

Country Club Manor

May 2006 Newsletter

YOU CAN CHOOSE YOUR OWN NEIGHBORS!



Craig and Jack met each other at 3M back in 1974. After they retired, they continued to meet for breakfast on Tuesdays at the Backstreet Grill. Both were looking to rent a nice apartment somewhere in this area. Craig and Judy had found Country Club Manor by surfing the web, got pre-approved at Deb's suggestion, and moved in April 1 when 128 became available. After first seeing CCM, Craig grabbed an extra brochure and gave it to Jack at their next breakfast meeting.

After listening to Craig tell all about us and after reviewing the brochure, Jack made an appointment with Deb for him and Sharon to see for themselves. When Debby showed them what we have to offer such as our nice pool, Club Room, guest apartment, better security, many activities, and #207 (a nice 2BR + Den), they filled out an application. All this was done BEFORE Craig and Judy even moved in! Talk about a "quick learner," once Craig learns the rules . . . look out!

YCCYON Hall of Fame:

M/Yr	Referring Resident	Unit #	New Neighbor Referred	Unit #
5/04	Don and Carol Standley	220	>> Jim and Kathy Mehle	316
5/04	Alice Stewart	234	>> Terry Skrukud	132
7/04	Fred & Diane Arndt	209	>> Shirley and Vernon Samuelson	327
7/04	June Dahl	228	>> Jennifer and Adrian Washington	208
12/04	Kathy Erickson	107	>> Kevin and Renee Ericson	301
5/05	Rita Lloyd	202	>> Sharon Garcia	223
6/05	Don and Carol Standley	220	>> Ken and Brenda Urquhart	322
6/05	Tina Sanchez	303	>> Tony and Lola Ruiz	234
8/05	Don and Carol Standley	220	>> Lowell and Corrine Huber	207
8/05	Ester Ruiz	103	>> Amelia Grein	105
9/05	Dee Weimar	102	>> Dan LeMire	116
9/05	Pat and Nick Ramirez	226	>> Jim and Darlene Rief	126
4/06	Craig & Judy Dahlstrom	128	>> Jack & Sharon Renalls	207

Suite Available! "Unfortunately," we only have one vacancy coming up in the near future but it's a special one. You may know that, of our 105 units, we have a total of three "suites." So it is rare that one comes available. However, one of our residents is downsizing and moving to a smaller unit at CCM so if you know of someone looking for a HUGE (1700 sf) apartment home, we will have one on July 1. Here's your chance to get a \$200 spiff and get a friend of YOURS moved in close to YOU! Also, often "New Neighbors" need time to sell a house or otherwise prepare to move so please continue to invite them to join our little community anyway, even though we don't have anything coming up at the moment. They can always get pre-approved so they can hit the ground running like Craig and Sharon did!

Choosing your own neighbors is easy! Just give the Country Club Manor office the name and number of someone you think might be looking for a nice apartment. That's all there is to it. Or you can give the office number (451-2633) to your friend. In the latter case, please make sure they mention your name early in their conversation with the office. When your friend joins our little community, you will receive two \$100 certificates of appreciation to use towards your rent.

Our hat's off to the many of you who have already helped us out. (See *YCCYON Hall of Fame!*) and please feel free to send a few more of your friends our way! You'll help them find a great place to live while helping CCM attract "pre-qualified" residents.



Debby Bright, our Resident Manager

DEBBY'S COLUMN

Hello Everyone,

I hope you all have had a chance to get out and enjoy the beautiful weather. Dennis and I have made a couple trips to the Lake for spring clean up and it sure has been nice.

Thanks to everyone for your patience with our pool/hot tub project. I trust you all will enjoy the improvements!

It was nice to see many of you at the Humana informational meeting. Remember the deadline for Medicare Part D is May 15th. If you have questions, you may call Jerry Webber at 651-387-7851.

Please feel free to stop by my office if you have any questions or concerns.

I wish all the Country Club Manor moms a very Happy Mother's Day!

Debby

DARTS

Due to the busy summer schedule, we will be having limited Education by Darts seminars. The next seminar will be in June. If you have any ideas for topics you would like to see Darts cover, please let us know.

SENIOR LAUGHS

FAMILY

Three sisters ages 92, 94 and 96 live in a house together. One night the 96 year old draws a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. "Was I going up the stairs or down?" The 92 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful," as she knocked on her wooden table for good measure. She then yells, "I'll come up and help both of you as soon as I see who's at the door."

