

Country Club Manor

July 2005 Newsletter

YOU CAN CHOOSE YOUR OWN NEIGHBORS!



Tina Sanchez #303

Tina Sanchez has known Lola and Tony Ruiz “for decades.” They grew up on “The Flats” together and went to the same school. Even today, Tony and Lola go to the same church (Our Lady of Guadeloupe) as Tina. When meeting them there, Lola would often say, “I wish Tony would sell the house.” But then one day, “out of the blue,” Lola called up and asked Tina for some information on Country Club Manor. It seems Tony finally got tired of maintaining a house and it was “time for something

better.” Tina quickly retrieved one of the brochures and a card from

the office and gave it to Tony and Lola at church the next time they met. “And the office did the rest,” Tina reports. And now, Tony and Lola will be moving into #234 on July 1 where they, and Tina will be neighbors once again! Thanks Tina for choosing yet another good neighbor for yourself and “pre-screening” one for L&M Management!

Note: It seems Tina has known Pat and Nick Ramirez (owners of the Capitol View Restaurant on Smith) for many years as well. When Tina found out they will be moving into #206 as a result of reading an ad in the paper, she said to them, “Darn. Why didn’t you tell me you were looking for a place? I could have gotten another referral for just steering you this way!” Maybe the moral is, if we know someone would make a good resident here, we need to ask, “Say, you’re not thinking of moving, are you?”



Carol & Don Standley #220

Don and Carol have known Ken and Brenda Urquhart (pronounced “Irk Heart”) for more than 20 years. After moving into Country Club Manor, Don and Carol invited Ken and Brenda over to their beautiful unit overlooking the golf course.

When they saw how nice the apartment was and all we have going on here, Ken and Brenda made up their minds that “The time had come for something better.” They had lived at Pearlwood for a while but weren’t happy there. Then they bought their own house. But now that all their kids have moved out, they figured they’d sell the house and move into Country Club Manor. Rather than waiting for X number of months for the house to sell, the Urquhart’s began to think the house would show better if it was empty. Hence, they are moving in as soon as they can (on July 1).

This is not the Standley’s first success story at “Choosing Your Own Neighbors; they introduced Jim and Kathy Mehle to Country Club Manor last summer and the Mehle’s are now residing in #316.) Hope those \$200 Certificates of Appreciation are not getting monotonous!

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 all of you who have already helped us out 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.

DARTS - INTRODUCING KATHY PANSEGRAU



Hello,
I’d like to introduce myself. I’m Kathy Pansegrau the DARTS Service Coordinator who will be at Country Club Manor on the second Wednesday of each month from 1:00 to 3:00 p.m. I can connect you with helpful services and make your life a little easier. I can also help you fill out paper work and forms to access programs and services. We can find resources for:

- Transportation
- Housekeeping, laundry, and other chores
- Social activities
- Financial assistance
- Finding legal advice
- Meals
- Grocery shopping
- Loneliness or depression
- Personal Care--bathing, hair washing
- Medications

Dealing with grief and loss
Health problems
Medical forms
Substance Abuse
Personal emergency response systems
Other programs & services to support YOU!

If you would like to meet with me, you can call my direct line at DARTS – 651-234-2247, or
Drop by the Country Club Manor management office on the second Wednesday of the month to set up an appointment for a personal consultation.

Other DARTS staff will provide educational presentations on the fourth Wednesday of each month. In June, Barb Koenig, Manager of Volunteers, will talk on Sharing Your Memories. In July, Transportation Director Kris Barrett will talk about DARTS Ride Services.

COMPUTER CLASSES



As you know, one of the many benefits of living at Country Club Manor is our high speed internet connection and computer located in the Club Room. Both are free for any CCM resident to use any time of day or night (unless the Club Room has been reserved for a scheduled event). But it does no good if no one knows how to use it. Computers can be as complicated as you want to make them but they can also be very easy and rewarding to use for basic tasks. Wouldn't

it be nice to tell that son or daughter that you FINALLY have an email address? Then you could receive emails AND even get that latest photo of your granddaughter on her birthday! So every Saturday from 11:15 a.m.--12:15 p.m., there will be free computer classes for anyone who is interested. Our next topic (by request) will be how to use eBay to buy and sell just about anything. If you have another topic you like to see covered, just let us know. And if you would like to volunteer as instructor, please email Lee at LeeSail@aol.com. (Until someone else volunteers, you will be stuck with Lee!)

