

ON-SITE COMMUNITY SERVICES TO SCHEDULE APPOINTMENT SEE CONTACTS BELOW.

Leave a message if unavailable.

SALON -
Tracy Osier, Owner
(763) 955-1761

HAIR STYLIST -
Patty Bahl
(763) 955-1761

NAIL TECHNICIAN -
Debra Rangel
(763) 229-5179

AHI PODIATRY -
Jessie Rustad
(952) 283-3169

ASCEND REHABILITATION -
Kystle Plohocky
(612) 268-8752

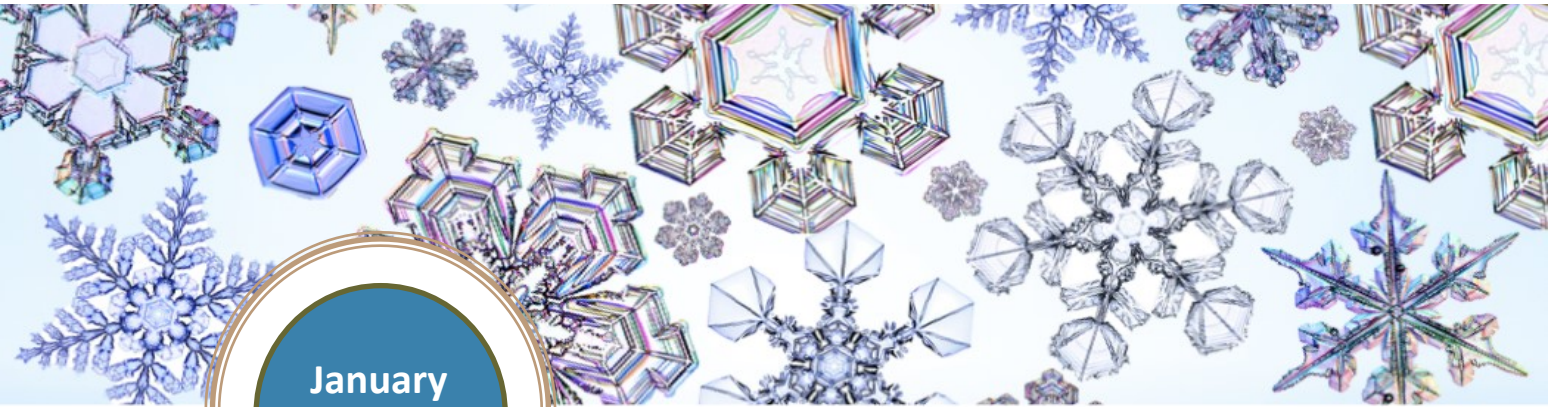
BUTTON ART CLASS

Tuesday, January 23
10:00am
\$10 per person

Button art is a fascinating form of creativity that has gained popularity in recent years. From intricate designs to stunning masterpiece's, artists are using buttons as a medium to create unique and visually appealing artworks.

Please join us as we create simple button art from a variety of patterns. The \$10.00 will cover the cost of supplies.

Tuesday, January 23rd at 10:00am in the Craft Room. All are welcome, please sign-up by January 10th.



VOLUME 103
ISSUE 98

Lifestyle



SILVERCREEK ON MAIN
A SILVERCREST SENIOR COMMUNITY

SILVERCREEK ON MAIN STAFF EMAIL & PHONE LIST

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Director of Res. Services - Roberta Chie	rchie@silvercreekonmain.com	(763) 296-6093
Resident Care Coord.- Anna Phongmany	aphongmany@silvercreekonmain.com	(763) 955-1762 ext. 1738
Director of Dining Services - Melanie Hall	mhall@silvercreekonmain.com	(763) 955-1755
Kitchen Extension - Room Service, Reservations, etc.		(763) 955-1756
Housekeeping - Cheryl Brazil	cbrazil@silvercreekonmain.com	(763) 955-1763
Reception Desk - Shellie , Michelle, Marilyn, Terra, Sandy and Rachel		(763) 955-1751

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DIRECTOR MESSAGE
by Andrea Erickson, Executive Director

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called opportunity, and its first chapter is New Year’s Day.” - Edith Lovejoy Pierce

I love the theme of a new year being a blank book! On behalf of myself and our team at SilverCreek on Main – we look forward to being a part of you and your loved one’s new year – and all the wonderful memories to come - Welcome 2024!