"I CAN HEAR JUST FINE!"

Three retirees, each with a hearing loss, were playing golf one fine April day. One remarked to the other, "Windy, isn't it?" "No," the second man replied, "it's Thursday." And the third man chimed in, "So am I. Let's have a beer!"

WHAT A CHOICE

A little old lady was running up and down the halls in a nursing home. As she walked, she would flip up the hem of her nightgown and say, "Supersex." She walked up to an elderly man in a wheelchair. Flipping her gown at him, she said, "Supersex." He sat silently for a moment or two and finally answered, "I'll take the soup."

SENIOR DRIVING

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!" "Hell," said Herman, "It's not just one car, it's hundreds of them!"

NEWS FROM INTERIM HEALTHCARE



SAFE MEDICATION TIPS

In addition to keeping an accurate list of your medicines, below are some tips related to medication safety in the home, pharmacy, doctor's office and hospital. If you have questions about your medications, never be afraid to ask your doctor, nurse or pharmacist. Your health is too important. Speak up!

AT HOME: Take only the medicine given to you by your doctor or pharmacist. Do not share other people's medications. Each time you take your medicine, read the label to make sure you are taking it correctly. If you have questions, call your doctor or pharmacist. Never take medicine in the dark. Do not stop taking a medication just because you feel better, unless your doctor tells you to do so. Do not take medicine out of one bottle and put it into another. Put all of your medications in a place where children and pets cannot reach it. If you take medicine each day, using a compartmental medication box may

be helpful. Do not keep medicine in the car, by the stove or in the bathroom, since heat and dampness can affect how it works. Check the dates on all medications. Throw away any that has expired or has been discontinued by your doctor. If you feel that any medicine is making you sick or causing pain, call your doctor right away.

AT THE PHARMACY: The Food and Drug Administration (FDA) recommends taking new medicine prescriptions and refills to the same pharmacy so that the pharmacy has a complete list of your medicines. The pharmacist can make sure that all of the medications work together and will not make you sick. If you use more than one pharmacy, make sure each one has a list of all of your medicines or ask the pharmacist to review your medications. Ask the pharmacist the name of the medicine and how you should take it. Ask for the information in writing and make sure it matches what your doctor told you. Make sure that any medication refill is the same color, size and shape. If there is any difference, ask why. If you have any questions about your medicine, ask your pharmacist.

AT THE DOCTOR'S OFFICE: Always take your updated medication list. This will tell your doctor everything you are taking, including prescription medications, over-the-counter products, vitamins and herbals. Tell your doctor about any allergies, reactions and side effects that you have had to medicine in the past.

IN THE HOSPITAL: If you are admitted to the hospital, have your completed and up-to-date medication list or bring all of your medicines in their original bottles. Include over-the-counter products, vitamins and herbals. Tell your doctor or nurse about any allergies, reactions or side effects that you have had to medicine in the past. Also, write these on your Universal Medication Form. If you feel that any medicine is making you sick or causing pain, tell the doctor or nurse right away. When you are being discharged from the hospital, ask your doctor or nurse to clearly explain what medicines you should be taking and how to take them.

We are expanding our service of "ASK A NURSE" for Country Club Manor residents to be a part of our FREE BLOOD PRESSURE CLINIC. No need to sign up.

Interim HealthCare is available when you need us for your homcare needs. Call (651)917-3634, ext. 317 for more information.

CCM RESIDENT WINS AWARD!



Can you believe it? Our own Brad Campbell (#309) won a GOLD MEDAL after playing basketball in the Special Olympics on April 8 and 9 in conjunction with the Minnesota State

Basketball Tournament held at Eden Prairie High School!

His team, the South Region Stars, played four games of half court basketball Saturday and four games on Sunday. At the Saturday event, he got to meet the Harlem Globetrotters, not to mention former Gopher guard and NBA star, Trent Tucker! Brad was awarded the gold medal on Sunday after which, he got to meet Matt Blair, veteran linebacker for the MN Vikings of 12 years! Way to go Brad!

