

## SCARED SHREKLESS HALLOWWEN BASH



**OCTOBER 29<sup>TH</sup>**

**2:00-3:00 Comedy & Magic Show**

Refreshments served

**3:00 Resident & Staff Costume Contest**

Encourage all to dress up!

**WWR II Bistro**

## Community Highlights from **Westwood Ridge**



OCTOBER 2021

A newsletter for the residents, family and friends of Westwood Ridge

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We are pleased to announce our  
**Team Member of the Month for October**

**JOELLEN  
PARKES!**

Joellen is a Certified Occupational Therapy Assistant and had two separate nominations!

Joellen has many qualities that make her a great co-worker, therapist, and leader among the therapy team. "She is a team player; always going above and beyond to help her patients, team, and co-workers. Jo is caring, compassionate, creative, hardworking, has a great sense of humor, and shows up to work everyday with a positive attitude. We are lucky to have her on our team!"

Jo has been with WWR since February of 2019. Please thank Jo for her hard work and commitment to our residents and team!

# Chaplain's Pen



## The Chaplain's Pen Serving Through Being Served

October 2021

Jesus asks His disciples to serve others. For many of you, serving became a way of life. It was a gift that filled your life with joy and purpose. However, in this final season of life, that joy and purpose can seem to fade as we lose the ability to serve. Some feel guilty about needing to accept the service of others. It can feel like we are burdening those around us. In these moments, we do well to remember that in accepting the service of others, we offer them the opportunity to feel the joy and purpose that once filled our lives when we served. In this way, we are serving others by letting them serve us. Without a doubt, this line of reasoning could be abused in other seasons of life by those who don't truly need help. However, in this final season, we cannot escape the reality that we need to accept the service of others. Moving forward, I pray you, in a spirit of humility and love, can serve others through being served.

~ With love, **Chaplain Adam**

# Event Photos

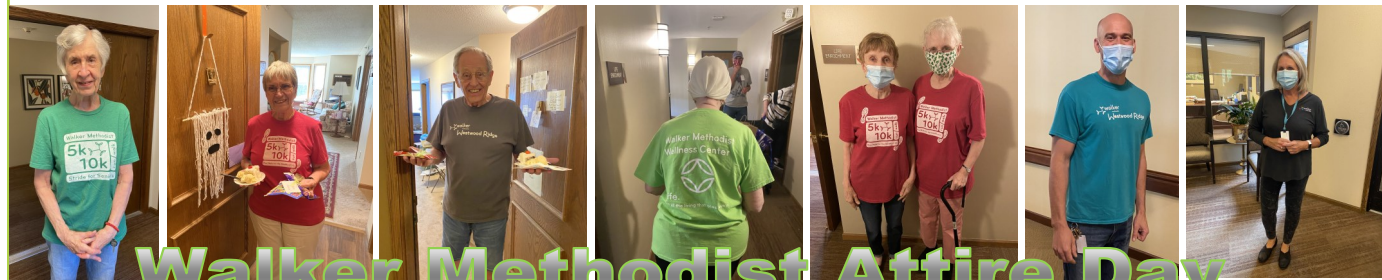


**Halloween**

**CRAFT**

# Event Photos

## ASSISTED LIVING WEEK



Walker Methodist Attire Day



Mismatch Day



Hat Day



Sports Day



Purple Day/ALZ Walk

# Resident Profile

## WILMA MARIE CARRY "MEME"



**Born:** Friday, October 7th, 1932 St. Paul, MN  
**Parents:** Swan and Bonnie Ehnstrom  
**Siblings:** Bernice, Dorothy, and Bob  
**Education:** Monroe, GED  
**First Job:** Soda Fountain at Blomberg's Drugs  
**Favorite Job:** Babysitting my Great Grand babies  
**Faith:** Lutheran  
**Spouse:** Married Roy Carry on November 24th, 1975.  
**Friends introduced**  
**Children:** Wayne, Teresa, Chris, and Sally  
**Person who influenced your life the most:**  
 My mom, she was very caring and kind.  
**Favorite Restaurant:** Old Mexico  
**Favorite Music:** Gospel  
**Favorite T.V. Show:** Price is Right  
**Favorite Sport:** Football  
**Favorite Season:** Fall  
**Favorite Holiday:** Christmas  
**First trip:** Branson, Missouri  
**Favorite trip:** Caribbean Cruse  
**Favorite Pastime:** Playing cards  
**Moment in history you remember most vividly:**  
 Pearl Harbor Day  
**Best piece of advice:** Try to be nice, Never lie  
**Most proud of:** My family  
**What do you most enjoy doing at Westwood Ridge:**  
 Bingo and Scrabble



# Resident Birthdays

## Westwood Ridge I

5th– Lloyd Dill  
 7th– Wilma Carry  
 9th– Keith Sando  
 14th– Alan Pletsch  
 20th– Irma Payne  
 21st– Mervin Perkins  
 25th– Jim Birtz  
 26th– Yvonne Sando  
 26th– Ralph Tiedman  
 29th– Robert Derr



*Happy Anniversary*

7th– Terrance & Kathleen Zielinski

**Welcome**

## Westwood Ridge I

Nancy Kastner  
 Patricia McDonald

## Westwood Ridge II

3rd– Julian Plante  
 9th– Pat Sheridan  
 10th– Gloria Durst  
 22nd– Eleanor Gore  
 29th– Shirlee Urness

## Resident Council and Family Council

New laws that regulate assisted living communities in Minnesota specify that residents and family members have the right to form a council. If you are curious about what this would mean at our community, please reach out to the Executive Director for more information. This type of council would need to be led by residents or family members. We would help support this by, at a minimum, working with you to determine what room or space would work best, what person from management would participate, and best ways to schedule and advertise your meetings.

If you want to organize a resident council we would be happy to provide you with guidance on ways to organize and run your council and meetings. From our perspective a council gains legitimacy by: focusing on positive ways the community can improve, meeting regularly, operating democratically, and representing all residents in the building.

If you have any questions or suggestions about operations here at Westwood Ridge, I encourage you to attend the monthly Community Update Meeting. This meeting is the best way to hear from representatives from all of our departments, get updates, and pose questions.

# Event Photos



What a marvelous time of the year! Crisp air, fuzzy sweaters, and bright smiles! The golden splendor of fall reminds us how beautiful and magical our world is! As children go back to school, we prepare for changes in the weather and think about family gatherings. Autumn symbolizes change and new beginnings, a perfect time to incorporate a healthy habit by taking care of our oral cavity.

**The mouth is the gateway to the body!** It's important to decrease the bacterial load in the mouth to reduce viral opportunists like the flu and Covid. According to the National Institute of Health, "The mouth is home to about 700 species of microbes. Some bacteria are helpful, but others may cause serious problems impacting the rest of our body". Give your mouth and body a gift this Autumn, pay attention to your oral habits. Follow these simple guidelines to make it part of your daily ritual:

Brush teeth & tongue 2x/day	Drink water containing fluoride
Floss and use mouthwash daily	Refrain from smoking or chewing tobacco
See a dentist for routine visits	Eat healthy, high-fiber foods

"Life starts all over again when it gets crisp in the fall." – **F. Scott Fitzgerald**, *The Great Gatsby*

**Walker Methodist Oral Health Program: 612-827-8546**

## National Beer Lovers' Day

