

August 2024

All shook up – by terrace resident Darryl Germain

Over 45 years ago, I moved from my home state of Wisconsin to sunny California, where I thought I had found Paradise. The ocean, the St. Inez mountains, the foothills, the palm trees, the flora, and the sun, dazzled me in total awe of Mother Earth. I was young and somewhat naive. I forgot that there is no Heaven on earth!

One sunny afternoon, after only a year or so of living in Santa Barbara, I was in a convenience store, when I noticed I was wobbling! I was not drunk! The floor was moving right under my feet! Cooler doors were swinging. Things were falling off the shelves! I heard people yelling, “Earthquake! Earthquake!” as they wobbled out of the store. Like the earthquake rookie I was, I just stood there, frozen in time. I had absolutely zero training for this! Where does one actually go to escape an earthquake? Where is the EXIT? I was scared stiff!

Suddenly, someone grabbed my arm, calmly telling me that we had to get away from the windows. I think he was one of the store’s workers, and apparently, a veteran of earthquakes! He was just so mellow about the whole earth throwing us off balance, to say the least!

So there I was, outside, still wobbling with the whole parking lot pavement moving in waves! Being an earthquake rookie, I thought the earth was going to open up any minute and swallow us! I may have said a prayer. Then, suddenly, after what felt like an eternity, the earth stood still, its little dance was over.

Still in shock, I heard people talking about AFTERSHOCKS! Then I heard music, coming from the store’s speakers. The radio was playing Elvis Presley’s famous song, “I’m All Shook Up!” As I continued standing in the lot, talking to people, most of them being “earthquake veterans,” I couldn’t believe how well they were taking this near-death experience! At least, that’s how I felt about it. And then I heard another song, and it was “I Feel The Earth Move Under My Feet” by Carole King and that made me laugh a little.

There were no aftershocks from this one, and I managed to survive a few more quakes, in the following 12 years there. That earthquake, however, left a lasting memory with me, the day I was all shook up!

Croixdale

Staff spotlight: Nancy Dittmer

Nancy Dittmer is our Nutrition and Culinary Director here at Croixdale. Prior to taking this role, Nancy worked as a float Culinary Director for Ebenezer Senior Living.

Nancy currently lives in New Richmond, Wisconsin, previously living in Woodbury, Minnesota for 25 years and Hudson, Wisconsin for four years. Nancy shares that she has three children, and five grandchildren whom she spends a lot of time with, and even teaches them how to cook!

Outside of work, Nancy enjoys reading, wine tasting, day trips, cabin time, boating, and spending time with her family. To relax, Nancy loves a beautiful summer day to sit outside, relax, and read a good book. One thing that Nancy is very passionate about is making sure she always supports the underdog, and is an advocate for people who are not able to advocate for themselves. We are so blessed to have Nancy on our team!

Welcome, Nancy!



WELCOME NEW RESIDENTS:
Leo and Geri Conzemius, Apt. 121

Welcome

STAFF ANNIVERSARIES

Emma Bermair- 1 Yr. server

Cindy Siegel- 2 Yrs. RA

Gretta Tatro- 2 Yrs. RA

Anna Westby- 3 Yrs. RA

Angie Sie- 3 yrs. nurse

Sports page

On July 11, Croixdale hosted our second annual Balloon Volleyball Invitational. The Croixdale River Rats competed against the Deerfield Destroyers and the Woodland Hill Warriors in 90 minutes of high competition, high stakes fun!

While the River Rats were determined to bring home the traveling trophy, they lost to Woodland Hill 7-10 in the final match.



Our next tournament is tentatively scheduled for Thursday, October 24 at The Deerfield in New Richmond.

The River Rats practice Wednesdays at 10:30 a.m. in the Community Room. All are welcome! No experience is necessary.

Transportation reminders

- Croixdale provides residents weekly opportunities to shop and go on outings in our community. Please see the front desk to sign up.
- Remember to use the “Wait List” if all the sign-up slots are full. We are often able to accommodate those on the wait list.
- Please empty your walker’s storage compartments in your apartment. No items are allowed inside your walker on the bus.

A joyful word

Baptism is an act that demonstrates to the world that what Christ has done for you is real, wonderful and worth dying for in order to live again.

We have been buried with Him through baptism into death, so that Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life.

Romans 6:4

Croixdale



A few photos from Croixdale's Summerfest Celebration!

