





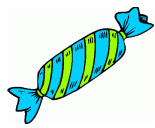




SEPTEMBER 2019

THE COLONY™



<p>Lunch at Lions Tap Thursday, Sept. 5 11:15am Bus Departure</p> 	<p>Taylor Marie's Apparel Wednesday, Sept. 11 1pm - Atrium</p> 	<p>Social Hour & Music with the High Hats Thursday, Sept. 12 2pm - CR</p> 
<p>Donuts with Aegis Friday, Sept. 13 2pm - CR</p> 	<p>"After 5" Music Monday, Sept. 16 6:45pm - CR</p> 	<p>Picnic at the Park Thursday, Sept. 19 11:30am Bus Departure</p> 
<p>Trip to World's Largest Candy Store Friday, Sept. 20 1:30pm Bus Departure</p> 	<p>Lunch at the Arboretum Thursday, Sept. 26 11:15am Bus Departure</p> 	<p>Birthday Party & Music Friday, Sept. 27 2pm - CR</p> 

A Community of Health

As I focused on this month's newsletter theme of "community", I thought it would be a great opportunity to outline some of the great health care services offered at The Colony on a regular basis!



regarding this.

- Influenza Vaccine Clinic: As much as we don't like to admit it, unfortunately influenza season is right around the corner. Each year, The Colony hosts two different influenza

- Wellness Clinic: This is a free service offered each month where residents are able to have their vital signs, weight, and pendant checked. This takes place in the Atrium. Our next scheduled Wellness Clinic is September 19, 2019 at 10:30am.

clinics for residents to receive their annual flu vaccine. An announcement will be forwarded to everyone as soon as these are scheduled.

- Podiatry Clinic: Approximately every other month, a podiatrist visits our community to assist residents with any podiatry needs they may have. If you are interested in this service, please see Lauren at the Concierge Desk and she will provide you information

If you have any questions regarding any of these services, please feel free to reach out to myself, Derrik, or Laurie in the Health & Wellbeing Department.



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

CLINICS

Wellness Clinic

- ▶ Thursday, September 19th
10:30am-11:30pm (Atrium)

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



In-House Senior Services

- ▶ Podiatry Clinic:
September 18th & September 20th
- ▶ New patients - see Concierge to register



Welcome, New Residents!

Valerie C. #341 MaryLou C. #166

We're glad you are here!

The Integrity of Mr. Rogers



on his show, whether spoken by a person or a puppet, was scrutinized closely, because he knew that children, the preschool age boys and girls who made up the core of his audience, tend to hear things literally. He wanted to make absolutely certain that nothing said on his show was going to be misinterpreted. Once he stopped the taping of a show when a cast member told the puppet Henrietta not to cry. Mr. Rogers made it clear that his show would “never suggest to children that they not cry.”

How many of us have gotten an e-mail, a text or had a conversation with someone and we walked away thinking, “Hmmm, I wonder what he meant by that?” When people walked away from a conversation with Mr. Rogers, they knew exactly what he meant. For that reason alone, he is one of my favorite people. I love his integrity. I love his sense of community and simplicity. I am sad that he left this world so early. We need more Mr. Rogers in this world.



Love and Light and Everything Bright and Beautiful,
Holly

Someone asked me a few weeks ago, “Holly, if you could meet anyone in the world, who would you want to meet?” I honestly couldn’t think of anyone. But, in thinking of what to write for this newsletter, a thought came to me. If I could meet anyone in the world, I would have wanted to meet Mr. Rogers.

Our theme for this issue of the newsletter is community/integrity. I can’t think of another person who lived on this planet who thought more about these two topics than Mr. Rogers. Even more, he thought about these things with children. Children are often overlooked in the big scheme of things, but they were the focus of Mr. Roger’s life.

