

Epiphany Senior Housing

Epiphany Express

Volume 15, Issue 2
2019

April
May
June

In this issue:

Jeanette
Delich.....1

Tina Wolford
Theresa Skarolid....2

Nancy Churchill.....3

Deb Sauer
Jeanette Delich4

Church Services
Devotional.....5

Vanessa Sabre
Activities..... 6 & 7



Jeanette Delich
Executive
Director
763-772-1044
jdelich@epseniors.org



Congratulations Jeanette!!

Happy Spring!!! A time for blessings and new beginnings.

Olivia was offered an incredible opportunity and so has moved on. She had brought us many changes and a new look. Which has been very refreshing. She was an energetic, knowledgeable addition to our team and will be missed but not forgotten.

With a joyful heart, we are all very excited to welcome to Jeanette Delich into the Executive Director position. Jeanette has been with Epiphany Assisted Living for five years as the Office Manager and has been the backbone and hidden gem of our company. Please take a few minutes to congratulate her when you see her.





Tina Wolford

Maintenance/Housekeeping Director
763-772-1074
twolford@epseniors.org



shutterstock : 268999661

Calling all Ladies!

*Come make a bottle of Lotion for Mother's Day
with Vanessa and Me*

May 7th at 2:30pm

Make it for Yourself or give as a Gift.

You will make the lotion, bottle it, and label it All from scratch.

Plan to spend the afternoon with us.

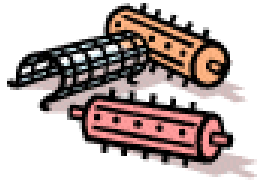
Then come back the next's morning

May 8th around 9:00am

to pick up your lotion.

Sign up at the front Desk so I know what supplies I need to bring.

Tina



The Salon is open Thursdays
For appointments, call Cheryl
763-258-6508



Theresa Skarolid

Dining Services Manager
763-772-1053

Veggie Pizza

2 8oz cans crescent rolls

12 oz cream cheese softened

1/2 cup sour cream

1 packet Hidden Valley Original Ranch Dip Mix

Shredded carrots

Diced bell peppers, red, yellow, green

Chopped broccoli

Preheat oven to 375degrees. Spray with cooking spray

Unroll crescent dough and press it into the bottom of the pan

Bake 15 min. Cool completely

In a small bowl combine cream cheese, sour cream, Hidden Valley Dip Mix

Spread mixture over crust. Top with veggies

Cover the pan with Press n Seal food wrap

Chill for one hour

Cut into squares and serve

Enjoy!!!





Nancy Churchill, RN
Home Care Compliance Manager
763-772-1042
nchurchill@epseniors.org

Nursing News

Did you know that April is National Stress Awareness Month?

Stress is a part of life. Some stress is beneficial and some stress can wear you down, stress is everywhere and affects us all.

Stress is different for each person. What causes stress in one person may be of little concern to another. Some people handle stress better than others.

Stress can affect all aspects of your life including your emotions resulting in becoming easily agitated, frustrated or moody, feeling overwhelmed, having difficulty relaxing, feeling lonely or depressed, or avoiding others. Stress can affect your behaviors resulting in changes in appetite, difficulty completing tasks, increased use of alcohol or smoking, or increased behaviors such as pacing or fidgeting. Stress can affect your thinking ability resulting in constant worrying, racing thoughts, increased forgetfulness, difficulty focusing, poor judgment or reacting negatively to situations, and Stress can also affect your physical health including decreased energy, headaches, diarrhea, constipation, nausea, increased pain, difficulty sleeping, increased infections, and increased nervousness.

Ongoing chronic stress can cause or exacerbate many health conditions.

Each person is different in how they manage their stress. Some helpful techniques in managing stress may include: Identifying the things that cause stress in your life and write it down, it may help you find a solution. Take some time for yourself, read for your own pleasure and enjoyment. Practice deep breathing until you find yourself becoming calm. Think about things in life you are most thankful for or talk about things that make you happy. Find a quiet place where you can relax and regroup. Spend some time with a furry pet. Approach one task at a time and take breaks when needed to minimize your frustrations, and accomplish your goals. Get plenty of rest. Develop a daily routine, enjoy some time outdoors to lift your mood and spirit, and remember to take time to laugh.

If you or a loved one is feeling overwhelmed by stress, talk to your doctor. Many symptoms of stress can also be signs of other health conditions.

Taking steps to reduce stress can improve your quality of life.

Wishing you a Happy Easter and a Stress Free Spring!

Information obtained from Web MD and the Alzheimer's Association.



Deb Sauer
Administrative
**Coordinator/
Leasing Agent**
763-772-1064



Without a question, no matter how much we enjoy all FOUR SEASONS of the year, we look forward to Spring. Nothing lifts the spirit like lots of sunshine, the smell of fresh rain, the color of newly blooming flowers and the aromas coming from that first BBQ.

