

TRADITION STAFF

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Kitchen 763.203.8182
To talk to the kitchen about meals, it is best to call this number directly instead of the front desk.

Front Desk 763.416.7740

OUTSIDE VENDORS

Patty Hairstyles – 651.829.5289

EMERGENCY NUMBERS

After Hours Home Care 612.385.0693

After Hours Maintenance 612.499.3306

*If you need immediate after hours maintenance support, please call the after hours maintenance cell phone at 612.499.3306. Please **do not** call the maintenance office phone. No one is there after hours and your call will not be received until the next day.*

Tradition Times Tracy Treanor, *Editor*
Pam M, *Page Layout*

General Store

Located on 2nd floor; run by residents

Mondays 12:30 – 3 pm **Wednesdays** 12:30 – 3 pm **Fridays** 12:30 – 3 pm **Saturdays** 12:30 – 3 pm

Happy Birthday!

Elaine W 12/02
Harry C 12/04
Carole W 12/04
Gladys B 12/05
Roger F 12/10
Donald F 12/10
David S 12/17
LaVaun R 12/22
David S 12/31



Join us for the **Monthly Birthday Party** in the Community Room **Friday, December 22 at 3 pm!**

A warm welcome home to our newest friends & neighbors

Renee H Carl B

Welcome

We would like to say good-bye and good luck to the following resident
Bill R

Guest Suite

The Holidays are coming up and we know friends and families will be visiting. We have a lovely Guest Suite for your loved ones. Please see the front desk for more questions or reservations!



Now Hiring We are hiring full- and part-time Servers for the Dining Room. Contact Jasmine or Jessica.

Pastor Dan's Special Christmas Church Service

Sunday, December 24 – CR @ 10 am



Monthly Resident Meeting

Thursday, December 7 – DR @ 2:00

We have monthly resident meetings on the first Thursday of each month. Department Heads and our Resident Council will be in attendance to update you and answer questions.

All residents are encouraged to join, this is a good time to ask questions and hear the latest building updates.

Goodbye to our maintenance man, Dave.
We wish him well.

Tradition Times



8500 Tessman Farm Road N
Brooklyn Park, MN 55445

Independent & Assisted Living

December 2023



Movie A Christmas Carol

Monday, December 4, CR @ 1:30 pm

A bitter old miser who rationalizes his uncaring nature learns real compassion when three spirits visit him on Christmas Eve.
Starring George C. Scott as Scrooge.

Biographies CR @ 10 am



Sunday, Dec 10
Melissa Gilbert

Sunday, Dec 31
The DuPonts

Breakfast Outing

Perkins



Wednesday, December 13 @ 9 am

Let's go out for breakfast! Join us for an outing at Perkins featuring american classics and homestyle plates. Menu is posted behind the sign up sheet.

Christmas Cookie Decorating



Friday, December 15 – CR @ 1 pm

Join Interim Healthcare in some cookie-decorating fun!



Catered Lunch Kentucky Fried Chicken

Monday, December 18 – CR @ noon



Enjoy the World's Best Fried Chicken. Menu is behind the sign up sheet.



A Cup of Christmas Tea

Wednesday, December 20 – CR @ 11 am

Enjoy a reading of this delightful story while sipping a warm cup tea!



Arm Chair Travel New York City



Thursday, December 21 CR @ 1:30 pm

An amazing skyline, Times Square and Broadway – there's so much to love in New York City. Come learn more about the Big Apple!

Movie The Bells of St Mary's

Monday, December 25 – CR @ 1:30 pm

A Priest (Bing Crosby) and a nun (Ingrid Bergman) try to save their school from being shut down.



Lunch Outing

DOOLITTLES
WOODFIRE GRILL



Wednesday, December 27 @ 11 am

Join us for sandwiches, salads and steaks with savory wood roasted flavor. Spots are limited, please sign up. Menu posted behind sign up sheet.

Christmas Gala

Saturday,
December 9 • 1 – 6 pm

See the invitation flyer distributed to residents for all of the specifics on times for the day's events. Get ready for a fun day of holiday festivities!

KITCHEN NEWS

All About Food Be sure to join us on **Tuesday, December 5 @ 1:30 pm** in the dining room for our monthly dining discussion with Jasmine.

Holiday Gala is **Saturday December 9**. Be sure to sign up at the front desk for your desired meal time – there will be two different seating times. Guest price is \$16. Please look out for the flyer or chat with any Director for more information.

Rib Night is **Friday, December 15**. Be sure to sign up.

Christmas Eve Regular scheduled meals.



Christmas Day is **Monday, December 25**. Dinner will be served at **Noon – 1:00 pm** in the dining room. Be sure to sign up. Guest price is \$16. Get your ticket from the front desk. Pick up time will be 12:30 pm. There will be a late meal delivered to those signed up on the

lunch plan. If you are not on the lunch plan but would like a late meal delivery, please be sure to sign up in the community room. Breakfast will be served from 8 am – 9:30 am.

New Year's Eve is on **Sunday, December 31**. Join us at 4:30 pm for a special dinner to end 2023 off right! Be sure to sign up. Guest price is \$16 – get your tickets from the front desk. Lunch and breakfast served at regular times in the dining room.



