

Country Club Manor

November 2007 Newsletter

Edited by Lee & Mary Bakewell

SAY "HELLO" TO YOUR NEW NEIGHBORS!



John and Marcy most recently moved from Forest Lake, but have lived in W. St. Paul before and are looking forward to being closer to family and friends. They will be moving into #301. John worked for 17 years at *American Addressograph and Multigraph* (the company that produced some of the first credit cards and made drivers' licenses for Minnesotans). Marcy became an RN and did the 3-11 shift at St. Joseph's Hospital for 20 years. During that time they lived on Lincoln in Crocus Hill. Most recently, they have been living in a nice lake home on Forest Lake (where photo was taken) and, as a big coincidence, live right next door to Lee and Mary. For hobbies, John enjoys reading and fishing while Marcy prefers crafts like needlepoint and bead work.

Be sure to welcome them if you see them in the halls or at any of the activities.

HAPPY THANKSGIVING EVERYONE!

Happy Thanksgiving to all of you! Have a very Blessed Day and be sure to enjoy family and friends. Give Thanks to God for the nice weather we have been blessed with so far and pray especially for all those families affected by the floods, droughts and fires in this country and the world. Also pray for a peaceful end of the war and an end to terrorism in this country and the world.

VICKIE'S CORNER



Happy Thanksgiving to all of you!

At the request of a couple residents, I will be changing my hours to include two evenings a week. Starting November 1, my new hours will be Mon, Wed and Friday 8:30 am to 5 PM with open office hours from 3:00 PM until 5:00 PM. Tues. and Thursday I will start at 10:30 AM and work until 7:00 PM with open Office hours from 5:00 PM until 7:00 PM. I hope this works better for everyone and that I will be able to meet so many more of you.

Just this last week, when I asked a resident if they were coming to the Halloween Party they stated very quickly NO and explained to me that she found it not only a difficult but impossible for her to attend a gathering of people to worship the “undead.” I admire her for her convictions and even understand. When I mentioned this to Mary, she reminded me that the word Halloween, really means Hallows Eve and that November first is All Saints day. So we should remember that and on November first, we should honor all the Saints in heaven even the many not yet recognized by any Church Organization. So really we should just be celebrating and remembering all those who have passed before us. After all, that is the ultimate goal of our existence on this earth.

I admit that once upon a time this may have been the meaning of Halloween, but in recent years all Holidays we so vigorously engage in have changed. I have to remember Halloween, a celebration once for witches to conjure up the dead is now a day for children to dress up and beg for (and eat) too much candy. For this change I salute.

How about the next Holidays we are soon going to embark upon?

Thanksgiving for instance. What a fine holiday. A day when we give Thanks for all of our Blessings! Let's do that this year with all sincerity. I for one would like to embrace the day and deliberately avoid the things I see and have seen as taking away from the real meaning. I may NOT overeat and I may hold back from trying to be the first one to hit the couch to watch the football game. I may even go way out on a limb and say a second prayer of Thanks for all my Blessings.

Then we come to Christmas, a Holiday that we did not see a thing in the stores for until after Halloween or just before Thanksgiving years ago. Now it seems the stores are decorating and pushing Christmas and the material side of Christmas almost the day after the fourth of July. Let us not forget the true meaning of Christmas the biggest Holiday of the year. Santa Claus and too many presents! Just Kidding! I love this time of the year and I love the gift giving and I adore Santa. It's OK, but once again we have drifted so far away from true meaning of Christmas and many have taken Christ out of Christmas that the gap I see in worshipping the dead and costumes and candy is not much smaller.

I am Thankful as I write this that I live in a country where I am allowed to write this. I am Thankful that I work in a community that is peaceful, quiet, safe and caring. I am Thankful for my health and my children's health. I am Thankful for all the new people I've met here at Country Club Manor and a special Thanks to the woman who afforded me with the idea for my column this month. Sorry if I got carried away for some of you. That's all for now! Have a great month! Have a great Thanksgiving, see you around the building and talk to you again in December. Vickie

YOU CAN CHOOSE YOUR OWN NEIGHBORS!

We are renting apartments as people leave but we would rather have YOU choose your own “pre-qualified” neighbor rather than us! That way, you won’t have to be introduced!

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.

If you have a friend who would like to take a look, just have them call the Country Club Manor office and we’d be happy to set up a showing with them. When your friend signs a lease and moves into Country Club Manor, you will receive two \$100 certificates of appreciation to use towards your rent.

We have a beautiful north facing (#331) available now and a super nice south facing 2 bedroom (#322) coming up by Dec. 1.

REMINDERS:

MAINTENANCE:

Any *maintenance* EMERGENCY can be reported after hours by calling the office number, 651-451-2633. 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 maintenance items of an EMERGENCY nature. If you should get a recording for some reason, you can also dial our emergency beeper at 612-640-1948. (Just punch in your phone number after the beep.) For health emergencies, PLEASE CALL 911.

Out of respect for our on-call staff, please report only those repair items that cannot wait until the next business day i.e., emergency items only. If you have any routine maintenance, please fill out a maintenance request slip. Maintenance requests can be found outside the office door. Written requests help assure repairs don’t

Snow Removal:

Winter is right around the corner and I would like to remind everyone to move their vehicle after the driveway and east and west parking lots have been cleared, to the east or west side lots, so the parking area in front of the building can be cleared. Once the main driveway section of the lot has been done, they will come back later in the day sometime between noon and 3 PM to plow the balance of the parking area of the lot. Be sure Vickie has your license number of your car if you park outside, so if they have to come back at a different time other than stated, she can give you a quick call to move your car. If you should have a car that you want to store, please move it to the far west end of the buildings and park it in the corner. It will get plowed in unless you move it for snow removal.