Wishing you all a Blessed Easter and a wonderful Spring!

Deb, Tammy, Marilyn and Fatu

Anoka County
Senior Expo 2019
“Celebrate Healthy Living”
Saturday, April 27th
9am—Noon
Lord of Life Church
14501 Nowthen Blvd, Ramsey

FREE EVENT!

Open to seniors and their families
Ample Parking and handicapped accessible

ACTIVITIES

Information booths
Free pancake breakfast
Blood pressure checks
Mini massages
Entertainment

Epiphany Senior Housing will have a booth, stop in and say hi!

Epiphany Assisted Living Services

Communion Services at Epiphany Assisted Living
Wednesday & Friday 10:30a.m. in the Hearth Room

Chapel Service
Epiphany Assisted Living Chapel
(Every Other Tuesday at 5:00p.m.)
All are welcome!

Epiphany Catholic Church

Mass Schedule:

Monday - Friday: 8:00am

Saturday: 8:00am and 4:30pm

Sunday Mass

7:30am, 9:00am, 11:00am & 5:30pm

**9:00am Mass video simulcast -
Reiser's Hearth Room**

Confessions

Monday - Friday 7:30am

Saturday 7:30am and 3:00pm

Sunday 8:30-10:00am

Coon Rapids United Methodist Church

763-755-6990

Sunday Services: 9:00 am

Faith Lutheran Church 763-354-7829- Ride

Sunday Services:

8:30am Traditional and 10:00 am Contemporary

Welcome!

Josie K. #303

Joe A. #313

Philip B. #316

~ Good Bye ~

Bill C.

Lillian D.

Irene F.

Remembering those we have lost...

Delores B.

Philip C.

Genevieve S.

Inspirational Corner





Vanessa Sabre, CTRS
Activity Coordinator
 vsabre@epseniors.org
 763-772-1057

Our activity department strives to provide a well-balanced activity calendar that enhances the life's of seniors by providing them social, cognitive, physical, creative and spiritual programs. Please remember to take a monthly activity calendar to see all the programs scheduled each month. If a change is made it will be reflected on the daily schedule on first floor. There is also an **ACTIVITY HOTLINE** that is updated with the daily activities at 763-772-1171.

Birthday Celebrations!



Watch the monthly calendars for birthday party dates!

Community Outings

Afternoon Shopping Trips

Bus leaves at 1:30PM

Lunch Outings

Bus boards at 10:45AM

See outing destinations and dates on the monthly activity calendar!

All outings are subject to cancellation!

Sign-up sheet are at the front desk

VOLUNTEERS:

Bingo: *Dave, Karin, Jerry and Doris* **Memory Care Music:** *Gary, Mohlers & Minells*
EAL Music: *Gary* **Epiphany Ladies Auxiliary** **The Epiphany Angels**
Saturday Exercise: *Doris* **500 Cards:** *Joan*

A big thank you to our current volunteers! You are all such a blessing!

For more information about Volunteering, please contact Vanessa at 763-772-1057 or email

ASSISTED LIVING ACTIVITIES

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

BEAN BAG TOSS
BINGO
BIRTHDAY PARTY
CARD GAMES
CHAPEL SERVICE
FIT LIVING
OUTINGS

FRISBEE TOSS
HORSESHOES
ICE CREAM SOCIAL
MASS
MOMENTS OF COLOR
MONDAY MUFFINS
NAILS

POKENO
ROSARY
SHUFFLEBOARD
TRIVIA
VOLLEYBALL
WHEEL OF FORTUNE
YAHTZEE



Epiphany Assisted Living
10955 Hanson Blvd. NW
Coon Rapids, MN 55433

Phone: 763.755.0320
Fax: 763.772.1070
Email: oneary@epseniors.org

Epiphany Express

The official newsletter of Epiphany Assisted Living

Published quarterly and distributed to
Epiphany Assisted Living residents

Families, volunteers and friends of Epiphany Assisted Living
can find us online at
www.epiphanyseniorhousing.org



Where neighbors are friends, and people really care.

Mission Statement

Epiphany Assisted Living, LLC

OUR MISSION is to provide affordable, high quality housing and services which will respect and enhance the lives of residents who are making the transition to senior housing and assisted living.

OUR VISION is to be the area's premier senior housing community by creating a financially stable environment that meets the economic, social, spiritual, and health related needs of the residents in our facilities.

OUR STRENGTH is our uncompromising commitment to create resident satisfaction by providing a staff of competent professionals who create a warm, caring and secure environment that offers a wide variety of services in a campus atmosphere.

OUR VALUES include honesty, integrity, providing excellent, responsive and courteous services to residents in a faith-based community.