Family Council – We welcome family members and loved ones of our Assisted Living residents to connect with our team if they would like to participate in a SilverCreek on Main Family Council. This would be a family/representative/loved one driven committee that could meet regularly (monthly, or quarterly) to discuss topics/questions. Silver Creek on Main would provide a staff liaison for the Assisted Living Family Council. Reach out to our reception team if you are interested to learn more.

Happy New Year!
Andrea



REFLECTIONS MESSAGE
By: Emily Jass, Director of Reflections

Happy New Year from Reflections!

The past month was a busy one, filled with many wonderful events. We were so happy to host our annual Holiday Open House and enjoyed time with our family and friends. On Tuesday, January 23rd we will be hosting a special Memory Café for our residents and their families led by our resident volunteer, Bill Maus. As we look forward to the start of a new year, we wish you good health and happiness as you embark on 2024. *Emily*

Please Join Us

MAGICAL MOMENTS

MEMORY CAFÉ



Tuesday January 23rd, 2024
6:30pm

SilverCreek on Main
Great Room

RSVP to Emily Jass
Reply by Wednesday January 17th

Hosted by Bill Maus

MOVIES



I can only imagine
January 6th
2:00pm
Rated PG



One who flew over
the cuckoo’s nest
January 13th
2:00pm
Rated R



Cats
January 20th
2:00pm
Rated PG



Bittconned
January 27th
2:00pm
Rated TVMA



We are looking for 2 new members on the leadership team for Resident Council effective January 1, 2024. Resident Council at SilverCreek on Main is an advisory group, of residents, that provides recommendations to various departments in our community.

If you are interested see or call Kathy Zilliox 612-247-3565 or Cora Parker 651-270-8900.

All residents are welcome at these meeting and we encourage you to come and share their thoughts or bring new suggestions to the group.

SILVERCREEK BOOK CLUB Meets every 3rd Wednesday, in the Den at 10:30AM.

HAPPY NEW YEAR
2024!

Games & Cards

Join in any of Silver creek cards or games. Please see the calendar for day/times/ location.

- Mahjong - WE2S
- Game Choice - WE2S
- Rummikub - WE2S
- Cribbage - GR
- **Card Bingo - We need more players. Please join us! Great Room!**
- Derby Horse Racing - GR
- Bridge - WE2S
- Poker - GR
- Hand & Foot - WE2S
- 500 - GR

Creative Groups

Join in any of our creative groups. Check the calendar for date/time/location.

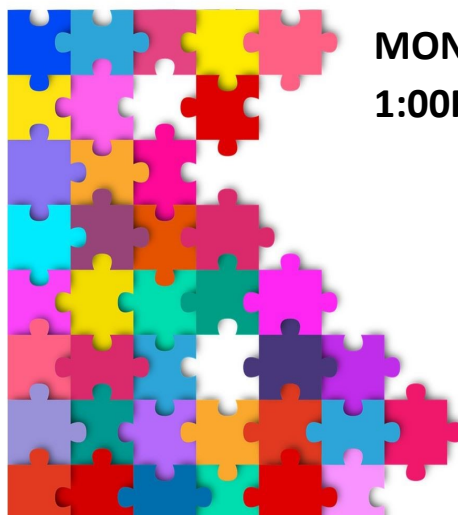
- Quilting Group - CR
- Needle Work Group - CR
- Art of Coloring - CR

Spiritual

We offer many Spiritual outlets. Check the calendar for date/time/location.

- Chapel-Canceled:
- Bible Study - C
- Rosary - C
- Catholic Communion - C

Puzzle Competition



MONDAY, JANUARY 29TH

1:00PM-3:00PM

Join us in the Great Room for a team jigsaw puzzle competition. You may participate alone or bring a team of up to 4 people. Each team will put together the same 300 piece puzzle. Prizes awarded for 1st, 2nd and 3rd place. Please register your team in the sign-up book by Monday, January 22nd.



"Calling all SilverCreek Women

Let's get the new year started by gathering with our friends on Wednesday January 3rd and every Wednesday thereafter at 3:00 PM in the AL dining room."



Writers' Group

2nd

THURSDAY OF THE MONTH 6:30PM

The Whitlock's apartment #212. The next meeting is January 11th. All are welcome who would like to write their life-stories for their own enjoyment &/or for future generations to read.



