

Final Thoughts...

From your Executive Director

February Greetings!

I just recently heard on the radio that it was a "dry" January. This seems hard to believe but it was truly mild compared to a "normal" January. Dry or not it didn't stop me from heading out to do something I love! Skiing!

I love both cross country and downhill skiing and you can find me on the trails in any free moment I have! I spent last year teaching Axl how to cross country and downhill ski so we could enjoy an activity together. After a bit of a rusty start this year, he is like an old pro now! I explained to him that skiing is just like riding a bike. Axl did not agree...skis did NOT have wheels! Axl loves to ski as much as I do so it's fun to have a partner to enjoy the winter beauty that surrounds us each and every day. I am looking forward to a few more months of skiing, don't you think I can plan on a few more months?



Cross Country Skiing at Fort Wilkins, Copper Harbor



Downhill Skiing at the Porkies Silver City

If you're able, do something you love or once loved to do. If you need help making this happen, please let us know, we are here for you and we would love to help you! Wishing you all a wonderful February that is full of love, laughter and friendship!

~Jessica



Jessica Bracco

Executive Director

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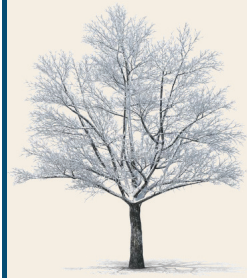


PLEASE PLACE STAMP HERE



SENIOR COMMUNITY

1000 Bluff View Drive
Houghton, MI 49931
906-483-4400



February 2020



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Our Team

Jessica Bracco
Executive Director

Lori Nordstrom
Resident Services Director

Abigail Newman
Activities Director

Jodi Bussiere
Kitchen Manager

Shelly Marino
Dining Room Manager

Jackie Saari
Head Housekeeper

Jeff O'Connell
Maintenance Director

hello February

Now that the new year is underway, February brings a few changes to The Bluffs, specifically our Activities department.

We welcomed a new

exercise instructor, Copper Country native Kelly McLean. She has been teaching for a few weeks now and she is doing wonderful! Kelly will teach exercise classes on Tuesdays and Thursdays. If you have not checked it out yet, stop on by, say "hi" and get a great workout. Active seniors are healthy seniors!

Also, the times for our shopping outings have changed. We want to make sure that everyone has the opportunity to attend all exercise classes. We will no longer be shopping on Wednesdays at 10:30 but rather Monday or Wednesday afternoons. Please keep your eye on the weekly schedule as we haven't been able to set these times in stone and they will vary.

We will also have some new entertainment at our February happy hours. Come have a snack, visit with friends and shake a leg if you're up for it!



Did you know that Laura's Exercise Class has done over 13,000 squats as a group during their squat challenge?

"The most wasted of all days is the one without laughter."

-E.E. Cummings



Inside this issue:

- Culinary Corner 2
- Activity Happenings 3
- Senior Snapshots 4
- Employee Birthdays 5
- Final Thoughts 6

Senior Health Topic– Staying Hydrated!

It is often hard to focus on staying healthy during the winter months. Everyone is tempted to stay cozy in their room and not get out much. We encourage all of you to get active! Attend an exercise class, come on a shopping outing or join us for a gathering. We would also like to remind everyone to stay hydrated! Even though you aren't enjoying time in the sun it is still important to drink lots of water and stay hydrated. Dehydration can lead to many other



issues. Drinking water is important for so many reasons:

- Gets rid of wastes through urination, perspiration and bowel movements
 - Keeps your temperature normal
 - Lubricates and cushions joints
 - Protects sensitive tissues
- Dehydration can lead to things like lack of energy, headaches or migraines, dry mouth, dizziness, fever and sweating.

So, challenge yourself, try something new, drinks lots of water and enjoy a new month!



FEBRUARY BIRTHDAYS

- 1st Marlene Houle
- 1st Judy Jones
- 3rd Jim Spain
- 9th Mary Maki EMP
- 12th Dorothy Fricke
- 13th Ruth Jean Barkell
- 15th Carol Petrelius QC
- 17th Vera Stellberg
- 28th Sandy Lassila EMP



QC - Quincy Cove Resident
EMP - Employee

Culinary Corner

Hello All,

Thank you for all your feedback and comments at last months Culinary meeting. We will continue to strive for excellence. We want to provide you with quality meals with food that you love. Hearing your likes and dislikes along with any issues ensures that I am giving you the best options and doing my best to provide great meals.

We recently hired two new cooks, Alan & Pamela. They both come with years of experience and we're delighted to have them on our team! They both caught on quickly and you will be sure to notice their tasty meals.

Looking forward to a fun filled February.

