

September 2024

Tradition Times

Tradition Senior Living | 8500 Tessman Farm Road, Brooklyn Park 55445 | 763-416-7740



Tradition Staff

- Cheryl Levy-Shilkrot *Executive Director*
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- Crystal Lerol *Business Office Manager*
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- Tracy Treanor *Life Enrichment Director*
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- Allison Tang *Community Relations Director*
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- Billy Stubblefield *Maintenance Supervisor*
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- Konita Sasraku, RN *Director of Nursing*
763-425-2013 ksasraku@traditionliving.org

FRONT DESK 763-416-7740

KITCHEN 763-203-8182

EMERGENCY NUMBERS

- After Hours Nursing 612-385-0693**
After Hours Maintenance 612-499-3306



We have our own in-house
beautician
Call Patty at 651-829-5289
for a fun and fabulous new look!

WELCOME HOME!

Barb D.
Carol S.



September Birthdays

- | | |
|-------------|-------|
| Gene C. | 09/01 |
| Vicki M. | 09/04 |
| Florence H. | 09/07 |
| Dee P. | 09/08 |
| Annette A. | 09/12 |
| Nancy B. | 09/15 |
| Charles J. | 09/19 |
| Val R. | 09/19 |
| Rolf O. | 09/29 |
| Darlene I. | 09/29 |
| Martha J. | 09/29 |



Join us for our Monthly
Birthday Party in the
Community Room on
Friday, September 27th
at 3 pm



*Fern F.
Connie J.*

In Memoriam

General Store
Located on the 2nd Floor
Run by Residents



Store Hours
Monday, Wednesday, Friday
and Saturday
12:30 – 3:00 pm



Pam M
Jerry and Mary Lou G

Let's Go Fishing!

Monday, Sept. 9th
12:30 – 4:30

Come along to fish or just
ride on a pontoon.

Life Jackets, Bait and
Tackle will be provided

*Space is limited, please
sign up.*

Aquatennial Singers

Monday, Sept. 16th
2 pm Dining Room

Join these wonderful singers
as they entertain us!

*Refreshments will
be provided*

Singo

Monday, Sept. 23rd

2 pm Community Room

*Combining the nostalgia of
music with the excitement
of BINGO!*

We supply the fun prizes and
cards – you provide the fun!

"Fraud Prevention"

Brooklyn Park Police
Department

Thursday, Sept. 12th

2 pm Community Room
Learn about scams and fraud
and how to protect yourself

School Supply Packing

Tradition residents packed school supplies last
month for a local Brooklyn Park School.
Notebooks, glue sticks, folders and markers were
just some of the supplies we packed!

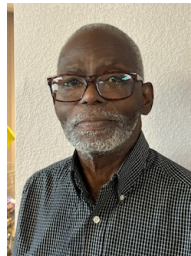


ARMCHAIR TRAVEL

Thursday, September 19th
1:30 Community Room
MEXICO CITY

With it's temperate climate,
unique culture, great food and
stunning architecture, Mexico City is a magical
and enchanting place to visit





Resident Spotlight Robert J.



Robert was born in Natchez, Mississippi. At the time it was a little country town. He remembers playing with the hogs and chickens. Robert fondly recalls a pecan tree in his yard where he would pick pecans. His mother would make pralines, (a nutty sugary candy), and pecan pie. Robert was close to his six brothers and sisters.

Robert was eager to see something different than Mississippi, so at 18 he moved to New Jersey. His older sister and her husband lived in New Jersey. Robert's brother in law was in the army and soon Robert signed up as well. He did his basic training at Fort Dix just south of Trenton New Jersey and then moved on to Fort Benning in Georgia for his Advanced Individual Training (AIT). Robert was a Supply Specialist, supervising and maintaining Army supplies and equipment.

After AIT, Robert was sent to Germany and then to Vietnam and finally to Fort Riley in Kansas. He went back to Mississippi for a short time but moved to Minnesota where his sister lived.

On a visit to Chicago, Robert met his wife, Estella. They raised their children in Chicago (where Estelle was from) and North St. Paul. Robert has many grandchildren and recently a new great-grandchild was born!

Robert is a very positive man. He likes to say that "Life throws you curves, but you just gotta keep on going."

Monthly Resident Meeting Thursday, September 5th 2:00 pm Dining Room

We have resident meetings on the first Thursday of each month. Department Heads and our Resident Council are on hand to update you and answer questions.

All residents are encouraged to attend!

Reflections from the Executive Director



Hello Everyone!

Welcome to Fall – I hope everyone had a wonderful summer and enjoyed every minute with family and friends. We had a busy summer with our beautiful gardens and outdoor activities. I hope you had a chance to get outside in the fresh air – it's good for all of us!

You may have noticed that we had some trees taken down. These were Ash Trees and had Emerald Ash Disease and were either dead or dying. We have plans for landscaping to make sure everything is beautiful for our residents.

We've had a lot of new residents join our Tradition Family. Please reach out and welcome them. How many of you have seen our new flags and yellow dancer?

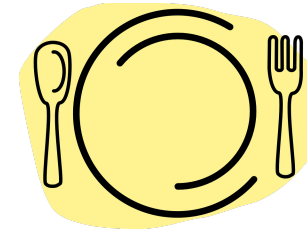
My door is always open!

Cheryl

763-203-8173

levycheryl@traditionliving.org

Notes from the Kitchen



Welcome Autumn!

School is starting, the air is crisp and it's all about changing leaves! We have a few changes happening in the kitchen here at Tradition.

- We have a Harvest Menu available also known as the Bistro Menu. Please note that there is limited availability on certain days.
- We ask that you please have extra patience with our servers. Due to school starting we have had to make some schedule changes. Thank you for your cooperation.
- Rib Night is Friday, September 20th. While we won't turn anyone away, we appreciate knowing if you plan to come.
- We love hearing from you – good or bad! We've put a comment box near the sign ups for lunch and dinner. Let us know your thoughts!

**Chef Amber
Culinary Director**

September Movie Time!

Sunday, Sept. 1 st	<i>McClintock</i>
Sunday, Sept. 8 th	<i>On Golden Pond</i>
Sunday, Sept. 15 th	<i>Oklahoma</i>
Sunday, Sept. 22 nd	<i>North by Northwest</i>
Sunday, Sept. 29 th	<i>Thelma and Louise</i>
Monday, Sept. 30 th	<i>Good Will Hunting</i>

All movies are in the Community Room

EXCURSIONS

**Lunch Outing – PF Chang's
Wednesday, Sept. 18th
11 a.m.**



Iconic, authentic Asian and Chinese fare including sushi and hand rolled egg rolls. Choose your experience!

Shopping Bus – Every Wednesday in September. Check your calendar for specific dates and times.'



We go to Target, Cub, Walmart, Festival Foods, and Dollar Store. Check your calendar for specific dates and times. Space is limited, please sign up.



Enthusiasm Unleashed
During International Enthusiasm Week, September 1–7, welcome a little bit of naïveté into your life and enjoy being mystified and dazzled.

Calling all Men!!!

MEN'S GROUP

Wednesday, September 25th

3 pm Activity Parlor

Let's hear from you for future group ideas

Check us out on Facebook!

Look for TraditionMN