



Our Amazing Team



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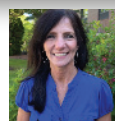
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FIND US ON FACEBOOK!



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September 2023 NEWSLETTER



Resident Birthdays

1st- Jerry M.
12th- Judith A.
28th- Anne R.

Employee Birthdays

9th- Shelly M.
13th- Elisabeth H.
16th- Amy J.

Letter from our Executive Director

Happy September!

It's truly hard to believe that September is here! I'm not sure what happened to the Summer but it flew by!

One of our favorite times of the year is upon us, National Assisted Living Week (NALW) and this year's theme is "Season of Reflection." I guess you can interpret this theme in many ways but we're looking at it as a time to reflect on the past and memories that we have made. Each season sets a new tone, its a new beginning and a fresh start to make new memories here in our community. Each season also brings back memories from the past; spending Summer days at the family camp, making jams and pies in the Fall, the stories of snow storms in the Winter, and the fresh smells of the Spring air. Here in the Copper Country, we're so blessed to have all four seasons to make memories in, what season is your favorite?

We have an exceptional week planned for NALW, I'm looking forward to a trip down memory lane and reflecting on all the great memories made here at our Community.

All the best~ Jessica



season of
REFLECTION
NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 10-16, 2023

NALW.org • #NALW

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Activity Highlights

Happy September!

It's hard to believe that summer is over already, though I won't complain about cooler temps as Fall is certainly my favorite season of the year!

National Assisted Living Week (NALW) is this month from the 10th-16th and it's sure to be a week filled with fun! We'll kick

off the week with our Grandparents Day Social. The fun will continue with our Bingo Night fundraiser, photo shoots, lots of treats and much more!

Now that school is back in session, Ann's exercise classes will be switching back to Tuesdays & Thursdays at 4 pm. I will resume morning classes on Monday, Wednesdays, and Fridays to ensure we have classes 5 days a week!

It's been a beautiful Summer full of great memories. September brings my 2 year anniversary at The Bluffs and it has been such a joy to spend my time with you. I look forward to all the memories yet to be made with each of you. Let's rally together and kick off September! There are lots of laughs, memories and happiness to be had!

~Katelyn



Bingo Night Fundraiser

Join us for our Bingo Fundraiser for Copper Shores Meals on Wheels (formerly Copper Country Senior Meals) on Tuesday, September 12th at 6:00 pm!

We're excited to support an incredible outreach organization providing congregate meals and social connection as well as meals on wheels delivery service for local seniors.

Join us for a night of fun with a chance to win great prizes, and most importantly supporting meal access for local seniors! We will be announcing more details very soon, stay tuned!

Resident Submission

Queen, At Last!

Written by Michele Kerban

Submitted by Wesley Loosemore

On Tuesday, February 21st, 2023 I am sitting in the dining room at The Bluffs Senior Living and I hear my name called. I can't believe it! I am almost 79 and I am "Queen at last, queen at last." Since I am physically unable to get out of my chair they bring the King over to my side. He will be 100 on October 4th but he's in better shape than I am. They place a crown on my head, hand me a box of chocolate, and a Walmart gift card and I am thrilled sitting there wearing a Mardi Gras Queen Sash, wearing a crown, and have everyone clap. THEN they hand me a bouquet of flowers (which I'm allergic to) and tell me I am to walk around the dining room without my walker (Are they kidding? Look at my expression in the picture) I tell them I'm not sure I can do it but I will try if I can hold onto the King. They help me stand and I grab onto the king as if my life depended on it (and it probably does) My crown stayed on when I was sitting down but now that I got up it slides down my head so I try to grab it. It's hard to do because I can't lift my hands very high. I have to bend my head to achieve it. So here I am, my left arm grabbing the King and holding on to the bouquet of flowers, my right arm holding onto the crown that is on my bent over head and my nose starts to run (of course, the flowers) I try to keep my head as far away from the flowers as possible but my nose keeps running. I yell to the King (who is hard of hearing, to stop because I have to wipe my nose) We stop at a table I put my crown on it, pull a Kleenex from my sleeve and wipe my nose. We begin again. This pattern continues as we make our way around the dining room. Everyone is clapping but mostly laughing. Finally we have made it round the room. The King, who I think looks more like a pope because he is wearing a high (purple) crown and a robe, brings me back to where we started. I can't believe my crown stayed on and I didn't fall. I know we didn't look very majestic but at least we made it back alive.

