



Guardian Angels

SENIOR COMMUNITY

Riverview Landing



January 2023

RIVERVIEW LANDING CONNECTION

Inside This Issue

- Book Review
- Dementia Tips
- Anniversaries
- Journey
- Welcome New Neighbors
- Resident Birthdays
- Memory Tips
- Thank You



www.guardianangelsmn.org



HOW I CAME TO MINNESOTA

Submitted By: Olga Jackson

I was born in The Hague, Netherlands, and as a family we immigrated to South Africa in 1939 just before WWII. A very fortunate decision on my parents part as we missed the European conflict and the hard times that the Netherlands went through from 1939 -1945.

I enjoyed my school days in South Africa, and played as many sports as possible. I played basketball from elementary school right through to my many years in the adult league. I was an elementary school teacher in South Africa, I also taught math and science in high school and also taught at a school for physically handicapped children. A great number of the children there had suffered from Polio or were handicapped due to their mothers having taken thalidomide during pregnancy. Classes were small and the children were delightful. I still correspond with some of them today!

In 1963 my husband and I had travelled and camped through Europe for three months and then worked in England for nine months. When we came back to South Africa, my husband was awarded a scholarship to study his Master's degree at Ohio State so we came to America one year later. Before we moved permanently to the States, we lived in Sydney, Australia for one year.

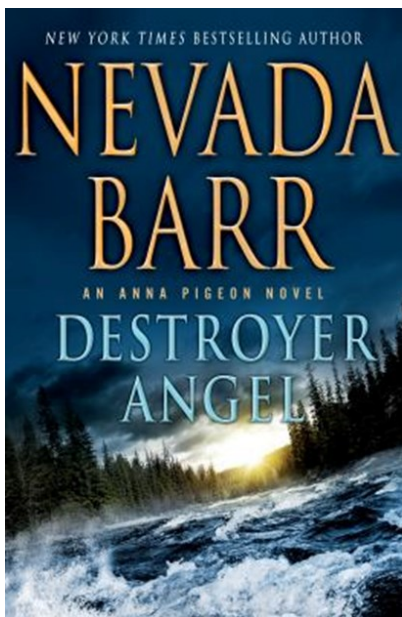
My husband, a civil engineer, our three sons and I moved to the states in 1986 and lived in Minneapolis and Milwaukee. After my husband passed away in 1999, I moved to Arizona. My two sons, Andrew and Bob, graduated from Minnesota State University as accountants – unfortunately we lost our son Doug in a river drowning accident in Nicaragua while he was working on a project building a university in Bluefield's for Pastors for Peace.

I changed careers when I went back to work again and took up nursing and got my RN license in Wisconsin. I worked as a Home Health Nurse there until I moved to Arizona.

Now, retired, I lived in Arizona for nearly 20 years and in the beginning of 2018 I moved in with my son and daughter-in-law in Cardiff by the Sea in Southern California.

In 2019 we decided that I would move to Independent Living and Riverview Landing was chosen by my family. Now I am so grateful to be close to the grandkids! I have been so happy here and could not think of a better place to spend my 'golden' days.

What a life!



Book Review

By: Lynn McCarthy

Destroyer Angel by Nevada Barr

After a grueling season of fighting fires, National Park Ranger Anna Pigeon needs a vacation. She decides on what she thinks will be a relaxing camping trip in Minnesota's north woods with her friends, Heath, a paraplegic and Leah, a wealthy designer and their daughters. Upon her return from a solo canoe ride on their second day of camping, Anna finds that four armed kidnappers have invaded their encampment seeking an easy ransom payoff. Staying hidden in the woods without equipment or supplies, Anna uses her wilderness expertise as she works to disarm the captors and free her friends. The ineptitude of the first-time kidnappers and Heath's disability soon cause the situation to spiral out of control. As with all her Anna Pigeon novels, Barr spins an exciting man vs nature tale. A real page-turner, this novel by Nevada Barr, herself a past national park ranger, will keep you on the edge of your seat.

