



Guardian Angels

SENIOR COMMUNITY

Riverview Landing



March 2023

RIVERVIEW LANDING CONNECTION

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www.guardianangelsmn.org



OUR ANGEL AMONG US – MOLLY, RN

Molly grew up in the Big Lake/Zimmerman area, she has 2 sisters – all of which are 2 years apart and she falls right in the middle. Molly went to Zimmerman High School and graduated in 2016. Molly started her career with Guardian Angels at Guardian Angels by the Lake in 2016 as a Certified Nursing Assistant. She was there for 4 years as she was in nursing school and upon graduation she accepted a role at Monarch Health Care in a Transitional Care community in 2021. One year later, a past supervisor at Guardian Angels reached out letting her know there was an RN opening at Riverview Landing and she knew the opportunity would be a perfect fit!

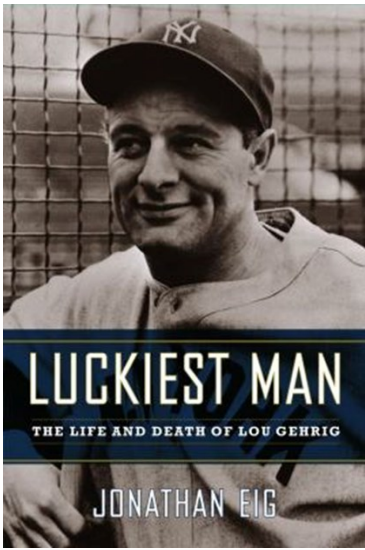
Molly loves working for Guardian Angels because it feels like home. She said there is something special about coming to work and knowing the people you get to see. Molly has met some of the best co-workers and has been impacted by some special Residents as well. Needless to say it is a family affair because Molly's mom used to work as an aide at the care center, and now her little sister works at GABTL.

Molly lost her dad in 2008, and grandma in 2018, the two of them were some of her biggest supporters in life. Molly said her grandmother used to introduce her as a nurse before she was even done with school. In her 25 years she has learned how life can be unpredictable and if she is able to provide heartfelt care and make a difference in someone's life.

Molly aspires to continue to complete her Bachelors of Science Nursing Degree (expected to graduate June 2023), get more nursing experience in different settings, and then narrow it down to find her perfect fit. She also just wants to be happy & get another dog in the house!

Molly is an open book, but said something only a few people know about her is that she has scoliosis, which is a curvature of the spine. From 1st to 8th grade she wore a back brace and ended up getting a spinal fusion to correct the curve when she was in 8th grade.

Molly was nominated by the Riverview Landing Team as the 'Angel Among Us' – an annual award given by Guardian Angels to select employees. Her team knows how lucky our community is to have her as part of the team and see her hard work and compassion in each interaction she has. We are so blessed to have her and her expertise in our community and look forward to seeing her grow as a professional!



BOOK REVIEW

By: Lynn McCarthy
Luckiest Man By Jonathan Eig

Lou Gehrig, the "Iron Horse," was one of the greatest first basemen in the history of baseball. His career and eventually his life were cut short by the disease that now bears his name. These things we know but Eig delves much deeper into the life and times of the New York Yankee that held a myriad of baseball records for over 50 years. He explores Gehrig's relationship with his overbearing mother--an obsessive devotion that often caused friction with his wife-- and his shy, awkward demeanor that set him apart from teammates and did not endear him to the press. What shines through is his quiet determination to be the best ballplayer he could be. Even in the face of a diagnosis of amyotrophic lateral sclerosis (ALS), Gehrig continued to play baseball keeping alive his incredible consecutive games streak until he finally succumbed to the disease and retired,

culminating in his famous farewell speech in 1938 from which the title of this book is taken. Using hundreds of interviews and personal letters, Eig reveals Gehrig's fascinating life and brings baseball during the 1930s and 40s alive. A truly fine biography whether you are a baseball fan or not.

It's not about being perfect. It's not about where you get yourself in the end. There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice. And there's grace in being willing to know and hear others. - Michelle Obama, Becoming

JUST A THOUGHT

If you could kick the man responsible for most of your troubles, you couldn't sit down for a week-- Owen Arnold

The mind if its own place and in itself can make a heaven of hell; a hell of heaven-- John Milton

You will never "find" time for anything. If you want time you must make it-- Charles Buston

Our greatest glory is not in never falling, but in rising every time we fall-- Oliver Goldsmith

My super power is having onto junk for years and throwing it away a week before I need it

Billion dollar idea. A smoke detector that shuts off when you yell "I'm cooking".

If a cookie falls on the floor and you pick it up, that's a squat, right?

ST PATRICK'S DAY

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. St. Patrick's Day 2023 will take place on Friday, March 17. The Irish have observed this day as a religious holiday for over 1,000 years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast on the traditional meal of Irish bacon and cabbage.

- More than 100 St. Patrick's Day parades are held across the United States; New York City and Boston are home to the largest celebrations.

- Belief in leprechauns probably stems from Celtic belief in fairies, tiny men and women who could use their magical powers to serve good or evil. In Celtic folktales, leprechauns were cranky souls, responsible for mending the shoes of the other fairies.



WELCOME NEIGHBORS

Dennis & Renee Rinehart are arriving to their new home, Apt 274, on March 4th. The lovely couple has been married for 22 years and enjoy spending time with their family and nine grandchildren. Dennis was born in Medford, Wisconsin and he and his wife have spent most of their years living in Ramsey, MN. Dennis is a retired Machine Maintenance Forman at Ryerson and Renee is a former Registered Nurse. Dennis will keep you on your toes with his quick witted humor. They both are looking forward to getting involved and developing new friendships.

