



# October 2019

# The Bluffs

SENIOR COMMUNITY

1000 Bluff View Drive | Houghton, MI 49931 | 906-483-4400 | www.thebluffs.org

## Our Team

**Jessica Bracco**  
*Executive Director*

**Lori Nordstrom**  
*Resident Services Director*

**Abbie Newman**  
*Activities Director*

**Jodi Bussiere**  
*Kitchen Manager*

**Shelly Marino**  
*Dining Room Manager*

**Jackie Saari**  
*Head Housekeeper*

**Jeff O'Connell**  
*Maintenance Director*

The Bluffs would like to thank everyone who celebrated National Assisted Living Week with us! You truly made the week special and fun for everyone involved.

In recent news at The Bluffs, one of our residents got to attend the UP Honor Flight in Washington DC. Wesley traveled to DC with a group of veterans from The Upper Peninsula. This special program allows veterans from the Korean War and World War II to go to Washington D.C. to see the memorials built in their honor. Wes was one of three World War II veterans. He said "I was the only WWII vet walking around." While they were there toured D.C. through a tour bus. He said they saw a variety of government buildings and many monuments and memorials. Wes said his absolute favorite part was seeing the WWII memorial and just how large it is. They have a pillar for every state and it's just



amazing how big it really is . They got to see the changing of the guards at Arlington Cemetery. During our conversation he said "It was really an impressive experience, we had police escort everywhere we went. There was a motorcycle in front of us and multiple cars behind our buses. We felt really special! One guy told us 'This is the only way to travel.' If we did not have escorts we never would have seen all that we did, the traffic in Washington is very busy." Wes also said "People of all ages should visit these memorials, its very educational and important to learn."



Thank you Wes for sharing your experience with us, We are so proud of you!

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# Resident Spotlight – Gert Somero



## FUN FACTS:

Favorite Flower: Roses

Favorite Food: Pasty

Favorite Color: Green

Favorite Smell: Prune Tarts

Gert Somero has been a resident at The Bluffs for almost 2 years. She was born and raised in Mohawk, MI with many siblings, too many to count! She graduated from Calumet High School. Gert was married for 63 years to Robert, they got married in Keweenaw County. Gert has 5 children, 3 girls and 2 boys. Throughout her life Gert did a variety of jobs such as waitressing, delivering groceries and babysitting. In her free time Gert enjoyed cross country skiing, splitting and making

wood. A fun fact about her is that she ran the electric wood splitter. Gert's favorite vacation was a trip that she took with her sister and brother to Finland! Gert is an active resident at The Bluffs. She attends every exercise class, gets outside walking, and loves coffee clutch. When we asked her what she loves most about The Bluffs she said "Everyone is so friendly, there is lots of good food, and it's a beautiful place." We love having you here Gert, thanks for making The Bluffs your home



## OCTOBER BIRTHDAYS

- 4th– Krista Nelson EMP
- 4th - Wesley Loosemore
- 5th - Mary Dixon QC
- 5th- Marilyn Mickelsen
- 10th - Emily Cote EMP
- 10th - Beverly Cole
- 14th- Jeff O'Connell EMP
- 18th– Abbie Newman EMP
- 23rd - Marian Rossi
- 22nd– Jes Bracco EMP
- 25th - Myra Demotts
- 27th - Ruth Nara

QC - Quincy Cove Resident  
EMP - Employee

## Culinary Corner

Greetings from The Kitchen!  
October is here! This month will bring many fun celebrations and we will be busy in the kitchen! To start out the month we will be having Birthday Lunch. This month our menu will feature a variety of soups and chowders as well as a salad and fresh bread! Oktoberfest will on October 11th and this will feature a special appetizer menu. Then we will have a couple of Halloween celebrations. October 25th will be a Halloween Happy Hour and of course our special lunch boofet on Halloween. As always if you have any comments, concerns or suggestions regarding the food, menu, and dining room please utilize the "Suggestion" and "Food For Thought" boxes. Also, mark your calendar for October's culinary meeting, October 8th!  
~Jodi

Kitchen Manager



# Activity Happenings



Please join me in welcoming Maria Lorenzetti to the Activities Department. Many of you know Maria from working in the dining room but now she will be helping out with activities as well! Maria is a senior at Jeffers High School and is doing a work study program which allows her to spend the last 2 hours of the school day working.

This month Abbie & Maria have planned many fun activities. At the beginning of the month there will be a color tour to the Tapiola Feed Mill for pie and a flu shot clinic. We will celebrate birthday lunch on October 4th, check out Culinary Corner for menu details. After birthday lunch there will be a concert with Dan & Pat, Abbie's grandparents! The rest of the month will be filled with fun games, crafts, outings, and fall related activities. We will celebrate Oktoberfest, Breast Cancer Awareness, Halloween, and much more! Please remember that if you are going on an outing with us to arrive early and give yourself enough time to get downstairs to wait for the bus. Also, remember to RSVP for any lunches, crafts, or outings that require it. If an RSVP is required it will be on the sign in the elevator. RSVPing makes it much easier for us to prepare and plan for the event and make sure proper transportation is in place. Thank you! Have a Spooktacular October!

