

A Note from our Nurse – Katie

Hello everyone!

Can you believe it's almost the end of summer already? I would like to touch base on a couple of things.

If you get new insurance cards, please bring them down to the nursing department so that we can get a new copy of them. We sometimes run into issues with the pharmacy and getting medications if we don't have the correct information.

The other topic I would like to touch on is meal delivery. If you are able, please dine in the dining room. We'd like to remind everyone that our dining room is more than just a place to enjoy delicious, nutritious meals- it's a wonderful opportunity to build friendships and have conversations that create a sense of community. If you have any questions or concerns, please reach out to nursing. Thank you!

September Birthdays

- Mickie – September 1
  - Donnis – September 7
  - Carolyn – September 8
  - Sandy – September 16
  - Thomas – September 16
  - Donna H- September 17
  - Beverly- September 18
  - Jan- September 20
  - Eleanor – September 23
  - Kathleen – September 23
  - Bonnie – September 29
- Lily Tomlin (comedian) – September 1, 1939
- Bob Newhart (comedian) – September 5, 1929
- Grandma Moses (artist) – September 7, 1860
- Otis Redding (singer) – September 9, 1941
- Agatha Christie (author) – September 15, 1890
- Frankie Avalon (singer) – September 18, 1940
- Jim Henson (puppeteer) – September 24, 1936
- T. S. Eliot (poet) – September 26, 1888
- Gene Autry (singer) – September 29, 1907
- Fran Drescher (actress) – September 30, 1957

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ICE HOTEL

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LISEBERG

MEATBALLS

NOBEL
- RECYCLING

SMORGASBORD

STOCKHOLM

STONE LIONS

TWIN FLOWER

VOLVO

NORDIC

ÖRESUND

Select Senior Living

11350 Martin St NW, Coon Rapids, 55448

Staff Directory

763-767-1127

Vanessa Nguyen  
Executive Director

Katie Bauer  
Director of Nursing

Ashley Roy  
Director of Marketing

Renee Voyce  
Director of Maintenance

Eric Gebel  
Director of Maintenance

Jameel Robertson  
Director of Culinary



Ageless Adventure – Celebrating Assisted Living

From September 8-12, we will be celebrating National Assisted Living Week® and its theme “Ageless Adventure.” The assisted living communities where our residents live are so much more than just that. They are vibrant communities filled with laughter, friendship, and endless opportunities for new experiences. We believe in celebrating life at every age, and our residents inspire us every day with their spirit and enthusiasm. Join us on this ageless adventure and discover the joy of assisted living.

Everyone wants an adventure no matter what stage of life they are in, and this year’s theme honors and embodies that – and provides the perfect opportunity to celebrate in so many unique ways. Adventure has no age limit!

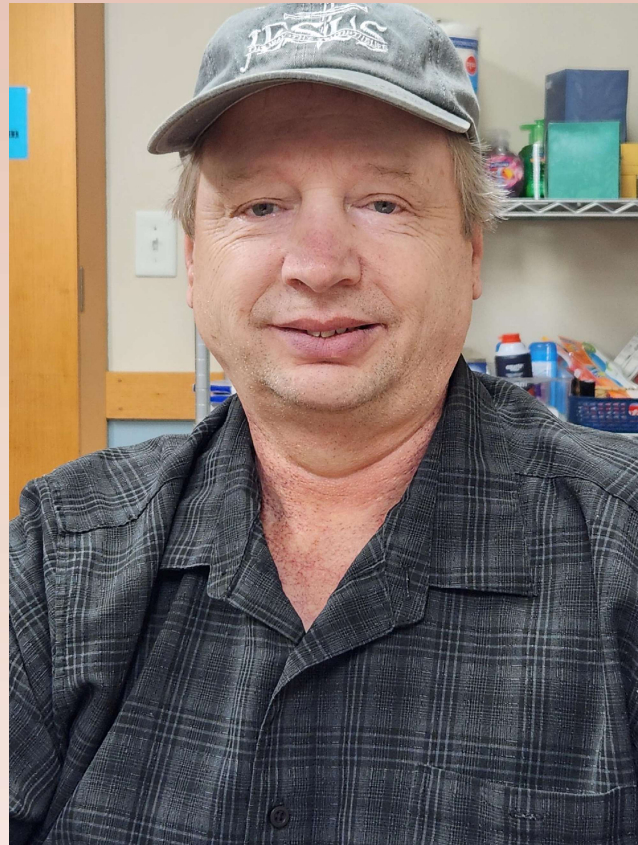
Join us the week of September 8 at Select Senior Living as we welcome residents, staff, and families to come together and enjoy all that we have to offer! From engaging activities to warm interactions, there's something for everyone to enjoy. See the enclosed flyer for the upcoming daily events.



NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025



## Resident of the month for September



Kevin is our resident of the month for September.

He grew up on farm in Forest Lake, MN. That is where he learned the value of helping others and community.

He has 1 brother and 1 sister.

In Jr. High School he was on a skiing team and loved it.

His favorite subject in school was reading.

After high school he joined the Army Reserve. He served for 7 years.

While he was in the Army Reserve, he also worked detailing cars and doing construction work.

His favorite past times is fishing, go snowmobiling, biking, and skiing.

While he was in the Reserve, he also worked detailing cars and doing construction work.

When asked what superhero he would like to be, he replied, "Superman. He can fly, he is strong and is he always helping others.

He loves Select Senior Living because people in this community are so friendly.

He mentioned his sister a couple of times and is so thankful that she helps him out in so many ways.

## Life Enrichment Updates



"I guess I'm just feeling all September-ish...All the trees change color, the days get very clear—with little smoke on the horizon from burning leaves. Pumpkins begin to come out." -George Selden. As this year rolls along quickly, make sure to get outside and enjoy the blessings all around us!

This year we will once again be celebrating National Assisted Living Week (September 8-12). Each day will have a new theme so keep your eyes on the insert for what's happening each day. There will be new activities happening that week and some favorite ones.

Monday (8)- Sports Day – Wear your purple or Vikings Apparel  
 Tuesday (9) -Try Something New – Wear a crazy, different outfit  
 Wednesday (10)- Learning about Sweden -Wear Blue and Yellow for Sweden  
 Thursday (11)– Nature, Animal Day- Wear Animal or Nature Print  
 Friday (12) Decade Day – Wear your favorite decade Outfit

Don't forget to sign up for the outings, crafts, and manicures. Remember, if you sign up, we are counting on you to come to the activity!

### Music-

Friday, September 12- Tom Paquin at 2:00

Friday, September 19 – Tom Hipps at 2:00

### Outings-

Monday, September 8 at 9:45 – Walmart

Thursday, September 18 t 12:30 Dairy Queen

Monday, September 22 at 9:45 – Dollar Tree

### Movies

Monday, September 8 – We are Marshall

Monday, September 15 The Holiday

Monday, September 22- Good Will Hunting