Monthly Highlight Events

- Friday, August 4  2:00  "faBILLous" Moments in Music
- Thursday, August 10  1:00  Trip to Trader Joes
- Friday, August 11  2:00  Speaker David Jones: 1936 Olympics: The Nazi Games
- Wednesday, August 16  2:00  Happy Hour and Music with Colleen Hiebler
- Friday, August 18  1:30  Eden Prairie High School vs The Colony Football Game
- Friday, August 25  2:00  Birthday Party and Music with John Bury
- Tuesday, August 29  1:00  Let's Go Fishing trip to Riley Lake

Recurring Events

Wellness Clinic
- Thursday, August 17th
10:30am-12:00pm (CR)
Blood pressure, oxygen saturation and weight are checked as well as pendant batteries. No need to sign up. Free service.

Podiatrist. On-Site Care
- Friday, August 4th
1:00pm-3:15pm
- Friday, August 24th
9:30am-Noon
Location: Home Care office - First Floor Whirlpool room. Sign up at the Front Desk.

Team Member of the Quarter

Remember to vote for Team Member of the Quarter by the end of August. This is your chance to recognize a Team Member who goes above and beyond; someone who encourages you to THRIVE! We will tally votes at the end of the month and award a recipient for the fall quarter.

Friends Make the Best Neighbors!

Did you know that you can pick your neighbors and get paid for it at the same time? Refer a friend who moves into The Colony and you will receive a $500 rent credit after the new resident has been living at The Colony for six months.

For more information on our "Refer a Friend" program, please contact:

Maggie McWilliams - Senior Living Consultant
Ph #: 952-697-0607

News From Jennifer

During the month of August, we focus on "relationships." As such, it is fitting that we have our exciting annual football game against the Eden Prairie High School Football Team on August 18th from 1:30 to 3 p.m. here at our community. After the football game, our team members will have a hot dog eating competition against the football players. This annual event is a testament to both The Colony and the Eden Prairie High School Football Team's strong commitment to this wonderful city. Please plan to attend and cheer us on as last year we won the football game and the hot dog eating contest with the help of all of your cheering!

Speaking of relationship, it is critical to nourish the relationships that you cherish. For me, although my relationships with many people I had while I was a child have changed because we have moved on with our lives, many of the lessons and joys I shared with those people help define who I am today. Each has taught me lessons to live by and learn from. One theme overall is to take time out of your day to tell someone you care and that they are important to you. Sometimes we tend to take relationships for granted and we all need those little reminders of how much we mean to one another. As they say, take time to stop and smell the roses; and, don't forget to enjoy this summer weather!

As always I leave you with a quote:
The better you know yourself, the better your relationship with the rest of the world.
-Toni Collette

We give a heartfelt Colony welcome to:

Harold & Mag A. #111
Joan H. #202
Ward & Raney K. #109
Mary Ann P. #201
Connie S. #302

We are glad you are here!
Health & Wellbeing

Remember the Velveteen Rabbit?
As we focus on relationships this month, I decided to write about my favorite book, “The Velveteen Rabbit”. It’s such a classic and so beloved that I think it deserves to be written about again and again. There has always been one part of the book that has stood out for me, and that is when the stuffed animal, Rabbit, asks his toy friend Skin Horse what it’s like to be “real.” “What is REAL?” asked the Rabbit one day. “Does it mean having things that buzz inside you and a stick-out handle?”

“Real isn’t how you are made,” said the Skin Horse. “It’s a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real.”

“Does it hurt?” asked the Rabbit.
“Sometimes,” said the Skin Horse, for he was always truthful. “When you are Real you don’t mind being hurt.”
“Does it happen all at once, like being wound up,” he asked, “or bit by bit?”
“It doesn’t happen all at once,” said the Skin Horse. “You become. It takes a long time. That’s why it doesn’t happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don’t matter at all, because once you are Real you can’t be ugly, except to people who don’t understand.”

Skin Horse is a wise soul. It’s a beautiful thing to not only be loved, but to love so deeply.

Love and Light and Everything Bright and Beautiful,
Holly

Chef's Corner

Fall Menu Tasting
Wednesday, August 9th
1:30pm
Community Room

Join The Waters at THE WALK TO END ALZHEIMER’S ROCHESTER & MINNEAPOLIS
As a proud sponsor and partner with the Alzheimer's Association, The Waters is on a mission to have the largest walking team in Rochester and in Minneapolis at the Walk to End Alzheimer's.

We invite you to join our walking team. There is no cost to join, no fundraising requirements, and you will receive a free special edition t-shirt. It is a great event, and fun for the whole family.

Visit www.TheWaters.com/ALZ to register and pick up your t-shirt at one of three convenient locations (The Waters of Highland Park, The Waters on 50th or The Waters Corporate Office) from August 7 - September 8.

Heirloom: In July we enjoyed two recipes from The Waters at The Colony: Jean Martin’s Baked Steak with Onions served with Judy Gerszewski’s Scalloped Corn. Feedback was excellent. Our next Heirloom recipe comes all the way from the UK via Mayowood. On August 16 we’ll have a Cornish Pasties recipe submitted by Pat Scripture. We’re still accepting recipe submissions. Please help us finish out the year strong with some of your favorite dishes. Ask for a submission form at the Concierge desk or in the restaurant.