In reading more and more about the life of this amazing man, I came across an article that was describing how each and every word

September Birthdays



- | | |
|----------------------|-----------------------|
| Joan G. - Sept. 3 | Ellie D. - Sept. 23 |
| Mick D. - Sept. 7 | Judy G. - Sept. 23 |
| Doug H. - Sept. 11 | Mavis K. - Sept. 25 |
| Esther O. - Sept. 13 | Antonia M. - Sept. 29 |
| Jean S. - Sept. 21 | |

Our Team of Chefs



Hello! With Bill managing his stand at the State Fair, I’d like to take the opportunity to introduce our team of Chefs here at The Colony. Providing you with the level of service that you deserve would just not be possible without our full dining team working together. I’m very grateful for the privilege of getting to work with all of them.

Thank you,

Nick, Assistant Director of Culinary Services



Andy - Minneapolis, Minnesota

Andy is the newest member of our team and has been helping with dinner for a couple of weeks now. He’s already proven himself to be a talented chef, and is

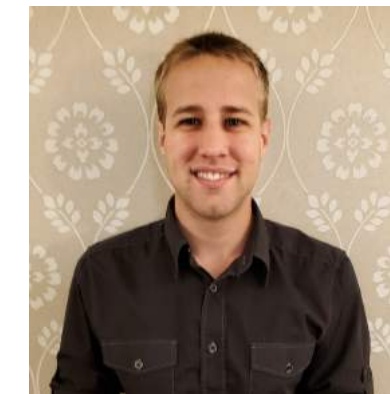
excited to continue his culinary career with us. Before coming to The Colony, Andy cooked in restaurants and operated a Mediterranean food truck. Other than cooking, Andy enjoys playing guitar and drums at home.



Charles - Chicago, Illinois

Charles is our main morning chef, and is responsible for cooking your breakfast, lunch, and soups 5 days a week. Not only is Charles a

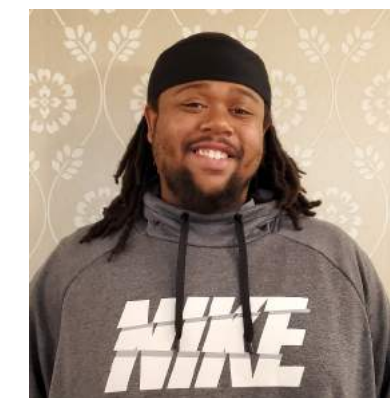
30-year veteran of the restaurant industry, he’s also a veteran of the US Navy, having served on the USS San Diego for 2 ½ years. Charles enjoys watching football and playing with his dog, Otis.



Josh - Dallas, Texas

Before becoming a chef, Josh worked as a logger, a school bus driver, and a real estate agent. He’s happy with his decision to pursue a career in culinary arts,

and so are we! His days are split pretty evenly between mornings and evenings here at The Colony. Josh’s favorite foods include ravioli, alfredo, and sausage. Josh likes working here, but he misses Texas and hates mosquitoes!



Martraz - Minneapolis, Minnesota

Martraz has always had a passion for food, and has been cooking in restaurants since he was 16. Now, he helps cook dinner

at The Colony 5 nights a week. He’s a big sports fan and his favorite food is lasagna. Outside of work, Martraz enjoys watching movies and spending time with his family and friends.





"The time you spend alone with God will transform your character and increase your devotion. Then your integrity and godly behavior in an unbelieving world will make others long to know the Lord." - Rev. Charles Stanley

September brings Rally Day in most churches...the time for the beginning of a new program year of Sunday School and Adult Bible Studies. In each parishioner's life it's a time for 'setting the course' by their 'faith compass'. The rest of the learning year is all about personal honesty and integrity within yourself and with God not only about regular attendance but also about daily living faithful to those teachings.

Rev. Charles Stanley is among my favorite writers and preachers. My week begins Sundays at 5:30am with 'time alone' watching and listening to his sermons on TV. His quote above teaches 'time alone' with God sets the course for a life of 'integrity and godly behavior'...the 'faith compass' makes the integrity difference! I hope your faith compass brings you from time alone with God to time together in worship every Sunday!



