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

Leave a message if unavailable.

SALON -

Tracy Osier, Owner (763) 955-1761

HAIR STYLIST -

(763) 955-1761 Patty Bahl

NAIL TECHNICIAN -

Debra Rangel (763) 229-5179

AHI PODIATRY -

(952) 283-3169 Jessie Rustad

ASCEND REHABILITATION -

Krystle Plohocky (612) 268-8752

THE LONGEST DAY



Monday June 17th: Raffle Opens

Tuesday June 18th: Reflections Event

Wednesday June 19th: Juneteenth Vendors

Pie In Face with Staff

Thursday June 20th: NuStep Challenge **Featuring Police and Fire Step Off**

Friday June 21st: Pig Roast Supper & Music, Chef Barbecue Sauce Challenge, **Raffle Drawing**

SILVERCREEK ON MAIN STAFF CONTACT LIST

Executive Director - Andrea Erickson	aberickson@silvercreekonmain.com	(763) 955-1753
Assistant Executive Director - Kristin Yang	kyang@silvercreekonmain.com	(763) 955-1995
Marketing Director - Jennifer Olson	Jolson@silvercreekonmain.com	(763) 955-1752
Marketing Associate - Haylie Conzet	hconzet@silvercreekonmain.com	(763)-269-6094 or ext. 1739
Director of Programs - Suzy Nardini	snardini@silvercreekonmain.com	(763) 955-1771
Director of Reflections - Emily Jass	ejass@silvercreekonmain.com	(763) 955-1992
Director of Wellness - Angela Kalkbrenner	akalkbrenner@silvercreekonmain.com	(763) 955-1759
Wellness Coordinator - Deb Bray	dbray@silvercreekonmain.com	(763) 955-1758
Wellness Coordinator - Sam Wallace	swallace@silvercreekonmain.com	(763) 955-1758
Clinical Director - Gladys Aakre, RN	gaakre@silvercreekonmain.com	(763) 955-1770
Nurse - Loretta Gborplay, RN	lgborplay@silvercreekonmain.com	(763) 955-1769
Director of Admin - Caely Boerboom	cboerboom@silvercreekonmain.com	(763) 955-1754
Director of Res. Services - Thea Anderson	tanderson@silvercreekonmain.com	(763) 296-6093 ext. 1738
Resident Care Coord Anna Phongmany	aphongmany@silvercreekonmain.com	(763) 955-1762
Director of Dining Services - Melanie Hall	mhall@silvercreekonmain.com	(763) 955-1755
Kitchen Extension		(763) 955-1756
Housekeeping - Cheryl Brazil	cbrazil@silvercreekonmain.com	(763) 955-1763
Reception Desk - Shellie, Michelle, Marilyn,	(763) 955-1751	

"ALL WORK ORDER REQUESTS DURING AND AFTER BUSINESS HOURS: (763) 955-1751"



LIVE THE LIFE YOU LOVE



INSIDE THIS ISSUE From Us to You Reflections **Healthy Choices** The Full Helping 6-7 Calendar 8 - 9 Happenings 10 Artisan 11 **Books & Movies** 12 Faith 16 Celebrations 14 Reminders 15 Contacts 16



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FROM US TO YOU

MONTHLY MESSAGES FROM SILVERCREEK

A MESSAGE FROM THE EXECUTIVE DIRECTOR

by Andrea Erickson

Will the old adage of "April **Showers bring May** Flowers" hold true? After the interesting "winter" we have had - we are all wondering what our Spring will look like!

Here's to hoping for sunshine, warmth, and **Spring flowers! During** the month of April, we will pause to show appreciation to some of our valuable team members.

SilverCreek on Main we will be recognizing "Volunteer Appreciation" week, and "Administrative Professionals" Day. Join us in thanking our wonderful volunteers and our amazing Reception **Desk team for ALL they** do!!!



EXECUTIVE DIRECTOR ANDREA



ASSISTANT ED KRISTIN



REFLECTIONS DIRECTOR **EMILY**



MARKETING DIRECTOR IENNIFER



PROGRAMMING DIRECTOR SUZY



DIRECTOR OF NURSING GLADYS



DINING **MELANIE**



WELLNESS CTR DIRECTOR ANGELA



DIRECTOR OF ADMIN CAELY



DIRECTOR OF **RES. SERVICES THEA**

REMINDERS

COMMUNITY UPDATES, REMINDERS AND NEWS SPRING CLEANING - DONATE UNWANTED ITEMS

SCAM ALERT

Watch out! Scammers target everyone.

