



## All Saints Senior Living

1880 Independence Drive, Shakopee, MN 55379

952-233-7351



### Resident Birthdays

8/4 Irene B

8/9 Kenny B

8/11 Jim K

8/16 Laurena R

8/21 Joan O

8/22 Sharon B

### New Move-Ins

Richard and Janet N

## *Summer Olympics Fun Facts!*

1. Athens, Greece hosted the first modern Olympics.
2. The Olympics have been hosted by 19 different countries since 1896.
3. The Olympic rings represent solidarity and unity among the continents of Africa, North America, South America, Asia, Oceania, and Europe.
4. Gold, silver and bronze medals were not awarded until 1904. During ancient Olympics, the winners were awarded with a olive wreath.
5. The United States has won more than 2,800 medals. Entering the 2021 Games, no other country has won more than 1,000.
6. Michael Phelps is the most successful Olympian. The U.S swimmer earned 28 medals, including 23 gold, over four Olympics.
7. Originally, the Games were only in the summer. The Winter Olympics began in 1924.
8. Golf made its Olympics debut in 2016. Baseball/softball, karate, skateboarding and sport climbing will be debuting in 2020.
9. The United States has hosted the Summer Olympics four times: twice in Los Angeles (1932 and 1984), St. Louis (1904) and Atlanta (1996).
10. Figure skating started out as an Summer Olympics sport.

## Highlights

### RANDOM FACT

In the entire state of Ohio in 1895, there were only two cars on the road. Still the drivers of those two cars collided with each other.



Come meet with Meghan in the Chapel on Thursday, August 26th at 10:45 AM for updates and news in our building!

### ON THIS DAY

JULY 1



In 1963, **ZIP Codes** were introduced for U.S. mail.

## A Message from Kitchen:

If you have any cups or plates in your apartment that belongs to Cura Hospitality, **please** return those dishes to the kitchen.

Thank you!

### RANDOM FACT

The record for the most snowfall in a 24-hour period in the United States (75.8") happened in Silver Lake, Colorado in 1921.



### RANDOM FACT

In the early 1900's, Marshall Field's department store used **professional scapegoats** who would take the blame and be fired to appease disgruntled customers.



## ***Upcoming Events***

### **Upcoming Events in August:**

- 1st - Catholic Mass
- 2nd - Two Can Bikes
- 4th - Bobby and Christine Entertainment
- 6th - Food Council with Roberto; Target Trip with Meghan
- 10th - Communion with Father Matthew; Let's Go Fishing Trip
- 11th - Food Demo with Jill
- 16th - Communion, Two Can Bikes; Fall Prevention Seminar
- 17th - Meet n' Greet Salon Ladies, Mike's Mini Donuts
- 18th - ArmChair Travel to Hawaii
- 19th - Community Life Council
- 23rd - Communion, Encouraging Messages to Brother Daniels
- 24th - Let's Go Fishing Trip
- 25th - August Birthday Celebration
- 26th - All Saints Updates with Meghan; Ladies' group
- 30th - Communion, Two Can Bikes, Randy Rolloff Entertainment

## ***Maintenance Tip of the Day***

As your safety director, I am required to have many different inspections completed by outside agencies to maintain a safe environment for you to live. The most recent was an inspection for bed bugs. This insect has been seen an uptick in infestation around the country in multi unit facilities such as ours. Part of our company's commitment to safety is to frequently inspect our properties to make sure we do not have an outbreak. On July 13th we had K9 Services LLC come to our property with "Buzz" and "Sadie" to check for an infestation. I am happy to report our building is bed bug free! Over the course of the next year they will return to check more apartments. All apartments are chosen at random. You will be notified in advance if your apartment is to be inspected. Should you have any questions please feel free to ask.

Mark

# Activities & Events!



## Did you Know?!

### Fast Fruit Juice Facts

Created by: Dietitian Jill

**Did you know that many juices contain a lot of added sugar?**

If you drank

**one 6 fl. oz glass of cranberry juice cocktail at each meal, that would contain 293 calories and 77 grams of sugar.**

**Which would be the equivalent of eating 19 teaspoons of sugar.**

\*It's best to eat fruit instead of drinking juice because juice contains added sugar and many nutrients are lost in the juicing process including fiber. Flavored water is available to order at meals and is a better alternative than juice because flavored water contains zero calories and is sugar-free.

#### **American Heart Association Added Sugar Recommendations**



Figure1-Table taken directly from [www.heart.org](http://www.heart.org)

**Meghan Eakins**  
-Executive Director

**Mark Stemmer**  
-Regional Director of  
Environmental Services

**Connie Enge**  
-Director of Health

**Jeanne Jones**  
-Director of Marketing &  
Sales

**Amanda Fern**  
-Saints Courte/Care Suites  
Nurse Manager

**Roberto Mendoza**  
-Chef Director

**Jennifer Schlosser**  
-Community Life  
Coordinator

**Sheila Tietz**  
-Salon Manager

**Mary Myers**  
-Salon Nail Tech

# ...because the journey matters

## Mission Statement

Our mission is to enrich the lives of those we serve.

## Commitments

**Respect**—everyone for who they are and who they may become.

**Recognize**—that every person is unique and has their own set of values, beliefs ideas, and own way of doing things.

**Respond**—to all your concerns, needs, and ideas.



**All Saints**  
SENIOR LIVING  
*...because the journey matters*

All Saints Senior Living  
1880 Independence Drive, Shakopee, MN 55379 | 952-233-7351