

# THE PINE CONE PRESS



**World's Indigenous Peoples Day**  
August 9<sup>th</sup>

**Primary Election Day**  
August 11<sup>th</sup>

**Total Solar Eclipse**  
August 12<sup>th</sup>

**National Tell a Joke Day**  
August 16<sup>th</sup>

**National Senior Citizen's Day**  
August 21<sup>st</sup>

**Women's Equality Day**  
August 26<sup>th</sup>

**Office and Reception Hours  
Until Further Notice**

**Monday—Friday**  
**8:30 a.m. to 7:00 p.m.**

**Saturday & Sunday**  
**9:00 a.m. to 5:30 p.m.**

**The Pines of Richfield**  
**400 West 67<sup>th</sup> St, Richfield, MN,**  
**55423**  
**612-861-3331**

## NEWS FROM THE ADMINISTRATORS

Hello. I'm Christina Sturgis, and I'm excited to join the team as the Interim Director of Health Services.

I'm originally from northern Minnesota and have been a registered nurse for over 15 years, with experience in assisted living, memory care, hospice, and home care.

Outside of work, I enjoy spending time with my children and grandchildren, reading, and traveling.

I look forward to getting to know our residents and their families.

Christina



I am Rebecca Setser, and I am excited to join The Pines as Interim Housing Director.

I've spent my career in senior living, starting out as a licensed Nursing Home Administrator in Kansas before moving to Minnesota two and a half years ago to continue that work here. I hold degrees in Music and Aging Studies, an unusual pairing that has served well in a field that's as much about people as it is about policy.

I live in North Saint Paul with my 9-yr-old boxer/pug mix, Rory. I have three grown sons – two here in the Twin Cities and one in Maryland – and I am Nana to two granddaughters, Freya, 3 ½ and Alva, 3 months.

Outside of the office, I enjoy reading, swimming, walking with Rory, and every minute of granddaughter time I can get.

I look forward to getting to know you at The Pines!  
Rebecca



## A NOTE FROM OUR CHAPLAIN

**Grace and Peace to you, dear People of the Pines,**

Earlier this summer I participated in a five-week Writing Group and found that it gave me the time and space to reflect on life in ways that I don't always give myself permission to do. I have been wanting a more structured creative outlet in my life and taking a painting class or voice lessons are on my list of possibilities.

In my devotional reading I came across a quote by Corita Kent (also known as Sister Mary Corita) who was an artist, educator, an advocate for social justice and former nun. She wrote:

***Creativity belongs to the artist in each of us.***

***To create means to relate.***

***The root meaning of the word art is to fit together and we all do this every day.***

***Not all of us are painters, but we are all artists.***

***Each time we fit things together we are creating, whether it is to make a loaf of bread or a life.***

Blessings as you fit things together, relate to each other, reflect on other seasons of your life, and create new memories. May you be blessed with grace for yourselves and those around you. May you find peace in your heart and for our world.

**With love for you all,  
Chaplain Kristi**



**Chaplain Kristin comes to the Pines on Tuesdays and Thursday 10:00 a.m.. - 3:00 p.m**

She is available for one-on-one meetings or small group conversations.



## SPIRITUAL CALENDAR

All are welcome to participate in:

- **Prayer & Support Circles** (August 4th & August 18<sup>th</sup> )
- **Bible Study** the 1<sup>st</sup> & 3<sup>rd</sup> Thursday at 2:30 p.m. (August 6<sup>th</sup> & August 20<sup>th</sup>)
- **Morning Prayer** at 11 a.m. every other Tuesday morning (August 11<sup>th</sup> & August 25<sup>th</sup> )

Her office is located on the 3rd floor, outside the Activities Room.

## CLINICAL CORNER: A NOTE FROM OUR DHS!

**Hello Residents & Families,**

I wanted to make everyone aware that I will be taking a leave of absence for a few months. I need to take some time to focus more on caring for myself and my family during this time. While I am out, there will be an interim nursing director here to assist with needs that my position would normally handle. However, Sam and Lexi are still here to assist with daily nursing needs. Please continue to reach out to either of them when/if questions arise regarding medications or services.

I wish everyone the best in health while I am out.