~Jodi

Kitchen Manager



Employee Birthday Spotlight

Mary Maki

Dining Attendant
February 9th

What is your favorite travel spot?
Florida!

What is your favorite part of the job?
Visiting with The Residents.



Sandy Lassila

Dining Attendant
February 28th

What do you do in your free time?
I enjoy biking, hiking, walking and being outdoors!

When are you the happiest?
When I am with my son.



HAPPY BIRTHDAY

*Be the best you can be,
Imagine what you can do,
Remember who you are,
There's nobody like you.
Honor your past,
Dwell on your heart,
All you need is love,
Your birthday is a start.*

Additional Reminders & Announcements

- Please be courteous when getting on and off the elevator and let others exit before you enter.
- The Private Dining Room is available for resident use for meals, gatherings or meetings, etc. Please contact or see Lori at the front desk for reservations!
- There is no assigned seating in the dining room during meal times.
- If you or a family member would like to sign up to receive our E-Letter please email activities@thebluffs.org to sign up!
- We will have a representative from Tax Pro Solutions here in February, March and April to assist residents with taxes and tax preparation for a discounted rate.

March – Save the Dates



- 6th– Birthday Lunch
- 8th– Daylight Savings Time Begins
- 17th– St. Patrick's Day
- 19th– Spring Begins *(not for Yoopers!)*



Senior Snapshots



HAPPY
Valentine's Day



Activity Happenings

February is for love! Garret and I will be together for 6.5 years this month. We typically celebrate by going for a nice dinner and sometimes a movie. Our favorite place to go is Fitzgerald's in Eagle River!



February is also my one year anniversary at The Bluffs! The last year has gone by so quickly I almost cannot believe it. I am so thankful for the opportunity to get to know each and every one of you. I've enjoyed meeting your families, learning about your lives and spending time with you. One of my favorite parts of the job is getting to sit down and learn all the stories and great advice that you all have. It has been an exciting year!

We have some great things planned for February. Of course we will have our usual weekly activities, exercise class every morning with a new instructor on Tuesdays & Thursdays, Joe Kirkish's reading, bible discussion and church services during the week. We have many special celebrations this month like The Superbowl, MTU's Winter Carnival, Valentine's Day, President's Day, Mardi Gras and Leap Year! Please be sure you pay attention to your weekly calendar and notices on the bulletin boards. The monthly calendar is always subject to change. Let me know if you have any suggestions, comments or concerns!

~ Abbie

Happy Valentine's Day

Featured Activity

Successful Women in Hancock History by John Haeussler
John Haeussler is a Hancock Native and local historian who covers many topics from our local area and history. He will be here on February 14th at 2:00 PM to give a slide show presentation on prominent women from our area. 2020 marks the 100th anniversary of Women's Suffrage in America. It is a great time to recognize and bring attention to all the women who have made history locally. John always brings in a crowd! Be sure to get there early to get a front row seat to this great presentation.





February Outings

- 4th- Lunch at Ginos
- 10th- Dollar Tree Shopping
- 18th- Lunch at Culvers
- 19th- Econo Shopping
- 26th- Walmart Shopping