RECOGNIZE SCAMMERS. THEY MAY:

- Pretend to be from an agency or organization you know.
- Say there's a problem or promise a prize.
- Pressure you to act immediately.
- Tell you to pay in a specific way.

AVOID A SCAM

HOW TO AVOID A SCAM:

- Remain Calm. Talk to someone you trust.
- Hang up or ignore the message. Do Not click on links or attachments.
- Protect your money. Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.

SPRING CLEANING

Friday, April 5th drop off your boxes or bags of unwanted items in the Great Room between 11:00am and 1:00pm. We will load those items on our bus to be donated to CROSS Services. Furniture not accepted.

PODIATRY

Remember to sign up for your podiatry appointments for April.

HVAC SYSTEMS

Why change your HVAC Air Filter?

Here's a reason to change your HVAC system's filter on a regular basis. A clean filter improves the air quality in your home by collecting particles like pollen and dust. If you go too long without a filter change, you will breathe in more contaminants.

SilverCreek on Main is scheduled for HVAC Filter Changes in April. Please see the flyer notice sent out earlier this month with your scheduled week of service.

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CELEBRATIONS

BIRTHDAYS, ANNIVERSARYS, AWARDS AND NEW RESIDENTS

NEW RESIDENTS

MIKE & JUDY **FAITH**

BIRTHDAYS

- 3-APR LEOLA
- CORRINE 5-APR
- EVON 5-APR
- 5-APR STAN
- BARB 6-APR
- DICK 6-APR
- 6-APR ROGER
- 7-APR PHYLLIS
- 7-APR PHYLLIS
- 8-APR DAVE
- 8-APR GLENN
- LOIS 8-APR
- CORA 9-APR
- BARBARA 11-APR
- 11-APR SUE
- 13-APR IVAN
- 13-APR JOANNE
- 14-APR MARV
- 14-APR DIANA
- 15-APR JERILYNN
- 16-APR BOB
- 17-APR CAROL
- 18-APR BERNIE
- 19-APR JOHN
- 22-APR BOB
- 23-APR DARLENE
- 23-APR MARLENE
- 26-APR MARY
- 27-APR MARY
- 29-APR MERLE
- 29-APR FARIS
- 30-APR KAREN

STAFF BIRTHDAYS

13-APR ALEXA MEYER

14-APR LILLIAN O'BRIAN

18-APR IENETTE KROMAH

19-APR BRENNA MEADE

21-APR KEBEH SOKODOLO

25-APR ELIZABETH DELLWO

26-APR TESFAYE FORSIDO 28-APR DENEEN JOSEPH

30-APR ABIGAIL HICKS

STAFF ANNIVERSARYS

CATFISH LOKKEN **BUS DRIVER 5 YEARS** 4/30/2019

LINDA MURPHY LPN/LVN 1 YEAR 4/5/2023

YONNIE BROOKS **RESIDENT ASSISTANT 6 YEARS** 4/26/2018

APRIL EMPLOYEE OF THE MONTH OF THE MONTH

MARCH **EMPLOYEE**

Tracie Garcia



Sandy Tilton



REFLECTIONS

HIGHLIGHTS FROM MEMORY CARE

Have you ever wondered why someone with dementia may no longer be able to talk but they can still sing all four verses to their favorite songs? The part of the brain that learns and stores music and rhythm is a different area than where our language and speech is kept and seems to be less affected by dementia. Music has a positive effect on people living with dementia in all stages. Music can even trigger the release of dopamine, a chemical in the brain, that stimulates a person to feel happy. So this is a time to really connect, play an old song and sit back and listen to it together. You can attend one of our live music singalongs or if you have the skills, play an instrument with them or for them. Have a great month!



