



January 2020

The Bluffs

SENIOR COMMUNITY

1000 Bluff View Drive | Houghton, MI 49931 | 906-483-4400 | www.thebluffs.org

Our Team

Jessica Bracco
Executive Director

Lori Nordstrom
Resident Services Director

Abbigail Newman
Activities Director

Jodi Bussiere
Kitchen Manager

Shelly Marino
Dining Room Manager

Jackie Saari
Head Housekeeper

Jeff O'Connell
Maintenance Director



HAPPY NEW YEAR

Hello All,

Welcome to a new decade! We are so excited to be entering a new year with all of you and we can not wait to see what is in store for 2020. As we reflect back on the previous year we realized that we had so many changes, we have had a few painful goodbyes and so many happy hellos. We have so much to be thankful for. The New Year is a perfect time to evaluate and make positive changes in your life. We encourage you all to enter 2020 with a positive mindset, kind hearts and a loving spirit. Life is so much more enjoyable when you can smile with your friends, laugh at your mistakes and enjoy all that you have to be thankful for.

We are very thankful that you chose The Bluffs as your home! We have something special here in the Copper Country and we're proud of it! At any time you have any suggestions on how we can become a better place to call home, please let us know!

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Cheers to a new year!

We would like to give a very special thank you to one of our fabulous Aides Marissa. She and her mother built all of the great centerpieces that we got to enjoy during December! They were just beautiful. Thank you Marissa!



Resident Spotlight – Lorraine Richards



Lorraine Richards has been a resident at The Bluffs for just over 3.5 years! She was born and raised in Dollar Bay, MI. She has three brothers and two sisters. She graduated from Dollar Bay High School in 1951. She married her husband at St. Frances in Dollar Bay as well. Lorraine was a stay at home mom to her three kids, two sons and a daughter. They were married for 63 years. Lorraine enjoys visiting her kids, nine grandchildren and six great grandkids. She has a set of twins coming soon in her family too! The most important thing to her is her family. Her favorite vacation was Hawaii.

She has been there two times! While at The Bluffs you can find Lorraine attending crafts, baking events, happy hour and bingo! Her favorite thing about The Bluffs is all the nice people. Lorraine greets everyone with lots of smiles and laughs, she enjoys being such a happy person! Thank you for lighting up our lives



FUN FACTS:

- Favorite Flower: Rose
- Favorite Food: Cabbage
- Favorite Movie:
- Favorite Restaurant:



JANUARY BIRTHDAYS

- 5th Joyce North
- 8th Bonnie Anderson
- 10th Don Petrelius QC
- 14th Janelle Siller
- 20th Betsy Bertolino
- 23rd Andy Newman EMP
- 26th Sean Young EMP



QC - Quincy Cove Resident
EMP - Employee

Culinary Corner

Hello!

Whew! The Holiday seasons were a whirlwind for the kitchen. We hope you enjoyed the holiday meals! I would like to invite you all to come to our culinary meeting in January. We have not set an official date as my schedule changes week to week but Abbie will have it on the weekly calendar for you in the first couple of weeks in January! This is a great time for anyone to come and give feedback on the food and dining room experiences. I love hearing from all of you.

In the Kitchen this month we will be having our New Years Day Dinner, birthday lunch and a few festive happy hours! If you would like to give any anonymous feedback, utilize the feedback box on the 1st floor!

~Jodi
Kitchen Manager



Activity Happenings

Hello 2020

Welcome to a new year! I am so excited to be starting 2020 with all of you. I can not believe I have been at the Bluffs for almost a whole year! I am so excited for what the new year will have in store for all us. Of course as most of you know, I

am newly engaged! Garret proposed over Thanksgiving weekend. Life is going to be pretty hectic planning fun and exciting activities for all of you and also planning a wedding!

January is going to be a bit more relaxing after the crazy Holiday season. We will have guest speakers, game days, trivia and so much more. Maria and I look forward to creating and trying out new events for all of you.

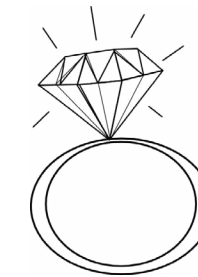
As you know, events change very often in the winter. The weather, driving conditions and sickness have all caused events to be cancelled or postponed already this season. We are trying to find the best system for hanging posters and informing you all of events and changes. Please be sure to watch for posters on the TV screens and near the mailboxes for any changes of schedule and events.