Notes

- **New Winter Bistro menu** coming out January 1.
- **Pick-up times** are 12:30 pm for lunch and 5:15 pm for dinner. If you show up before this, understand that you may have to wait because we are serving the dining room at that time.
- With **new staff** serving in the dining room, we ask for your patience as we train them.
- **If you are not feeling well**, stay home and we will deliver your meal with no delivery fee. Thank you for helping keep everyone healthy and safe

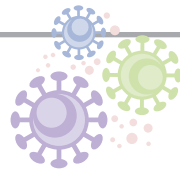
Happy holidays to you and yours!
Jasmine Bowe, Culinary Director

Covid-19 Update

We have been notified that we have active cases of Covid 19 in our building. If you experience any symptoms of Covid 19, please self-quarantine in your apartment, avoid contact with others, and notify Tradition staff immediately, (regardless if you are independent or assisted living.)

Symptoms include: Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Masks are highly recommended.

Thank you for your cooperation in keeping our community safe.



Fall Prevention with Live2BHealthy

Thursday, December 14 – CR @ 2 pm

Learn tips to maintain balance and reduce the chance of falls!



December Dress-Up

December 4 – 8. ALL residents and staff are encouraged to dress up each day! Please see the list below to know what color to wear each day:



Tradition Notes



Please return carts after you use them. We want to make sure they are available for the residents.

Please welcome Tony, the newest member of the maintenance team.



We are holding a **Food Drive for Second Harvest**. Please bring unopened non-perishable food items to the box in the first floor Lobby. The deadline is December 19.

Arlene S



Arlene is celebrating her fourth year here at Tradition since she moved in November of 2019. She lived 50 years in Brooklyn Park and 20 years in Plymouth before. She was born in 1930 Aurora, Nebraska, named after the nurse who helped deliver her! Her family lived on a farm near Polk. She grew up with seven brothers and one sister. She was the fourth born of the seven kids. Back then there was, of course, no electricity or running water. In 1945 farms were being wired by REA – for electricity. She went to a country school through eighth grade and her transportation was walking or riding in a horse drawn wagon. They had a pony named Beauty. Arlene graduated from Polk High School in 1947. Her father died when she was in High School in 1945 and then her mother was a widow for 50 years. All seven of her brothers were at the service. Arlene was a soda jerk at the drug store for two years. When she was 17, she took a train to Minneapolis as her oldest brother lived in St. Louis Park. She got a job at General Mills working downtown and lived in South Minneapolis with four girls from Chaska. Arlene moved to Minneapolis in January 1948. She met her future husband George in September 1948, and they were married in August 1949. The couple bought a little house with five acres of land in Brooklyn Park when it was just a township. It was not until later in 1951 it became a village. They lived in Brooklyn Park for 50 years until 1999.

IN THE
Spotlight



She worked at General Mills till her son was born in 1951, followed by three others. She went to work for Osseo School District for 23 years at Park Brook and Fair Oak Elementary as a secretary.

George and Arlene were incredibly involved and volunteered in committees in Brooklyn Park. They would deliver meals on wheels for 18 years. Arlene was a Den Mother to both of her sons who became Eagle Scouts. She was an election judge for 45 years, a Sunday school teacher and highly active at her church. Doing every position, including 30 years head of the funeral luncheons. She was a member of Brooklyn Center Women's Club, Osseo Legion Auxiliary, Izaak Walter leagues and Osseo area retired educators.

After retiring in 1987, Arlene and George traveled to places such as Alaska, Texas, Sweden, Norway, Denmark, Hawaii. Her favorite places were Lake Havasu (where the London Bridge is) and Bergen in Norway.

Arlene loves to play 500, Skip-Bo, Farkle. She also loves helping at the General Store upstairs. She has three great grandkids who love to see the birds here in Tradition.

Arlene loves to walk and enjoys delivering newsletters, calendars, and other flyers to your door.

Life has been incredibly good for her, after growing up on the Nebraska prairies.

Stop by and see her!



Door Decorating Decorate Your Door Contest! Deadline for voting December 26 – see front desk to vote. Prizes for first, second and third place. Winners announced in January newsletter. Please no fresh wreaths on door and no cords or extension cords running from the hallway to your apartment.



Note from the Executive Director

Happy Holidays, Everyone! I want thank all of you for your patience and understanding during our lobby remodel. I know it's been hard and inconvenient, but I truly believe you will love our new flooring and updated look. We want this new flooring to stay looking beautiful, so we will be making some small changes. Please drink your coffee in the Coffee Nook – the floor will be fine if anything spills.

We will be using the Activity Parlor and the Community Room for our food such as cookies, popcorn and socials. I understand that this is your home, but we want to avoid having large crowds in the lobby with food and liquids. Let's preserve the beautiful and inviting lobby of our community.

The holidays are a time to give thanks and reflect on the positive things in your life. I want to especially thank you for all your friendship and kindness. I also want to thank our entire staff; chefs, dining room staff, nursing staff, our housekeeping staff, my concierge team and my leadership team for all that they do every day. They are servant leaders and give so much of themselves to our community. I wish you all to stay happy, healthy and safe.

We have our annual Christmas Gala on December 9. Please have your pets stay home during our Gala. I look forward to celebrating with all of you!

Cheryl Levy-Shilkrot *Executive Director*
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