**God bless,**

**Asia 😊**

**Asia Steele RN**



# Happy BIRTHDAY

***Stuart L...8/5***

***Cynthia P...8/5***

***Pamela F...8/6***

***Kathy L...8/15***

***Diane H...8/15***

***Janice H...8/16***

***Janet F...8/25***

***Paul B...8/29***

***Karen A...8/31***



# HIGHLIGHTS FROM THE ACTIVITIES ROOM

## New for August

### Chair Yoga - Version 2

For Wednesday morning exercise, Chair Yoga will be moving up to Version 2! Chair yoga is practiced sitting or holding a chair, offering improved flexibility, balance, and strength with low-impact support.

### Writing Prompt Workshop

Ready to pick up that pen and write a short story? Let your imagination run wild in a writing session where a prompt is given and you let the pen come to life.

***Bring a pen and notebook with you!***

### Improv w/ Amy Stedman!

*Creative Connections* is a gentle, fully facilitated imagination, storytelling, play program rooted in the principles of improv. Sessions are designed to be warm, low-stakes, and genuinely fun — built around connection, laughter, and the joy of sharing stories. There will be:

- A gentle warm-up to ease residents into the group at their own pace
- Simple storytelling and memory games — no memorization, ever
- Group imagination play that sparks laughter and conversation
- A closing reflection where residents share a favorite moment

### ***August Outings:***

- August 7<sup>th</sup> Richfield City Hall: Polls for Early Voting
- August 21<sup>st</sup> Water Taxi Tour

**See the Front Desk to Sign Up ASAP!!**

### ***Dates to Remember:***

- August 5<sup>th</sup> Resident Council Meeting
- August 7<sup>th</sup> Meet with Frisco!
- August 8<sup>th</sup> A Visit from a ***Special Visitor!***
- August 12<sup>th</sup> Baking w/ Mona!
- August 17<sup>th</sup> Improv w/ Amy Stedman
- August 19<sup>th</sup> Birthday Bash!
- August 25<sup>th</sup> Green Thumbs w/ MG Ann
- August 25<sup>th</sup> Celebration of Life Service
- August 27<sup>th</sup> Educator on 10 Warning Signs of Alzheimer's (***family and staff encouraged to attend!***)

### **10 Warning Signs of Alzheimer's**

Join us August 27th to learn how to recognize common dementia warning signs; how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

## EVENING AND WEEKEND ACTIVITIES!

### Nails With Gabi!

Gabi, our bonafide manicurist, will be available from 11 AM - 1 PM on Saturdays. Come get your fingernails a new splash of color! **Please note, we do not clip nails.**

### Bean Bag Toss on Saturdays

Come play a high-flying, score-shifting bean bag toss game! Perfect for sparking friendly competition and laughing through every single throw.

### Balloon Ball on Saturdays

Balloon Ball is a fun game keeping a balloon up and over the net using swim noodles. Come join us for some laughs!

### Trivia or Jeopardy Thursday Nights!

Trivia or Jeopardy will now be available in the evening! Starting at 6:00 PM, come test your trivia knowledge.

### BINGO on Thursday Nights!

BINGO is moving to a new time slot on Thursdays to 6:00 PM. 25¢ a BINGO card. Bring your quarters!



### Gabi's Hours

**Wednesday, Evenings**

**Thursday, Evenings**

**Friday, Days (Outings)**

**Saturday, Days**

# ONGOING ACTIVITIES

Check the calendar for times and dates!

## Let's Get Movin'!

Monday through Friday, start your day with a workout! We do strengthening and stretching exercises of the upper and lower body, as well as finger and core exercises.

## BINGO

Bring your quarters! 25¢ a BINGO card, played on Mondays and Thursdays. And we play coverall for the jackpot in the end!

## Table Bowling

Come show off your bowling skills and win sweet treats when all the pins fall!

## 5 Names, 5 Jobs, 5 Places Game

This 5-round game requires thinking of 5 words to match each category: Name, Job, and Place. The rules are simple, but coming up with words for each category can be surprisingly challenging. You up for it?

## 4 by 4 Word Game

A timed and team-based game, two teams compete to get as many 4 letter words in 60 seconds. Ready for a challenge?

## Resident Council Meeting

Monthly meeting for discussions within The Pines community held in the Activities Room. All residents are welcome to attend!

## Baking w/ Mona

Come bake with Mona in the Activities Room on August 12th. We are baking S'mores Brownies!

## Gnav, Norwegian Poker

One card poker, high card wins. Ante is 3 nickels and it goes in rounds. Come play some poker with us!