HAPPY Living in Reflections







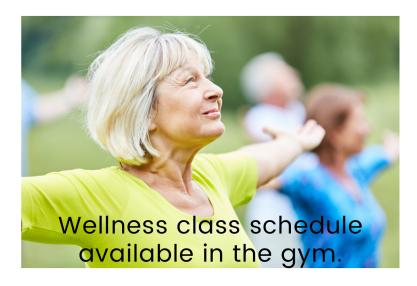


Hi! My name is Erin Dorn, and I am one of the new Reflections Coordinators at SilverCreek. I graduated from Minnesota State University, Mankato, with a bachelor's degree in Psychology and a minor in Health Science. During my time at Minnesota State, I gained experience as a research assistant in the psychology department. After completing my degree, I took some time away from my professional career to care for a relative with Alzheimer's. In my free time, I enjoy being outdoors and engaging in recreational activities, as I have been a ski instructor for two years. In addition to skiing, I enjoy hiking, mountain biking and camping. I also like to read and recently began learning to play the acoustic guitar. I am very excited to start working at SilverCreek and to learn all about your loved ones. I look forward to meeting you all!

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HEALTHY CHOICES

MONTHLY MESSAGES FROM WELLNESS CENTER, DINING AND NURSING



The Benefits of Socialization Melanie - Director of Dining

"We can safely say that few, if any of us, eat as well alone as we do when dining with others," shares some SilverCreek residents. Sure, dining at home is great on occasion, but socialization when dining has been shown to improve appetite and mood and encourage more healthy food choices and lifestyle.

The benefits of a social environment for seniors cannot be understated. At SilverCreek, we're always finding ways to connect residents in meaningful ways.

At SilverCreek we ensure that our dining rooms are inviting and welcoming. Friends and family are always invited to join residents – we love having visitors!

If you are new to our community or just want someone else to dine with, try out "The Table". Its a table reserved for residents to come together and dine. Look for the signs in the Bistro and IL Dining Room.

Fitness Center Angela Kalkbrenner Director of Wellness

Breathe is a verb, meaning to draw air into your lungs and expel it again. To breathe is to inhale air and to exhale it once more. Breathing properly using the diaphragm to expand the abdomen reduces stress, controls the nervous system, and encourages the body to relax, bringing about a range of health benefits.

Sit comfortably and lift your ribcage to expand your chest. Place one hand on your chest and the other on your abdomen. Take notice of how your upper chest and abdomen move while you breathe. Focus on your breath, gently breathe in and out through your nose. Your upper chest should be still, allowing your diaphragm to work efficiently with the expansion of your abdomen.

With each breath, allow the tension to slip away out of your body. Once you are breathing slowly and with your abdomen, sit quietly and enjoy the sensation of physical relaxation.

CPR

TRAINING

Are you interested in CPR training? We are considering coordinating a CPR class at SilverCreek and would like to know how many would be interested. Please sign-up if interested. Class will cost approximately \$80 per person. No date has been chosen yet for the event.

FAITH

WORSHIP AND PRAYER

SERVICES

Every Sunday 10:30pm Chapel

ROSARY

1st, 2nd & 4th Wednesdays 6:30pm Chapel

COMMUNION

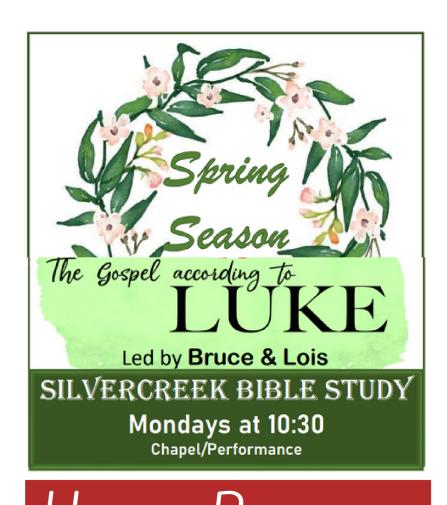
2nd Wednesdays 6:30pm Chapel

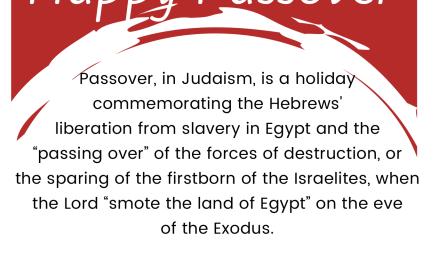
OPEN PRAYER

When the chapel is not in use

FLOWERS

If you would like to donate flowers for our Sunday services, please reach out to Suzy.



