

Country Club Manor

May 2008 Newsletter Edited by Lee & Mary Bakewell

YOUR NEW NEIGHBOR SAYS "HELLO"!



My name is Theresa Walker. I go by "Tess". I was born and raised in Onawa, Iowa - it's a little town next to Sioux City, Iowa. I am the oldest of seven children. My parents are still well and live in Onawa. After I graduated from high school, I went to Mount Marty College in Yankton, South Dakota and obtained a Bachelor of Science Degree in Nursing. I have five wonderful children, ranging in age from 37 to 22. Four of them live in the same townhouse complex in Savage and my oldest daughter and her family live in Wisconsin. I have six grandchildren with another one due in July. Two of my kids aren't even married yet -- so who knows how many I'll end up having! I currently work for Community Options in St Paul, full time, as a psychiatric nurse. I'm also the Director of Nursing at Elliot Care Home in Minneapolis and usually work there on Monday evenings. On Tuesday and Wednesday evenings, I teach online classes for Century College. I teach Anatomy, Medical Terminology and Trained Medication Aide. Occasionally, I work for Andrew Residence in Minneapolis and teach all of their mental health workers how to be TMA's. I've been a nurse for over 35 years, but I did take a few years off when I was raising the kids. This is the first time I've lived alone for over 35 years! In my spare time I like to travel and play cards. I'm excited to be living here

and I look forward to meeting everyone.

COUNTRY CLUB MANOR'S "CHARTER MEMBERS"



Marion Johnson (30 yrs): I was born in the small town of Balston in southwestern Minnesota, and graduated from the University of Minnesota with a degree in nursing. I worked as a nurse at Miller Hospital until it closed and then United Hospital. I worked for 39 years retiring in 1986.

I moved into Country Club Manor in 1978. Two very good friends lived in the 55 building. We did many things

together including a month in Hawaii.

CCM is ideally located for shopping, church, etc. I have seen different owners and many managers over the years until we now have stability with George and Dan.

My closest relative is a nephew living in southwestern Minnesota. Great nieces and nephews living out of state are special.



Kay Owen (27 yrs) When my husband, Howard, retired in 1980 his wish was to spend summers from May to October at our lake place -- Lake Wabana in Grand Rapids. Since it wasn't a good idea to leave our home in Highland Park unoccupied and we wanted only one home, we decided to sell. Our daughter Carole was the only one home and a junior at University of MN. I loved the lake as well but needed a home base in the Twin Cities. There was nothing appealing in apartments in Highland Park so we looked to West St Paul and in April, 1981 we signed a lease at Country Club Manor. New friends, potlucks, bridge, poker for Howie and the pool kept us busy and involved. We never second-guessed the decision and since Howard's death in 2001, I continue to be happy here.

Our son, Mark, died in a diving accident in Texas in 1988 at age 44. My four daughters live close. Kathleen is in Woodbury, Sharon and Diane in Inver Grove Heights and Carole and husband Tom in Vadnais Heights. I am so lucky!

My family is four daughters, one son-in-law, six grandchildren and six great-grandchildren plus two step great grand's. And, I must include five wonderful wives of grandchildren.



Gerry Brack (26.9 yrs): On May 30, 1981 I, along with my brother Dick and his wife Joyce, moved into Apartment 312 at Country Club Manor. As soon as we got settled we felt like we were "home". We enjoyed sitting out on our balcony looking at our beautiful "front yard" and realizing we didn't have to mow and sprinkle. It was equally fun to be swimming and look out at a raging snow storm turn our "front yard" into a winter wonderland,

I worked at the Burlington Northern Railroad for 31 years and resigned on June 1, 1984 so that I could enjoy all the great benefits of "Life at CCM". The swimming pool area became a favorite gathering place to meet and make new friends. Soon we had a "bridge night" and we even had some gals who liked to golf (not at Southview however). We played a number of public courses in the area.

Thanks to Kevin and Kathy we had coffee and donuts every Saturday morning and potluck suppers monthly to celebrate birthdays, etc. Now we have casino trips, bingo, movie night, game night and the list goes on!