~Abbie & Maria



## October Outings

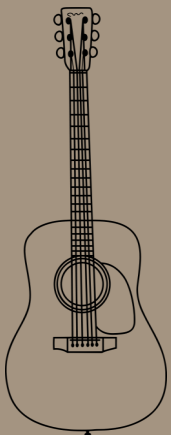
- 1st- Color Tour
- 2nd- Walmart Shopping
- 8th- Suomi Restaurant
- 9th- Econo Shopping
- 15th- Rockhouse Grill & Tavern
- 16th- Walmart Shopping
- 22nd- Joeys Seafood & Grill
- 23rd- Econo Shopping
- 29th- Waterfront Restaurant
- 30th- Walmart Shopping



## Activity Snapshot

- 1st- Flu Shot Clinic
- 1st- Color Tour
- 4th- Birthday Lunch
- 4th- Music with Dan & Pat
- 6th- Spooky Movie "Ghostbusters"
- 7th- Yesteryear Sing Along
- 8th- Culinary Meeting
- 9th- Senior Sippers
- 11th- Halloween Craft
- 11th- Oktoberfest Happy Hour
- 13th- Spooky Movie "Casper"
- 14th- Apple Pie Social
- 16th- A.E. Seaman Mineral Museum
- 17th- Blood Pressure Checks
- 18th- Happy Hands
- 19th- Sit & Knit
- 20th- Spooky Movie "The Nightmare Before Christmas"
- 24th- Sing Along with Bob, Dale & Jerry
- 25th- Pumpkin Painting
- 28th- Making Pumpkin Cheesecake
- 29th- Wheelchair Walker Care
- 29th- Pumpkin Carving
- 30th- Witches Brew Cocktail Social
- 31st- Halloween Lunch Boofet
- 31st- Spooky Movie "Hocus Pocus"

## Featured Activity



Back by popular demand...

**MUSIC WITH DAN & PAT!**

Join us for great music, company, and refreshments. Dan & Pat will be here with us on Friday, October 4th at 2:00 PM in the





# Senior Snapshots



**NEVER, EVER  
UNDERESTIMATE  
THE IMPORTANCE  
OF HAVING FUN**

RANDY PAUSCH





# Employee Birthday Spotlight

**Krista Nelson**– Resident Attendant

**October 4th**

**1. Where is your favorite travel spot?**

*My family camp in Gwinn.*

**2. What is**

**your favorite meal at The Bluffs?**

*Lasagna & Garlic Bread!*



**Emily Cote**– Dining Attendant

**October 7th**

**1. What is your favorite movie?**

*The Titanic*

**2. People would be surprised if they knew...**

*I weightlift competitively*



**Jeff O'Connell**– Maintenance Director

**October 14th**

**1. What do you do in your free time?**

*I enjoy hunting, fishing, & skiing*

**2. What is your favorite part of working at The Bluffs?**

*Getting to take care of the residents.*



**Abbigail Newman**– Activities Director

**October 18th**

**1. What have you gained working at The Bluffs?**

*Friends! And so much great advice and stories from residents!*

**2. What's your favorite travel spot?**

*Florida or Montana*



**Jessica Bracco**– Executive Director

**October 22nd**

**1. What is your favorite travel spot?**

*Mexico, Cozumel has been my favorite destination there!*

**2. When you are not at work, where can we find you?**

*Taking care of my gardens at home*



## Additional Reminders & Announcements

- Air Conditioners will be winterized during the month of October.
- Cold & flu season is upon us, please cover your cough and stay in your apartment if you are not well.
- If you have any issues in your apartment, please place a work order at the front desk.
- If you'd like to register to vote in the City of Houghton, please see Abbie.

## Halloween Happenings

**October 25th**– Halloween Happy Hour– Wear orange & black!

**October 30th**– Witches Brew Cocktail Social

**October 31st**– Halloween Lunch Boofet & Costume Party–

**Wear your best costume!**

## November – Save the Dates

**1st**– Birthday Lunch

**8th**– November Happy Hour

**15th**– Deer Hunters Ball

**28th**– Thanksgiving Dinner



# Final Thoughts...

From your Executive Director

*Calumet is Hockeyville!*

*Kraft Hockeyville hosts an annual competition sponsored by Kraft Heinz, the National Hockey League and the NHL Players' Association. Communities compete to demonstrate their commitment to the sport of ice hockey and on March 31st, 2019 Calumet was announced as the winner of the competition! What excitement this brought to Calumet and it was just the beginning of what was to come. Soon after we found out the a local favorite, the Detroit Red Wings would be versing the 2019 Stanley Cup winners, the St. Louis Blues in a pre-season game!*



*In addition, the Colosseum, the oldest indoor ice arena in North America earned \$150,000 in rink upgrades and \$10,000 for new equipment. To kick off the week, the oldest existing trophy of all professional sports, the Stanley Cup arrived in town for some surprise visits that included the Calumet schools, a private viewing for all service personnel (fireman, policeman, EMT, DNR) and was on display for a public viewing in which thousands of people attended! Many events were held throughout the week but the most anticipated was*

*the game itself! Limited tickets were available, hockey and figure skating youth received the first bundle of tickets and the remainder were raffled off. Nick and Axl attended the game as I volunteered at it. This is one of the most memorable events in Calumet and the love of the sport will continue to grow!*

*~Shoot, puck, score! Jessica*



**Jessica Bracco**

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