PROGRAMING MESSAGE

by Suzy Nardini, Director of Programing

Days Filled with Purpose

What do you love to do? Whether it's painting, exercising, singing, or giving back, there are so many ways to enjoy your time at SilverCreek On Main. With our programs, you'll have the chance to take part in a number of hobbies and events that appeal to your interests and passions. Every day, our calendar is full of ways to engage, connect, and have fun alongside your friends. And if we don't already offer your favorite pastime, we'd be happy to add it.

If you'd like to learn more about our programs and events, please contact me and I will help you find a new activity for 2024! You **CAN** find meaning and joy in every day! Get connected! *Suzy*

SHARE AND LISTEN TO
YOUR FAVORITE MUSIC

TRY OUT SOME NEW
RECIPES

SHARE YOUR HOBBIES
AND INTERESTS

PLAY GAMES LIKE
CARDS OR BOARD GAMES

WATCH MOVIES OR TV
SHOWS YOU ENJOY



MARKETING MESSAGE

By: Jennifer Olsen

Happy New Year!

As we turn the page on 2023 and welcome in 2024 with open arms, your Marketing Team would like to express our gratitude for making 2023 such a great year at SilverCreek on Main. The energy you fill this campus with is unmatched. Thank you for always welcoming our newest residents with friendly faces and invitations to join you as they start their next chapter here. Also for being so kind and welcoming to all those that come through these doors for a visit or an event. Your kindness is noticed and appreciated by all.

As we start 2024, Weaver West and East remain fully occupied. We are always looking for more residents willing to show their apartments- please reach out to us if you are willing or have any questions.

We're sure you've been watching the progress on the Town homes. Keep an eye out for upcoming informational meetings, and be sure you're on our Interest list if you are considering one of them. We want to make sure any current residents have priority, so let us know!

We wish you all the best in the coming year! Cheers to family, friends and fellowship in 2024!



DIRECTOR MESSAGE

by Andrea Erickson, Executive Director

Baby It's Cold (or maybe the flu?): When to ask for antibiotics?

Antibiotics can indeed save lives and are vital tools for treating many common and serious infections, such as those that can result in sepsis. But at least 28 percent of antibiotics prescribed in outpatient settings in this country are unnecessary; each year, enough prescriptions are written to provide five out of every six people one antibiotic prescription. Any time you use antibiotics, they can cause side effects and contribute to antibiotic resistance, which happens to be one of the most urgent threats to public health.

Seniors have to watch out for overuse and side effects, as these can result in even more dire complications in the elderly population. Common infections such as urinary tract infections, skin and soft tissue infections, and lower respiratory tract infections frequently occur in the elderly; but the diagnosis of infection isn't always obvious. Oftentimes, symptoms mimic normal signs of aging. Seniors may also have fever without any apparent infection, which further complicates the decision to administer antibiotics.

Physicians may prescribe antibiotics for upper respiratory infections, even though most of these types of infections are viral in nature and won't respond to antibiotics. Doctors concern for patient satisfaction, and severe illness may lead to prescribing antibiotics when they aren't beneficial. Alternative solutions for antibiotics should include suggesting over-the-counter remedies or delaying a prescription if symptoms don't improve.



DECEMBER PHOTOS



Thanks for a
great year!

DECEMBER PHOTOS



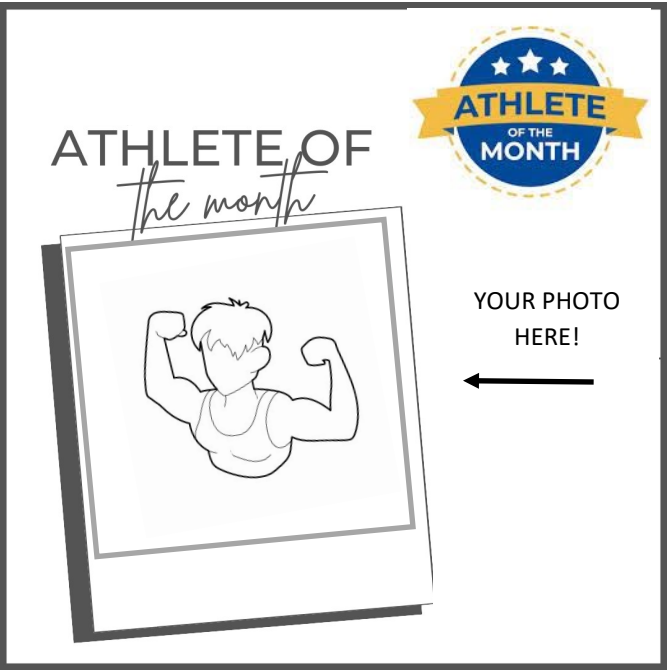
WELLNESS MESSAGE

By: Angela Kalkbrenner, Director of Wellness

Welcome to January and a New Year.