GAME NIGHT



Game Night, Wednesday, June 22, 2005

We had our first game night on Wednesday, June 1st at 6:30 pm in the Club Room and have had a great time ever since! 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 and if enough people are interested we will continue it. 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

Be sure to sign up for the blood pressure clinic or foot care. Sign up sheets will be posted on the lobby bulletin boards. We would also hope to see more of you attend the Darts educational meetings once a month. Darts has so much to offer for seniors. In fact, "It's more than a bus."

REMEMBER:

1st week of the month on Thursday at 1:00 is blood pressure. (you must sign up in advance for this service)

2nd week of the month on Wednesday from 1:00 - 3:00 a service coordinator will be on-site in the CCM office.

3rd week of the month on Thursday at 1:00 is foot care. (you must sign up in advance for this service)

4th week of the month on Wednesday at 1:00 in the Club Room is Education by Darts.

NEW SECURITY CAMERAS ADDED



**Jason K., Jason H. (#128), Lee Bakewell
Installing Camera #16**

Four more security cameras have been added bringing our total to 16. These are state-of-the-art, motion-detecting, color video cameras. We hope (but do not

guaranty!) that these cameras will discourage and thwart any potential criminal activity. And even if some unsavory types do gain entry to the buildings and steal something, we will likely have the satisfaction of knowing they will spend time behind bars for their trouble!

You can help by reporting any suspicious activity. And if something is stolen out of your car, you notice something missing in the common areas, or you observe any suspicious activity, please let us know immediately. We will then be able to review the film clips and glean much information about the "event" which will then be forwarded to the police department.

EXERCISE ROOM



Just a note to let you know that all treadmills are in good working order, some having been repaired and all lubricated. You may have noticed a new machine called an "Exercycle." This is especially designed for people who cannot exercise as "thoroughly" as they could when they were younger. After reading the instructions, you will find that basically, you place your feet in the pedal straps (now repaired) and pump as much as you like. If you do not pedal at all, the motor continues its action so that your limbs continue through the motions anyway.

TREASURE ISLAND CASINO TRIP



The Casino Gang, June 16

Monday July 18th. Pick-up is in front of 1945 building at 9:45 a.m., return at 4:00 p.m. Please see main lobby in both buildings for more info and sign-up sheets. We encourage you to bring friends & family if you wish. Cost is \$1 for the bus but you will receive a \$3-off-food coupon and 10 free pull tabs once there. If

you have any questions please call Kathy at 651-451-6828. Hope you can join us for a good time!

MESSAGE FROM MARY BAKEWELL



Hi Everyone,

Here it is July 1st and I just cannot believe where the summer has gone. I am busier than ever, but sure have been having a good time. Our grandson is so much fun and I spend every minute I can with him.

I am his number one babysitter and he does not even care when mommy and daddy go away. I even had him for pot luck this past Monday. He is very active and he is trying to talk, so I am sure it will not be long before he starts.

This past Sunday we had an 80th birthday party for my dad in the Club room here and I used unit #117, (which was vacant but rented) to prepare all the food. It worked just great, in fact I thought it worked so well that I have decided to move the Guest Apartment to unit 117. Luckily, the lady who rented #117 was willing to move to #123.

Then if the guest apartment has not been reserved when you book the club room and you would like to use the extra space to prepare your food, you can rent the room for the day for your party. It worked so well for our party because we did not heat up the club room with the oven going and we were able to keep it more comfortable and less cluttered for our guests. If you would like to use the guest apartment when you reserve the Club room be sure to make arrangements for both. Of course, there will be a small fee of \$25.00 for the use of the Guest apartment kitchen only. It will be worth the extra fee just for the convenience of having a 2nd kitchen so much closer to the Club room for serving, at least it was for me. I hope you will enjoy the convenience of the extra kitchen for your next party.