GAME NIGHT

Game Night is becoming quite popular. You can bring a game, deck of cards, snack to pass, or just come and join the fun. Coffee will be served and a pop machine is available in the pool room. If you want something else to drink, feel free to bring it with you. Game night will be every Wednesday at 6:30 pm. Some games will be provided. Hope to see many of you there. If you have any questions, please contact Kathy at 651-451-6828.

REMINDER: DARTS & INTERIM HEALTHCARE

You no longer need to sign up for the Blood Pressure clinic. Anyone interested is welcome to come for blood pressure check or to ask the nurse a question.

1st week of the month on Thursday at 3:00 pm is Ask a Nurse/Blood Pressure Clinic.

2nd week of the month Service Coordinator on site. If you have any questions or concerns, please feel free to give Kathy a call at 455-1560. REMINDER: The deadline for signing up for the Medicare Part D program is May 15th. Call Kathy for information.

CCM MAY BIRTHDAYS

5/5 Julie Carleton
5/7 Purcy Cosgrove
5/9 Pat Gillespie
5/11 Elizabeth Johnson
5/14 Judy Dahlstrom
5/14 James Arnold
5/16 Ester Ruiz
5/25 Janet Bork

CASINO TRIP

We have a casino trip to Treasure Island planned for Thursday, May 11th. We will leave at 9:30 AM (please be in the lobby of the 1945 bldg at 9:15 AM) and return at 4:00 PM. You will receive a \$3 food coupon at the casino. Please feel free to bring your friends and relatives - the more people - the more fun! Sign-up sheets are in both lobbies. If you have any questions, please call Kathy at 451-6828.

REMINDERS:

MAINTENANCE:

Any maintenance emergency can be reported after hours by calling our digital pager at 612-640-1948. (Just punch in your phone number after the beep.) If you have any maintenance needs, please fill out a maintenance request slip. Maintenance requests can be found outside the office door. If you live in the 1955 building, you can pick up maintenance request slips in the lobby and drop off the filled-out forms in the slot in the door located on the garage level by the elevator.

CLUB ROOM:

As you all know, we replaced the carpet and furniture in the Club Room last year.. In order to keep it looking great we ask that you please refrain from bringing food and drink to the carpeted area including on the upholstered furniture. Thanks for your cooperation.

GARAGE PARKING:

If you have someone dropping you off in the garage with groceries or packages, please make sure they understand they cannot leave their car parked in the garage. Cars left parked in the garage are blocking the trash room doors and making it difficult for residents to get in and out of their parking spots in that area. After dropping you off, they must park their vehicle outside to help you with your groceries or to stay and visit.

Also, we have a couple of extra stalls in case you know of a non-resident who needs to store a vehicle. Thanks for your cooperation.

DOOR DECORATIONS:

The West St. Paul emergency personnel have requested we remind all residents that if you are going to hang anything on your apartment door, the apartment number must remain visible for emergency personnel at all times.

GOLF COURSE

Please help us maintain our excellent relationship with Southview Country Club by not allowing residents or their guests to play or practice on the course itself regardless of the time of day! By maintaining our relationship with SVC, we benefit by our annual

Country Club Manor Golf Outing like the one we had last August. Although a date hasn't been set yet, we hope to be able to once again play a full round at Southview for merely the cost of green fees and cart rental. An alternative way to get a round in would be to join which, for a single membership, would cost \$7,000 for the initiation fee plus approximately \$3,600/year in dues. So if you see anyone sneaking out onto the course, please report it to Deb so she can take the appropriate action.

MAY BRAIN TEASER

Each of the following phrases suggests a well-known town or city. For example, "Second Sibling" is really "Tucson." How many of the 10 below can you solve?

- | | |
|------------------------|-----------------------------|
| a. Neophyte covener | g. Novel boat |
| b. Coronary crossing | h. Regal heavyweight |
| c. Breakable bovine | i. Impoverished vocalizer |
| d. Summon the knifer | j. Two in the present tense |
| e. Angrily disencumber | k. Stylishly leaving |
| f. A friend of mine | |

DEATH IN THE FAMILY

We wish to express our deepest sorrow and extend condolences to the family of Bob Goldman who passed away last week.

We also wish to express our appreciation for the family's generosity in donating Bob's TV to our Club Room, which desperately needs one after our plasma was stolen out of there last March!

