

Kenyon Senior Living Newsletter

September 2019

Equal Opportunity Provider & Employer

National Rehab Awareness Week

National Rehabilitation Awareness Week, September 15-20, is a time to acknowledge the many benefits that can arise from rehab programs. It highlights the positive impact that these services make in the lives of people in need. National Rehabilitation Awareness Week recognizes that every person deserves to live their life to the fullest.

Rehab Therapists are patient, understanding, humorous, and have a thorough knowledge of the muscles of the human body. They spend their days helping improve other people's lives. Every day they provide help and hope to all ages and all manner of injury. From musculoskeletal issues, to joint pain, and stroke – they're the cheerleaders for recovery. This National Rehabilitation Awareness Week, we're cheering them on with our gratitude for their compassionate care in changing lives... for good.

At Kenyon Senior Living we partner with RehabCare to provide some of the best therapy in the area. We are grateful that here at KSL our Occupational Therapists, Physical Therapists & Speech Therapist are available not only for our residents on campus, but also for local community members with outpatient needs. If you would like more information KSL's therapy department feel free to give them a call at 507.789.7131.

September 8-14 is National Environmental Services & Housekeeping Appreciation Week!

During this week we make an extra effort to show our gratitude to our Housekeeping, Laundry & Maintenance staff for all that they do at Kenyon Senior Living.



At Gunderson Gardens, Rose Wing & Suites, our residents are a constant spark of inspiration. Their unique personalities and stories remind us why we do this work. This National Assisted Living Week we honor our incredible residents and our ability to serve them.

We Remember

We take this time to remember our dear friends that we have recently lost, but will never forget.

Nordal Koverstad

Eleanor Traurig

Davis Strandemo

Memorials

John E. Davidson Jr.

This month we have 2 birthdays to celebrate at Gunderson Gardens

Joan Forsberg will be 92 on September 10th.

Jean Crump will be 89 on September 27th.



At Kenyon Sunset Home we have 2 birthdays to celebrate.

Phil Flaaen will be 93 on September 25th.

Gordy Anderson will be 92 on September 25th.

Dog Show



The 9th Annual KSL dog show was another success this year. Thank you to the 14 dogs (& owners) for coming out and joining us. This event is always a highlight of the Summer. This year's 'Best In Show' winner was Luna who is owned by Maurine Olson. Bruno, who is owned by Julie Broin, won the Kenyon Vet Clinic's drawing. We had dogs of all sizes again this year, from Luna, the Shitzu, all the way up to Cleo, Dave and Linda Hellstern's Great Dane. After the event the residents of the Sunset Home sat down to review all of the participants in the show to determine the awards,

9th Annual KSL Dog Show Awards

- 3 year old Cooper the Shih-poo owned by Connie T.—Curliest Tail
- 6 1/2 month old Molly the German Sheppard owned by Rochelle C.—Most Alert
- 9 year old Chucky the English Sprinter Spaniel owned by Danielle K.—Best Smile
- 7 year old Lady Gaga the King Charles Cavalier owned by Rhana O.—Best Dressed
- 5 year old Cleo the Great Dane owned by Linda & Dave H.—Most Regal
- 2 year old Beasley the Corgi owned by Christina H & Grace P—Shortest Legs
- 6 month old Cecelia the golden retriever owned by Jessica R.—Youngest
- 6 year old Haggard the Australian Sheppard owned by Madrox W.—Softest Coat
- 9 year old Bruno the Spaniel shown by Arianna W.—Oldest
- 5 year old Sam the Shi-tese owned by Bruce G.—Cutest Face
- 2 year old Bella the English Sheep Dog down by Lydia—Most Unusual Breed
- 2 year old Luna the Shitzu owned by Maurine O.—Best In Show
- 4 year old Chloe the Pomeranian owned by Lynn C.—Smallest
- 6 year old Marley the Yellow Lab owned by Elden E.—Gentlest



1. Make a photograph craft for them.
2. Interview them about their life.
3. Perform a song for them.
4. Bake them a treat, or bake a treat with them.
5. Offer do to a thoughtful service for them.
6. Record your family history. (A great thing to do with #2!)
7. Send them a homemade card.
8. A simple visit to see them or a call to say hello!
9. Share all the things you love about them in a book.
10. Tell them how much you love them!

KSL Chaplaincy Fund

October 1, 2018—July 31,2019

Church contributions	\$20,329.00
Expenses	\$20,878.06
Shortfall	\$549.06



Starting in September our Director of Social Services & Activity/Volunteer Coordinator, Emily Quam, will be out of the office on Mondays & Thursdays.