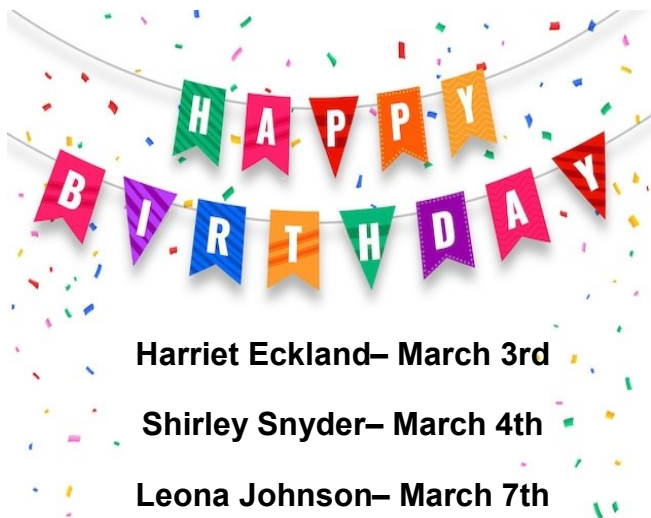
REMINDERS

Please be mindful when walking through the halls— practice ‘road rules’ by remaining on the right side of the hallway when walking or driving a scooter for everyone’s safety.

With spring coming use caution with what you are putting on your decks. Remember if you are on 2nd floor or above items on your deck can fall to those below you— that includes bird seed and bird droppings, water from watering your plants or the rain filling the pot overflow catch and even flower petals. Try our best to keep things tidy so your neighbors below don’t end up with your belongings.



When I say “the other day” I could be referring to anytime between yesterday and 50 years ago



Harriet Eckland– March 3rd

Shirley Snyder– March 4th

Leona Johnson– March 7th

Barbara Middelstadt– March 15th

Lester Lundquist– March 16th

Jerry Fleagle– March 17th

Joseph Whitney– March 19th

Ann Zigler– March 20th

Mary Lou Gaster– March 27th

Ruth Holmquist– March 27th

A PRAYER FOR TODAY

I asked God for strength, that I might achieve,
I was made weak, that might lean to humbly obey.

I asked for health, that I might do greater things,
I was given infirmity that I might do better things.

I asked for riches, that I might be happy,
I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men,
I was given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life,
I was given life, that I might enjoy all things.
I got nothing that I asked for—but everything I had hoped for.

Almost despite myself, my unspoken prayers were answered.

I am, among all men, most richly blessed.

MEMORY LOSS:

By Mayo Clinic Staff

7 STEPS TO IMPROVE YOUR MEMORY

(Continued from January 2023 Newsletter)

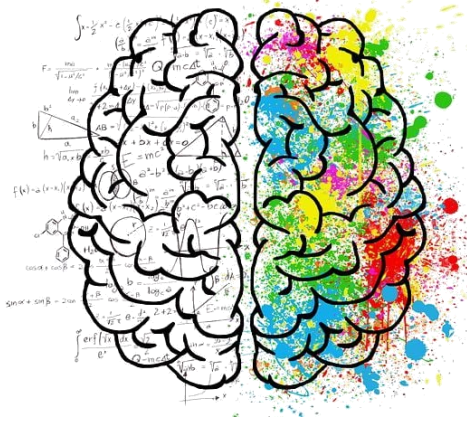
Try these simple ways to improve your memory:

Step 1: Include physical activity in your daily routine.

Step 2: Stay Mentally Active

Step 4: Get Organized: You're more likely to forget things if your home is cluttered and your notes are in disarray. Jot down tasks, appointments and other events in a special notebook, calendar or electronic. You might even repeat each entry out loud as you jot it down to help cement in your memory. Keep to-do lists current and check off items you have completed. Set aside a specific place for your keys, wallet, glasses and other essentials. Limit distractions and don't do too many things at once. If you focus on the information that you're trying to retain, you're more likely to recall it later.

See April 2023 for Step 5!



LENTEN

Lent, in the Christian church, a period of penitential preparation for Easter. In Western churches it begins on Ash Wednesday, six and a half weeks before Easter, and provides a 40-day period for fasting and abstinence (Sundays are excluded), in imitation of Jesus Christ's fasting in the wilderness before he began his public ministry. In Eastern churches Lent begins on the Monday of the seventh week before Easter and ends on the Friday that is nine days before Easter. This 40-day "Great Lent" includes Saturdays and Sundays as relaxed fast days.

In the early centuries, fasting rules were strict, as they still are in Eastern churches. One meal a day was allowed in the evening, and meat, fish, eggs, and butter were forbidden. The Eastern church also restricts the use of wine, oil, and dairy products. In the West these fasting rules have gradually been relaxed.

The strict law of fasting among Roman Catholics was dispensed with during World War II, and only Ash Wednesday and Good Friday are now kept as Lenten fast days. However, the emphasis on penitential practice and almsgiving remains, and many Catholics also observe a meatless fast on Fridays during Lent. In addition, Catholics and other Christians often choose to give up specific pleasures, such as sweets, alcohol, or social media, during Lent as a way to foster simplicity and self-control; many use their cravings or desires for these items as a reminder to pray and to refocus on spiritual matters.

BRAIN GAME

Say the color that you see not the color that is written— as fast as you can. Ready? GO

BLUE

GREEN

BROWN

RED

GREY

WHITE

BLACK

PINK

YELLOW

TAN

PURPLE

ORANGE