I am looking forward to the picnic next week (July 7th at 5:00 PM) and hope to see all of you there. Please remember to sign up in the lobby so I don't run out of food. Remember you're welcome to invite your family to this function if you would like to or any other friends (especially if they're thinking about moving)! I just need to know how many are coming. We will provide the hamburgers, hot dogs, buns, plates, forks, napkins, ketchup, mustard, relish, beer and pop. We just ask that you bring a side dish to pass. We will set up the food in the pool area and use the patio and Club Room for eating. Come and get to know your neighbor! It will be a fun night.



Maybe if it is going to be clear that night, I can talk Lee into bringing his telescope for after the sun goes down.

Till next month, have a good one and God Bless!

Mary

LISA'S WORLD



Hi Everyone! Hope you all had a pleasant month of June and I hope all our Country Club Manor dads had a great Father's Day.

It's hard to believe it is already July. There is always so much going on in the summer that it flies by way too fast. We have been so busy with graduation parties. I guess those will continue every summer until Lindsey graduates in a few years.

Our trip to Vegas was fabulous. We had such a great time. I'm here writing this column - so you know what that means - I didn't win big! Nonetheless, gambling was a blast and we enjoyed 95 degree sunshine the whole trip. I can see why the average trip to Vegas is only 4 days - we were really worn out. In Vegas you stay up too late and have way too much fun!! Can't wait to go back again!

Have you all had a chance to stop by the office and meet our new Resident Manager, Debbie? She is doing a really great job. Her position is a very busy one and she is hanging in there just fine. Keep it up Deb - I really appreciate being able to do just my job again!!

My daughter Abby has been working a few hours each day on the Country Club Manor woodwork. I'm sure many of you have seen her in the hallways. I think the Old English is really sprucing up the wood and it looks much richer.

Abby has started her Anatomy and Physiology summer class at St. Paul College. It will be a challenge, but she received straight A's for the first year so I'm sure she will do fine with this class.

Lindsey is also in summer school. She is taking her driver's education and behind-the-wheel course so she can get her driver's license in September. She is also taking her speech class so that she won't have to worry about taking that next school year. Both classes will be done the beginning of July and she will be happy to relax and enjoy the balance of the summer.

Looking forward to seeing you all at the July Picnic.

Lisa

CCM JULY BIRTHDAYS

Andrew Madison	7/1
Ann Kussy	7/14
Renee Meissner	7/15
Roberta West	7/16
Dan Buckley	7/16
Joan Olson	7/18
Bob Goldman	7/18
Judy Bidinger	7/19
James Callander	7/19

REMINDERS:

MAINTENANCE:

Any maintenance emergency can be reported after hours by calling our digital pager at 612-640-1948. (Just punch in your 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 and drop off maintenance requests located on the basement level coming in from the garage.

WELCOME TO OUR NEW RESIDENT MANAGER!



Debbie and Her “Significant Other,” Dennis, As They Left on Vacation for Northern MN

JULY BRAIN TEASER

When visiting a prison, I asked two of the inmates to give me their ages. They did so, and then, to test their arithmetical powers, I asked each of them to add the two ages together. One gave me 44 as the answer, and the other gave me 1280. I immediately saw that one of them had subtracted one age from the other, while the other inmate had multiplied the two ages together. Can you tell what the inmates’ ages were?

MOTHER NATURE’S MIRACLE CURES

MEMORY BOOSTING MARVEL

Source: Dharma Singh Khalsa, MD
Medical Director of the Alzheimer’s Prevention Foundation, Tucson.

If you’ve begun to experience problems with your memory, ask your doctor about taking phosphatidylserine.

This compound occurs naturally in the outer membranes of brain cells... and in certain plants as well.

In recent studies sponsored by the National Institutes of Health, phosphatidylserine improved memory and concentration in people suffering from age-related memory loss and even early-stage Alzheimer’s disease.

Phosphatidylserine seems to work just as well as tacrine (Cognex) and donepezil (Aricept), the only approved prescription medications for Alzheimer’s.

Tacrine can cause liver damage. Phosphatidylserine is free of harmful side effects.

For otherwise healthy individuals who simply want to hone their mental skills, it is often recommended to take one 100-milligram (mg) capsule of phosphatidylserine per day.

For mild to severe memory impairment, two or three capsules a day often work better. There is no additional benefit to taking more than 300 mg a day.