## Coffee w/ Chef

A chance to discuss food and the meals one on one with Chef Nancy over a cup o' joe.



# ONGOING ACTIVITIES CONT.

Check the calendar for times and dates!

## Green Thumbs Club

Come join us and Master Gardener, Ann, as we continue learning indoor propagation and transplanting. Come join us on August 25th at 11:00 AM in the Activities Room! ***This will be our last session.***

## Book Club

Hennepin County Library sends The Pines a book for the month that residents can check out from Activities, and once a month, the group meets to discuss.

## Booksters

Our second book club at The Pines, this resident-led club is where each person brings their favorite book or their current read to share what they like (or didn't like!) about the book.

## Artisan's Club

We will be putting together **floral arrangements** for our August project! Do you have a previous project to finish or want to work on something else? Stop on by Thursdays at 11 AM in the Activities Room! ***\*No class August 6<sup>th</sup> as Megan will be at a Cassia Workshop.***

## Movie Friday!

Come and join us for a movie matinee! Each Friday this month, we are showing **A League of Their Own, The Six Triple Eight, And So it Goes, and Downton Abbey The Motion Picture.** Showtime starts at 12:30 PM in the Activities Room.

## Left Right Center

A fun and easy dice game held on Fridays and Saturdays. Check the calendar for times. ***Don't forget 3 nickels!***

## Cribbage Club

Every Saturday, we are having a resident-led Cribbage Club. Tell your cribbage buddies!

## Board Games and Puzzles

There's a variety of board games to choose from: Scattergories, Dominoes, Scrabble, Yahtzee, and so much more! Feel like a puzzle? We have a bunch up here too!



## A NOTE FROM MAINTENANCE

***To all our wonderful residents, visitors, and staff:***

We need a little help keeping our facility's plumbing system running smoothly!

Please remember that disposable wipes (even those labeled "flushable") should never be flushed down the toilet. Unlike regular toilet paper, wipes do not break down in water. Flushing them leads to serious pipe blockages, backups, and unpleasant plumbing emergencies for everyone in our community.

### **⊘ What NOT to flush:**

- Baby wipes & personal care wipes
- Disinfecting / cleaning wipes
- Paper towels & tissues
- Feminine hygiene products

### **What IS safe to flush:**

- Only toilet paper and human waste!

Please dispose of all wipes, paper towels, and trash in the waste baskets near you.

Thank you so much for your cooperation in keeping our home safe, clean, and backup-free!

***— The Management & Maintenance Team***

## VOTING INFORMATION

# ONSITE VOTING PRIMARIES



Activities will be hosting election judges from the City of Richfield for a second time at The Pines!

- Date/Time: Tuesday, August 4<sup>th</sup> @10 AM to 12:30 PM
- If you **paper applied and registered with Activities**, the Activities Director and election judges will be serving you your ballot at your apartment
- If you **applied online with Activities**, your Absentee Ballot will be mailed to you to fill out and mail in
- A City Clerk is available in the Activities Room for any election questions or to be a ballot witness
- This is for the August 11th Primaries; the General Election is TBD for onsite voting. Stay tuned!

## VOTING INFORMATION



Activities is working with the City of Richfield to make it seamless for you to exercise your Right to Vote in the upcoming November elections.

If you haven't already applied and would like to, Absentee Ballot Applications are **available at the Front Desk.** You can apply up to the election day.

If you need a witness or assistance with your Absentee Ballot, please see Front Desk or Activities.

**More details to come for onsite voting for the General Elections closer to November.**

# VOTING INFORMATION



**June 26:** Vote by mail or in person for the Primary through August 11

**August 11:** Primary Election Day

**September 15:** National Voter Registration Day

**September 18:** Vote by mail or in person for the General Election through November 3

**October 13:** Register in advance by this date to save time on Election Day

**November 3:** Election Day

## PHOTO GALLERY

### Balloon Ball Fun!



### World Cup Fans!



### Green Thumbs Club - Learning Indoor Propagation



# PHOTO GALLERY

Baking with Mona!



**Fruit Pizza**



# PHOTO GALLERY

## Norwegian Poker



## Evening BINGO



## America's 250<sup>th</sup> Sing Along



# PHOTO GALLERY

## Cone Brothers Outing



## Staff Teamwork!