2020 is sure to be a very exciting year and I am so thrilled to be celebrating this special time in my life with each and every one of you!

The countdown to September begins!

Lots of love!

~ Abbie



January Outings

- 7th– Lunch Outing to The Rockhouse
- 15th– Econo Shopping Trip
- 21st– Lunch Outing to Pizza Hut
- 29th– Shopping Outing to Walmart



Activity Snapshot

- 1st– New Years Day Dinner
- 3rd– Birthday Lunch
- 3rd– Guest Speaker Program
- 4th– Crafty Ladies
- 6th– Clean Out Craft
- 7th– Lunch Outing
- 8th– Senior Health Topic with Nick Riley
- 10th– Happy Hands
- 11th– Poetry Reading
- 13th– Yesteryear Sing Along
- 14th– Catholic Outreach with Sister Marcelyn
- 15th– Econo Shopping
- 15th– Senior Sippers Cocktail Social
- 16th– Blood Pressure Checks
- 17th– LCR Dice Game
- 18th– Crafty Ladies
- 20– MLK Day Social
- 21st– Pizza Hut Outing
- 22nd– KBC Beer Tasting
- 24th– Valentines Day Wreath Craft
- 25th Afternoon Movie
- 27th– Cookie Baking Event
- 29th– Resident Relaxation
- 31st– Resident Jeopardy


Featured Activity

KBC Beer Tasting

The Keweenaw Brewing Company will be coming to visit in January for a beer tasting event! Residents will be able to sample the different varieties of beers and brews that the KBC has to offer. There will be something for everyone!

You do not want to miss out!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>January 2020</h1> <h2>Activities Calendar</h2>			New Years Day! 1 10:30 - Wellness Wednesday with Laura (ER) 4:30- New years Day Dinner (DR)	2 10:30 - Sittercise (ER) 1:30 - Bingo (LIB) 3:30 - Reading w/ Joe Kirkish (CA) 6:30- Methodist Hymns & Prayers (CA)	3 10:30 - Exercise with Laura (ER) 11:30- Birthday Lunch (DR) 2:00-Clean out craft (LIB) <i>No Happy Hour tonight!</i>	4 10:30- Crafty Ladies (GR) 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30-Scrabble (LIB)
5 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30- Evening Cinema (GR)	6 10:30 - Exercise with Laura (ER) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Cards- Pinochle (LIB)	7 10:30 - Sittercise (ER) 11:45- Lunch outing to The Rockhouse (LD) 2:00 - Lutheran Prayer Service w/ Pr. Gehrke (CA) 3:30 - Reading w/ Joe Kirkish (CA)	8 10:00- Personal Training (ER) 10:30 - Wellness Wednesday with Laura (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00- Senior Health Topic w/ Nick Rilei	9 10:30 - Sittercise (ER) 1:30 - Bingo (LIB) 2:30 - Coffee Chat (CC) 3:30 - Reading w/ Joe Kirkish (CA) Bluffs Shirt Day!	10 10:30- Exercise with Laura (ER) 1:30- Happy Hands (LIB) 4:30 - Happy Hour (B)	11 1:15 - Pinochle (LIB) 2:30- Poetry Reading (Rm. 224) 6:30 - Scrabble (LIB)
12 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30- Evening Cinema (GR)	13 10:30-Exercise with Laura (ER) 2:00-Yesteryear Sing Along (CA) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Cards- Poker (LIB)	14 10:30- Sittercise (ER) 2:00- Catholic Outreach with Sister Marcelyn (LIB) 3:30 - Reading w/ Joe Kirkish (CA)	15 10:30 - Exercise with Laura (ER) 10:30- Econo Shopping Outing (LD) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00-Senior Sippers Cocktail Social (CC)	16 10:00- Blood Pressure Checks (PDR) 10:30 - Sittercise (ER) 1:30 - Bingo (LIB) 3:30 - Reading w/ Joe Kirkish (CA) 6:30- Methodist Hymns & Prayers (CA)	17 10:30 - Exercise with Laura (ER) 2:00- Left, Right, Center (LIB) 4:30 - Happy Hour (B)	18 10:30-Crafty Ladies (GR) 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30 - Scrabble (LIB)
19 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30 - Evening Cinema (GR)	20 10:30-Exercise with Laura (ER) 2:00- MLK Day Social w/ Finlandia Students (B) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Cards- King in the Corner (LIB)	21 10:30 - Sittercise (ER) 11:45- Lunch outing to Pizza Hut (LD) 2:00 - Lutheran Prayer Service w/ Pr. Gehrke (CA) 3:30 - Reading w/ Joe Kirkish (CA)	22 10:00- Personal Training (ER) 10:30 - Exercise with Laura (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00-KBC Beer Tasting (B)	23 10:30- Sittercise w/ Abbie 1:30 - Bingo (LIB) 3:30 - Reading w/ Joe Kirkish (CA) Bluffs Shirt Day!	24 10:30 - Exercise with Laura (ER) 2:00- Valentines Wreath Craft (LIB) 4:30- Happy Hour (B)	25 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30 - Scrabble (LIB)
26 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30 - Evening Cinema (GR)	27 10:30 - Exercise with Laura (ER) 2:00- Cookie Baking Event (B) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Games- UNO (LIB)	28 10:30 - Sittercise (ER) 2:00 - Lutheran Prayer Service (CA) 3:30 - Reading w/ Joe Kirkish (CA)	29 10:00- Personal Training (ER) 10:30 - Exercise with Laura (ER) 10:30- Walmart Shopping Outing (LD) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00-Resident Relaxation (LIB)	30 10:30- Sittercise w/ Abbie 1:30 - Bingo (LIB) 2:30- Coffee Chat 3:30 - Reading w/ Joe Kirkish (CA)	31 10:30 - Exercise with Laura (ER) 2:00- Resident Jeopardy (LIB) 4:30- Happy Hour (B)	
	LOCATION KEY	ER - Exercise Room GR - Gathering Room P- Patio S- Salon	B- Ballroom DR- Dining Room LIB - 2nd Floor Library	LA - Lobby Area CA- Couch Area BL- Back Lawn	LD - Lobby Departure PDR - Private Dining Room CC- Coffee Corner	*Activities are subject to change

