

# Final Thoughts...

From your Executive Director

Although it surely doesn't feel like the month of Spring, I am here to wish you Spring greetings! It may be a few more months before we see the fresh green sprouts of spring, hear the birds singing and smell the Spring showers! Winter has been somewhat mild but when there's talk of Spring I think we all get a little excited!

Speaking of being excited, I am excited for a little break from the 200 plus inches of snow! In April, I will be taking my oldest son, Dayton, who's a senior at Houghton High School on a trip to Puerto Vallarta, Mexico. I have traveled to Mexico



numerous times as has he but we are looking forward to making some memories together. The only thing is....Dayton thought he'd get bored with "just Mom" so little brother Blake will be joining us! Blake is a junior at Houghton High. We are all really looking forward to spending some quality time together, too often we are all running in different directions and we will enjoy relaxing, in the sun, by the ocean, not to mention the laughs and memories will we share.

In the meantime, we have a lot of hockey and skiing to be done! I took the picture above from Great Sand Bay on a brisk February skiing adventure.

"For each petal on the shamrock, this brings a wish your way: Good health, good luck and happiness for today and every day. -Irish Blessing



**Jessica Bracco**

Executive Director

906-483-4400

[jbracco@thebluffs.org](mailto:jbracco@thebluffs.org)

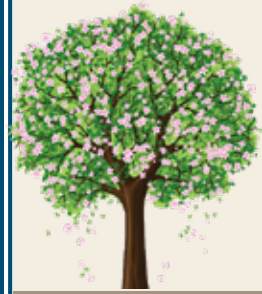
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1000 Bluff View Drive  
Houghton, MI 49931  
906-483-4400



## March 2020



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### Our Team

**Jessica Bracco**  
Executive Director

**Lori Nordstrom**  
Resident Services Director

**Abbigail Newman**  
Activities Director

**Jodi Bussiere**  
Kitchen Manager

**Shelly Marino**  
Dining Room Manager

**Jackie Saari**  
Head Housekeeper

**Jeff O'Connell**  
Maintenance Director



Hello Spring,

March is here and with that, spring has arrived! Of course for us Yoopers that does not necessarily mean a change in our winter weather, but it does allow for a change in our mindset. There is light at the end of the tunnel and we know that the snow will soon melt! Spring is a wonderful time to brighten up your wardrobe, your home and your mental health. It is time to kick the winter blues out. The days are already getting longer and we can enjoy the sunshine that more often peeks through our curtains. Spring is one of our favorite times at The Bluffs. It is a good time for some Spring cleaning, take some time to go through your closets and start a pile for our annual Spring Swap! You can donate your new or gently used items and also browse for new things. So now is a good time to start looking through your homes to see if you have treasures to donate. Stay tuned for more details! Anything left behind is brought to Goodwill.

A reminder that it is census year! Censuses will arrive and be handed out at the beginning of April. Once completed, they should be returned to the front desk for collection. More information to come!



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It is our honor to introduce you to our 2020 Mardi Gras King & Queen! Wesley Loosemore & Annette Koepel were crowned on February 21st at our Annual Mardi Gras Happy Hour. They were voted into their new positions by all of The Bluffs Residents! Congratulations Wes & Annette!

**Congratulations!**

## Bluffs Word Search

E D S Y G X T Y F F I B Q P Y  
 B Z P A U A H I R D X Z Q J P  
 P X Q Z H R T I N R O C P O P  
 Z H M V N W E H Q Z I W O X Y  
 X O P L K N W M E Q Q Y B P Y  
 R E S I D E N T S R B D P E M  
 S V W S G R U S A O I A W X C  
 I F R O K Q B N G I H N A E S  
 M T F R L L W Q W N S R G R N  
 R M C U W B H X G E R I D C F  
 W O W O L K O E H S O W T I W  
 Y K O D Y B U K H L F P B S T  
 P V P M T E R O S H T Z Y E Q  
 S H Q Y B W M B I N G O G G W  
 P Z Q E H E E R U U B Z Y H Z