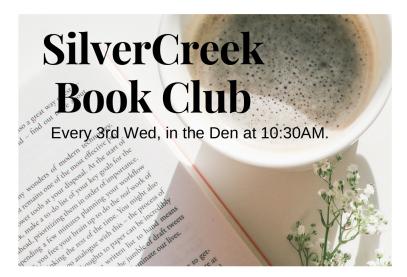


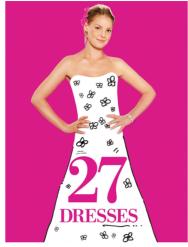
The Passover holiday begins before sundown on Monday, April 22, 2024, and ends after nightfall on April 30, 2024.

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BOOKS & MOVIES

MONTHLY MESSAGES FROM SILVERCREEK

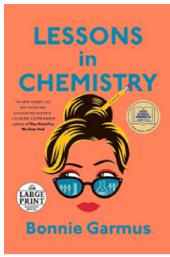


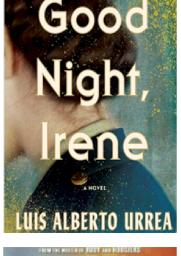


Romantic Comedy April 6th 2:00pm Rated PG13

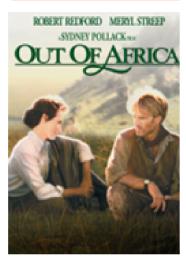
After serving as a bridesmaid 27 times. a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with.







JUNE BOOK





In 20th-century colonial Kenya, a Danish baroness/plantation owner has a passionate love affair with a free-spirited big-game hunter.



Inspiring April 27th 2:00pm Rated PG13

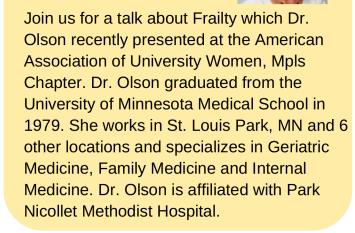
Freddie Steinmark, an underdog on the gridiron, faces the toughest challenge of his life after leading his team to a championship season.

MONTHLY MESSAGES FROM WELLNESS CENTER, DINING AND NURSING

Health & Wellnes Speaker Dr. Jennifer Olson Geriatric Physician

Tuesday, April 23rd 10:00am

Performance Room



OTHLETE OF THE MONTH

John is a regular at the Wellness Center. Strength training and cardio are his focus here at SilverCreek on Main. However, back in the day John was a Little All-American basketball player at Wartburg College. A recent injury has presented some challenges for John, but he never gives up. We love his wonderful sense of humor!



Nursing **Gladys Aakre Director of Nursing**



Spring Cleaning.... Your medicine cabinet! We all have them-those bottles that get pushed to the back, forgotten, or not often used. While some expired medications may retain their efficacy, it's crucial to exercise caution and adhere to best practices. Some medicines- like liquids, inhalers, creams or lotions have much shorter expiration dates.

Others, when stored properly could remain good for months even years beyond their expiration date. Here are a few tips to help keep you safe:

- Check for Signs of Degradation: Inspect medications for any changes in color, texture, or odor. If a drug appears altered in any way, it should be discarded immediately.
- Follow Storage Guidelines: Store medications in a cool, dry place away from direct sunlight. Avoid storing them in the bathroom or kitchen, where humidity levels fluctuate.
- Dispose of Expired Medications Properly: Many pharmacies and community centers offer medication disposal programs to safely discard expired or unused drugs. Flushing medications down the toilet or throwing them in the trash can have adverse environmental consequences.

Remember, while expiration dates serve as important guidelines for medication use, they should not be viewed as absolute indicators of efficacy or safety. Stay informed, stay safe, and don't let misconceptions about expiration dates cloud your judgment when it comes to managing your medications.



Drama April 13th 2:00pm Rated PG13

Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computergenerated analysis to acquire new players.

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THE FULL HELPING

SILVERCREEK **DINING IN** HIGHLIGHTS







THURSDAY, APRIL 4TH 12:00 NOON BISTRO

A Build-Your-Own Waffle Bar with all the toppings to choose from is a fabulous and fun way to have lunch. How would you top your perfect waffle?

SPRING FLING DINNER THURSDAY, APRIL 11TH

5:00PM IL DINING ROOM RESERVATION ONLY

We are so happy to introduce you to our new Spring menu! With new dishes custom-made by our chefs, our new menu is filled with delicious meals ready for you to experience. Whether you're into meat, fish or veggie, we have the right dish for you!