Time to reset. Time to let go of the go, go, do of the holidays. How would you like to see your Wellness Journey progress in 2024?

- Here are some tips to help your reset.
- Get a new perspective on wellness and what it means to you. Planned, purposeful activities that change your focus and create healthy behaviors can help you reset.
- Accentuate the positive, focus on the steps you have taken towards a better you.
- Stay active physically and mentally all year long.
- And aim to be an **Athlete of the Month**. Starting in January your wellness team will be posting a new Athlete each month. This will be someone who demonstrates the benefits and joy of fitness, fun and fellowship. The team will be looking for someone who shows dedication, determination, hard work and who best exemplifies one or more of the Seven Principles of Wellness. Will you be our January 2024 Athlete?



Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45 - 10:30am Beginner Chair Yoga (AS)	9:15 - 10:00am Splash n'Shape (P)	9:45 - 10:30am Chair Yoga (AS)	9:15 - 10:00am Splash n'Shape (P)	9:15 - 10:00am Splash n'Shape (P)	9:45am Walk with Ease (WC)
10:30am BeFit (WC)	9:45am Boxing (WC)	9:45am Walk with Ease	9:45-10:15am Beginner Better Balance (AS)	10:30am BeFit (WC)	
1:00-1:45pm Intermediate Chair Yoga (AS)	10:30am BeFit (WC)	10:30am BeFit (WC)	10:30am BeFit (WE)	10:30am Drumming (WC) AL & EAL	
		1:00-1:45pm Intermediate Chair Yoga (AS)	1:00-1:30pm Intermediate Better Balance (AS)		5

BREAKFAST OUTING

HAPPINESS IN A Skillet

TUESDAY, JANUARY 16TH

9:30AM BUS #1

10:30AM BUS #2



MEN'S LUNCH

SUNSHINE FACTORY

BAR & GRILL

FRIDAY, JANUARY 19TH

10:30am (one bus)

Homey bar & restaurant offering American fare



LADIES LUNCH

yum!

LADIES LUNCH

Tuesday, January 9th

10:30am (one bus)

Bakery & cafe selling a range of from-scratch eats, such as sandwiches, salads & signature cupcakes.



HAPPY HOUR



SKI ON OVER

FOR HAPPY HOUR

AT THE GREAT ROOM

SKI LODGE

18 JANUARY 2024

2:30 PM

SKI PASS

REFLECTIONS DECEMBER PHOTOS



LOOKOUT BAR & GRILL

BINGO OUTING

Join us for Burgers & Bingo on Thursday, January 25th!

1st bus leaves at 11:30am

2nd bus leaves at 12:00pm

Bingo begins at 1:00pm

Please sign-up.

We will only take a second bus if the first bus is full. Bring Cash!



RESIDENTS BIRTHDAYS

Luanne	1-Jan
Jan	1-Jan
Marilyn	3-Jan
Mary	3-Jan
Rita	5-Jan
Linda	5-Jan
Georgia	10-Jan
Barb	11-Jan
Lorraine	14-Jan
Glenn	17-Jan
Nadia	18-Jan
Paul	20-Jan
George	21-Jan
Nancy	22-Jan
Catherine	23-Jan
Marlene	24-Jan
Mary	25-Jan
Eleanor	26-Jan
Cary	26-Jan
Marilyn	27-Jan
Bob	29-Jan
Don	30-Jan
Aileen	30-Jan
Russ	31-Jan
Linda	31-Jan



STAFF BIRTHDAYS

Queenella	1-Jan
Nemomssa	1-Jan
Kpehe	15-Jan
Caely	16-Jan
Yonnie	17-Jan
Davon	23-Jan
Jacob	26-Jan

MARK YOUR CALENDER

UNDECORATE CHRISTMAS



TIME TO TAKE IT ALL DOWN

Wednesday, January 3rd
Thursday, January 4th
10:00am
Great Room
Need Volunteers !

MONDAY JANUARY 15

MARTIN LUTHER KING JR DAY



I have a dream!

In honor of MLK Day, we are showing the MLK/ FBI documentary... Based on declassified files, Sam Pollard's resonant film explores the US government's surveillance and harassment of Martin Luther King, Jr. **Performance Room at 2:00pm.**


HAPPENINGS...