Superfood of the Month: Melon
Melons can contain up to 94% water, making them a great choice to help us stay hydrated. Beyond that, melons are also packed with vitamins, minerals and other antioxidants. All melons are thought to have originated in India. The first recorded watermelon harvest took place nearly 5,000 years ago in Egypt. Cantaloupes are named for the papal gardens of Cantaloupe, Italy, where some historians say this variety of melon was first grown. This month, enjoy melons!

Concierge Corner

August Birthdays

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Check out our August Birthday board in the lobby for some fun facts about everyone’s favorite August birthdays and the beautiful birthday girl of the month, Holly.
Out and About by Bob Wilkins

There are Blue Cranes, Whooping Cranes, and Sandhill Cranes. But the crane that was parked by our front door on June 26th was a “Whooper Crane.” It needed to be. Its job was to remove five huge air conditioning units from The Colony roof and replace them with new units. These air conditioners take care of the kitchen, the two dining rooms, the community room, the exercise rooms and the hallways. Our apartments have individual units located with the furnace. With summer temperatures ranging in the 80’s and occasionally the 90’s, it is a challenge these air conditioners handle easily. Most of us are all old enough to recall the unpleasantness of their absence – the double whammys of high heat and humidity from which there was no escape. Even the movie theaters started with ‘air cooling’ – air blowing over blocks of ice – which actually increased the humidity and felt ‘chilly.’ This made it a good excuse to put your arm around your date.

Summers Days: Mine at the Arboretum on Wednesday, July 12th was rewarded by lilies at their peak, some over six feet tall, and with spectacular blooms of many colors. A low-profile yucca cactus with 3 bright yellow blossoms. The geese, of course, leaving their calling cards on the walking paths, but their better behaved brethren, five wild turkey, prancing about on their very long legs. The shrub roses are still abundant but diminishing. The number of visitors was nominal, probably the sun and heat. The formal gardens of the Visitors Center are brilliant with summer annuals.

The Sounds of Summer: We long for summer’s greenery but it comes with a price: riding mowers top decibel levels, with blowers a close second. Residents at the west end of the building get the “Topper.” Every Monday the basement trash bins are hauled out to the driveway. There the Republic Trucks not only empty them, but shake them - boom, boom, BOOM!!

But the sounds I like best are the twittering of song birds, and the cheery greetings of Colony residents.

The exercise room on 2nd Floor plus the adjacent Aegis Room are now open 24/7. So we no longer have “they were closed” as an excuse for not attending. Go for it!

Servers: It is time to salute the Evening Servers! Veterans: Coleman, Sydney, Terri, Jenny and Poo. Newcomers: Cheyenne, Hannah, Grace, Brian and Ja’Mason. Three cheers for the good job they do, and for making dinner a positive social event!

We’ll close with some poetic whimsy – Underneath these polished stones Lies the remains of Henry Jones

His name was Brown, it wasn’t Jones
But Brown doesn’t rhyme with polished stones
And he won’t know if it’s Brown or Jones
FISHING ON LAKE RILEY

We took our second trip of the year out to Lake Riley for a morning of fishing. We were fortunate enough to have the best guide available for the day. Thanks to the hard work of Harvey Schmidt and his daughter Sue, we caught lots of fish, including not only sunfish, but also crappie and bass. While reeling in her sunfish, Betty and Sue had quite the scare when a large Northern jumped out of the water trying to eat Betty’s catch! We have one last opportunity to go fishing in August and look forward to another great day on the lake!

CONVENTION GRILL

We took a trip to the Convention Grill in Edina this month. It was a wonderful lunch filled with a lot of reminiscing about the days of “hanging out” on Friday nights, bringing their families in for a burger and malt, and the good old days.

-Linda Active Life Manager

RESIDENT SPOTLIGHT

Buzz (Maynard) was born in Mankato, MN. When he was two months old, his family moved to Preston, MN. Preston was his home for the next 24 years. It is also where he met his wife, Betsy, when he was only 14 years old. He and his friends were at the county fair, walking the midway, when they saw two girls coming their way. They started talking to the girls, one of them Betsy, whom later he told his friend, “That is the kind of girl I would like to be with.”

Buzz and Betsy dated on and off for the next ten years. Betsy finally said, “We have argued about everything there is to argue about, so maybe it’s time we got married.” They were married on July 15th, 1951 and would spend the next 65 years together. Buzz said Betsy was like “an all day sucker in the summertime, sweet as can be.”

Buzz and his older sister grew up with their father and mother both being funeral directors. In 1925, his mother was the only female in the class at the U of M School of Embalming. Buzz worked for his parents in the funeral business. After he and Betsy married, they moved to the next town of Wykoff. He started his own funeral business there, but only lived there a short time after he and his parents decided to go into business together. They moved to Wells, MN in 1952 and stayed there for the next 62 years. Buzz’s wife also became a funeral director and all four family members worked together in their business. Buzz was also busy being on the state and national boards, and raising their two sons, both who are dentists. His oldest son retired two years ago and lives in California. His youngest son lives in Eden Prairie. Buzz retired at age 64. He and his wife moved to Eden Prairie in 2014.

Buzz attributes his great marriage to Betsy to living by the 51 – 51 rule. “Don’t just do what you need to do in a marriage. Go the extra mile and you will never have arguments.”