TACO BAR LUNCH
TUESDAY, APRIL 23RD
BISTRO

Everything you need to Build-your-own tacos with seasoned beef, chicken and all the fixings. Served with Spanish rice, spiced beans and tortilla chips and salsa.

ARTISAN AVENUE

ART CLASSES, CREATIVE GROUPS AND MORE...

COMMUNITY GARDEN LEADERS!



We are looking for individuals to form a gardening committee.

It is an asset, but not a requirement, if you:

 Have experience with gardening, farming, or landscaping

If you are interested or want more information, please email Suzy at snardini@silvercreekonmain.com or sign-up in our books.

ART SHOW AND HAPPY HOUR



THURSDAY, MAY 23, 2024
FEATURING SILVERCREEK ARTISTS
ALL ART MEDIUMS WELCOME
If you would like your art displayed,
please sign up with your name, apt.#,
medium type and your display needs
in our sign-up book.

MOTHERS DAY IS JUST AROUND THE CORNER!



MONDAY, APRIL 22, 2024 1:00PM CRAFT ROOM Join us in creating beautiful mothers day sea glass necklaces.

groups!

Needle Works

Monda<mark>y at 2pm</mark> Craft Room

Art of Coloring

Wednesdays at 1:30p Craft Room

Quilting Group

Friday at 2pm Craft Room

Open Crafting

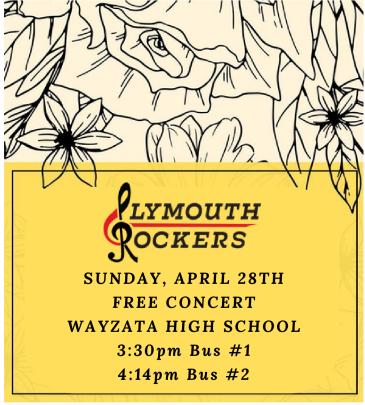
Your projects, our space
Open during off class times

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HAPPENINGS

EVENTS AND ENTERTAINMENT









THURSDAY, APRIL 25TH 10:00AM **PLEASE SIGN-UP ONE BUS**



RESTURANT DINING OUT OPPORTUNITIES



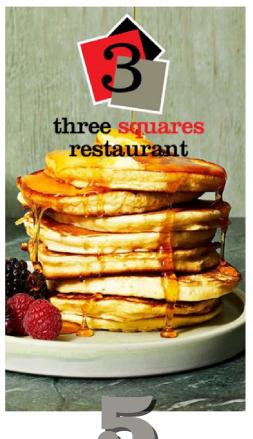






LADIES LUNCH THURSDAY, APRIL 16th 10:45am - Please sign-up.

Casual, healthy restaurant. Enjoy made-from-scratch salads, grain bowls & smoothies crafted with fresh ingredients daily.. We craft every menu item daily to be full of flavors that are balanced, wholesome and unique, keeping your palate satisfied and your body nourished.



BREAKFAST OUTING THURSDAY, APRIL 9TH

9:30am - Bus #1 10:00a - Bus #2. We've always got something savory and unexpected to serve for breakfast. By serving up some of Maple Grove's tastiest and most unique made from scratch flavors for over a decade, our aim is to make life taste better. When you choose to eat at 3 Squares Restaurant we hope it feels like home every time you dine with us!



MEN'S LUNCH FRIDAY, APRIL 19TH 10:30AM - Please sign-up

Big Bore Barbecue is 100% wood-fired, Texas-style, dry-rubbed, craft barbeque. Sourcing sustainable, local farm-to-table meat. There's barbecue and then there's our barbecue. There's nothing corporate about our food. You'll find our savory barbecue simply satisfying.

