



Event Highlights

MARCH

<p>Wednesday, March 6 2:00pm - Community Room Ash Wednesday Service</p> 	<p>Friday, March 8 2:00pm - Community Room Chan O'Laires Music</p> 	<p>Wednesday, March 13 2:00pm - Community Room "Somewhat Dixieband"</p> 
<p>Saturday, March 16 10:00am - Community Room Prairie School of Dance</p> 	<p>Monday, March 18 2:00pm - Community Room "The Maple Street Ramblers"</p> 	<p>Thursday, March 21 2:00pm - Community Room Music with the Hi Hats</p> 
<p>Friday, March 22 9:30am - Community Room Cedar Ridge Elementary Performance</p> 	<p>Friday, March 29 2:00pm - Community Room Birthday Party</p> 	<p>Saturday, March 30 1:00pm - Community Room High School Music Concert</p> 

Recurring Events

Wellness Clinic

- ▶ Thursday, March 21st
10:30am-12:00pm (Atrium)

Blood pressure, oxygen saturation and weight are checked as well as pendant batteries. No need to sign up. Free service.



In-House Podiatry

- ▶ Monday, March 11th, 1pm-4pm
- ▶ Friday, March 15th, 8am-4pm

*Location: 1st Floor Atrium

*Please see Concierge to register



MARCH 2019

THE COLONY™



World Class Service is Our Goal

Last month, I introduced our dedication to "getting it right" in terms of providing the very best in world class service to our residents. I'd like to honor the fact that our opportunities in dining services remain. That being said, I've never been more confident of how amazing our dining service will be as we transition in late April/early May 2019. We are starting to get our team in place, and moving forward with several transition items. One of those items is a new Point of Sale system.

Next week, we will be implementing the new Point of Sale system for dining service. In doing so, we have started the conversation about some of the differences we will see from both a service and an order entry standpoint. As some background, we are the only Waters community who still sells "meal plans" instead of doing a "declining balance" fund. We found it necessary to define what our meals consist of in order to get our set-up right. We had many residents who were ordering a soup, a salad, a fruit, 2 beverages, their meal and two dessert items. This presents the issue with slower service, servers having to run back and forth to a table multiple times. It also costs us thousands of dollars in wasted food each month.

Last month in our QA Team Meeting, the following was discussed, and most agreed it seemed reasonable:

Breakfast: Value - \$5.00 per meal

- One hot beverage
- One cold beverage
- One Breakfast Menu Item
- Fruit OR applesauce OR yogurt OR Danish

Lunch: Value - \$10.00 per meal

- One hot beverage
- One cold beverage
- One Lunch Menu Item
- Fruit OR salad OR soup
- Dessert

Dinner: Value - \$12.50 per meal

- One hot beverage
- One cold beverage
- One Dinner Menu Item
- Fruit OR salad OR soup
- Dessert

We will be moving to this meal definition on April 1, 2019. Any items ordered outside of this definition will be charged the amount listed on the menu. (Cont'd on Chef's Corner) - Ericka Heid
Executive Director



Welcome to Our Family

Dan T. #238

Lynne W. #183

We're glad you are here!

Does it Really Matter?

C.S. Lewis is quoted to have said, "Integrity is doing the right thing even when no one is watching." Since the first time I read that quote, it's one that I can't get out of my head. If I am in the grocery store and decide at the end of my shopping that I don't want a certain item I picked up, my "lazy self" wants to just put the item down



anywhere and let someone else worry about putting it away. But, instead, I walk all the way back to where I got it from and put it back in the right spot because that C. S. Lewis quote won't leave me alone.

It's nice to get a pat on the back. It's nice to be recognized for all the good things we do. But, in some strange way, it feels really good to do the right thing even though you know you will never receive anything in return.

I like being friends with people that say they will do something, and they actually do it.

I like knowing I can tell someone a secret, and it stays between us. I strive to be that person also, but I fall short many times. I am a work in progress.

When it comes to my health and wellbeing, I dig deep to have integrity within myself. I eat healthy, I exercise, I relax and take downtime to rejuvenate. It's important for me to do the right thing

for "me" also. Actually, that's where it has to start in order for me to do the right thing for anyone else.

Does all of this even matter in the times we live in? I think it does. I hope it does. Maybe if we all practiced doing the right thing even though no one was watching, the world would be a better place.



