

AUGUST HIGHLIGHTS

Tuesday, August 7
1:30pm (CR)
Resident Council



Wednesday, August 8
2:00pm (CR)
Social Hour & Music



Thursday, August 9
6:30pm (CR)
YMSL Bingo



Wednesday, August 15
1:00pm (CR)
Travel to Mexico



Friday, August 17
1:00pm (FL Patio)
Football Game vs.
Eden Prairie High School



Tuesday, August 21
6:30pm (CR)
NCL Bingo



Thursday, August 23
2:00pm (Community-wide)
State Fair at
The Waters of Eden Prairie



Wednesday, August 29
2:00pm (CR)
Music with Tom Hipps



Friday, August 31
2:00pm (CR)
Birthday Party



Recurring Events

Wellness Clinic

- ▶ Thursday, August 16th
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 Senior Services

Podiatry Clinics

- ▶ Monday, August 13 - 8am-noon;
Rose Court 1pm-4pm
 - ▶ Monday, August 20th - 8am-4pm
- *Please see front desk to register.



THE COLONY™



AUGUST 2018

This month, our focus is Relationships. This is such a fitting topic for me, as I start my journey of building relationships with you, with The Colony Team Members, and with the community as a whole. From my perspective, there is nothing more important in life than strong, sincere relationships. I am honored to be able to be a part of this very wonderful something at The Colony.



Speaking of wonderful somethings and relationships – I want to share a picture of my amazing children! Remember Jessica, who moved to Alaska? She is back! I guess the all-day sun didn't agree with her. I am not complaining though, because I've got my baby back! She's working in the medical field and has started her search for a Physician's Assistant school in the Midwest. Nick is my long-haired son. He works at a church in North Minneapolis as a Youth Director and is

finishing his masters to be a middle school teacher. He just talked me into a trip to the Boundary Waters in Northern MN. I am so excited to spend a weekend alone with my boy in the wilderness. And of course, Ryan. My 17 year old. He's a senior this fall and we are scheduling his senior pictures for end of summer. I'll be sure to bring around my brag book to you all when I get them.

More than anything, I feel so very fortunate to have such wonderful people around me. Our TEAM at The Colony is amazing, and I am proud of the care and love they show to you all. And YOU, the incredible community. How lucky are we to have each other?? I look forward to continuing to grow together as one BIG strong Colony FAMILY!



Ericka Heid,
Executive Director

Welcome to Our Family

Saki T. #220 Lee S. #124 Shirley B. #344

Lois W. #341 Les J. #155 Judith G. #320

We're glad you are here!

What's Your Story?



I bought a book about a year ago called, "Kitchen Table Wisdom – Stories that Heal" by Rachel Naomi Remen. If you haven't read it, I highly recommend it. It made me think about the lost art of sitting around a kitchen table and telling our stories about life, love, loss, happiness and everything in between.

When I was a little girl, my parents and their parents, their friends and other relatives, sat around the kitchen table all the time telling stories about their lives. Some were funny, some were sad, some made them argue, but they were their life stories just the same. When it was time for me to go to bed I liked falling asleep listening to them talk. There was something comforting about that for me. I felt connected because they were connecting to each other and I was a part of that. I was a part of family.

I am not sure how many people still take time to sit around the table and talk. It seems we are all so "busy" these days running here and there, on our cellphones, on the internet, all the things that we call "connecting" with others. But is it really?

Here is a quote from Rachel Remen that she wrote as an introduction to her book. "Everybody is a story. When I was a child,

people sat around the kitchen table and told their stories. We don't do that so much anymore. Sitting around the table telling stories is not just a way of passing time. It is the way the wisdom gets passed along. Despite the awesome powers of technology, many of us still do not live very well. We may need to listen to one another's stories again." Well said Rachel. I couldn't agree more.

Here at The Colony, we have a writer's group that gets together once a month. We share stories that we have written and through this group, I can honestly say, I have learned so much more not just about the people who shared the stories, but about life. I won't remember a lot of facts and figures, random information that people will tell me...but I will never forget the stories you share with me. What's your story?

Love and Light and Everything
Bright and Beautiful,
Holly B.
Active Life Manager



GREETINGS FROM WATERS RESTAURANT GROUP!

We have officially made it to August! We have had a wonderful summer so far. It is so great to see so many new residents joining us for meal services. We would like to encourage you to invite these new residents to join you at a table for any service. Meal services is such a good way for everyone to develop new relationships and strengthen current relationships. We have seen many new friendships start in the dining room.

As a reminder please keep an eye out and return any silverware or dishes you see that belong in the kitchen.

Join us in August for:

- ▶ August 3rd- Chef demo featuring stone fruit
- ▶ August 21st- Conversation with the Chef at 1:30 in the Community Room
- ▶ August 22nd - History of Food themed meal



August Birthdays

It's time to celebrate!