REGULARLY SCHEDULED ACTIVITIES

- **Saturday Morning Coffee and Donuts:** Every Saturday



Photo taken Saturday April 22, '06:

morning we have coffee and donuts in the club room from 9-11:00 am. Kevin Ericson usually caters this delightful event. This is a great way to get to know your neighbors. You

do not need to commit every

Saturday. If you can make it this Saturday, but have to miss the next three, that's no problem. Please stop by when you get a chance and join in the fun.

• **POTLUCK:**

Don't forget potluck on Monday evening May 29th at 5:30 PM in the club room. Kathy and Kevin are (again) your gracious hosts.



Photos taken Monday April 24, '20006:

Please encourage your friends and neighbors at Country Club Manor to join us. This is another great way to meet other residents and taste some great food at the same time.

Bridge Club: Every Tuesday at 7:00 PM to 9:30 PM in the club room - sign up in the lobby of either building. Call Gerry Brack at 455-8531 for further information.

- **Poker Club:** Every Monday at 1:00 PM in

the club room. Please call Leslie Brode at 222-7906 for further information.

CCM AEROBICS

Our pool was completely redone last month and is now ready and waiting for you! We've heard complaints that the long repair process has caused some of our residents to, ahem, put on weight! Our twice-weekly aerobics is a good way to exercise without putting the stress on bones and joints that walking and other exercise can do. Everyone agrees our leader, Jared Fuller, is the best instructor ever! Best of all, it's all **totally FREE!**

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM and Monday evenings at 7:00 PM. Remember, there is no charge. The only cost is that if you DON'T attend, your good health will suffer! So please come on down and visit your neighbor while losing a pound or two! Everyone is welcome.

ON-CALL MAY 2006

Note: We always try to answer the phone rather than let it go to a machine. So please respect our off hours and call only for items of an EMERGENCY nature. If the appropriate contact gets no response, you can also dial our **emergency beeper at 612-640-1948. Of course, for any kind of police or medical emergency, DIAL 911!**

OUR GUEST ROOM

Another advantage of living at Country Club Manor is that your family or friends have access to our lovely guest room. It is a really nicely decorated 1 BR apartment close to the pool and Club Room (#117). It is completely furnished, has a television, dishes, silverware, pots and pans, and has linens too! The cost is \$50/night. So, if there is a birthday, wedding, or other reason why your out-of-town friends or relatives may want to visit you, "bring 'em on." Any

children can enjoy the pool, use the high speed internet in the Club Room, watch TV, etc., all just right around the corner from #117. But be sure to make reservations in advance by seeing Debby in the office.

CONSTRUCTION PROJECTS

Pool and Hot Tub: As you know our Pool has undergone



extensive repairs and has now been restored to “as good as new” condition. In addition, we have a brand new hot tub which should be ready by the time you read this! Enjoy!

Roof:



We hope you aren't too much of a nature lover because we have removed a lot of bird and squirrel “habitat!” Gone are all the little nooks and crannies in the 45 building. In its place is a beautiful new

roof. We hope to complete the 55 building next winter when, again, the ground is hard enough to support heavy equipment.

ANSWER TO MAY BRAIN TEASER

- | | |
|--------------|--------------|
| a. Greenwich | g. Newark |
| b. Hartford | h. Princeton |
| c. Glasgow | i. Singapore |
| d. Calcutta | j. Paris |
| e. Madrid | k. Chicago |
| f. Miami | |

CRIME REPORT

As you may already know, the Cosgrove's son's Corvette was stolen out of the 45 UG parking area last May 31. It was later involved in a high speed chase, crashed, and the driver escaped on foot. The police had nothing. But our security cameras caught the whole thing “on tape” and, together with excellent work on the part of the West St. Paul Police Department, the thief was apprehended and charged. The suspect's name is John Darlow and his “Omnibus Hearing” is on May 8 at 1:30 p.m. in Hastings. Lee is planning on being there. Let him know if you would like to join him to “root for the good guys.”

You may also have seen the TV News reports about the theft of community room TV's from about a dozen “upscale” apartment buildings across the Twin Cities. But again, our cameras provided the police with an excellent description of their car and that broke the case! The two “perps” were arrested shortly thereafter in Kenosha, WI by US Marshals.

We are hoping our “reputation” will get around in the criminal community. That is, although it may be possible you can rob Country Club Manor almost as easily as other apartment complexes. The only difference: You go to jail shortly after robbing CCM!