I feel I made the best **decision** of my life when I chose to live here at CCM.



June Dahl (22 yrs): I am a native of St Louis, Missouri, where I attended Washington University, earning both a Bachelor of Arts and a Master of Arts degree. I then was employed by the American Red Cross until I married a fellow “Red Crosser,” O.W. Dahl. A year and a half later, our only child, Roger, was born. The family remained in St Louis until my husband accepted the position of Executive Director of the St Paul Chapter of the American Red Cross.

Having taught American history at the University of Missouri, I returned to the teaching field. For the next 27 years I taught American history at St Paul Johnson High School, where I was also the Student Council Advisor. In the meantime I published two history books, copies of which are in the Minnesota Historical Society.

When I retired from teaching, I returned as a volunteer for the American National Red Cross. I served in various administrative positions, which involved extensive traveling all over the U.S. before being elected to the national Board of Governors in Washington, D.C. After my three-year-term ended, I resumed being the grandmother to my two beloved granddaughters, Katie and Koko Dahl, and the supportive mother to my son and daughter-in-law, Sandy and Roger Dahl, both of whom are career Red Crossers.

HOW TO MAKE THE MOST OF CCM'S INDOOR POOL



For those of you that don't know me allow me to introduce myself. My name is Jared Fuller. I am the Water Aerobics Instructor on Saturday mornings and the Water Yoga Instructor Monday afternoons. I have been teaching these classes at Country Club Manor for almost 3 years now. Before that I taught swimming, lifeguarding, water aerobics and a water arthritis class at the Jewish Community Center of St. Paul for a bit over 5 years.

Jared Fuller pauses while leading Saturday Morning Pool Aerobics (as Gerry Brack—and others out of view—look on).

There are many benefits to exercising in the water. It is low-impact and great for stiff joints. Hydrostatic pressure or the weight of the water against the body helps to decrease swelling and supports a natural range of motion. The human body's natural buoyancy is usually neutral to more than that of water (meaning people usually float). Buoyancy reduces the effort of motion and holds the body up to improve balance. In water, the affect of gravity is reduced as is the body's weight. (So if you want to feel like you have lost weight, put a scale on the bottom of the pool and stand on it.) Water's higher density than air aids in strengthening muscles. As motion accelerates in water, drag increases exponentially. In a standard arm curl exercise, the arms are lifting the weight of the water above the hands. As the hands move upward, the water that was just being pushed up slides behind the hands and pulls down. The downward pull of the water is drag. The faster

the motion, the more drag increases and the body works harder.

In my years as an instructor I have seen the massive benefits of exercising in the water. Participants come for many reasons, from socializing to purposeful rehabilitation after injury or surgery. The beauty of these classes is each participant sets his or her own intensity. As the instructor my demonstration exercises are merely a guideline. Everyone is free to work at my pace, slower, or faster. There is no competition. We are there to improve our individual well being. In one case a woman came to my classes after years of inactivity. A few months later she quit coming because she was feeling good enough to lift weights, play tennis and do other activities with her friends. Others come for gentle exercise and a whole lot of catching up with friends. Even if you don't add to the "pool talk" (conversation,) it is fun to listen. Whatever your end goal is, exercising in the water is a great place to start. I'm not sure if all of you realize how lucky you are to have such easy access to an indoor, heated pool as you all do here at Country Club Manor! Please feel free to drop in anytime and join our little "health-made-fun" classes! No appointment is needed and there is no charge.

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 leave a note for us. (Maintenance requests should always be in writing. This helps assure they don't "fall through the cracks.)

Controlled Entrance: When your apartment is buzzed, please use the intercom to make certain it's someone you know before buzzing in to be sure a stranger is not buzzed in. Do not let anyone into the building after hours that are asking for the office. Please do not let anyone in the door that is not YOUR guest. Safety should be everyone's concern.

Visitors: We would also like to remind everyone that you are responsible for your visitors and their actions. Please be sure your visitors are not disturbing other residents' right to peace and quiet. We want to continue to maintain a quiet and pleasant building.

