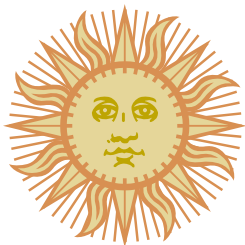


## Greetings from the Seasons Restaurant

### Rib Night **BBQ RIBS**

Friday August 21

Please be sure to sign up!



With the hottest heat wave coming our way; we wanted to share tips on how to stay cool during this summer and provide you information on the severity of becoming over heated and how quickly it can happen.

Heat-related illnesses range from muscle cramps, swelling, and dizziness to more serious problems such as heat exhaustion. The most severe outcome of overheating is heat stroke, a potentially life-threatening condition that may require emergency medical attention. Prescription medicines can also impair the body's ability to regulate temperature and can actually prevent sweating which is very dangerous.

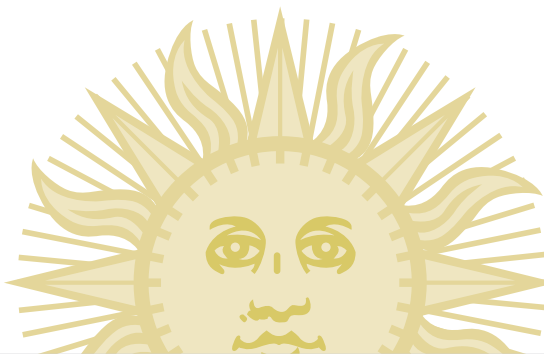
**Fun Fact:** It takes two hours for the water you drink to rehydrate your body. So don't wait until you're thirsty to drink water. Stay hydrated throughout the day.

Try and limit your walks on days where it's not too hot with combined temperature and humidity and **please remember to take water with you.**



### 7 ways for seniors to stay cool in hot weather

- 1 Drink plenty of cool water throughout the day (don't wait until you feel thirsty) and avoid alcohol and caffeine
- 2 Eat cooling snacks like popsicles and frozen grapes
- 3 Eat light cold meals such as chicken or pasta salad instead of heavy meals like hot dishes and pot roast
- 4 Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel
- 5 Sit with feet in a pan of cool (but not too cold) water
- 6 Keep the house as cool as possible by keeping shades closed during the hottest part of the day
- 7 Wear layers of lightweight clothing in light colored cotton so it's easy to adjust to the temperature throughout the day by removing or adding layers



## Resident Council

It's that time of the year to talk about Resident Council elections. We are due to have an election for a new president and secretary. I realize that we have new neighbors that we have not met yet.

Maybe one of these neighbors would be interested in running for office. It has been a tough year so far and we don't know when it will end. If all else fails I may have to run again. I would want a one year limit. I would like

some input from the residents. Please feel to call me or leave a note at the desk with any questions. Just a reminder, don't forget the Christmas Fund for the wonderful staff we have here at Tradition. Put your donation in a Christmas Fund envelope and drop it off in the rent box.

– *From the President*



## Activities Update

I'm so happy to announce that we have started doing some group activities inside! As of now I have got the okay to start doing some activities both indoors and outdoors. However, at any time they can be canceled if COVID has another surge in the senior population.

So far we have been doing a walking group three to four times a week outside, trivia/exercise/sing-a-long two times a week and bingo in the dining room two times a week. My plan starting in August is to have Fit with Nikki on the big screen in the dining room on Tuesday and Thursday's mornings.



We will continue to go apartment to apartment on Friday afternoons with some kind of treat and fun! If you don't want to come out to activities but would like to have us visit you in your apartment please feel free to call the front desk and they will let Christine and Geri know. Every Saturday Geri will deliver an Activity schedule for the up-coming week. Be sure that you sign-up on Christine's office door if I have noted, otherwise you aren't guaranteed a spot. We still have to abide by the social distancing guidelines which are: 10-15 people in a group activity, everyone sitting at least 6 feet apart and masks worn by everyone.

We have some fun toys that we can bring out whenever anyone is interested. A few residents have already tested out the two remote control monster trucks both inside and outside the building. We have some NERF guns that we can have some target practice with as well.