Love and Light and Everything Bright and Beautiful,
Holly

Concierge Corner

Just a reminder...

Monday & Wednesday outings to Cub, Target, Walmart, or The Dollar Store will be cancelled or rescheduled if the temperature or wind chill falls below 0°F.

Restaurant Transition News...

It is with great joy that I introduce a new team member, Jody Brownlee. She will be our Dining Services Manager. She started on



February 26, 2019 and spent a few days at some of our sister communities learning the ropes. Her restaurant and service experience is so vast! We are very lucky to have her! One thing that excites me about having Jody on our team is that she LOVES to coach and train new employees. I can't wait for our team to have that amazing support!

Bill Evanoff, Senior Director of Culinary Services, will also be joining The Colony!

Many of you met him when he was visiting our community a few weeks ago. In his role here, he will be overseeing all back and front of the house operations, recipe and menu planning, and be the overall leader of the Restaurant. Bill is a Chef by trade, but his knowledge in operations will bring an amazing depth of experience to this team. Bill will start at The Colony after helping all of the other Waters Communities transition to internal operations.

Please welcome Jody and Bill when you see them! And feel free to reach out to Ericka directly if you have any questions! 952.697.0606.

(Cont'd from Front Page) The value of keeping our meal plan will be much more cost advantageous to the residents (versus paying for every item on your table). The goal is for you to leave full and happy after every single meal and limit any extra charges. I'd love your feedback and opinion, so feel free to come to Resident QA Team (Tuesday March 12 at 10:30am in the Providence Dining Room) or call me directly at 952.697.0606. As always, I wish you HAPPINESS on this day and every day! - Ericka Heid, Executive Director



March Birthdays

Flo N	Mar. 4	Pat W.	Mar. 22
Norma S.	Mar. 8	Sylvia C.	Mar. 23
Harold A.	Mar. 11	Florence T.	Mar. 24
Herb M.	Mar. 14	Betty B.	Mar. 26
Bob S.	Mar. 16	Dorothy P.	Mar. 28
Ken B.	Mar. 18	Don W.	Mar. 28
Don A.	Mar. 19		



“To do what is right and just is more acceptable to the LORD than sacrifice.” Proverbs 21:3

Last month I wrote that the Golden Rule was essential for healthy relationships and, guess what, we learned about that rule in BIBLE STUDY and we read it in WORSHIP too! This month you can see where I’m going with the INTEGRITY theme. It’s the essential focus of every gathering of our WISDOM LEGACY CIRCLE here at The Colony! Newer residents, and all others who wish to come, learn that elder characters in the Bible and other sacred writings are resources for the wisdom and integrity that help us THRIVE in our old age. Please come...we just might turn to what is called “wisdom literature” in Job, Psalms, Proverbs, Ecclesiastes and Song of Solomon.

Wisdom Legacy Circle gathers Tuesdays 3/5 and 3/19 from 3-4pm in the Garden View Lounge to gain wisdom from ‘elders’ in the Bible and The Colony! Newer residents are especially invited by Chaplain Rod, but all are welcomed!



-Chaplain Rod

The Colony Friday Bible Study gathers weekly 10:30-11:30am in the Community Room for a closer look at Luke’s Gospel...the same source book we use for Sunday 10 am & 2pm worship this year. Get more out of Sunday by coming Tuesday too!!

Worshiping 2pm Sundays in March

3/3 with Chaplain Rod Anderson-

Luke 9:28-43

“Transfigured to Save and Serve”

3/10 with Chaplain Rod Anderson-

Luke 4:1-13

“Resist Temptation-Worship the Lord”

3/17 with Pastor Chuck Humphrey-

Luke 13:31-35

“Gathered-Like Hens Gather Chicks”

3/24 with Pastor Chuck Humphrey-

Luke 13:1-9

“Bear Good Fruit-Imperishable”

3/31 with Chaplain Rod Anderson-

Luke 15:1-3, 11-32

“Are You the 1, or the 99?”

10:00am Sunday Catholic Eucharistic Service provided by Pax Christi Church

LENT BEGINS on ASH WEDNESDAY...March 6th

All who wish to embark on our Lenten journey by worshiping together are welcome to gather in The Colony Community Room at 2pm Wednesday March 6th. The option to receive the sign of the ashes marked as a cross on their brow will be available in this service led by Pastor Rod and Worship Musician Joan Meyer. Let’s Begin Lent Together!