Going Away? Please notify the office if you plan to be gone for an extended period. If there is an emergency, we must have a contact person.

Trash: Please remember to bag your garbage, before dropping down the chute. If your bag is TOO LARGE to fit down the chute, please take it down and deposit it directly in the garbage dumpster in the garage.

Pool: Please, NO swimming in the pool or using the Hot Tub during the hour long aerobics classes on Monday at 1 PM or Saturday at 10 AM. Those times are reserved for aerobics only. But you could join the class if you like! Reminder NO Children in the Pool without an adult in attendance and the resident they are visiting must be in attendance. Thanks for your co operation in this regard!

A MESSAGE FROM MARY

Happy Mother's Day to all our Mothers' here at CCM. I trust you will all have a very beautiful day enjoying as many of your children as are available. Let's hope the weather co operates and we have a nice day also.

George is doing such a great job. Lee and I would really like to thank him for making it possible for me to spend more time at home and with our grandchildren. Thanks George for holding down the fort. I really appreciate the good work of both Kathy and Carol for keeping the buildings clean. Thanks also to Darlene and Judy for keeping the garage level decorated so nice with our "school dolls" and all their different activities.

We do have an apartment or two coming up in the next couple months, so be on the lookout for a friend or relative to consider making CCManor their home and you will get \$200 off on your next months' rent as a token of our appreciation. AND you will have chosen a neighbor you already know!

Please keep the date of Wednesday July 2, open for our annual summer picnic. Again, I will be supplying the meat, beverages and buns for the event. All you will have to remember is a side dish or a bag of chips to add to the picnic. Hope to see all of you there, remember we start about 5:30 and go until you drop. Food will be served until just after 6:30 or until the food is gone.

In the mean time I hope to see many of you around the building when I am there.

Till next month God Bless, *Mary*

A NOTE FROM GEORGE



Well we had a few nice days. It's the same every year, Mother Nature teasing us. Then in July, we will complain about the heat. In April we had Tamara Barlau here talking about the Treasure Island Cruises for the summer. We had a nice turn out for that. I passed out a notice on what dates we are going to try and organize cruises with our friends here at Country Club Manor. I think Roberta and I are going to go on the June 4th cruise to Treasure Island. I hope some of you will join us.

Darts was also here in April, with a master gardener explaining the do's and don't's of pot or planter gardening on your decks. We had a very nice turn out for that program. On May 13th, we will have Jeanne Strandberg of Sunshine Travel here again. She will come and tell us about the trip to MACKINAC ISLAND and FRANKENMUTH OKTOBERFEST, which leaves September 16th and returns the 19th. Then on May 14th from 1:00-3:00, Darts will be here again with a program on HEALTHCARE DIRECTIVE. An Eldercare Attorney will be here to inform you about this and answer all your questions. I will be passing out flyers on both of these programs about a week before they are scheduled. We decided to have the summer picnic on July 2nd, a Wednesday. Hope everyone can attend and the weather is cooperative. I would like to say, if you use one of the carts in the basement, please return it right away. Please don't leave it in the hallway or inside your apartment. Some days there are none and I get complaints. Thanks.

George

TREASURE ISLAND CRUISES



Everyone has received a flyer on the 3 dates we chose for the cruises to Treasure Island. You can bring your friends and/or children. Tamara Barlau from River Heights Yacht Charters says they must be adults on these cruises. The yacht holds 145 people, but she said they would never book that many because, of the people with walkers or wheel chairs. The yacht is handicapped accessible including the bathrooms. They would like to know 3 weeks before cruise departure to get a number of people who are going. Make checks out to L & M Management, then, Mary can write one check for everyone. The cost again is, \$31.90 which includes tax.

Remember you get a hot lunch and there is an open bar on the yacht. Bon Voyage. *George*

D.A.R.T.S.

May 14, 1:00 PM, Darts will be here again for a presentation on Healthcare Directives. It will be given by one of the Eldercare Attorney's that do volunteer work for Darts. So bring your questions and if one of your adult children would like to attend also feel free to bring them with. Get all your questions answered without costing a cent. Again, Mary will provide a healthy snack.

