



AUGUST

2020

NEWSLETTER

Resident Birthdays

13th- Don S.QC
23rd- Marge K.
30th. Helen W.

Employee Birthdays

7th- Shirley C.

The Bluffs Senior Community

1000 Bluff View Drive, Houghton, MI, 49931

Letter from Executive Director

Greetings from Houghton, Michigan!

I would like to take a moment to thank you all, residents, family & friends, for your endless support through these trying times. I am beyond proud of our Bluffs community. We will keep working together to get through this!

I recently celebrated my 20th Anniversary at The Bluffs! What?! 20 years, how can that be? Even though they zipped right by, they have been the best years of my life! This career has been a dream come true for me. Each and every day brings a new challenge which keeps me on my toes. I've gotten to know so many residents and families over the years and they have all been a blessing in my life. Our staff, they are simply amazing! I couldn't ask for a better team, each of them play such a vital part to our operation. I am so happy to be able to offer premier senior living right here in the Copper Country! We will be celebrating The Bluffs 20th Anniversary in September as we opened our doors on September 15th, 2000. I look forward to celebrating with each and every one of you and look forward to another 20 years! Many thanks to each of you for making my time at The Bluffs extra special!

~Jessica

Health & Wellness

Boosting Brain Health

It is important to take care of our minds as well our bodies as we age. Though most seniors are in good mental health, many older adults are at risk of developing neurological and mental health disorders, especially dementia and depression. The good news is that regardless of your age, there are proactive steps you can take to keep your brain healthy and reduce your risk of developing dementia, depression, or other mental conditions. Here are a few ways you can keep up your mental fitness:

- Practice using your memory
 - Play 'thinking' games
 - Learn something new
 - Seek social interaction
 - Stay stress free
- Maintain a healthy diet & exercise



Culinary Corner

Greetings from The Kitchen~

Woohoo! What a month it has been! We are so excited to be back in the swing of things in the kitchen. Getting to serve everyone back in the dining room has been wonderful. I am happy I get to see all of your smiling faces again. We didn't get to enjoy as many strawberries from the garden as I hoped due to a little groundhog visitor, he surely enjoyed them! August will bring us some delicious raspberries and vegetables to enjoy. I hope that we will be able to get back to having Happy Hour soon and when we do, I will have a lot of great snack choices that you all can enjoy. I would like to remind you all that if you have any feedback regarding the dining service and food, please fill out a slip and place it in the box near the 1st floor elevator, we read them every week! Thank you!

~Jodi
Kitchen Manager



Activity Happenings

Hello All~

I cannot believe that it is already August! The summer has been flying by! With planning activities around COVID, planning a wedding, moving and enjoying the beautiful summer we have had, the time has blown by. I am getting so excited for the next couple months. August is going to be another great month at The Bluffs. We enjoyed spending time outside so much in June and July, we are going to continue to enjoy it in August! We will enjoy bonfires, patio visits, small socials and hopefully we can get out for some picnics! With COVID, restrictions are changing every single day which affects our activities immensely. It has been a difficult task to plan events with so many unknowns, this is the main reason we have not had a monthly calendar. Keeping residents updated with the Resident Happenings and a weekly calendar is the best form of activity communication so far. We are going to continue this until further notice. I would like to encourage all of you to be reading your weekly resident happenings as it is always filled with useful information and reminders that you need to know, and sometimes they feature stories and fun information as well. I will do my best to keep you all updated on the changes in the coming months. Please let me know if you have any suggestions on activities, comments or concerns.

All the best,

Abbie

COVID FAQ

When do I have to 3 day quarantine?

Three day quarantine is required for any outing other than essential appointments, this includes church, shopping, restaurant, families house, camp, etc.

How come I still see visitors coming into the building?

Essential visitors are still permitted to enter the building. These visitors include health care workers and aides, approved family members that are primary care providers and residents on hospice and The Bluff's staff.

Is my family allowed to come and visit?

Families and friends are currently NOT allowed to come into the building for visits but they are allowed to visit on the patio. 2 visitors per resident are allowed, while wearing a mask and social distancing!

THANK YOU FOR YOUR COOPERATION!

AUGUST

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.

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

Backpacking

Boating

Camping

Canoeing

Climbing

Family

Fishing

Fun

Heat

Hiking

Humidity

Humidity

Lightning

Picnic

Sailing

Sunshine

Sweltering

Swimming

Thunder

Travel

Vacation

OUR ANNUAL BLUFF VIEW MAGAZINE
NEEDS YOUR HELP...

WANTED

ARTICLES, STORIES,
JOKES, RECIPES, ART,
POEMS, SONGS & MORE



DUE: AUGUST 14th

PLEASE TURN MATERIAL INTO THE
FRONT DESK WITH YOUR NAME ON IT

Community Captures



Employee Birthdays



Shirley C.

August 7th

Housekeeping

What is your favorite part of the job?

Being with Residents

People would be surprised if they knew...

I have traveled to England and Wales

Additional Reminders

- Please continue to wear your masks at all times outside of your apartment.
- Please be careful when you are on walks outside, if you would like a staff member to walk with you, let the front desk know and we can arrange a time to go!
- Please always be aware of social distancing in and around the building.
- Make sure that you are coming down on time for your assigned meal times.
- Please keep your apartment doors closed to help keep our air conditioning regulated.

September Save The Dates

4th- Birthday Lunch

7th- Labor Day Picnic

11th- 20th Anniversary Happy Hour

13th- Grandparent's Day

13th-19th- National Assisted Living Week





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 // Culinary 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