NOVEMBER 2026 | VOLUME 20 ISSUE 11

THE PINE CONE PRESS



All Saints Day/Daylight Savings time
November 1st

Midterms Election Day
November 3rd

Diwali
November 8th

Veterans Day
November 11th

World Kindness Day
November 13th

Thanksgiving Day
November 26th

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 67th St, Richfield, MN, 55423
612-861-3331

NEWS FROM THE ADMINISTRATOR

Hello Friends and Welcome to November at The Pines!



November always asks us to slow down and notice what we have. This year, that's easy for me – I'm thinking of my family, especially my granddaughters, Freya and Alva, and how much joy they bring just by being the sweet, bubbly little people that they are. The holidays have a way of holding fun, reflection, and celebration all together, and I hope this season gives you some of each.

A quick note about our community leadership: Maggie is expected to return from her leave on November 30, and I know you are excited to have her back! My last day here will be November 25, and I will miss all of you! I am exceedingly grateful for the time we have had together and for everything we have learned and accomplished together!

While transitions can be challenging, they are part of life, and much like these seasons themselves. Always remember that The Pines team cares, and they delight in making your days brighter. I have every confidence in the staff at The Pines, and in Maggie's return to lead you forward.

As you gather with friends and family this month-whether around a table, over the phone, or in quiet moments of your own-I hope you feel the same thankfulness I do. Thank you for welcoming me into your community. It has been an honor to walk alongside you.

Wishing you a warm and meaningful Thanksgiving!

Respectfully,

Rebecca Setser
Interim Executive Director

A NOTE FROM OUR CHAPLAIN

Dear People of the Pines,

You will hear the word “Thanksgiving” more often than usual this month. As you know, a national holiday with that name comes on the last Thursday of every November.

Having grown up among Native Americans, I feel ambivalent about this holiday. The myths associated with pilgrims and Indians obscure this country’s continued history of taking the lives, land, language and culture from Indigenous people. Over the years I have tried to learn from Native siblings about how to view this day. Some recognize it as a day of mourning. Some refer to it as “Thanks-taking”. Traditionally, leaders of the Six Nations of the Haudenosaunee Confederacy (aka, the Iroquois) would open and close ceremonial gatherings with a prayer or statement of unity and interdependence, known now as the Haudenosaunee Thanksgiving Address. Together they give thanks for Mother Earth, the Waters, the Fish, the Plants, Medicine Herbs, the Animals, the Trees, the Birds, the Four Winds, the Thunderers, Brother Sun, Grandmother Moon, the Stars, Enlightened Teachers and The Creator.

In the spirit of the Bible verse, “Give thanks in all circumstances,” (1Thessalonians 5:18), let’s acknowledge that we do not need to designate one day to express gratitude. Let’s give thanks every day!

In gratitude,
Chaplain Kristi

P.S. I look forward to a special vacation with my in-laws in mid-November. We plan to celebrate my mother-in-law’s 95th birthday with her in the Galapagos Islands of Ecuador! Maybe I’ll have some tropical photos to share with you. FYI, I will be away from The Pines on Nov. 17 & 19.



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.





All are welcome to participate in:

- **Prayer & Support Circles** (November 3rd)
- **Bible Study** the 1st & 3rd Thursday at 2:30 p.m. (November 5th & November 19th)
- **Morning Prayer** at 11 a.m. every other Tuesday morning (November 10th & November 24th)

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

CLINICAL CORNER: A NOTE FROM OUR DHS!

Hello Residents & Families,

A quick reminder from nursing: you may have seen the sign in the elevator asking residents and families to make sure current Service Agreements are signed and returned. If you're not sure whether yours has been completed, please check with nursing on the 2nd floor.

We'll also be sending out new Service Agreements in December for 2027. We appreciate everyone taking the time to review, sign, and return them so we can keep each resident's services current and up to date.

Wishing you a safe and enjoyable fall season!

Christina Sturgis
Interim Director of Health Services





HIGHLIGHTS FROM THE ACTIVITIES ROOM

New for November

Alzheimer's Educator on Building Foundations of Caregiving

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress. **Family and staff are highly encouraged to attend!** Come join us Monday, November 9th at 11 AM in the Activities Room.

Friend Fun Feud!

Family Feud is a television game show that pits two families against each other as they attempt to identify the most popular responses to a survey question. Come join us on Monday, November 9th at 1 PM in the Activities Room!



November Outings:

- November 6th Bakken Museum
- November 13th Tous Les Jours Cafe
- November 20th SEA LIFE at the Mall of America

See the Front Desk to Sign Up ASAP!!

Dates to Remember:

- November 3rd Tori's Precious Pets
- November 4th Resident Council Meeting
- November 6th Meet w/ Frisco!
- November 7th Academy Singers / Praise Group
- November 9th ALZ Educator on Building Foundations of Caregiving
- November 11th Baking w/ Mona
- November 12th AHA Concert Choir
- November 16th Birthday Bash & Cake w/ Music
- November 17th Bluestone Educator
- November 26th Thanksgiving Meal

EVENING AND WEEKEND ACTIVITIES!

Nails With Gabi!
Gabi, our bonafide manicurist, will be available from 2:30 to 4:30 PM on Thursdays. Come get your fingernails a new splash of color! **Please note, we do not clip nails.**

Showtime!
Each Wednesday evening, we will show a **NEW episode** of a TV show! For November, we will continue showing **Dolly Parton Heartstrings**, with a new episode each week. Showtime starts at 6 PM.

