



The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931



JUNE

2020

Resident Birthdays

9th- Bette L.
12th- Karen H.
13th- Judy Ju.
14th- Martha S.
14th- Carole H.
26th- Cliff O.

Employee Birthdays

30th- Patty K.

Letter from Executive Director

Greetings from Houghton, Michigan!

The trees are finally budding and beautiful colors of Summer are starting to immerse. Jeff, Andy and Cody have been busy cleaning and prepping our grounds to get them in tip top shape for all to enjoy! I am anxious to get all of the beautiful flowers in the ground, hopefully we are now frost free.

Remember to get outside! Take a walk on our paved walking paths, enjoy the view and the Copper Country's fresh air, we have so much to be thankful for. If you'd like a walking buddy, let the front desk know and we will happily tag along!

We are all eagerly awaiting some positive changes in June, in the meantime, we need to continue to be cautious, remain positive and work together through the remainder of this challenging time.

"If you cannot do great things, do small things in a great way"

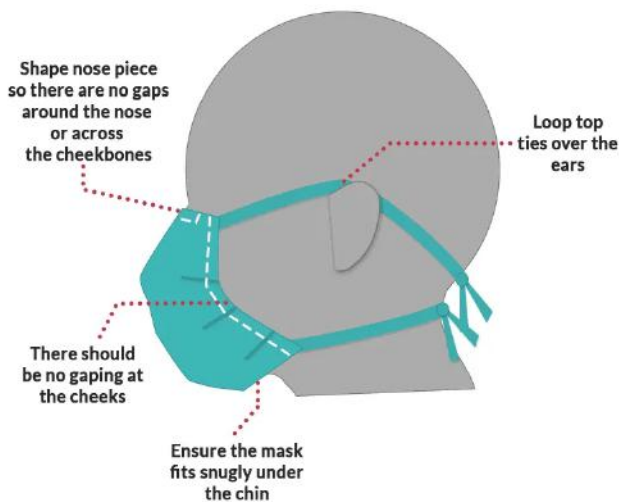
-Napoleon Hill

Enjoy the month of June!

~Jessica

Proper PPE

How to Wear Your Mask



It is crucial that all of our residents execute caution when leaving their apartments. We are continuing to ask all residents to wear a mask when they are outside of their apartment around the building. There are proper steps to take when wearing your mask, see the image for reference.

- All masks should cover the nose and mouth
- The nose piece should be shaped over the nose and pinched tight so there is no gaps
- There should be no gaping at the cheeks and under the chin
- Loop the mask over your ears or your head and make sure it is tight on your head.

Culinary Corner

Greetings from The Kitchen~

Whew! What a busy May we had! I hope you all enjoyed our special holiday meal options! We had Cinco De Mayo, Mother's Day and Memorial Day. It is so fun to be able to make new foods and get to try new things! In June we will be celebrating Father's Day! We typically have steak and potatoes with a few sides, stay tuned for more information on that! We have begun planting our fruits and veggies for the summer so we will soon be able to enjoy some garden fresh items in our meals! It is one of my favorite parts of the year! Hopefully we will be able to return to the dining room soon, I miss seeing all of your smiling faces in the dining room! I am wishing you all the best and hope I get to see you soon!

~Jodi
Kitchen Manager



Activity Happenings

Hello All~

I hope you are all doing well during our new "normal." We are hoping and praying every month that we will soon be able to return to our old ways. For now we wait, we stay positive and we hope this is not going to last too much longer. Unfortunately, I do not have much to report on for Activities again this month. I have prepared a back up calendar in-case we open back up before the end of the month. I just want to thank you again for being so patient and understanding during this time. Our jobs would be a lot harder if we did not have such a wonderful group of residents to go through this with. Thank you for continuing to make us smile and laugh every day and for simply being the best! Believe me when I say, when this is over we will have the BIGGEST celebration! While we are waiting for that day to come, lets make the best of our current situation. We have activity tables on all of the floors with rotating activities such as puzzles, coloring sheets, word search, crafts and more! If you have not checked them out yet, please do! We will also continue to do the snack cart! We have been getting very positive feedback! If you have any suggestions for snack ideas or drinks please let us know! If you need anything in the meantime, reach out! I am still making shopping trips to the store if needed and I can try to help in any way, even if you just need someone to chat! Give the front desk a call and ask for Abbie! I hope to hear from you soon!

