

Arbor Terrace

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Newsletter July 2021

~ A Message from the ~ Housing Community Leader



Hello Arbor Terrace,

June was a hot one and flew by so fast. We celebrated happy hour with root beer floats, we hung our bird feeders, and made sure to hydrate those plants. Our residents have been enjoying the outdoors lately with this summer heat.

I am so excited to share some big news with you. We are going to have our summer picnic this year! Mark your calendars for August 19th, 2021 from 4:30p-6:00pm. We will celebrate the evening with music, food and fun!

I know things change quickly and it can be a bit overwhelming. However, we are excited to share that our visitation program will be expanded. The goal is to have the expanded program begin on Monday July 5th, 2021. To briefly summarize we are allowing visitors to come as many times a week they wish, no length of visit requirement, and will be allowed to have 2-3 visitors at a time. We will still have the website for visitors to put in the date and time of arrival. You will still have to pass COVID screening upon arrival.

This past month Samaritan Bethany also had their annual golf outing at Somerby Golf Club. It was such an amazing day and to top it off they announced that the grant we submitted to the Astrup Family Foundation was approved. This grant is to renovate our Memory Care Courtyard with new landscaping, a custom pergola, and patio furniture. We are so excited to keep you all updated during this project.

July has now arrived and in patriotic fashion. I hope everyone has a fun and safe weekend celebrating the 4th of July.

Sincerely,

Rachael Paddock
Housing Community Leader
Arbor Terrace Samaritan Bethany



COVID-19 UPDATE

Starting July 5th, 2021

Changes to guidelines for indoor visits include:

- There is no longer a maximum number of visits per week. You are able to visit your loved one as many times as you would like.
- There are no longer restrictions on the length of a visit.
- Visits are able to occur outdoors.
- You must screen at the front desk, even if visiting outside
- Please be sure to maintain a 6 foot distance between other visitors and residents
- If the resident and visitor is fully vaccinated you can choose to be without your mask when in the resident's room. **Masks still must be worn when walking through Arbor Terrace.**
- 2-3 visitors can visit a single resident at a time
- **Visits are to occur during the hours of 8am – 6pm**

You will continue to use the website for reservations. An area has been added for you to enter in your estimated arrival time for the date and timeframe you choose to schedule a visit.

Please visit the following link to make a reservation <https://ccs-reservation.na.rapidbiz.com/> and use this PIN number to complete the reservation: **497154**. Once the reservation is approved, the visitor will receive a confirmation email. A confirmation email could take up to 24 hours to receive. If you do not receive a confirmation email please check your junk or spam folders.

Resident Outings:

Residents are able to go on outings with families if they chose. Residents do need to sign out and back in when leaving Arbor Terrace. The sign in and out book is located on the screening table. Residents that are vaccinated do not have to quarantine upon returning to the facility. Family can go up to the resident's room to assist them downstairs for the outing during reception hours (8 - 4:30pm). After reception hours, please wait for staff to bring your loved one downstairs.

Cumulative Total

# of Staff	7
# of Residents	15
No new cases since February 2021.	



Vaccination Rate

Staff	76%
Residents	99%

The above percentage represents the percentage of Arbor Terrace staff and residents who have completed both doses of COVID-19 vaccine.

Resident Spotlight



Camera Please.

This is not a joke. This is a fact.

A well known, world famous, top research officer is trimming the hair of a woman. She is not a chick and he is not a hairdresser. He is a renowned professional and the woman is 97 years old - his mother, living in an apartment building. She cannot walk. She cannot go out. She is afraid of Virus and the fall. They say, fall is bad You brake your bones. Also, another wave of Virus will come in the fall. When the fall is over, she will go out. Her hair will look crazy. People will laugh.

This is not a fact. This is a joke.

Prem Deep—Article 2021

MEET THE STAFF

What is something that a ton of people are obsessed with, but you just don't get the point of? **D.I.Y. (Do it yourself) projects.**

What do people think is weird about you?
I look angry , but always happy.

What would be the scariest monster you could imagine? **Giant snake!**

How do you relax after a hard day of work?
Power Nap and get ready for the next day.