NATIONAL POPCORN DAY

FRIDAY, JANUARY 19TH AT 2:00PM BISTRO

WAYZATA HIGH SCHOOL THEATRE DEPARTMENT PRESENTS



OKLAHOMA!

music by **RICHARD RODGERS**
book & lyrics by **OSCAR HAMMERSTEIN II**
directed by **BRI GRAHAM**

Friday, March 1st
7:00pm - \$12 per person

This is an estimate on time & price because it's not posted yet on their website. Subject to change. 1st bus leaves at 5:30pm - Second Bus leaves at 6:15pm



MINNESOTA HISTORY MUSEUM TOUR

Thursday, January 11th
10:00am– 2:00pm - Cost \$10 per person

Featured Exhibits:

The life & Art of Charles M. Schulz	Native Minnesota MN Greatest Generation
Reframing our Stories	Weather Permitting



Ladies, you're cordially invited to celebrate the joyous union of Gerry and Theresa on their Golden Day...

The Golden Wedding
WATCH PARTY

Thursday, January 4th	6:00pm Reception	7:00pm Watch Party
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Serving Wedding Cake and Drinks
Please bring your own wedding photo to share.

RSVP in sign-up book



NEW RESIDENTS

Bob & Sally


Keith

Mary

Lynette & Mark

STAFF ANNIVERSARIES

Alexa Meyer CNA	1 year
George Masira Resident Assistant	1 year
Karissa Webb Resident Assistant	1 year
Caitlyn Gibbons Wait Staff	2 years
Deborah Bray Wellness Coordinator	2 years
Sam Wallace Wellness Coordinator	2 years
Begeh Dibba LPN/LVN	3 years
Willie Jarue CNA	4 years
Karen Veldhuis CNA	5 years