All the best,

Abbie

Golden Sun By Lenore Hetrick



**Great, glorious, golden sun,
Shine down on me today!
You are the life of all this earth,
You are your magic ray.**

**And I will welcome your golden rays,
For you mean life to me,
And you mean happiness and health,
Strength and energy.**

**You are the life of bird and plant,
All must depend on you.
Shine down, great sun, the whole day long!
Shine from the heaven's blue.**

**Shine down, great sun, on flower and field,
And never say goodbye.
Forever and ever give us your light
From out the wide, blue sky.**

NAME: _____

SUMMER

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

```
R V A C A T I O N T R A V E L
E A H N E E R C S N U S S S U
C F G A R D E N I N G M I M E
R I R W H A C A M P I N G L T
E S P W O W E R Y O N U L H A
A H V A E T O M P E A A N K E
T I F L O G U S T I B S Y U F
I N G K E Y G U F E C T F R S
O G N I U A E N S F I N I R A
N N I N C D D A I D A E I L I
K E M G E I B I I K N M T C M
J G M C B L L M G D I M I M P
N V I L R O U N S S V H M L K
K H W D A H Z J K V X P L M Y
T K S L B R N Y K J Z Q K D C
```

Barbecue
Baseball
Camping
Family
Fishing
Friends
Gardening

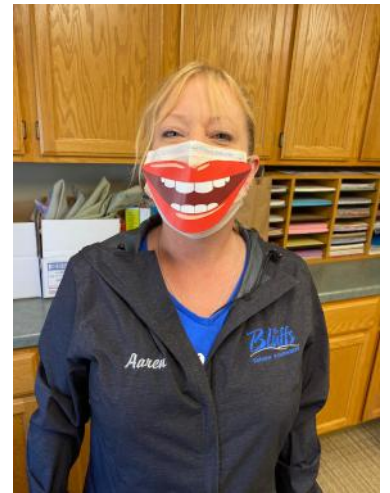
Golf
Hiking
Holiday
Humidity
Picnic
Recreation
Sky

Sun
Sunscreen
Swimming
Tennis
Travel
Vacation
Walking

COLOR ME



Community Captures



Employee Birthdays

Patty Kyllonen- June 30th

Dining Attendant 1.5 years

What are three words to describe you?

friendly, honest, dependable

When are you the happiest?

When I am camping in the summer!

Wishing you a great birthday
Patty!



Additional Reminders

- If you are going to use the City bus for transportation for essential needs, please use extreme caution. Wash your hands before and after getting on/off the bus. Bring along hand sanitizer, wear your mask during your ride and sit away from any other riders.
- Visitor restrictions are still in place, this includes outside and in the lobby. We understand it is difficult to be away from your loved ones but it is still unsafe.
- If you are going on a walk outside you may take your mask off to get some fresh air. Please put your mask back on before you enter the building.

July Save The Dates

3rd- Independence Day Picnic Celebration

4th- Independence Day

10th- Birthday Lunch

17th- Country Western Happy Hour



Our Team

Jessica Bracco // Executive Director

jbracco@thebluffs.org | 906-483-4401

Abbie Newman // Activity Director

activities@thebluffs.org | 906-483-4404

Lori Nordstrom // Resident Services Director

seniorliving@thebluffs.org | 906-483-4400

Jeff O' Connell // Maintenance Director

jeff@thebluffs.org | 906-483-4252

Jodi Bussiere // Kitchen Manager

kitchen@thebluffs.org | 906-483-4403

Shelly Marino // Dining Room Manager

seniorliving@thebluffs.org | 906-483-4400

Jackie Saari // Head Housekeeper

seniorliving@thebluffs.org | 906-483-4400