What do you take for granted? **My tolerance for people.**

What's the best thing that happened to you last week?
MD got me flowers. :)

What is one or two of your favorite smells?
Pancakes :) Flowers

What mystery do you wish you knew the answer to?
Dark matter of Space.

If you had to change your name, what would you change it to? **I love my name!**



Homemaker, Independent Living

Suraia Tila



A look back at June!

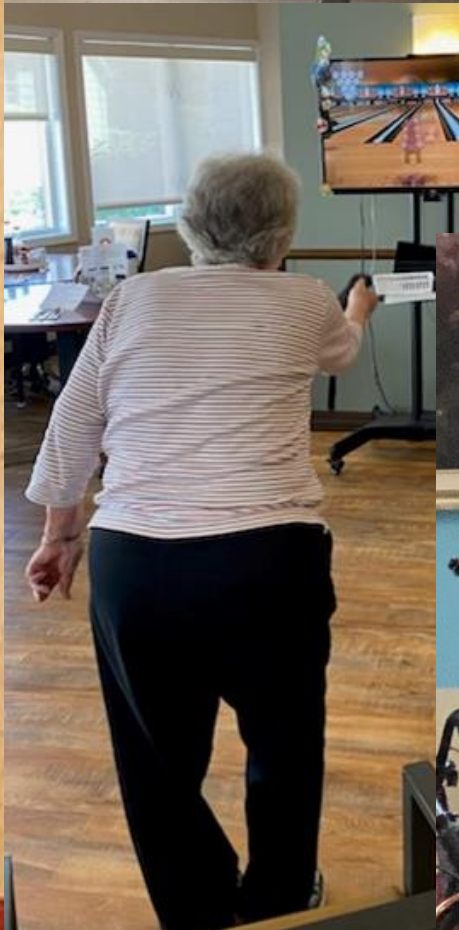
**“Hey wait! June
come back!”**

**Well, that was sure
fast...We had a lot of
fun this June!**

**We started our
“Cycling Without
Age” program.**

**As well as the ratta-
tatt-tats and dings
and dongs of our
new “UpBeats!”
drumming program.**

**...But, mostly June
was about Happy
Hours and sunshine.**



A Peek at the Month

BINGO! Every Mon (AL) Every Tues (IL)

Mellow Fellows Band 17th (IL)

FOURTH OF JULY!

Painter's Studio (AL) 20th

Woman's Breakfast 14th & Men's Breakfast 30th
Meditation Group (CR) Every
Wednesday

Exercise Class Mon, Wed, Fri. 10am
(IL) Dining Room

RESIDENT FORUM 7th (IL)

Music Therapy (MC) 13th & 27th

UPBEATS! Drums for Healing
9th (AL) & 21st (IL)