## Henry P. Terhark



I was born in Sibley County, Iowa; the youngest of six children. We lived on a farm. When I was six years old we moved to Ruthton, Minnesota.

I attended a one room school for six years. I graduated from Ruthton High School in 1948. I farmed with my family until I was called to serve in the US Army during the Korean war. After army duty I worked at the Ford Plant in Minneapolis. I attended Gale Institute and became a railroad telegrapher. As a result of the training I was employed by the Chicago Northwestern Railroad in Milwaukee, Wisconsin for a period of time. I accepted a job with Milwaukee Dressed Beef which was my start in the “food industry”.

In May of 1955 I married Lavina Esterly at the Fourth Baptist Church in Minneapolis. Our first year and one-half of marriage was spent in Milwaukee, Wisconsin.

After moving back to Minnesota in the fall of 1956 I took a job on a survey crew. It was not the job for me so then I sold Singer Sewing Machines for a few months, until I got a job with Eddy's Bread, which I had for 10 years. During this 10 year period our two sons (Jeffrey & John) were born.

We attended the Brooklyn Park Evangelical Free Church (now Revive) for 37 years.



We now attend New Hope Church and it was there I met friends who introduced me to the work of the Gideons. I joined and am part of the North Hennepin Camp.

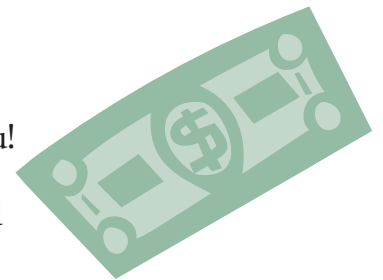
Our sons have married and we now have five grandchildren and two great-grands with another one on the way!

In September of 1967 I went to work for Schweigert eats as a “relief driver”. In 1968 I purchased a Schweigert route business and became self-employed as a sales representative for 22 years. After selling the business I was retired for about a week when I was approached with an offer to work with Morey Fish Company to help set up distribution routes for their products in the Twin Cities area, which I accepted and did for about five years.

In retirement I did several part-time jobs: drove a shuttle bus for Rosepointe Senior Living apartments, drove a school bus for the Osseo school district, delivered auto parts for Red Rooster and food demo at Costco. I enjoy golfing, fishing, woodcarving and scroll sawing.

## Resident Referral Program

Remember our Resident Referral Program where you get a \$500 rent credit when someone you refer moves in? Well we have a bonus for you! For your first referral who moves in by the end of the year, you get a \$500 rent credit. If you have a second referral that moves in by the end of the year, you get a \$1,000 rent credit. That means if you refer two people that move in by the end of the year, you get \$1,500 in rent credits! See Jen Olson for details and restrictions and to make your referral!



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**Donna Ruch** *Business Office Manager*  
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**Christine McCutchan** *Activity Director*  
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**Jon Larson** *Maintenance Director*  
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**Jasmine Bowe** *Director of Culinary*  
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**Jennifer Olson** *Marketing*  
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olsonjennifer@traditionliving.org

**Jennifer Anderson RN** *Director of Nursing*  
763.416.7740 Ext 205  
andersonjennifer@traditionliving.org

## EMERGENCY NUMBERS

**After Hours Home Care**  
612.385.0693

**After Hours Maintenance**  
612.499.3306

**Erin Maciej** *Interim Healthcare*  
651.703.8078

**Patty Tradition Hairstyles**  
651.829.5289

**Happy Feet Foot Care**  
763.560.5136

## Happy Birthday!

Eldina Lucht..... 8/4  
Ted Reinking..... 8/4  
Lola Rostomily..... 8/5  
Jean Wehlage..... 8/7  
Kelvin Saari..... 8/8  
Emery Feero..... 8/14  
Char Anderson..... 8/17  
Nina Katz..... 8/17  
Jolene Oakes..... 8/25  
Larry Hackel..... 8/22  
Micki Hierl..... 8/29



### Anniversaries

Mel and Kersey Jackola..... 8/13  
Jim and Rosella Hannon..... 8/30



### In Loving Memory

We will deeply miss our  
dear friend, former resident  
Mary Dennis



We would like to say good-bye and  
good luck to the following residents:

Love Etta Ledin