BINGO BLUFFS EXERCISE  
 FRIENDS GATHERING HAPPY  
 HOME HOUR POPCORN  
 RESIDENTS ROOM SENIOR

## MARCH BIRTHDAYS



- 1st Lori Nordstrom EMP
- 2nd Mary Furbeck
- 6th Harold Kangas
- 7th Jackie Saari EMP
- 9th Brian Durbin President
- 10th Alexandra Huotari EMP
- 12th Mary Thayer
- 16th Sarah Laitila EMP
- 16th Helen Oberle
- 16th Jim Walters QC
- 18th Bob Fricke
- 18th Del Gentry EMP
- 19th Doris Smith
- 24th Agnes Ahola
- 28th Shirley Rasmussen

## Culinary Corner

Greetings from The Kitchen!

March is upon us and with that brings another culinary meeting! I invite you all to join me on the morning of March 10th at 10:00 AM in the 2nd Floor Library. I enjoy hearing everyone's feedback, suggestions and ideas to keep your dining experience enjoyable. If you cannot make it to the meeting and you have comments or concerns regarding the food, you can always leave me a note on the feedback slips. I read them each week and love to share positive feedback with the cook crew and address any issues that you may have experienced. As always, if you have any recipes you'd like to share, please let me know.

I look forward to hearing from all of you!

All the best,  
 Jodi



## Employee Birthday Spotlight



**Lori Nordstrom**  
 Resident Services  
 Director  
 March 1st

*What do you do in your free time?*  
 Cross Country Ski in the winter, beach in the summer!

*What is your favorite meal at The Bluffs?*  
 Napa Salad.

**Jackie Saari**  
 Housekeeping Director  
 March 7th

*What do you do in your free time?*  
 Snowmobile, camp & four wheeling

*What is your favorite travel spot?*  
 Green Bay

**Alexandra Huotari**  
 Dining Attendant  
 March 10th

*What do you do in your free time?*  
 Hangout with my friends

*What is your favorite travel spot?*  
 California

**Sarah Laitila**  
 Resident Assistant  
 March 16th

*What is your favorite travel spot?*  
 Montana

*People would be surprised if they knew...*  
 I like to rappel down mountains

**Del Gentry**  
 Resident Assistant  
 March 18th

*What is your favorite travel spot?*  
 Florida

*What do you do in your free time?*  
 In the summer I garden.

## Additional Reminders & Announcements

- If you are attending a group outing, please be sure to arrive early to ensure the bus does not leave you behind.
- There is always an option to use the lift when using the bus system and you are always welcome to take your walker.
- Please be sure to RSVP family members and guests for meals and happy hour!
- Please be sure to use all serving utensils and new plates when getting food from happy hour & meal buffets!
- If you or a family member would like to sign up to receive our E-Letter please email [activities@thebluffs.org](mailto:activities@thebluffs.org) to sign up!
- We will have a representative from Tax Pro Solutions here in February, March and April to assist residents with taxes and tax preparation for a discounted rate.

## April – Save the Dates



- 1st– April Fool's Day
- 3rd– Birthday Lunch
- 5th– Palm Sunday
- 10th– Good Friday
- 12th– Easter Sunday



# Senior Snapshots



**Happy St. Patrick's Day!**



## Activity Happenings

What a fun & exciting February we enjoyed! We crowned our Mardi Gras King & Queen, we enjoyed spending Valentine's Day with our loved ones, and we celebrated Michigan Tech's Winter Carnival.

March is going to be just as busy and equal amounts of fun! We will of course kick off the month as we always do, with birthday lunch! We have many St. Patrick's Day Celebrations such as happy hour, shamrock shakes, and our annual Irish dinner. There are many Finish residents in house so we will also honor St. Urho's Day.

Some other fun things happening will be Music with The Mennonites on March 1st. Local Photographer George Bailey from Eagle Harbor will be here on March 6th to showcase some of his photographs. Resident favorite, Anna will be here on the 20th to conduct chair massages!

I appreciate all the feedback that I received from my activity surveys. I strive to ensure that everyone can find activities that they enjoy and love. If there are any activities, programs, or presentations that interest you that we do not currently offer, please let me know!

