-medical rides. In the past, the service was primarily offered for medical-related purposes only.

This transportation option provides door-to-door service through lift equipped buses. To book a ride, contact the Lionmobile at (651) 653-3122 up to a month in advance for medical appointments, and up to one week in advance for non-medical rides. It's best to call early when possible, since rides are accepted on a first come-first serve basis.

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## **Tenants Enjoyed a Summer on the Water**

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The long warm days of summer found our tenants cooling off on the water during two separate outings.

On July 10th, a group of tenants took advantage of a pontoon ride on gorgeous White Bear Lake.

Then, on August 21st, another outing brought tenants to Stillwater where they embarked on a paddleboat ride down the pristine St. Croix River.

This winter when the cold winds howl, these tenants will be able to fondly remember the summer they spent on the water!