

# Welcome

## Join us in welcoming our new residents:

Margaret "Peg" Olson	201
Ronald Olson	201
Mary Sparks	301
Janice Wann	106

## October Outings

Tuesday, October 1

Shopping Shoreview Target--- 1:30

Tuesday October 8

Luncheon Outing "House of Wong"- 10:45

Wednesday October 9

Riverboat Ride & Lunch--- 10:00

Tuesday October 15

Shopping at Little Canada Aldi ---1:30

Tuesday October 22

Memory Care Tour of James Hill House--- 9:30

Wednesday October 23

Shopping at Goodwill--- 1:30

Tuesday October 29

Luncheon Outing at Maplewood Pizza Ranch--- 10:45

**\*Outing sign up sheets will be available  
The 3<sup>rd</sup> Wednesday of every month at 1pm  
at the receptionist desk**

## October Birthdays

In astrology, those born between October 1–22 balance the scales of Libra. Libras epitomize fairness and balance, often striving to minimize conflict and seek compromise. They achieve this with their charming, sincere, and lovable personalities. Those born between October 23–31 are Scorpions of Scorpio. Scorpions are passionate and assertive yet are known to keep cool and calm. This composure makes them good, steadfast leaders and loyal and honest friends.

Walter Matthau (actor) – October 1, 1920  
Ray Croc (entrepreneur) – October 5, 1902  
Chevy Chase (comedian) – October 8, 1943  
John Lennon (musician) – October 9, 1940  
Molly Pitcher (soldier) – October 13, 1754  
Bela Lugosi (actor) – October 20, 1882  
Pablo Picasso (artist) – October 25, 1881  
Mahalia Jackson (singer) – October 26, 1911  
Teddy Roosevelt (president) – October 27, 1858  
Henry Winkler (actor) – October 30, 1945



Hillard Chamerlik October 2  
Andree Chapman October 7  
Mary E. "Edie" Snidarich October 9  
Marilyn Walrath October 13  
Lois Jenkin October 26

## Chad's Corner

### \*\*Carpet Cleaning Special for October

Studio's \$50.00  
1 Bedroom \$65.00  
1 Bedroom plus den \$80.00  
2 Bedrooms \$100.00

# Cardigan Ridge

Cardigan Senior Living 3300 Rice St. Little Canada, MN 55126 651-484-8484



## Department Managers

**Executive Director**  
Jen Tanner 651-765-2701

**Director of Health Services**  
Erin Linn 651-765-2702

**Nursing Office**  
651-765-2703

**Culinary Director**  
Fikreta Okanovic 651-765-2717

**Activities & Volunteer Director**  
Linda Horvath 651-765-2711

**Resident Services Coordinator**  
Colette Campeau 651-765-2733

**Sales & Outreach**  
Denise Jurecki 651-765-2733

**Maintenance Director**  
651-765-2710

**Main Number**  
651-484-8484

## Special Upcoming Activities



### Children's Halloween Party

Residents, staff, family members and friends of Cardigan Ridge are invited to bring their children to a friendly Halloween Party at Cardigan Ridge on **Saturday October 26<sup>th</sup>** from 10:00-12:00 in the Fitness Room located in the lower level.

### Arts & Crafts Sale

Cardigan Ridge will be hosting their annual Holiday Arts & Craft Event on **Saturday November 9<sup>th</sup>** from 1-4. If you would like a table please contact Linda in Activities at 651-765-2711. Due to limited amounts of tables we are only able to provide one table per person.



## Resident Updates

**Flu Shot Clinic on Tuesday**

**October 1<sup>st</sup> from 9am to 11am**

**In the Club Room**

**Podiatry on Wednesday October 9<sup>th</sup>**

**At 9:00am in the Wellness Room**

## Newspapers

**Cardigan Ridge provides 2 copies each of the Pioneer Press and Star Tribune for your reading enjoyment. The Newspapers are located in the lobby and bistro on the first floor. We kindly ask that you do not remove the complimentary newspapers from the lobby/bistro so that all residents can enjoy them.**

## Veteran's Group

The Veterans group with Sean From the Roseville VFW will be meeting On Tuesday October 22 at 6:30 pm In the community room.

## Left, Right, and Center

Logical people are left-brained, and creative people are right-brained, or so goes the persistent myth, a myth so popular that October had been declared Right Brainers Rule! Month. The idea that the brain has two different hemispheres and that people lean more favorably to one side than the other was largely perpetuated by research conducted in the 1960s. Those suffering from severe epilepsy had the bridge of nerves that connects both sides cut, and doctors showed that each side could act independently of the other. Of course, most of us have our bridges left intact, allowing both sides of our brain to operate together and function in integrated and coordinated ways. For this reason, there is no such thing as a truly right- or left-brained person.

## Morning Talks

You are invited to join us for our Morning Talks on Wednesday October 9<sup>th</sup> At 9:30 in the community room. This Month; Jessie Sweeny from Humana will provide a talk on **"Super Foods"** There will be coffee, juice and breakfast treats available

## A Note From Theresa Buckley -

### Social Worker Fairview Senior Services



Thanks so much for letting me serve your building. I have been a Social Worker in Fairview Senior Service for 3 years. I have been a Social Worker for over 30 years and have worked with seniors and their families in nursing homes, hospitals, senior centers and assisted living. I have a masters degree in Social work from Augsburg University in Minneapolis.

I am so honored that you have welcomed me to your assisted living home. You are not alone. I am here to support you and your family with a number of services and options. They include:

- Financial/legal concerns
- Transportation
- Medical insurance questions
- Nutrition and or meals
- Assistance with daily activities
- Companion care
- Support for caregivers, residents and family
- Mental health support services
- Advanced care planning
- Transition from one level of care to another
- Family meetings
- Addressing conflict with in a household

Thanks so much for your warm welcome. I look forward to meeting all of you. Stop and say hello for a 15 minute complimentary consultation or set up a longer private pay Care Management Appointment.

Warm Regards,  
Theresa Buckley, Social Worker Fairview Senior Service

## Your Stamp on the World

October is Stamp Collecting Month, so grab your magnifying glass and join the millions of people worldwide who collect, catalogue, and admire these miniature works of art. There is an almost infinite variety of stamps issued by countries around the world. Some are worth only a few cents, but others can be very valuable. The rarest stamp, issued in British Guiana in 1856 and known as the *One Cent Magenta*, was purchased by a collector in 1980 for \$935,000. While for some stamp collecting is a playful hobby, for others it is an expensive obsession. Just as great works of art are forged, so are great stamps. The greatest stamp forger of all time was the Italian Jean de Sperati. He grew up in a family of printers and mastered the trade, but he turned those skills into becoming a master counterfeiter of stamps. His forgeries are so perfect that they have become works of art in their own right. Some professionals cannot even tell the difference between his fakes and the real thing. In some cases, a Sperati forgery is worth even more than the original stamp.

## A Howling Good Time



Falling just a few days before Halloween, October 26 is Howl at the Moon Night. To hear a pack of wolves howling at the moon might make your hair stand on end, but there is really no scientific evidence to show that wolves do howl

specifically at the moon. The truth is that wolves howl for a variety of reasons, none of which have to do with the moon. Some howl when they are lonesome. Some howl in confrontation. Others howl to share their location or to warn of danger. The howling of a pack is done to exaggerate their numbers to rivals. Interestingly, wolves have been associated with the moon since ancient times. So, too, have werewolves, that gruesome transformation of people into wolves. Luckily, werewolves are also just a myth.