Cycling W/O Age Every Mon @ 3:45pm

HAPPY HOUR EVERY THURSDAY at 2:30pm

**PROJECT
'NOT-SO-SECRET'
GARDEN
COMING SOON**



Landscape Design
 85th Ave NW
 Suite 100
 763-284-0222

SAMARITAN BETHANY
 101 7TH ST NW
 ROCHESTER, MN

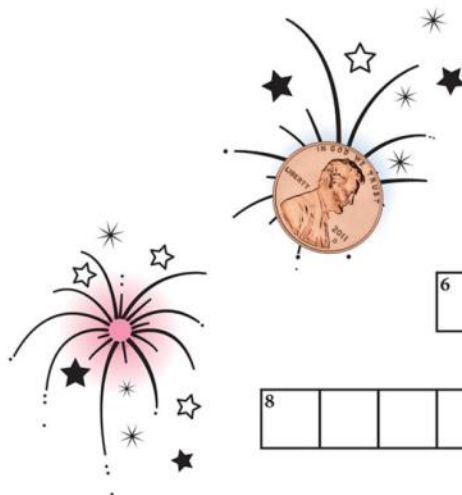
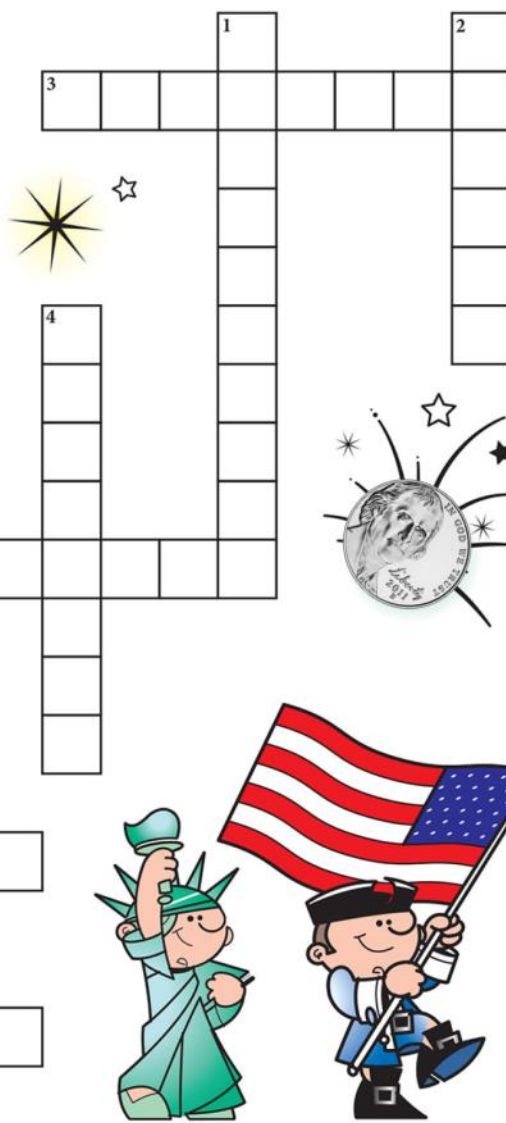
LANDSCAPE PLAN
 DATE: APRIL 2021
 REVISED:

DESIGNER: BRIAN NEWELL
 SCALE: 1/8" = 1' - 0"

We are beyond excited that the Astrop Family Foundation has given Arbor Terrace a grant to renovate the MC courtyard! Awesome!

Fourth of July

CROSSWORD



ACROSS

3. Fill in this famous quote common among Patriots: "No _____ without representation!"
5. The Star-Spangled Banner was written about the American _____.
6. The _____ of Independence begins with "We the people."
8. British tea was dumped into the harbor during the _____ Tea Party.
9. The colors of the United States are red, white and _____.
11. _____ is the power or right to act, speak, or think how you want.

DOWN

1. This general went on to become our first president.
2. The National _____ is sung before many sports events.
4. There were _____ states in 1776.
5. These things light up the sky on the Fourth of July.
7. During the American _____, the colonies wanted to separate from Great Britain.
10. A _____ dollar bill has George Washington on it.



ANSWERS: 1. Washington 2. Anthem 3. taxation 4. thirteen 5. flag 6. Declaration 7. Revolution 8. Boston 9. blue 10. one 11. freedom



Prayer for America

Dear God, we thank you for the bountiful blessings you have bestowed on us. Guide us in being good stewards of these gifts. Let us care for all of your beautiful creation, from the redwood forests to the gulfstream waters. Make us instruments of your peace in order to put an end to rockets' red glare and bombs bursting in air.

Help us to love and care for all of our neighbors - locally and globally - so that we might be truly crowned with brotherhood from sea to shining sea. Amen.



FRANCISCAN
MISSION SERVICE

Support Arbor Terrace!

We are looking for your help! Arbor Terrace has a goal to improve our residents rhythm, health and laughs. To do this we are asking if you have any drums or percussion instruments that you no longer want we would love to add it to our "UpBeats! Percussion for Life," pilot program.

This is a pilot program from the Women's Drum Center out of St. Paul that Arbor Terrace has the fortune to be a part of, but we could use some more drums.

To drop off you would just bring your donation to the front desk of Arbor Terrace. You can contact Shane Hoffman, 507-424-4063 or shoffman@samaritanbethany.com, with any questions or comments regarding the donation process.



And...if you or anyone you know would like to become a volunteer please contact Shane Hoffman: **507-424-4063 Ext. 4105** We are looking for: bingo caller, yoga practitioners, exercise leaders (will train) one on one visitors, game and card players, artists, musicians, ect.



**We wish you a happy
4th of July!**

from Arbor Terrace!