Phosphatidylserine can also be taken in conjunction with ginkgo biloba. It’s usually best to take 40 mg of ginkgo for every 100 milligrams of phosphatidylserine. Phosphatidylserine and ginkgo biloba are sold in health food stores.

Caution: Consult your doctor before taking ginkgo if you’re taking aspirin, warfarin (Coumadin) or another blood thinning drug. Pregnant women should avoid both phosphatidylserine and ginkgo.

A NEW WRINKLE ON RAISINS

Source: Gene Spiller, PhD, director of the Health Research and Studies Center, Los Altos, CA

Raisins could help prevent colon cancer. They contain a compound that helps the colon get rid of waste more efficiently... and this keeps the colon healthy. The compound, tartaric acid, is found mainly in raisins and grapes. Raisins are also high in potassium and protective antioxidants.

REGULARLY SCHEDULED ACTIVITIES

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



Saturday Morning Coffee and Rolls, June 18, 2005

morning we have coffee and donuts in the club room from 9-11:00 am. Kathy and Kevin Ericson cater 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. This is not like a golf or bowling league where you must attend every week . . . or not at all! Please stop by when you get a chance and join in the fun.

- **POTLUCK:**



Don't forget potluck on Monday evening July 25th at 5:30 PM in the club room. Kathy and

Kevin are (again) your gracious hosts. 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. Hope to see you there on June 25th.

- **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 Brodd at 222-7906 for further information.

CCM AEROBICS

Our pool is a good way to exercise without putting the stress on bones and joints that walking and other exercise does.

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM and Monday evenings at 7:00 PM. There is no charge. Come on down and visit your neighbor while losing a pound or two! All are welcome.

ON-CALL JULY, 2005

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.

July 1 - 7

Julie & Joe #128

July 8 - 14

George & Roberta #210

July 15 - 21

Don & Carol Standley #220

July 22 - 28

Debbie Bright #109

July 29 - August 4

Julie & Joe #128

HOW OLD IS GRANDMA?

One evening a grandson was talking to his grandmother about current events. The grandson asked his grandmother what she thought about the shootings at schools, the computer age, and just things in general.



The Grandma replied, “Well, let me think a minute. I was born before television, penicillin, polio shots, frozen foods, Xerox, contact lenses, Frisbees and the pill. There were no credit cards, laser beams or ball-point pens. Man had not invented pantyhose, air conditioners, dishwashers, clothes dryers, and the clothes were hung out to dry in the fresh air and man had yet to walk on the moon.”

Your Grandfather and I got married first and then lived together. Every family had a father and a mother.

Until I was 25, I called every man older than I, Sir, and after I turned 25, I still called policemen and every man with a title, Sir.

We were before gay rights, computer dating, dual careers, daycare centers, and group therapy.

Our lives were governed by the Ten Commandments, good judgment, and common sense.

We were taught to know the difference between right and wrong and to stand up and take responsibility for our actions.

Serving our country was a privilege, living in this country was a bigger privilege.

We thought fast food was what people ate during Lent.

Having a meaningful relationship meant getting along with your cousins.

We never heard of FM radios, tape decks, CDs, electric typewriters, yogurt, or guys wearing earrings.

If you saw anything with “made in Japan” on it, it was junk.

The term “making out” referred to how you did on your school exam.

Pizza Hut, McDonalds and instant coffee were unheard of.

We had 5-10 cent stores where you could actually buy things for 5 and 10 cents.

Ice-cream cones, phone calls, rides on a street car, and a Pepsi were all a nickel.

If you wanted to splurge, you could spent your nickel on enough stamps to mail one letter and two postcards.

You could buy a new Chevy Coupe for \$600 but who could afford one? Too bad because gas was 11 cents a gallon.

In my day, “grass” was mowed, “coke” was a cold drink, “pot” was something your mother cooked in and “rock music” was your grandmother’s lullaby.

And we were the last generation to actually believe that a lady needed a husband to have a baby.

No wonder people call us “old and confused” and say there is a generation gap.

And how old do you think I am???

Pretty scary if you think about it, and rather sad at the same time.

Grandma is only 59.

ANSWER TO JULY BRAIN TEASER

The ages were 20 and 64