APRIL CALENDAR 2024



			<u> </u>			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Medical/Shop 10:30p Bible Study-C 1:00p Women's Poker-GR 2:00p Needle Group-CR 6:30p Rummikub-WE2S	2 EVENT SIGN-UPS 9:30a Cribbage-GR 10:00a Event Sign-ups-PR 1:00p Arm Chair Travel-PR 2:00p Card Bingo-GR	3 Shopping 1:30p Art of Coloring-CR 3:00p Women's' Group-GR 6:30p Rosary-C	 4 Twins Opener 12:00p Waffle Buffet - B 12:15p AL Trivia-ALDR Bridge 1:00p WE2S 1:30p Veteran Group - Den 6:30p Mahjong-WE2 	Podiatry 9:00am 9:30a Cribbage-GR 10:00a Men's Group-TGR 10:30a Drummer Class-WC 11:00a Donation-GR 1:00p Tech Help-WE2S 2:00p Quilting Group-CR 2:00p Card Bingo-GR	6 12:30p Poker 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - 27 Dresses
7 Wellness Ctr. Closed 10:30a Sunday Service-C 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	8 Medical/Shop 10:30p Bible Study-C 1:00p Women's Poker-GR 2:00p Needle Group-CR 6:30p Rummikub-WE2S	9:30a Cribbage-GR 9:30aa Breakfast Outing - Three Squares 2:00p Card Bingo-GR	10 Shopping 10:00a Chef's Table-DR 10:00a 500-GR 1:30p Art of Coloring-CR 3:00p Women's' Group-GR 6:30p Rosary-C	10:00a Fashion Show-PR 12:15p AL Trivia-ALDR Bridge- 1:00p WE2S 5:00p Spring Fling-ILDR 6:30p Mahjong-WE2	9:30a Cribbage-GR 10:00a Men's Group-TGR 10:30a Drummer Class-WC 2:00p Quilting Group-CR 2:00p Card Bingo-GR	12:30p Poker 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - MoneyBall
14 Wellness Ctr. Closed 10:30a Sunday Service-C 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	15 Medical/Shop 10:30p Bible Study-C 1:00p Women's Poker-GR 2:00p Needle Group-CR 6:30p Rummikub-WE2S	9:30a Cribbage-GR 10:45p Ladies Lunch - Crisp & Green 2:00p Card Bingo-GR	17 Shopping 11:45a AL Town Hall-ALD 1:30p Art of Coloring-CR 2:00p IL Town Hall-PR 3:00p Women's Group-GR 6:30p Catholic Communion	18 12:15p AL Trivia-ALDR Bridge- 1:00p WE2S 5:00p Elegant Dinner-ILDR 6:30p Mahjong-WE2	9:30a Cribbage-GR 10:30a Men's Group-Big Bore BBQ 10:30a Drummer Class-WC 2:00p Quilting Group-CR 2:00p Card Bingo-GR	20 12:30p Poker 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - Out of Africa
21 Wellness Ctr. Closed 10:30a Sunday Service-C 12:00p Lunch-ILD 1:30p Mahjong-WE2 6:30p Game Choice-WE2S	22 Medical/Shop 10:30p Bible Study-C 12:30p Necklace Making 1:00p Women's Poker-GR 2:00p Needle Group-CR 6:30p Rummikub-WE2S Passover Begins	9:30a Cribbage-GR 10:00a Speaker - Aging 12:00p Taco Bar - B 2:00p Card Bingo-GR	24 Shopping 1:30p Art of Coloring-CR 3:00p Women's' Group-GR 6:30p Rosary-C	25 10:00a Little Six Casino 12:15p AL Trivia-ALDR Bridge- 1:00p WE2S 6:30p Mahjong-WE2	9:30a Cribbage-GR 10:00a Men's Group-TGR 10:30a Drummer Class-WC 2:00p Quilting Group-CR 2:00p Card Bingo-GR	27 12:30p Poker 1:30p Art of Coloring-CR 1:30p Hand & Foot-WE2S 2:00p Movie - My All American
28 Wellness Ctr. Closed 10:30a Sunday Service-C 12:00p Lunch-ILD 1:30p Mahjong-WE2 3:30p Plymouth Rockers 6:30p Game Choice-WE2S	29 Medical/Shop 10:30p Bible Study-C 1:00p Women's Poker-GR 2:00p Needle Group-CR 6:30p Rummikub-WE2S	309:30a Cribbage-GR2:00p Card Bingo-GRPassover Ends	LOCATION GUIDE AS = Aerobics Studio P = Pool WC= Wellness Center CY= Court Yard L- Library	PDR= Private Dining B = Bistro ALDR= AL Dining DR = IL Dining TGR = Great Room L/O = Lobby/Outings	RF2 = Reflections 2 CR = Craft Room C = Chapel	WED = Weaver E Den WE1M = Weaver E Midway WE2S = Weaver E Study WE3G = Weaver E Game WE4B = Weaver E Birds Nes