~ Abbie



### Featured Activity

#### KEWEENAW SCENERY PHOTO PRESENTATION

George Bailey, local landscape photographer will be joining us on March 6th at 2:00 PM in the ballroom. George Bailey & Gail English own Eagle Rock Studio in Eagle Harbor, MI. Gail Specializes in hand painted glassware and George in Keweenaw landscape photography. Join us for an afternoon of seeing the Keweenaw through the lens of a very talented photographer.







### March Outings

- 2nd- Econo Shopping
- 3rd- Applesbees Lunch
- 9th- Walmart Shopping
- 18th- Dollar Tree Shopping
- 23rd- Econo Shopping
- 24th- Waterfront Lunch
- 30th- Walmart Shopping
- 31st- Rockhouse Lunch



### Activity Snapshot

- 1st- Music with The Mennonites
- 2nd- Wii Bowling
- 3rd- Applebees Lunch
- 4th- Catholic Mass
- 5th- Tax Pro Solutions- Tax Preparer
- 5th- Methodist Hymns & Prayers
- 6th- Birthday Lunch
- 6th- Scenery Pictures w/ George Bailey
- 7th- Crafty Ladies
- 9th- Walmart Shopping
- 10th- Catholic Outreach
- 11th- Senior Health Discussion w/ Nick Rilei
- 13th- Happy Hands
- 13th- St.Patty's Day Happy Hour
- 14th- Pi Day
- 14th- Poetry Reading
- 17th- Shamrock Shakes at Lunch
- 18th- Senior Sippers Drink Social
- 19th- First Day of Spring
- 20th- Resident Relaxation w/ chair massages
- 21st- Crafty Ladies
- 24th- Waterfront Lunch
- 25th- Making Homemade Chocolate Mousse
- 27th- Spring Craft
- 28th- MTU Mindtrekkers
- 31st- Resident Jeopardy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 11:00 - Catholic Communion (GR) 2:30- Music with the Mennonites (B) 6:30 - Evening Cinema (GR)	<b>2</b> 10:30 - Exercise with Laura (ER) 1:30-Econo Shopping (LD) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Games- Left, Right, Center (LIB)	<b>3</b> 10:30- Exercise with Kelly (ER) 11:45- Lunch Outing to Applebees (LD) 2:00 - Lutheran Prayer Service w/ Pr. Gehrke (CA) 3:30 - Reading w/ Joe Kirkish (CA)	<b>4</b> 10:30 - Wellness Wednesday with Laura (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00- Catholic Mass (B)	<b>5</b> 9:00-5:00- Tax Pro Solutions- Tax Preparer (PDR) 10:30 - Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30 - Coffee Chat (CC) 3:30 - Reading w/ Joe Kirkish (CA) 6:30- Methodist Hymns & Prayers (CA)	<b>6</b> 10:30- Exercise with Laura (ER) 11:30- Birthday Lunch (DR) 2:00-Scenery Pictures w/ Local Photographer George Bailey (B)	<b>7</b> 10:30- Crafty Ladies (GR) 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30-Scrabble (LIB)
<b>8</b> 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30- Evening Cinema (GR)	<b>9</b> 10:30 - Exercise with Laura (ER) 1:30- Walmart Shopping (LD) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Cards- Pinochle (LIB)	<b>10</b> 10:00- Culinary Meeting (LIB) 10:30 - Exercise with Kelly (ER) 2:00 -Catholic Outreach with Sister Marcelyn (LIB) 3:30 - Reading w/ Joe Kirkish (CA)	<b>11</b> 10:30 - Wellness Wednesday with Laura-Variety (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00- Senior Health Topic w/ Nick Riley	<b>12</b> 10:30 - Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30- Coffee Chat (CC) 3:30 - Reading w/ Joe Kirkish (CA)  <b>Bluffs Shirt Day!</b>	<b>13</b> 10:30 - Exercise with Laura (ER) 1:30- Happy Hands (LIB) 4:30- St. Patty's Day Happy Hour (B)  <b>Wear Green Today!</b>	<b>14</b> <b>Pi Day</b> 1:15 - Pinochle (LIB) 2:30- Poetry Reading 6:30 - Scrabble (LIB)