BINGO on Thursday Nights!
Come join us for evening BINGO on Thursdays at 6:00 PM. 25¢ a BINGO card. Bring your quarters!

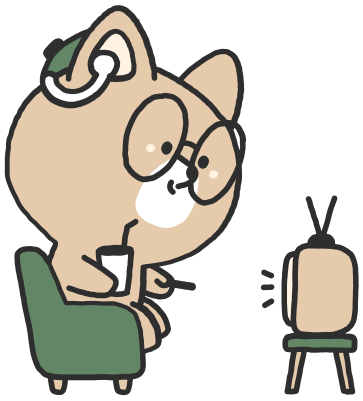
Left Right Center
A fun and easy dice game held on Fridays and Saturdays. Check the calendar for times. Don't forget 3 nickels!

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!







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!

Jeopardy!
Jeopardy will now be available during the day! Come test your trivia knowledge on Monday, November 2nd at 1 PM.

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?

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

Chair Yoga
For Wednesday morning exercise, Chair yoga is practiced sitting or holding a chair, offering improved flexibility, balance, and strength with low-impact support.

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

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

Baking w/ Mona
Come bake with Mona in the Activities Room on November 11th. We are baking ***Snickerdoodles***!



ONGOING ACTIVITIES CONT.

Check the calendar for times and dates!

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 your favorite pen and notebook!***

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.

Let's Talk About Stories
This resident-led club is where we talk about any story based on a **theme**: books, articles, novellas, poems, and more. The theme for November is about **Heroes:** we see them everyday, and yet, their acts are hidden in plain sight.

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!

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

Movie Friday!
Come and join us for a movie matinee! Each Friday this month, we are showing **Sleepless in Seattle, The Highwaymen, Uncle Buck, & 80 for Brady.** 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!***

Artisan's Club
For November, our new project is creating **mosaic trays**. Do you have a previous project to finish or want to work on something else like a sun catcher, floral arrangement, or paint rocks? Stop on by Thursdays at 11 AM in the Activities Room!



THE PINES VOLUNTEER PROGRAM

Activities is pleased to announce our Volunteer Program will be operating on Saturdays!

Flyers of available programs will be displayed weekly.
Programs are subject to change weekly.

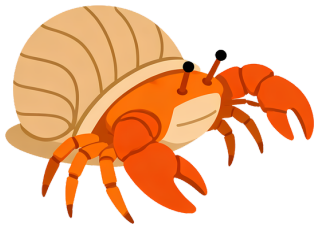
Saturday's programs will include:

- **Karaoke at 10 AM**
  - Singing songs from various eras & genres
- **Tech Help at 11 AM**
  - Residents can learn & get assistance from students on various tech-related issues
- **The Creative Corner at 12 PM**
  - Residents can bring a personal project to get help with (ie. scrapbooking) or come up for Arts & Crafts!



Tori's Precious Pets!

Tuesday, November 3rd
At 11 AM

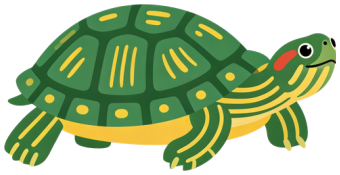


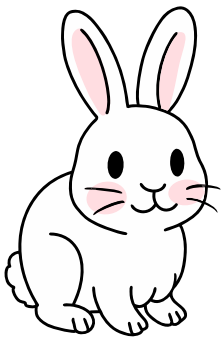


Come join us in the **Activities Room** on the 3rd Floor to see some cute little pets!









ALZHEIMER'S® ASSOCIATION

As the leading voluntary health organization in Alzheimer's care, support and research, the Alzheimer's Association provides educational programs throughout Minnesota and North Dakota for people living with dementia and their caregivers.

November's Class:

Building Foundations of Caregiving

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

Details:

- **When:** Monday, November 9th
- **Time:** 11 AM
- **Where:** Activities Room on the 3rd Floor

Family and caregivers are highly encouraged to attend 🙂

Bluestone

Information Session



Life is for the moments that matter — not the logistics of care. Join us to learn how we bring team-based primary care directly to The Pines.

Questions?

Email Kristin.Reynolds@BluestoneMD.com or call 612-523-4917.

Tuesday, November 17th

11:00 a.m.

CONNECTED CARE FOR YOUR PEACE OF MIND

BluestoneMD.com

Bluestone

On-site primary care at The Pines

Patient benefits

- Primary care in the convenience of your own home
- No extra fees; we accept most major health plans including Medicare & Medicaid
- Access to Bluestone Bridge™ — a secure portal for families to stay connected with your care team
- Coordination of lab tests, imaging, home care and hospice
- Help managing your medications and prescription refills

Meet your provider



“Caring for patients in their homes is a privilege. It's an honor to help bring them the dignity and peace they deserve.” - Emily Lindquist, PA-C

Questions?

Reach out to Kristin Reynolds, Relationship Manager

📞(612) 523-4917

✉️Kristin.Reynolds@BluestoneMD.com

Ready to enroll?

Scan the QR code or visit BluestoneMD.com to enroll.

Need support? Call us at 877-599-1039.



A NOTE FROM MAINTENANCE

To all our wonderful residents, visitors, and staff:

With winter right around the corner, we recommend residents start turning their heat on.

If you would like help getting your thermostat set please let the front desk know and they will throw in a work order

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

— The Management & Maintenance Team