Activity Snapshot

- 1st- Crafty Ladies
- 2nd- Groundhog Day
- 2nd- Superbowl Party
- 3rd- Walmart Shopping Outing
- 4th- Lunch at Kaleva Café
- 5th- Tax Pro Solutions
- 5th- Personal Training
- 5th- Catholic Mass
- 6th- Methodist Hymns & Prayers
- 7th- Birthday Lunch
- 7th- Wheelchair Walker Care
- 8th- Poetry Reading
- 10th- Dollar Tree Outing
- 11th- Catholic Outreach w/ Sister Marcelyn
- 12th- Senior Health Topic w/ Nick Riley
- 14th- Valentine's Day Happy Hour/Dinner
- 15th- Crafty Ladies
- 17th- Cupcake Baking & Decorating
- 18th- Culvers Lunch Outing
- 19th- Senior Sippers Cocktail Social
- 20th- Blood Pressure Checks
- 21st- Happy Hands
- 24th- Yesteryear Sing Along
- 25th- Bells on The Bay Concert
- 26th- Walmart Outing
- 28th- Sock Gnome Craft
- 28th- Mardi Gras Happy Hour
- 29th- Leap Year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="color: #e91e63; text-decoration: underline;">February 2020</h1> <h2 style="color: #e91e63; text-decoration: underline;">Activities Calendar</h2>						1 10:30– Crafty Ladies (GR) 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30—Scrabble (LIB)
Groundhog Day 2 11:00 - Catholic Communion (GR) 2:30– Coffee Chat (CC) 6:30– Superbowl Party (GR)	3 10:30 - Exercise with Laura (ER) 1:30– Walmart Shopping Outing (LD) 3:30 - Nintendo Wii Bowling (B) 6:30– Resident Run Cards– Pinochle (LIB)	4 10:30 - Exercise with Kelly (ER) 11:45– Lunch outing to Ginos (LD) 2:00 - Lutheran Prayer Service w/ Pr. Gehrke (CA) 3:30 - Reading w/ Joe Kirkish (CA)	5 9:00-5:00– Tax Pro Solutions (PDR) 10:30 - Wellness Wednesday with Laura “Bowling & Golf” (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00– Catholic Mass (B)	6 10:30 - Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30 - Coffee Chat (CC) 3:30 - Reading w/ Joe Kirkish (CA) 6:30– Methodist Hymns & Prayers (CA) Wear a Hat Today!	7 10:30— Exercise with Laura (ER) 11:30– Birthday Lunch (DR) 2:00–Wheelchair & Walker Care (B) National Wear Red Day!	8 1:15 - Pinochle (LIB) 2:30– Poetry Reading 6:30 - Scrabble (LIB) 8:45 /Dusk– Winter Carnival Fireworks (B)
9 11:00 - Catholic Communion (GR) 2:30– Coffee Chat (CC) 6:30– Evening Cinema (GR)	10 10:30—Exercise with Laura (ER) 2:00–Dollar Tree Shopping Outing (LD) 3:30 - Nintendo Wii Bowling (B) 6:30– Resident Run Cards– Poker (LIB)	11 10:30– Exercise with Kelly (ER) 2:00- Catholic Outreach with Sister Marcelyn (LIB) 3:30 - Reading w/ Joe Kirkish (CA)	12 10:30 - Wellness Wednesday with Laura “Drumming” (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00– Senior Health Topic w/ Nick Riley	13 10:30 - Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30– Coffee Chat (CC) 3:30 - Reading w/ Joe Kirkish (CA) Bluffs Shirt Day!	Valentine’s Day 14 10:30 - Exercise with Laura (ER) 2:00– John Haeussler Presentation (B) 4:30 - Valentines Day Happy Hour (B) 5:00– Valentine’s Day Dinner (DR) Wear Red & Pink Today! 	15 10:30—Crafty Ladies (GR) 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30 - Scrabble (LIB)
16 11:00 - Catholic Communion (GR) 2:30– Coffee Chat (CC) 6:30 - Evening Cinema (GR)	President’s Day 17 10:30—Exercise with Laura (ER) 2:00– Cupcake Baking & Decorating (B) 3:30 - Nintendo Wii Bowling (B) 6:30– Resident Run Cards– King in the Corner (LIB) NO MAIL TODAY!	18 10:30 - Exercise with Kelly (ER) 11:45– Lunch outing to Culvers (LD) 2:00 - Lutheran Prayer Service w/ Pr. Gehrke (CA) 3:30 - Reading w/ Joe Kirkish (CA)	19 10:30 - Wellness Wednesday with Laura “Circles & Squares” (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00– Econo Shopping Outing (LD) 6:00–Senior Sippers Cocktail Social (CC)	20 10:00– Blood Pressure Checks (PDR) 10:30– Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30– Coffee Chat 3:30 - Reading w/ Joe Kirkish (CA) 6:30– Methodist Hymns & Prayers (CA) Wear a Hoodie Today!	21 10:30 - Exercise with Laura (ER) 1:30– Happy Hands (LIB) 4:30– Happy Hour (B)	22 1:15 - Pinochle (LIB) 2:30 - Earth from Space Slideshow (LIB) 6:30 - Scrabble (LIB)
23 11:00 - Catholic Communion (GR) 2:30– Coffee Chat (CC) 6:30 - Evening Cinema (GR)	24 10:30 - Exercise with Laura (ER) 2:00– Yesteryear Sing Along (CA) 3:30 - Nintendo Wii Bowling (B) 6:30– Resident Run Games– UNO (LIB)	Fat Tuesday 25 10:30 - Exercise with Kelly (ER) 2:00 - Lutheran Prayer Service (CA) 3:30 - Reading w/ Joe Kirkish (CA) 6:00– Bells on The Bay Concert (B)	Ash Wednesday 26 10:30 - Wellness Wednesday with Laura “Circuit” (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 1:30-Walmart Shopping Outing (LD)	27 10:30– Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30– Coffee Chat 3:30 - Reading w/ Joe Kirkish (CA) Bluffs Shirt Day!	28 10:30 - Exercise with Laura (ER) 2:00– Sock Gnome Craft (LIB) 4:30– Happy Hour (B)	Leap Year 29 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30 - Scrabble (LIB)
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