Reminder: Please silence your cell phones while at group activities – We appreciate being able to connect with our volunteers, activity staff, live performers and others without interruption.

Thank you!



HAPPY
Anniversary

Ron and Barb Middelstadt January 1st

Marilyn and Earl Williams January 2nd 1955

Wayne and Donna Modeen- January 22nd, 1954

Gary and Glenna Gibbons January 28th

Dementia: How to Prepare for the Changing Weather

- Dress warm & keep rooms warm:** Layers of clothing, ideally with natural fibers such as cotton and wool, are the best way of staying warm. And don't forget hats, scarves and gloves for going out. Try to make sure that any rooms that are occupied during the day are kept warm.
- Make the most of natural daylight:** Decreased sunlight can cause someone with dementia to feel increased anxiety, confusion, and even depression. Get outside when you can, even just sitting in the garden, and keep the curtains open in the day.
- Stick to a routine:** A big change in routine can cause someone with dementia to become confused or agitated. If you do have to make changes in winter – for example, changing nap times or daily walks due to limited daylight – try to do it gradually.
- Be careful in ice and snow:** Perception issues can make it difficult for someone with dementia to see icy patches on a pavement or understand that snow can make a surface extra slippery.
- Eat and drink:** Keeping warm uses up a lot of energy, and a warm house can increase the risk of dehydration, so eating and drinking is extra important when it's cold. Snacking throughout the day can help keep energy levels up, and hot drinks can help you warm up.
- Stay active:** Keeping active helps blood circulation and helps you stay warm. Try to move around at least once an hour. Getting out for a walk is ideal, but just moving in a chair, waving your arms, standing up and sitting down, or even wiggling your toes will help.

Welcome Neighbors



Welcome **Jean Becklin** to **Apt 322**. Jean moved to Riverview Landing on Dec 3rd. Jean has lived on 5th street in Elk River since 1952 raising her 3 children; Wayne, Connie and Korynn. She has 9 grandchildren, 6 great-grandsons and finally was blessed with a great grand-daughter!

She loves puzzles, 500, Cribbage and sewing. Please stop by and give her a warm welcome!

Welcome **Amy Pearson** to **Apt 172**. Amy moved to Riverview Landing on Dec 1st. She was born in Minneapolis and has spent most of her years living in Maple Grove. She has 2 children, David and Judith, 5 grandchildren and 6 great-grandchildren.

She loves puzzles, card games and has even been scuba diving!



"Wrinkles will only go where the smiles have been." - Jimmy Buffet

Resident Birthdays

January 5th - Ron Middelstadt

January 5th - Elaine Schreiber

January 9th - Betsy Tepley-Manbeck

January 11th - LaDonna Kettner

January 11th - Mary Loken

January 13th - Janet Cisewski

January 13th - John Hall

January 16th - Donna Rehard

January 17th - Myrtle Brutlag

January 19th - Donald Tegtmeier

January 21st - Vernell Lea

January 22nd - John Van Slyke

January 23rd - Wayne Modeen

January 25th - Duane VonBank

January 27th - Priscilla Sension

Famous Birthdays

January 5th- Carroll Shelby

January 5th- Diane Keaton

January 9th- Bob Denver

January 11th- Ben Crenshaw

January 11th- Shareef O'Neal

January 13th- Patrick Dempsey

January 13th- Robert Stack

January 16th- Ethel Merman

January 17th- Al Capone

January 19th- Dolly Parton

January 21st- Ethan Allen

January 22nd- John Belushi

January 23rd- John Hancock

January 25th- Alicia Keys

January 27th- Donna Reed



MEMORY LOSS:

By Mayo Clinic Staff

7 STEPS TO IMPROVE YOUR MEMORY

(Continued from December 2022 Newsletter)

Try these simple ways to improve your memory:

Step 1: Include physical activity in your daily routine.

Step 2: Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape – and might keep memory loss at bay. Do crossword puzzles. Play bridge. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization.