-Chaplain Rod Anderson

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

Worship 2pm Fall Sundays in September

9/1-Pastor Chuck Humphrey-

Luke 14:1, 7-14

"There's a Place for You"

9/8-Chaplain Rod Anderson-

Luke 14:25-33

"High Priced Discipleship"

9/15-Pastor Chuck Humphrey-

Luke 15:1-10

"You're Worth Finding"

9/22-Chaplain Rod Anderson-

Luke 16:1-13

"Wealthy by Association"

9/29-Chaplain Rod Anderson-

Luke 10:17-20

"St. Michael & All Angels"

Coming Together around the WORD

FRIDAY BIBLE STUDY gathers 10:30am-11:30am in the Community Room and continues each week in Romans...blessing our lives with great scriptural teaching! Please come!

WISDOM CIRCLE gets 'rolling' again Tuesday Sept. 10 from 3pm-4pm in the new Garden View Lounge. All are welcome but New Residents are especially invited and encouraged to come! Expect to gain WISDOM.

...That Keeps on Giving

How does that happen? How does a great community continue to give and give and give? The Colony at Eden Prairie is comprised of wonderful residents, their families, The Colony staff and their families. On a daily basis, you can see someone giving someone a helping hand, or someone else giving out a lovely smile or better yet, even another someone giving out a delightful act of kindness.

Each month I have had the distinct opportunity to voice my opinions on what it takes to build a great community. It has been a chance to provide thoughts and sentiments on various topics relative to building a great community. This month is no different however there is something that is a little different. This will be my last chance to communicate ways in which a great community can be built. As you may now know, I have been asked to help out at The Waters of Plymouth, which is where I was just before joining The Colony, another Waters community. While here, I had the chance to work with members of the Welcoming Committee who gave much of their time and passion for helping others. I had to tell them first because I owed them so much! When new people move in, someone from the committee meets the new resident and does what they can to help the new resident learn more about The Colony. This has been a great help. This is yet another way this community comes together to keep on giving. It feels really good to give to others. It makes the recipient feel grateful and may cause them to feel like giving too. That makes it contagious and inspirational! Imagine that? My grandmother always said, "give out bread and

it comes back buttered." She was a very wise woman and growing up, I had a chance to be a witness. Words cannot express how grateful I am for the giving of kindness and friendship experienced here every day. For that, I thank you!

As I wrap up my tenure here at The Colony I want to leave you with a few thoughts. One: I will certainly miss each and every one of you for different reasons. Two: Good bye is an opportunity to plan a hello or to say, "until we meet again..."

I also leave you with a few of my favorite quotes on the topic. Until we meet again, let's continue to put them into practice at this great community:

"Those who are happiest are those who do the most for others." —Booker T. Washington

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give." —Eleanor Roosevelt

"No one is useless in this world who lightens the burdens of another." —Charles Dickens

"The meaning of life is to find your gift. The purpose of life is to give it away." —Pablo Picasso

"I have found that among its other benefits, giving liberates the soul of the giver." —Maya Angelou



- Georgene Connelly, Senior Living Consultant

Eden Prairie Football Team Visit



-Linda D.,
Active Life
Manager

The Colony VS. Eden Prairie Football Team



We held our 10th annual football game versus the Eden Prairie Eagles this month. As always, it is so great to have this opportunity to not only watch the football game, but have the opportunity to share time with a wonderful group of young men. The Colony pulled out the win on the final play of the game. MVP goes to Courtney for her stellar catches in the end zone. Derrik gave a valiant effort in the hot dog eating contest, and Holly demolished her opponent in the push up competition. The Colony would like to say thank you to Brenda Lentz from Chaska High School for allowing us to borrow their mascot again this year. Having it adds a lot of fun during our games against Eden Prairie.

RESIDENT SURVEY

Resident surveys will be delivered in late September. Your feedback matters to us! Please take a few minutes to let us know how we're doing. Thank-you!