Senior Snapshots



cheers!
TO THE
new year



Employee Birthday Spotlight

Happy Birthday

Andy Newman-
Maintenance

What is your favorite meal served at The Bluffs?
All of them!

What is your favorite part of The job?
Being able to help the residents!

Sean Young-
Dining Attendant

People would be surprised if they knew...
I was born in Germany

What is your favorite part of the job?
Talking to the residents!



Additional Reminders & Announcements

- Winter conditions are constantly changing. Please use caution as the sidewalks and parking lots can be slippery.
- Please be sure you are wearing your emergency pendant at all times.
- If you have any dishes from the kitchen, please we return them, we are getting low.
- If you are leaving the building please be sure to sign out before you go! If it is more than four hours, leave your pendant behind!
- If the mailman is sorting the mail and filling the boxes, please let him finish completely before getting your mail or packages.
- If you require transportation from the bus or the cab please allow yourself enough time due to winter conditions.

February – Save the Dates



February 7th– Birthday Lunch
14th– Valentines Day
26th– Ash Wednesday



Final Thoughts...

From your Executive Director

Welcome to a new year! 2020. When you hear 2020 do you think of Barbara Walters? "We're in touch, so you be in touch."

This years marks the graduation of my eldest son Dayton! Wow...I have lots to plan in the next few months! I will feature Dayton in one of the upcoming newsletters!

A flashback to December, what a beautiful month. A quick month, I'm not so sure what happened in December but I do know that it was great! We treated the amazing employees to a Christmas party at the beginning of the month, a great time was had by all. We decked the halls, Axl and I got to visit with Santa in Copper Harbor and how about our lovely Christmas Cactus in the Ballroom?! It was nearly in full bloom at Christmas. The cactus is over 100 years old and it's a beauty! I am really looking forward to the new year, let's make it great!

"You are never too old to set another goal or to dream a new dream" -Les Brown

Well Wishes ~Jessica



Jessica Bracco

Executive Director

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PLEASE
PLACE
STAMP
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