2nd week of the month on Wednesday from 1:00 - 3:00 p.m. Kathy Pansegrau, our **service coordinator** will be on-site at the program above. If you do have a need, and that time is not convenient, just give George your number and he will have her call you any other time.

- If anyone is interested in a shopping trip, please let either George or Mary Ellen (#221) know. Darts has so much to offer for seniors. In fact, "It's more than a bus."

CCM'S MANY ACTIVITIES

- Poker Club: Every **Monday** Afternoon at 1:00 PM ,
in the Club Room. Please call Jim Long at 455-4893 for further information . . . or just show up.
- 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": 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.
- Movie Night: Most **Fridays** (Watch the Bulletin Boards)
Take in one of the many movies from Pat Wacker's (#201) DVD collection . . . or bring your 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, like most activities at Country Club Manor, it's all totally FREE!

Please join us for CCM Aerobics held every Saturday morning at 10:00 AM, and Monday afternoons at 1:00 PM 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.

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 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.

➤ **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."

➤ **POTLUCK/Birthday Party:**

May's potluck/birthday party will be held on **Thursday**, May 29th in the Club Room starting at 5:30. I hope to see you there.

POSTAL TRUCK

Every **Wednesday** from 11:05 AM until 11:15 AM a postal truck is in front of the 45 building to handle all your postal requests.

FOR THE FUNNY BONE....

A noted psychiatrist was a guest at a gathering of humor editors, and his host naturally turned to a subject in which the doctor was most at ease.

"Would you mind telling me, Doctor, how you detect a mental deficiency in somebody who appears completely normal?" the host asked.

"Not at all," the doctor replied. "I simply ask a question that everyone should be able to answer with no trouble."

"What sort of question?" he asked.

"For example, I might say to a person, 'Captain Cook made three trips around the world and died during one of them. Which one?'"

The editor thought a moment, then said with a nervous laugh, "You wouldn't happen to have another example, would you? I must confess I don't know much about history."

A little girl had an earache and wanted a painkiller. She tried in vain to remove the lid from the bottle.

Seeing her frustration, her mom explained that it was a childproof cap and that she'd have to open it for her.

Eyes wide with wonder, the little girl asked: "How does it know it's me?"

Librarian to college football player: "May I help you?"

"I have to read a play by Shakespeare," he replied.

"Which one?" the librarian asked.

"William," came the reply.

HOW TO GET ALL THE FIBER YOU NEED WITH OUT EATING STUFF THAT TASTES LIKE SAWDUST.

We all know fiber is good for us. We know it keeps us regular, lowers cholesterol, prevents colon cancer and helps us stay trim. Yet most of us don't get anywhere near the 20 grams of fiber per day that doctors recommend.

One reason is that many high-fiber foods just don't taste very good. But here's good news: You can get all the fiber you need without eating any of that dry, tasteless stuff.

How? By eating avocados. One serving of avocado contains 12 grams of fiber---33% more than a cup of shredded wheat cereal!

And avocados aren't the only tasty foods that are high in fiber. Some delicious high-fiber fruits include raspberries (8 grams)...blackberries (8 grams)...apples (3 grams)...and mangoes (4 grams).

As for vegetables, the best choices are acorn squash (6 grams)...black beans (8 grams)...artichokes (6 grams)... and sweet potatoes (5 grams).

So next time you're at the supermarket, make sure you load up on these delicious high-fiber foods. Your body will thank you!

Choosing your own neighbors is easy! Just give George 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. When your friend joins our little community, you will receive two \$100 certificates of appreciation to use towards your rent.

MAY BIRTHDAYS

5/5	Julie Carleton	136
5/7	Purcy Cosgrove	104
5/9	Pat Gillespie	106
5/14	James Arnold	206
5/14	Judy Dahlstrom	128

5/16	Esher Ruiz	113
5/25	Elizabeth Johnson	204
5/25	Janet Bork	305