



The Bluffs Senior Community

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Our Team



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April
2024

NEWSLETTER

Resident Birthdays

- 4/01- Marilyn Ju.
- 4/03- Gale J.
- 4/09- Lettie W.
- 4/22- George K.
- 4/23- Mary S.

Employee Birthdays

- 4/17- Kristie C.



Letter from our Executive Director

Hello & Happy April,

Springtime is here! We have enjoyed the most mild winter I can ever remember. Do you remember a winter like this? I am excited for the sunshine in the upcoming months!

March was a memory filled month, enjoying St.Patty's Day and Easter. We will have a little slow down for April before we kick off all the fun chaos of summer.

April is one of my favorite months because I LOVE spring cleaning. There is no better feeling than opening the windows, decluttering and having a fresh start for summer. If you would like assistance with spring cleaning please see The Front Desk, we have many staff that would be happy to assist you in tidying up and organizing. We will also host our annual spring swap this month! Let's take this month to set up for a great rest of the year and get outside to enjoy the beautiful copper country spring! The air is fresh, the flowers will be blooming and our hearts are full!

Here is to an amazing April ahead!

-Jes

Activity Highlights

Hello!

I hope you all enjoyed the mild March we had in the U.P. April is filled with so many fun activities, every Tuesday we will have dress up days, Dress Like a Fool Day, Hat Day, PJ Day, Denim Day, and School Sprit Day. In the middle of April will be holding the Annual Spring Swap. This is a perfect time to declutter and bring your items to the swap!

Anything not taken from the swap will be donated to Goodwill. If you like rock and minerals, then you'll enjoy our outing to the A.E. Seaman Mineral Museum! We will also be celebrating a few National Days in April like Licorice Day, Pineapple Upside Down Cake Day, Earth Day, and Pretzel Day. Don't forget to come to the Culinary meeting this Month! Happy Spring!

-Kalyssa

Culinary Corner

Greetings from The Bluffs Kitchen!

Spring has sprung and so have our Spring & Summer Menu series.

We are so excited to welcome back some fresh and light options for the warmer months. We will prioritize using fresh and local ingredients as much as we can to give you the best quality food. We have made minor changes from last year to ensure that your culinary experience is out of this world! My cooks and I are learning and growing each day. Thank you for your continued feedback. We look forward to serving you delicious and nutritious meals.

~ Shelly Marino

Hydration Station

As we head into the beautiful Copper Country summer, we have decided to create a Hydration Station program. As you know, hydration is a large part of maintaining a healthy lifestyle in your older years. It can help your mobility, maintain urinary health, boost brain function and enhance digestive and kidney health. Going forward, we encourage all of you to get a reusable water bottle or cup to keep with you at all times and increase your water intake. We have been seeing an increase in UTI's and we cannot stress the importance of water! During the week we will feature flavored water and water mix-ins so you can create a flavor water that is enjoyable for you. Check out coffee corner and stop by to quench your thirst!



Employee Spotlight



Name: **Aaren Hillenbrand**

Department: Dietary

Position: Dining Attendant & Cook

Years of Service: 11

Hobbies & Interests: Going to Concerts & Being with friends and family

Favorite Travel Destination: California

Proudest Achievement: Being named the 2023 Arcadia Ambassador for The Bluffs and Company Wide!

Favorite Color: Blue

Favorite Food at The Bluffs: Everything, everyone in the kitchen calls me nibbles because I try everything!

Favorite thing about The Bluffs: My great coworkers and getting to meet the residents!

April 2024 Activity Calendar

Community Captures



"A good life is a collection of happy memories"

ACH Rent Payment Enrollment

ACH is automatic payment for your rent. Your entire rent amount will be automatically deducted from your bank account on the 5th of every month.

There is no need to worry about missed or late payments or needing to write a check and you still receive a statement each month! It is quick and easy for your convenience and peace of mind!

If you enroll in ACH before April 20th, you will be entered to win a basket!

See Abbie to sign up for ACH or with any questions you may have!



Additional Reminders

- Please take a few minutes to fill out an Arcadia Ambassador nomination form to recognize an outstanding employee.
- We have new residents joining us all of the time, please be sure to say Hello and welcome them to The Bluffs!
- There are no assigned seats in the dining room.
- Please do not hold the elevator doors open.
- The North and South end doors are now locked at all times. Please plan accordingly and use the main entrance.
- Please refrain from assisting other residents to stand up, sit down, push in their chair, etc. We do not want you to hurt yourself, kindly call a staff member over to assist!

May Save The Dates



3rd- Birthday Lunch

12th- Mother's Day

27th- Memorial Day