Terese M	Aug. 1	Carol B.	Aug. 23
Mary W.	Aug. 1	Marie H.	Aug. 24
Karen H.	Aug. 11	Jessie S.	Aug. 24
Grace N.	Aug. 15	Esther S.	Aug. 26
Peter W.	Aug. 15	Grace O.	Aug. 27
Bob V.	Aug. 17	Ralph J.	Aug. 31
Claire S.	Aug. 20		





I AM! WE ARE!

In our August Colony Community Worships we will read from the sixth chapter of John's Gospel each week. It's here that Jesus uses the metaphor that runs through the whole Bible, Old Testament to New, saying "I AM the bread of life!" In many cultures around the world we use another euphemism for making relationships... "WE ARE friends who 'broke bread together'!" The 'true bread' brings us together! Please know at The Colony WE ARE all invited to come and worship the one who says I AM!

-Chaplain Rod A.



Make Sacred Relationships at 2pm Sunday Worships in August

8/5 with Pastor Chuck Humphrey-

John 6:24-35

"Never Hungry/Never Thirsty Again"

8/12 with Chaplain Rod Anderson-

John 6:35, 41-51

"I Am the Bread of Life"

8/19 with Pastor Chuck Humphrey-

John 6:51-58

"The High Priced Menu"

8/26 with Chaplain Rod Anderson-

John 6:56-69

"Bread that Came from Heaven"

**10AM Sunday Catholic
Eucharistic Service provided by
Pax Christi Church**

Make Friends at Bible Study Too!

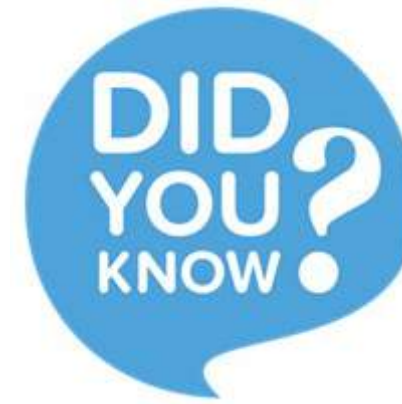
BIBLE STUDY meets every Friday 10:30-11:30am in the Community Room for us to make our way through Paul's "T" Letters to the Thessalonians, Timothy and Titus. Hmmm...interesting! Come and bring friends...everyone is welcomed...to a 'terrific' time!



Celebration of Life

Darlene Koller
Albert Tsuchiya
James Trainor

Through Building Great Relationships...



Did you know that over the last two months alone, there were over 12 new residents that moved into our lovely community? Many moved here hoping to meet new people and to begin to build new relationships. Some moved in to get involved in new activities and programming. Anyone for a good game of Mahjong or Poker? Anyone interested in knitting or talking about sports? We have new people with engaging interests. What a great opportunity we all have to meet new and interesting residents with great stories to tell. What a great opportunity we have to make new

friends! What a great opportunity we have to continue to build a great community through fostering relationships. So how can that be done?

Studies at institutions such as Harvard Medical School (Nov. '11) suggest that expressing gratitude may help build more positive relationships and that it may be a way for some people to even feel better. Now, that's an idea! When we take the time to express gratitude or issue a simple, "thanks" or "thank you", we recognize that something affected us positively and may have even placed a smile on our face and now on the other person's face too. Following an apparent act or word of kindness, I recall my mom suggesting we should simply respond, "thank you." This goes a long way to adding joy and believe it or not, wellbeing to both parties. Take a minute to thank someone for something that had value to you. Now, hopefully that simple act helped someone else's day be brighter.

Another way to build a good relationship is to help others. It has been said that people who regularly help others are significantly happier and less likely to become depressed as they age. Huh, what a thought! I am thankful for our new Welcoming Committee who have made the commitment to help newcomer's become acclimated to our amazing community. Ask yourself, "What can I do today to help someone?" That's a start of building a good relationship.

As I visit with prospective families and take them on tours throughout our community, it is apparent that joy, wellbeing and positive relationships have the chance to be built here. Let's continue to thrive on building relationships through a few simple acts of kindness. This is so motivating and healthy.



-Georgene C.,
Lead Senior
Living Consultant



Mary Ann showing off her moves!



Music with The Hi Hats



Book Club meets every Thursday at 1:00pm in the Fireside Lounge with Holly.



Ericka, our Executive Director, does it all! And in heels!

Christmas in July!



Ericka, Jean, and Kim showing off their winter gear.



It's not a party without a dance from Harold!



The dancers with the Hi Hats get everyone moving to the music.



I wanted to let you know of a few new programs starting this month. We are happy to have the YMSL group coming the second Thursday of every month beginning Thursday, August 9 at 6:30 pm. This is the Young Men's Service League and is similar to the NCL group that comes once per month.

We will also be starting up a new program on Friday afternoons at 2:00 pm. This will be our "Colony Cocktail Hour". We will be having a special drink each week as well as a light snack.

This month will be fun and exciting with these new programs as well as our annual EP vs The Colony football game AND The Colony State Fair. We are looking forward to a month filled with FUN!



-Linda D. Active Life Manager



Bella even made an appearance in her fashionable Christmas sweater!