<b>15</b> 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30- Evening Cinema (GR)	<b>16</b> <b>St. Urho's Day</b> 10:30-Exercise with Laura (ER) 1:30- Econo Shopping Outing (LD) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Cards- Poker (LIB)   <b>Wear Purple Today!</b>	<b>17</b> <b>St. Patrick's Day</b> 10:30- Exercise with Kelly (ER) 11:30- Shamrock Shakes (DR) 2:00- Lutheran Prayer Service w/ Pr. Gehrke (CA) 3:30 - Reading w/ Joe Kirkish (CA)   <b>Wear Green Today!</b>	<b>18</b> 10:30 - Wellness Wednesday with Laura-Pilates Rings (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00- Dollar Tree Shopping (LD) 6:30- Senior Sippers Cocktail Social (CC)	<b>19</b> <b>Spring Begins</b> 10:00- Blood Pressure Checks (PDR) 10:30 - Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30- Coffee Chat (CC) 3:30 - Reading w/ Joe Kirkish (CA) 6:30- Methodist Hymns & Prayers (CA)  <b>Floral Shirt Day!</b> 	<b>20</b> 10:30 - Exercise with Laura (ER) 2:00-Resident Relaxation w/ Chair Massages (LIB) 4:30 - Happy Hour (B)	<b>21</b> 10:30-Crafty Ladies (GR) 1:15 - Pinochle (LIB) 2:30 - Afternoon Movie (GR) 6:30 - Scrabble (LIB)
<b>22</b> 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30 - Evening Cinema (GR)	<b>23</b> 10:30-Exercise with Laura (ER) 3:30- Coffee Chat & Tea with MTU- ESL Students (CC) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Cards- King in the Corner (LIB)	<b>24</b> 10:30 - Exercise with Kelly (ER) 11:45- Lunch outing to Waterfront (LD) 2:00 - Lutheran Prayer Service (CA) 3:30 - Reading w/ Joe Kirkish (CA)	<b>25</b> 10:30 - Wellness Wednesday with Laura- Drumming (ER) 1:00 - Bible Discussion with Tim & Diane (PDR) 2:00- Homemade Mousse making (B)	<b>26</b> 10:30- Exercise with Kelly (ER) 1:30 - Bingo (LIB) 2:30- Coffee Chat 3:30 - Reading w/ Joe Kirkish (CA)  <b>Bluffs Shirt Day!</b>	<b>27</b> 10:30 - Exercise with Laura (ER) 2:00- Spring Craft (LIB) 4:30- Happy Hour (B)	<b>28</b> 1:15 - Pinochle (LIB) 2:00 - MTU Mindtrekkers (B) 6:30 - Scrabble (LIB)
<b>29</b> 11:00 - Catholic Communion (GR) 2:30- Coffee Chat (CC) 6:30 - Evening Cinema (GR)	<b>30</b> 10:30 - Exercise with Laura (ER) 2:00- Walmart Shopping (LD) 3:30 - Nintendo Wii Bowling (B) 6:30- Resident Run Games- UNO (LIB)	<b>31</b> 10:30 - Exercise with Kelly (ER) 11:45- Lunch outing to The Rockhouse (LD) 2:30 - Resident Jeopardy (LIB) 3:30 - Reading w/ Joe Kirkish (CA)	 <h1 style="color: green; text-align: center;">MARCH 2020</h1> <h1 style="color: green; text-align: center;">ACTIVITIES CALENDAR</h1> 			
<b>LOCATION KEY</b>		ER - Exercise Room GR - Gathering Room P- Patio S- Salon	B- Ballroom DR- Dining Room LIB - 2nd Floor Library	LA - Lobby Area CA- Couch Area BL- Back Lawn	LD - Lobby Departure PDR - Private Dining Room CC- Coffee Corner	<b>*Activities are subject to change</b>