...While living to do the right thing, every day!

Polonius gave his son, Laertes, some advice in Shakespeare’s Hamlet: “This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man. Farewell, my blessing season this in thee!” This just may be a way of thinking how one may be able to live a decent and honorable life.

Today, in our fast-paced world, how many of us actually take the time to determine how best to continue to live our daily lives? Do we think of being of good moral character or do we just try to make it through a day? Do we think what it would be like to always be kind to others or do we just react without thinking of consequences? Do we have good ethical standards that define us? What is true integrity? A good test could be performed when our ethical standards can easily be avoided without apparent penalties. For instance, if you see a quarter on the grocery store floor near the cashier, do you pick it up and slip it into your pocket or do you give it to the cashier? A person of integrity or good ethical standards would return the quarter, right? It is about doing the right thing and is a way of living. This reminds me of a story my grandmother told me some time ago that has stuck with me. You may have heard it too.

“The New Emperor”

An ageing emperor decided on a different way to choose his successor. He called the city's youths to his palace. Handing out some special seeds, he told them, "Go and plant these seeds. In a year's time, come back. At that time, I will judge your plants and choose the new emperor."

One young boy took his pot home and planted the seed. Every day he watered it but nothing grew. His friends at school kept exclaiming how their plants were growing and flourishing. The boy only had an empty pot with no growth.



When the day came to return to the palace, the young boy went, frightened. The emperor appeared. All the other youths had amazing and magnificent plants. When the emperor saw the young boy’s plant, he summoned him to the front and announced to the crowd, "Behold your new emperor! He has courage, honesty and integrity because all the seeds I gave you were boiled and useless. This is a lesson learned. He will be a wise ruler over all of you."

In our fast-paced world my hope is that doing things the right way is not becoming a thing of the past. As gleaned from this simple story and Shakespeare’s Polonius, true integrity is a way of life. It is not just a simple act of doing the right thing. It is living a life of a commitment to doing the right thing each and every day. The benefit: It keeps a smile on your face and a spring in your step for feeling good about doing the right thing!



Georgene C., Senior Living Consultant

Kindergarteners & A Fishing Competition



Eagle Ridge Kindergarteners

For the past several years, Eagle Ridge Academy Kindergarten students have been coming around Valentine's Day to visit with

our residents. Each year, they make fabulous Valentines for all of our all. They then come for a visit during which they sing some songs and then spend time visiting with our residents. It is such a valuable experience for both the kids and the seniors. This year, after two weather delays they were able to finally come visit. It's always so much fun to see the expressions on all of the faces. We look forward to their Valentine's visit again next year.

A Fishing Competition

The big winner of our 2019 fishing competition was Craig. Shirley and Karen enjoyed their attempts at scoring the biggest fish.



Unfortunately, Karen went home with the smallest catch. Those darn BULLHEADS!
-Linda D., Active Life Manager

Winter Health



Winter is one of the most beautiful and festive times of the year. From holiday parties, to family gatherings, and of course, snow! As we are, hopefully, wrapping up this winter season, I wanted to share some great tips and tricks outlined by Mayo Clinic to help keep you happy and healthy throughout the remainder of this season.

- **Drink Water:** Drinking plenty of water will keep you hydrated and healthy to fight off any remaining winter germs.

- **Stress Less:** Make time for friends, family, and relaxation whenever you can! Also, make sure to incorporate a normal sleep routine to assure you are rested.

- **Limit time in the cold:** Always monitor the weather prior to leaving or going outside. Dressing appropriately in these temperatures is vital and will help keep you healthy as well.

- **Exercise:** Exercise is important during all times of the year, but for those who exercise outdoors, it can be difficult during the winter months. However, exercising keeps us healthy both mentally and physically. During this time, take the opportunity to enjoy some of our indoor exercise programs to keep your routine in check.

- **Keep the germs away:** The easiest and most important way to do this is by washing your hands! Practicing regular hand hygiene decreases the spread of common winter germs that may make us ill.

I hope these simple and easy tips will help everyone feel their best for our remaining winter months.



Wishing you all health and happiness always,
Courtney M., Director of Health and Wellbeing