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day No Bible Study	2 9:30a CRIBBAGE-GR 1:30p SIGN-UPS 2:00p CARD BINGO-GR (\$3.00)	3 9:45a SHOPPING L/O 10:00a CHRISTMAS UNDECOR. 1:30p ART OF COLORING-CR 3:00p WOMANS GROUP-IL 6:30p RUMMIKUB-WE2S 6:30p ROSARY-C	4 CHRISTMAS UNDECOR 10:30a HORSE RACING-GR 12:15 AL-TRIVA/GAMES-ALDR 12:30p POKER-GR 1:00p BRIDGE-W32 6:30p MAHJONG-WE2 6:00p BACHELOR WEDDING-GR	5 9:30a CRIBBAGE-GR 10:00a MEN’S GROUP-TGR 10:30a DRUMMING AL-EAL-WC 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00)	6 12:30p POKER 1:30p ART OF COLORING-CR 1:30a HAND & FOOT-WE2S 2:00p MOVIE– ANNIE
7 1:30p MAHJONG-WE2 6:30a GAME CHOICE-WE2S WELLNESS CENTER CLOSED	8 9:45a MEDICAL RUN & GROCERIES 10:30a BIBLE STUDY-C 1:00a TECH SUPPORT-WE2S 2:00p NEEDLE GROUP-CR 6:30p RUMMIKUB OR CHOICE -WE2S	9 9:30a CRIBBAGE-GR 10:30a LADIES LUNCH-YUM 2:00p CARD BINGO-GR (\$3.00)	10 SHOPPING L/O 9:45a 10:00a CHEF’S TABLE-DR & 500-GR 1:30p RESIDENT COUNCIL-PR 1:30p ART OF COLORING-CR 1:30p RESIDENT COUNCIL-PR 3:00p WOMANS GROUP-IL 6:30p RUMMIKUB-WE2S 6:30p ROSARY-C	11 10:00a HISTORY MUSEUM TOUR 10:30a HORSE RACING-GR 12:15 AL-TRIVA/GAMES-ALDR 12:30p POKER-GR 1:00p BRIDGE-W32 6:30p MAHJONG-WE2 6:30p WRITING GROUP	12 9:30a CRIBBAGE-GR 10:00a MEN’S GROUP-TGR 10:30a DRUMMING AL-EAL-WC 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00)	13 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30a HAND & FOOT-WE2S 2:00p MOVIE – ONE WHO FLEW OVER THE CUCKOO’S NEST
14 10:00a CHAPEL SERVICE 1:30p MAHJONG-WE2 6:30a GAME CHOICE-WE2S WELLNESS CENTER CLOSED	15 MARTIN LUTHER KING DAY 9:45a MEDICAL RUN & GROCERIES 10:30a BIBLE STUDY-C 2:00p MLK—DOCUMENTRY-P 2:00p NEEDLE GROUP-CR 6:30p RUMMIKUB OR CHOICE -WE2S	16 9:30a CRIBBAGE-GR 9:30a BREAKFAST OUTING-VILLAGE INN 2:00p CARD BINGO-GR (\$3.00)	17 9:45a SHOPPING L/O 10:30a BOOK CLUB-WED 11:45a AL TOWN HALL-ALD 1:30p ART OF COLORING-CR 2:00p IL TOWN HALL-PR 3:00p WOMANS GROUP-IL 6:30p RUMMIKUB-WE2S 6:30p CATHOLIC COMMUNION	18 10:30a HORSE RACING-GR 12:15 AL-TRIVA/GAMES-ALDR 12:30p POKER-GR 1:00p BRIDGE-W32 2:30p HAPPY HOUR-GR 6:30p MAHJONG-WE2	19 9:30a CRIBBAGE-GR 10:30a DRUMMING AL-EAL-WC 10:30a MEN’S LUNCH-SUNSHINE FACTORY 2:00p NATIONAL POPCORN DAY TASTE SAMPLING-B 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00)	20 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30a HAND & FOOT-WE2S 2:00p MOVIE – CATS
21 1:30p MAHJONG-WE2 6:30a GAME CHOICE-WE2S WELLNESS CENTER CLOSED	22 9:45a MEDICAL RUN & GROCERIES 10:30a BIBLE STUDY-C 2:00p NEEDLE GROUP-CR 6:30p RUMMIKUB/CHOICE	23 10:00a BUTTON ART CLASS Craft Room 9:30a CRIBBAGE-GR 2:00p CARD BINGO-GR (\$3.00) 6:30p MAGIC MOMENTS MEMORY CAFÉ— REFLECTIONS ONLY	24 9:45a SHOPPING L/O 1:30p ART OF COLORING-CR 3:00p WOMANS GROUP-IL 6:30p ROSARY-C 6:30p RUMMIKUB-WE2S	25 10:30a HORSE RACING-GR 11:30a BINGO OUTING– BUS #1 12:00p BINGO OUTING– BUS #2 12:15 AL-TRIVA/GAMES-ALDR 12:30p POKER-GR 1:00p BRIDGE-W32 6:30p MAHJONG-WE2	26 9:30a CRIBBAGE-GR 10:00a MEN’S GROUP-TGR 10:30a DRUMMING AL-EAL-WC 2:00p QUILT GROUP-CR 2:00p CARD BINGO-GR (\$3.00)	27 12:30p POKER-GR 1:30p ART OF COLORING-CR 1:30p HAND & FOOT-WE2S 2:00p MOVIE – BITTCONNED
28 10:00a CHAPEL SERVICE 1:30p MAHJONG-WE2 6:30a GAME CHOICE-WE2S WELLNESS CENTER CLOSED	29 NATIONAL PUZZLE DAY 9:45a MEDICAL RUN & GROCERIES 10:30a BIBLE STUDY-C 1:00p PUZZLE CHALLENGE– GR 2:00p NEEDLE GROUP-CR 6:30p RUMMIKUB/CHOICE	30 8:00a SPEAKER-UNDERSTANDING DEPRESSION—ILDR Watch for Details 9:30a CRIBBAGE-GR 2:00p CARD BINGO-GR (\$3.00)	31 9:45a SHOPPING L/O 1:30p ART OF COLORING-CR 3:00p WOMANS GROUP-IL 6:30p RUMMIKUB-WE2S 6:30p ROSARY-C			Purple– Activities Peach- Shopping/Medical Blue - Meetings Brown-Men's/Women's Groups

LOCATION GUIDE AS=Aerobics Studio						
P=Pool WC=Wellness Center CY=Court Yard		L=Library PDR=Private Dining Room B=Bistro		ALDR=Assist. Dining Room DR=Dining Room GR=Main FL. Game RM.		
				TGR=The Great Room L/O=Lobby/Outing P. Lot=Front Parking Lot RF1=Reflections 1st Floor		
				RF2=Reflections 2, 3, 4 FL. CR=Craft Room C=Chapel PR=Performance Room		
				FR=Family Conference RM. WED=Weaver East Den WE1M=Weaver E. Midway WE2S=Weaver E. Study		
				WE3G=Weaver E. Game R. WE4B=Weaver E. Bird Nest		