For the rest of the day people congratulated me and then started to laugh. Most of them call me "Your Majesty." The king now calls me "Queenie." It was a day to remember (If I don't get dementia too)



Community Captures



Walking Down Memory Lane

A WALK DOWN
MEMORY
Lane

Our National Assisted Living Week theme this year is "Season Of Reflection" and we're putting together a display to walk down memory lane. We'd love to include your photos and/or items. Items could be a meaningful moment from your life, a fond memory here at the Bluffs, photos of the area from back in the day, or anything that brings back good memories!

Please submit photos, news clippings, or items to Katelyn ASAP by September 6th. Scanning of physical images can be done at the front desk!

Seasons Of Reflection Photoshoot



Join us for a "Then Vs. Now" Reflection Photoshoot on Monday September 11th @ 1:30 PM.

If you have or can get an old photo of yourself, bring it to get your portrait taken to share with your family!

If you don't have a photo- we'd still love for you to join for a "now" photo to share with your family!

Looking forward to a Season of Reflection!





Resident & Family Satisfaction Survey

Activated Insights

In an ever-changing world, it is more important than ever to hear directly from our residents and their families what we are doing well and what we can do to continue to improve. That's why The Bluffs is pleased to announce we will again partner with Activated Insights, a nationally recognized research organization to conduct an online Resident and Family Satisfaction Survey beginning **October 2nd - October 15th**. This survey also provides an opportunity for our community to be recognized, based on your feedback, as part of the U.S. News Best Senior Living program. You will receive your survey via mail, email or text by October 2nd.