The heat has been turned on, so I would very much like to remind you to close your windows before turning your heat on in your apartment. With the cost of gas for heat we appreciate and Thank you for using your heat wisely!

REMINDER:

Please return grocery carts to the area just inside the overhead garage doors. (We are trying to keep the area around the elevator doors neater.) Thanks for your cooperation!

Please do not use the laundry room before 8 a.m. (as posted). In addition to the noise possibly disturbing other residents that early, the floors are mopped before 8 a.m. so that no one will slip on a wet floor.

CCM NOVEMBER BIRTHDAYS

11/10 Lauren Ballew
11/21 Craig Dahlstrom
11/21 Jolinda Reyes
11/21 Shirley Dodds

11/26 Juanita Leonard
11/19 Elizabeth Gillings
11/27 Lucy Halterman

REMINDER: DARTS & INTERIM HEALTHCARE

Be sure to stop by the Club Room for the free blood pressure clinic. Thanks to all those who attended the Darts Program last month. If anyone is interested in a shopping trip, please let either Vickie or Mary Ellen know. Darts has so much to offer for seniors. In fact, "It's more than a bus."

- 1st week of the month on Thursday at 3:00 p.m. is Ask a Nurse and blood pressure.
- 2nd week of the month on Wednesday from 1:00 - 3:00 p.m. a **service coordinator** will be on-site in the CCM office.

CCM'S MANY ACTIVITIES

EVERY DAY OF THE WEEK,
"THERE'S ALWAYS SOMETHING GOING ON"

➤ **Poker Club: Every Monday Afternoon at 1:00 PM**,
in the Club Room. Please call Jim Long at 455-4893 for further information.

➤ **CCM AEROBICS: Every Monday Afternoon at 1:00 p.m. in the pool.**

➤ **Bridge Club: Every Tuesday at 7:00 PM to 9:30 PM**
in the club room. Call Gerry Brack at 455-8531 for further information.

➤ **"Happy Hour":**



Bridge Club September 18.



Photo Taken 7/12/07

Every Tuesday 4 to almost 6. Bring your own wine or whatever. You should not need a designated driver unless you can't walk!

➤ **Game Night: Every Wednesday at 7:00 P.M.**
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. Some games will be provided.

- **Bingo Night:** Every **Thursday** from 7—9 p.m.
You get 3 cards for a quarter.



Take in
own. Sit back and enjoy our home theater in the Club Room beginning at 7:00 p.m.

- **CCM AEROBICS:** Every **Saturday** at 10:00 a.m. (and Mondays at 1 p.m.)
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 greatest 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 as well! 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.

- **Every Day of the Week is Puzzle Day**
If you've ever passed by the area between the east Club Room door and the entrance to the 45 building, you no doubt have witnessed our "perpetual puzzle."

- **Saturday Morning Coffee and Donuts:**
Every Saturday morning, we have coffee and donuts in the club room from 9-10:30 am. Kevin Ericson usually caters this delightful event with occasional help from Don and Carol Standley. This is a great way to get to know your neighbors. You do not need to commit to 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/Birthday Party:**

November's potluck will be
recipes we have with left



held on Monday, November 26 in the Club Room.. Let's see just how many great
over turkey.

HEALTH TIPS

HOW TO MAINTAIN PEAK MEN GET OLDER:

Photos Taken 6/25/07

Almost everyone experiences some decline in memory and reaction time as we get older. But a rich network of neural connections—links between brain cells that allow them to communicate—can help compensate for these losses.

A rich neural network may even help keep people from being incapacitated by Alzheimer's disease.

Extensive neural connections seem to act as a kind of cognitive reserve—allowing a person to function longer with the disease than someone whose mental resources were less extensive.

Good News: Brain cells can form new connections at any age. I'm 60 years old, and I've decided to take steps now to preserve mental function later.

Develop a Consuming Passion. When your brain is involved in a wide range of activities, more neural circuits are created and maintained.

Helpful: Cultivating an interest in something totally different from your customary pursuits. A lawyer might take up bridge... or an accountant might learn to play the clarinet. It's also a good idea to take classes in unfamiliar subjects. Studies have shown that higher education early in life helps ensure proper brain functioning in old age. It seems likely that intellectual activity later in life builds cognitive reserves as well.

Get regular exercise: Every day walk a few miles at a moderate pace. [If your joints give you trouble, try using our nice pool.] In addition to keeping the heart and lungs healthy, exercise boosts blood flow to the brain, fueling it with oxygen and glucose. Another excellent form of exercise is the gentle Chinese martial art tai chi.

Control Stress:

Chronic psychological stress causes the body to make excess cortisol. Over time, high levels of this adrenal hormone can cause deterioration of the hippocampus, a part of the brain that plays a critical role in memory. We can't always control events, but we can control our response to these events. Try using words that have a calming rather than tension-producing effect—for example, concern rather than worry.

Maintain Finger Dexterity

French researchers found recently that older women who knit retain normal mental function longer than their non-knitting counterparts. If you don't knit do something else with your fingers.

VOTE NOVEMBER 6TH!



The largest share of property taxes we (you) pay at Country Club Manor goes to schools. District 197 has put forth another levy referendum which will be decided on Tuesday, November 6. There will be two levy questions: Question #1 will be to extend the existing referendum and #2 will be to authorize yet another. We are told voting “No” on the first would be “disastrous” to the school district. Question #2, however, is much harder to defend. In order to keep rents low, you may want to vote “Yes” on the first but “No” on the second school board levy referendums on Tuesday. If you don’t vote at all, it’s counted as a “Yes.” The voting location for all CCM residents is Garlough Elementary School at 1740 Charlton in West St. Paul.