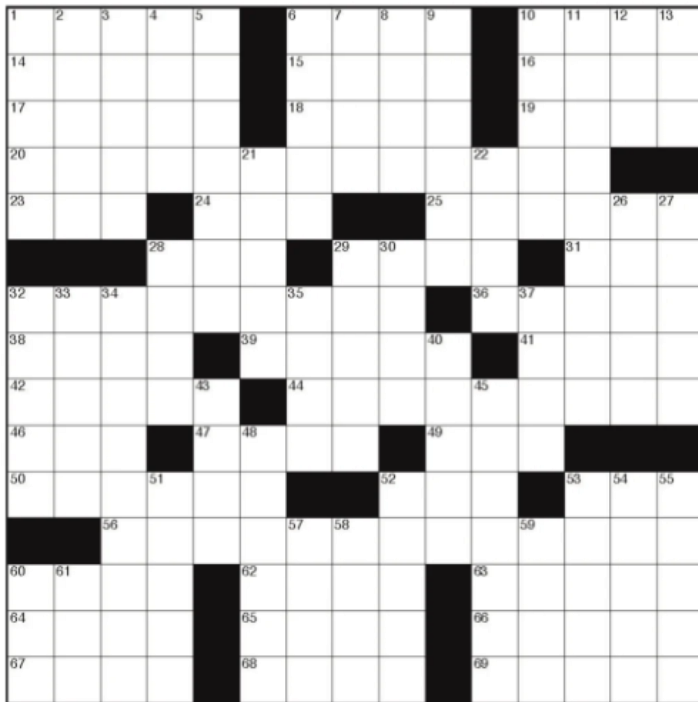
“Sometimes you never know the value of a *moment* until it becomes a *memory.*”

DR. SEUSS

thegoalchaser.com

Coming of Page

CELIA MATTISON



ACROSS

- 1 Nautical greetings
- 6 Creature encountered by 9-Down
- 10 Dancer Kelly
- 14 Sarcastic animated teenager
- 15 Small green citrus
- 16 Smell
- 17 Deactivate
- 18 'A Visit from the Goon Squad' author Jennifer
- 19 When doubled, first name of actress Fan
- 20 Genre typified by many in this puzzle's clues
- 23 Monogrammatic group for Scout's dad and an Eoin Colfer character
- 24 Family in 'Succession'
- 25 London landmark an Aussie might tell you to visit
- 28 Fork over
- 29 Lip
- 31 __, dos, tres
- 32 Young Jane Yung author Zevin
- 36 Actor Elba

- 38 1995 Bennett portrayer Jennifer
- 39 Beer hall
- 41 "Today" in Turin
- 42 Folklore character Tom
- 44 Bookish fundraiser
- 46 Astronaut Jemison
- 47 Dethrone
- 49 It can be poison
- 50 Items frequently published in Catapult
- 52 Flight data
- 53 Ancestor to the DVD player
- 56 Nobel Prize-winning author of 'Never Let Me Go'
- 60 It can flow or tangle
- 62 They can be liberal
- 63 Frank ___ Wright
- 64 Cookie clued 13 times in 2021
- 65 Pale beer
- 66 Choice word?
- 67 Smee's job title
- 68 River of the dead
- 69 Italian kingdom

DOWN

- 1 Actress Uzo
- 2 'Go Ahead in the Rain' author Abdurrajb
- 3 Spoken exams
- 4 Scots word for earth that's an English soundalike
- 5 Helen DeWitt's 'The Last ___'
- 6 Reflective poem
- 7 Notable costume elements often worn by Nicole Kidman
- 8 Character played by Michael on 'The Wire'
- 9 Skywalker's mentor
- 10 Duffel stashed for emergencies
- 11 Scottish setting in 'The Prime of Miss Jean Brodie'
- 12 ___ sequitur
- 13 Work unit
- 21 Contradictory last name for poet Alfred
- 22 Mariah Carey album 'The Emancipation of ___'

THANK YOU!

What a wonderful Holiday meal served by our Culinary Team. Thank you to everyone who made the meal so special from the linens to the decorations, the music to the service, the food to the preparation. We are so thankful to live in a community where we are able to celebrate as a family and enjoy one another's company during this season.