She will address any emails or voicemails that she receives on these days when she is in the office the following day.

Work Anniversaries

- Jo O'brien ~ 2 Years
- Sue Fluegel ~ 2 Years
- Ellen Held ~ 4 Years
- Cristi Tunland ~ 5 Years
- Rochelle Caron ~ 10 Years

**Come Join Us For
Kenyon Senior Living's
36th Annual Resident, Family & Friends**



Tuesday, September 17, 2019

**\$7.00 for
non-residents
\$5 for children
6 & under**

**RSVP by
September 9th
To Emily at
(507) 789-7102
Or
To Diane at
(507) 789-7138**

**BBQ Chicken Breasts
Potato Salad,
Coleslaw,
Baked Beans,
Dinner Rolls, Ice
Cream & Beverages**

This wonderful meal will be served in two locations.


- 1) For the Kenyon Sunset Home Residents & Guests you are welcome to come and eat anytime between 5:00 & 6:00. We will be serving in the KSH dining room.**
- 2) For Gunderson Gardens, Rose Wing & Suites Residents & Guests we will be having a set serving time of 5:30. This will be served out of the Gunderson Gardens main dining room.**

When you call to RSVP please inform us if there is a resident that you are coming to eat with. If there is not a resident that you will be eating with, please let us know where you will be dining, Sunset Home or Gunderson.