A letter from Mrs. McGillicuddy: Summer treats!

As a college student, my friend and I were hungry for one of the best treats of summer—fresh sweet corn. It hadn't appeared at the little campus store that everyone called "The Harvard Holdup" or in the dining hall, so we decided to drive out into the country and find a farmer's stall selling sweet corn.

We soon found a long driveway with a faded "Sweet corn" sign nailed crookedly to a fence post. About halfway up to the house, we saw the farmer. He was in his orchard cutting weeds with an old-fashioned scythe—a kind of curved machete with a curved handle—without a stitch of clothes on! Our eyes met in startled surprise. We pretended we hadn't seen him and drove up to the house and turned to leave. There was his long white underwear on the clothesline drying merrily in the breeze!

We drove quickly down the long driveway. He looked at us in helpless embarrassment. I wish, in retrospect, we had honked the horn and cheered him and given him a thumbs up but we were as embarrassed as he was to have intruded on his summer treat.

Hope you enjoy two of the best treats of summer—fresh sweet corn, home grown tomatoes and maybe a romp outside in your altogether!

Till Later. Mrs. McG

Wellness topic: Sleep well

Does it take you a long time to fall asleep at night? Do you wake up in the middle of the night and have a hard time getting back to sleep? Do you wake up feeling tired? If you answered “yes” to any of these questions, you are not alone!

As we age, sleep recommendations do not change. Older adults often experience less REM (rapid eye movement) or “deep” sleep compared to younger adults however, seven to nine hours of sleep each night is ideal for allowing the body to restore energy and the brain to regulate various body systems. Good sleep contributes to improved concentration, memory, and mood whereas sleepless nights can lead to irritability, forgetfulness, and an increased risk of falling as well as other various health concerns, such as high blood pressure and cardiovascular disease. See below for some good habits to foster a good night of sleep!

Sleep troubles are not a result of aging, however they can be related to genetics, medications, or other diseases. If you have concerns about your sleep, you can always discuss them with your doctor!

Good Sleep Habits:

- Stick to your schedule – go to bed around the same time every night and wake up around the same time every morning!
- Limit your daytime naps to 20 minutes and avoid napping late in the day.
- Keep lights low and limit light from the television, iPad/tablet, and computer prior to going to bed.
- Limit afternoon caffeine and avoid larger meals before bedtime.
- Keep your environment comfortable – cool temperature and quiet! Exercise regularly!
- If you can’t fall asleep after 20 minutes, get out of bed and read a book or work a crossword puzzle until you feel tired.



Source: National Institute on Aging: *A Good Night's Sleep*

Croixdale
750 Highway 95 North
Bayport, MN 55003

651-275-4800
Croixdale.org

Presbyterian Homes & Services is a nonprofit organization and an equal opportunity employer serving older adults through community services, housing, and health care.

Resource Corner

Did you know that Croixdale has three 'in-house' TV channels?

Channel 990—Watch our building's front entrance

Channel 991—Enjoy morning fitness and nature cameras

Channel 992—Calendar, Menu, and Announcements

You can also find Croixdale's newsletter, menus, and activity calendars online! Go to Croixdale.org and then find the 'At Our Community Section' on the right.

Would you like to see more photos of what's going on at Croixdale? Like us on Facebook!

Living longer, healthier and stronger

Presbyterian Homes and Services is here to support you! With onsite outpatient therapy through **Presbyterian Homes and Services Rehabilitation** and home health services through **Optage** (available in Minnesota), there is a convenient way to connect with a physical, occupational, or speech therapist in a PHS community near you!

It's time to see therapy not as a last resort, but as a regular part of our health regimen, just like our annual check-ups. By focusing on strength, flexibility, balance, safety and function, therapy can prevent the very injuries it was once primarily used to treat.

Let's embrace this proactive approach and make therapy a cornerstone of our strategy to live longer, healthier, and more fulfilling lives. Together,

we can redefine what it means to age gracefully and empower ourselves to take control of our health journey!

For more information, contact your on-site therapy team, visit our website www.preshomes.org/therapy, or call 651-746-8200 for more information.

2024 Christmas Card

Spread goodwill and cheer by sharing your artistic spirit!

Submit your original artwork to be the cover of the 2024 Presbyterian Homes & Services annual Christmas Card.

- Deadline for submissions is **Sept. 13**.
- Submit artwork to communication@preshomes.org.

TIP: Take a picture or scan it to submit.