

Trail Ridge Retirement Community
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Winter '09

TRAIL RIDGE

Retirement Community

Winter 2009

Trail Ridge - A Community of Friends

Do your winter days seem to contain a little too much cold and not enough sunshine? Do you find yourself socializing less and staying home more? Do you curl up and hibernate waiting for the warm weather to return?

Even the winter weather doesn't bother us much here at Trail Ridge! Connecting with other people on campus for entertainment, dining, exercise, games or education is as easy as walking out the door of your apartment home. We understand that social interaction and friendships can improve the health and well-being of mature adults. That's why you'll find amenities on our Trail Ridge campus that bring residents together and expand their horizons. But it is also the people who make this community feel like home.

If you move into Trail Ridge, chances are you'll be greeted by Lyle and Norma McKercher. They only recently moved in themselves and are already volunteering on the Welcome Committee. "We welcome new residents as they move in," says Lyle McKercher, "and committee members take turns entertaining them and introducing them to resi-

dents. Newcomers dine with different residents for the first couple of weeks, so they can make new friends and feel at home more quickly. It has made this a very nice community of friends."

Staff members also add to the warm sense of community at Trail Ridge. "What Lyle and I think is outstanding at Trail Ridge is the personal care we receive from the staff," explains Norma. "The marketing and administrative teams are very nice people and have excellent follow-through, and the dining staff call us by name. It's a wonderful atmosphere."

The Trail Ridge campus is designed to encourage social interaction. Groups gather for exciting events in the Great Hall and additional parlors and lounges provide space for cards, games, movies and chance meetings. You can pursue your hobby in the Woodworking Shop or Game Room. In our beautiful Library offer we offer wireless internet for research and respite. Check out the Trail Ridge Calendar in this newsletter for social events open to the public and come out to visit!

Allen Svenes,
 Administrator



Trail Ridge Residents Norma & Lyle McKercher



Trail Ridge is owned and operated by American Baptist Homes of the Midwest, a not-for-profit provider of senior housing and healthcare since 1930.



Trail Ridge Calendar



February:

- 2/10 - Cameo's – Ladies Trio
- 2/24 - Get your Home Ready to Sell - Lunch and Learn
- 2/26 - Whole Grains and Fiber - Joyce Thvedt, RDLN

March:

- 3/4 and 3/18 - Cooking for One or Two
- 3/8 - Men's Ensemble - Abiding Savior Free Lutheran
- Discover Sioux Falls Series - Tuesdays
- 3/16 - Norse Glee Club Concert
- Dana Johnson Concert "Tribute to Bing Crosby"
- 3/31 - Spring into the Downsizing Mode - Lunch and Learn

April:

- 4/14 - Living Last Supper - Dell Rapids UMC
- 4/15 - Dakota Wind Quintet
- Bridgewater Community Choir
- 4/21 - Senior Living, What are Your Choices? - Lunch and Learn
- 4/26 - USF Wind Ensemble & Women's Choir

A Cold or The Flu?



Colds and flu are both highly contagious and, in the initial stages, a bad cold and a mild case of the flu might seem alike. However, flu is a serious illness that can have life threatening complications, unlike colds. Here are a few tips to help you compare symptoms to know if you have the flu or a cold:

- **Fever** - is rare with a cold and usual with the flu
- **Headache** - is rare with a cold but has a sudden onset and can be severe with the flu
- **Muscle Aches** - are mild with a cold and usually quite severe with the flu
- **Tiredness and weakness** - is mild with a cold and extreme with the flu and can last up to 2 weeks!
- **Runny nose and sneezing** - are often experienced with a cold and rare with the flu
- **Cough** - is mildly hacking with a cold and very severe with the flu

You should always seek medical attention immediately if you experience prolonged fever, shortness of breath, confusion or fainting.

Cooking For 1 or 2, Join Us March 4th and 18th



When it's just you or the two of you, cooking for one or two can present a special challenge. How do you eat a varied, healthy diet without having tons of leftovers or having to throw away food?

Join Chef Ryan at Trail Ridge for a two part series "Cooking for One or Two" on March 4th and 18th. Learn tips and recipes that will help you cook for two and keep a lid on your grocery expenses while eating healthy, delicious food.

Call Bonnie or Jason to register at 605-339-4847. Limited seating available.



Join Us for the Senior Living Series at Trail Ridge

Watch for additional ads in your local paper, on the radio and in your mail box.



Lunch & Learn **Senior Living Series** What You Should Know...

Trail Ridge
Retirement Community

If you're considering a move to a senior living community let our series of presentations help you make decisions that are right for you.

Feb. 24th - 12:00 pm.

Get Your Home Ready To Sell

Presented By Julie Thomas, Senior Real Estate Professional

Classic

March 31th - 12:00 pm.

Spring into the Downsizing Mode

Presented by Terri Magnuson, Owner of Innovative Organizers, LLC

Senior

April 21th - 12:00 pm.

Senior Living, What are Your Choices?

Presented by Bonnie Reynolds, Senior Living Specialist

Style

To make your reservation for any of these Lunch & Learn Presentations call Bonnie or Jason, (605) 339-4847

RSVP Appreciated.

Re-Energize Your Body and Mind



While public officials discuss the energy crisis in the United States, the International Council on Active Aging (ICAA) suggests that many Americans are experiencing a personal energy shortage due to many factors including poor sleep habits, inactivity, taking care of children and/or parents, poor nutrition, long work hours, drug interactions, stress, depression and boredom.

The ICAA suggests the following tips that should help you "re-energize":

1. Improve your sleep habits. Go to bed earlier, don't eat before bedtime. Relax your mind by avoiding sources of stimulation (such as television) for a couple of hours before sleeping.
2. Be physically active for 30 min. a day, 5 days a week.
3. Ensure you eat nutritious, energy-building foods, such as whole grains.
4. Improve your time management and learn to say "No". Avoid long work hours and time spent in rush hour. Learn to structure your time and add balance to your life.
5. Work with a medical professional to reduce the number of medications you take and the potential for interactions.
6. Reduce your stress levels through behavior modification classes and by addressing what is causing your stress.
7. Keep your mind, body and spirit active and engaged, continue to have meaning in your life to avoid fatigue and boredom.
8. Seek the advice of a wellness or fitness professional to help you prevent, delay, manage or improve ongoing health conditions, which can drain your energy in many instances.



For more tips on how to re-energize or information about our wellness program at Trail Ridge, call me, Jona Leo, Director of Wellness, at 605-339-9123.

Try It, You'll Like It - TRAIL RIDGE

Our program is designed for prospective residents and allows you to experience and enjoy Trail Ridge, its people and philosophy, its campus and community.



Stay

Trail Ridge invites you to stay in a furnished guest room for up to a week. For a small fee, enjoy housekeeping and linen service, chauffeured transportation, meals in the Trail Ridge dining room and utilities, including cable TV and one local telephone line.

Relax

Come stroll Trail Ridge's 18-acre campus and gardens. Enjoy dinner with residents in our dining room, and find out what it is like to be a part of the Trail Ridge community.

Enjoy

Guests of the "Try It, You'll Like It" program enjoy access to all amenities at Trail Ridge, including resident activity groups, fitness classes, entertainment and beauty salon. The guest suite has a full kitchen, living/dining room, one bedrooms, one bath, washer/dryer and view of the city.

Contact

Please contact us by email at breynolds@abhomes.org or call the Trail Ridge Marketing office at 605-339-4847 for more information. Come try it, we think you'll like it.