The residents will be voting on where they would like this year's funds to be donated to.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 10:15 Chapel 3:00 Coffee/Treats	2 Labor Day 10:15 Exercise Group 2:00 Dice Game at GG With the Volunteers 6:30 Movie/Treats RW	3 10:15 Exercise Group 3:00 Coffee/Treats	4 10:15 Exercise Group 2:45 BINGO @ KSH 3:00 Coffee/Treats	5 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG	6 10:15 Exercise Group 1:30 Games @ RW 3:00 Happy Hour!!	7 3:00 Coffee/Treats
8 10:15 Chapel 3:00 Coffee/Treats	9 10:15 Exercise Group 2:00 Dice Game at GG With the Volunteers 6:30 Movie/Treats RW	10 Joan's Birthday 10:15 Exercise Group 2:00 Sing Along With Volunteers	11 10:15 Exercise Group 2:45 BINGO @ KSH 3:00 Coffee/Treats	12 9:00 VFW Men's Coffee in North RW 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG	13 10:15 Exercise Group 2:00 Music by Marty at GG 3:00 Coffee/Treats 3:15 Chaplain Visits	14 3:00 Coffee/Treats
15 10:15 Chapel 3:00 Coffee/Treats	16 10:15 Exercise Group 2:00 Dice Game at GG With the Volunteers 6:30 Movie/Treats RW	17 10:15 Exercise Group 3:00 Coffee/Treats 5:30—BBQ Chicken at the GG Dining Room	18 10:15 Exercise Group 2:45 BINGO @ KSH 3:00 Coffee/Treats	19 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG	20 10:15 Exercise Group 1:30 Games @ RW 3:00 Happy Hour!!	21 3:00 Coffee/Treats
22 10:15 Chapel 3:00 Coffee/Treats	23 10:15 Exercise Group 2:00 Dice Game at GG With the Volunteers 6:30 Movie/Treats RW	24 10:15 Exercise Group 3:00 Coffee/Treats 2:00 Sing Along With Volunteers	25 10:15 Exercise Group 2:45 BINGO @ KSH 3:00 Coffee/Treats	26 10:15 Exercise Group 10:45 Music-Lenice 1:30 BINGO @ GG 5:00 Birthday Supper at GG Dining Room	27 Jean's Birthday 10:15 Exercise Group 1:30 Games @ RW 3:15 Chaplain Visits	28 3:00 Coffee/Treats
29 Linda W Birthday 10:15 Chapel 3:00 Coffee/Treats	30 10:15 Exercise Group 2:00 Dice Game at GG With The Volunteers 6:30 Movie/Treats RW	Gunderson Gardens, Rose Wing & Suites				
September 2019						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:15 Chapel 3:00 Coffee & Treats A La Cart Items Available in Resident Lounge	2 Labor Day 3:00 Coffee & Treats A La Cart Items Available in Resident Lounge	3 10:30 Fitness 11:00 Music with Lenice 2:30 Conversation Ball 4:00 Visits with Activities	4 10:00 1:1 Visits 10:10 Bible Study 2:45 BINGO 3:30 Kenyon News 4:00 Visits with Activities	5 National Cheese Pizza Day 10:30 Fitness 11:15 Music with Lenice 2:30 White Board Games	6 10:30 God Talk 2:00 Movie & Popcorn "Second Hand Lions" 4:00 Visits with Activities	7 3:00 Coffee & Treats
8 National Grandparents Day Environmental Services Week 10:15 Chapel 3:00 Coffee & Treats	9 10:00 Manicures & Chat 11:00 Lounge Living 1:30 Bus Ride 3:30 Adopt A Grandparent Fun	10 10:30 Fitness 11:00 Music with Lenice 2:30 Color My World 4:00 Visits with Activities	11 10:00 1:1 Visits 10:10 Bible Study 2:45 BINGO 3:30 Kenyon News 4:00 Visits with Activities	12 9:00 VFW Men's Coffee in RW 10:30 Fitness 11:15 Music with Lenice 2:30 School Days Memories	13 10:30 God Talk 3:00 Music by Marty 4:00 Visits with Activities	14 10:00 Card Bingo 11:00 Visits with Activities 3:00 Coffee & Treats
15 Rehabilitation Awareness Week 10:15 Chapel 3:00 Coffee & Treats Resident Lounge	16 10:00 Manicures & Chat 11:00 Lounge Living 2:30 Fall Decoration Painting 4:00 Visits with Activities	17 10:30 Fitness 11:00 Music with Lenice 2:30 Floats with Therapy 5:00-6:00 Chicken BBQ	18 National Cheeseburger Day 10:00 1:1 Visits 10:10 Bible Study 2:45 BINGO 3:30 Kenyon News	19 10:30 Fitness 11:15 Music with Lenice 2:30 Leaf Etchings 4:00 Visits with Activities	20 10:30 God Talk 2:00 Movie & Popcorn "Grumpy Old Men" 4:00 Visits with Activities	21 World Alzheimer's Day 3:00 Coffee & Treats
22 10:15 Chapel 3:00 Coffee & Treats A La Cart Items Available in Resident Lounge	23 Fall Begins 10:00 Manicures & Chat 11:00 Lounge Living 1:30 Bus Ride 4:00 Visits with Activities	24 10:30 Fitness 11:00 Music with Lenice 2:30 September Birthday Party 4:00 Visits with Activities	25 Gordy's 92nd Bday Phil's 93rd Bday 10:00 1:1 Visits 10:10 Bible Study 2:45 BINGO 3:30 Kenyon News	26 10:30 Fitness 11:15 Music with Lenice 2:30 Food Committee 4:00 Visits with Activities	27 10:30 God Talk 2:30 Paul & Friends 4:00 Visits with Activities	28 10:00 Card Bingo 11:00 Visits with Activities 3:00 Coffee & Treats
29 10:15 Chapel 3:00 Coffee & Treats A La Cart Items Available in Resident Lounge	30 10:00 Manicures & Chat 11:00 Lounge Living 2:30 Resident Council 4:00 Visits with Activities	 <h1 style="color: red; font-size: 4em; margin: 0;">September 2019</h1>				

Fall Word Search

M	N	I	H	S	Q	U	I	R	R	E	L
L	Y	I	P	R	E	B	O	T	C	O	J
Z	E	Y	K	X	Y	D	F	A	L	L	Y
R	A	E	G	P	X	L	I	T	J	Z	E
E	F	L	L	O	M	R	L	R	A	K	E
B	E	L	G	P	O	U	E	I	Y	R	Y
M	C	O	R	D	P	T	P	D	H	A	A
E	O	W	E	Q	U	A	E	E	I	C	H
T	L	R	W	O	R	C	E	R	A	C	S
P	L	A	O	V	N	M	U	T	U	A	W
E	A	V	L	E	A	V	E	S	X	B	C
S	B	C	F	S	O	R	A	N	G	E	F
A	T	J	N	G	C	P	N	B	R	Y	E
J	O	Q	U	Q	M	H	Q	X	Z	O	F
D	O	S	S	A	C	O	R	N	E	P	K
C	F	Q	F	N	W	O	R	B	X	R	H

FALL
AUTUMN
LEAVES
PUMPKIN
APPLE
ACORN
SUNFLOWER

HAYRIDE
CHILLY
RAKE
FOOTBALL
SQUIRREL
ORANGE

SCARECROW
SEPTEMBER
OCTOBER
CIDER
YELLOW
BROWN
RED



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