September 2023 Activity Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|---|
|  <h1>September 2023</h1>  | | | | | | 1 10:30—Exercise w/ Ann (ER) 12:00—September Birthday Lunch (DR) 2:00—Painting Class w/ Katelyn: Leaf Printing (LIB) No Happy Hour Tonight! |
| 3 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Mennonite Singers (B) | 4 No Exercise This Morning! 11:30—Labor Day Picnic (DR) 1:30 —Afternoon Movie (GR) 3:00—Nintendo Wii Bowling (B) 6:30—Pinocle (LIB) Labor Day | 5 11:30— Lunch @ Ambassador (LD) 2:30—Coffee Chat w/ Iced Latte’s and Raised Donuts (BP) 4:00—Exercise w/ Ann (ER) 6:00—Photo Slideshow Presentation w/ Joe Kirkish (LIB) | 6 10:30—Cardio Drumming (ER) 1:00 —Catholic Outreach w/ Sister Linda (PDR) 1:30 —Afternoon Cinema (GR) 6:30—Pinochle (LIB) 906 Day– Wear your plaid! | 7 10:30—Walmart Shopping Outing (LD) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 6:00—”The Mind Explained” Netflix Docuseries (GR) Bluffs Shirt Day | 8 10:30—Sittercise w/ Katelyn (ER) 1:30—Happy Hands: (LIB) 4:30—Luau Happy Hour w/ Live Music by Bill White (B) | 9 10:30—Crafty Ladies (GR) 1:00—Classic Movie w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:00—Evening Cinema: Resident Choice (GR) |
| 10 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Grandparents Day Social (B) NATIONAL ASSISTED LIVING WEEK! | 11 10:00—Smoothie Social & Walker & Scooter Maintenance w/ Doug (LA) 1:30—Seasons of Reflection Photoshoot (LA) 3:00—Nintendo Wii Bowling (B) 6:30—Pinochle (LIB) Winter White Day | 12 11:30—Lunch Outing: Quincy’s (LD) 2:30—Round Robin Social w/ The Managers 4:00—Exercise w/ Ann (ER) 6:00—Bingo Night Fundraiser for Copper Shores Meals On Wheels (B) Spring Florals Day | 13 7:30-10:00—NALW Pancake Breakfast (DR) 10:30—Cardio Drumming (ER) 1:00 —Catholic Outreach w/ Sister Linda (PDR) 2:00—Sunflower Wreath Craft (LIB) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (CA) 6:30—Senior Suppers Trivia Night w/ Charcuterie & Sangrias (LA) Summer Bright Color or Tie Die Day | 14 10:30—Drive Down Memory Lane & Treats @ Roys (LD) 1:00—\$5 Prize Bingo (LIB) 2:15—Employee Dessert Bake-Off (B) 4:00—Exercise w/ Ann (ER) 4:30-6:00—Bluffs 23rd Anniversary Dinner Dress Up Day | 15 10:30—Sittercise w/ Katelyn (ER) 2:00—Local History Presentation by Park Ranger Karl Larson (BP) 4:30 —NALW Celebration Happy Hour w/ Live Music By Gypsy Soul Fod (B) Bluffs 23rd Anniversary Fall Flannel Day | 16 10:30—Crafty Ladies (GR) 1:00—Classic Movie w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:00—Evening Cinema: Resident Choice (GR) |
| 17 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat w/ Donuts & Cider (KCC) | 18 10:30—Sittercise w/ Katelyn (ER) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 6:30—Pinochle (LIB) | 19 11:30—Lunch Outing: Ming’s Chinese Buffet (LD) 2:30—Name That Tune (LIB) 6:00—Photo Slideshow Presentation w/ Joe Kirkish (LIB) | 20 10:30—Cardio Drumming (ER) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—Resident Welcome Committee Planning Meeting (LIB) 6:30—Pinochle (LIB) | 21 10:30—Dollar Tree Shopping (LD) 10:30—Exercise w/ Ann (ER) 1:30—Outing to Magic Kiln Pottery Studio (LD) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 6:00—”The Mind Explained” (GR) Bluffs Shirt Day | 22 10:30—Sittercise w/ Katelyn (ER) 1:30—Left, Right, Center Dice Game (LIB) 4:30—Happy Hour w/ Live Music by Jan Arnold (DR) | 23 10:30—Crafty Ladies (GR) 1:00—Classic Movie w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:45—The Insiders, Tom Petty And The Heartbreakers Tribute Concert benefiting the Omega House (LD) |
| 24 9:30—Catholic Service Live Stream (GR) 11:00—St. Peter & Paul Lutheran Church Live Stream (GR) 1:30—Pinochle (LIB) 2:30—Coffee Chat w/ Cherries Jubilee Bars (KCC) | 25 10:30—Sittercise w/ Katelyn (ER) 1:30 —Bingo (LIB) 3:00 —Nintendo Wii Bowling (B) 6:30—Pinochle (LIB) | 26 9:00—Breakfast Outing: The Copper Range Depot (LD) 2:00—Baking: Blueberry Cream Cheese Bars (B) 4:00—Exercise w/ Ann (ER) 6:00—Photo Slideshow Presentation w/ Joe Kirkish (LIB) | 27 10:30—Cardio Drumming (ER) 1:00—Catholic Outreach w/ Sister Linda (PDR) 2:00—Music Chimes w/ Jerry (LIB) 3:00—Chapel Service & Hymn Singalong w/ Pastor Eric (CA) 6:30—Pinochle (LIB) | 28 10:30—Econo Shopping Outing (LD) 1:30—Bingo (LIB) 3:00—Nintendo Wii Bowling (B) 4:00—Exercise w/ Ann (ER) 6:00—”The Mind Explained” (GR) Bluffs Shirt Day | 29 10:30—Sittercise w/ Katelyn (ER) 1:30—Game of Cribbage (LIB) 4:30—Happy Hour w/ Live Music (B) | 30 10:30—Crafty Ladies (GR) 1:00—Classic Movie w/ Joe Kirkish (GR) 1:30—Kings In The Corner & Pinochle (LIB) 6:00—Evening Cinema: Resident Choice (GR) |
| <h2>Location Key</h2> | | ER - Exercise Room GR - Gathering Room | B– Ballroom DR– Dining Room LIB - 2nd Floor Library | LA - Lobby Area CA– 3rd Floor Couch Area BL– Back Lawn | LD - Lobby Departure PDR - Private Dining Room KCC– Kolka’s Coffee Corner | *Activities are subject to change |