

Present: Mavis, Jim, Stan, Lucy, Carolyn, Gloria, David, Bruce, Gene, Bill, Allan, Mary Jane, Viola, Lorraine, Lois, Lorraine, Barb, Sue, John, Norma, Bunny, Helen, Lois, Marty, Rose, Mark, Marilyn, Bob, Marci, Charlie, Lily, Paul, Karla, Jake, Maggie, Taylor, Chad, Peter

- I. Sandra (healing touch volunteer)
  - a. Volunteer who provides Healing Touch services
  - b. Done on the 5<sup>th</sup> floor family room
  - c. You can sign up with Maggie
  - d. Healing touch is considered a form of alternative medicine. It is energy work, which means it is working within the energy field of the body. The earth's atmosphere has energy around it, and our own physical body has a form of energy around it. Healing touch works within the energy field around the body to alter vibrations in the body. It can use some forms of massage, pressure points—it can be hands on or off the body. Helpful in relieving pain, relaxation, clearing toxins out of the body. Help relieve symptoms from colds and discomfort. If you'd like to experience this one-hour treatment (please be able to get up on the massage table.)
  - e. She will be here on January 18<sup>th</sup> and February 15<sup>th</sup>)
  - f. Using hours to get over 100 hours of hands-on work for her certification.
- II. Jake
  - a. Thank you so much for the donations you made to our employee appreciation fund. It went toward a good cause and was appreciated by staff, mostly in the form of food and gift cards!
  - b. FOB system:
    - i. All of you have received a Memo notice in your cubby about the FOB update. The FOB computer crashed, so we need to upgrade our FOB system and auditing all FOBs. If we have not collected your FOB, it will be deactivated...just go to the front desk to let them know the FOB is not working. We'll take down your name, it will be re-entered in the system, and it will work from there. If you have family out of the area with a FOB, you can get their numbers from them via phone. Some garage FOBs have a number on back, and some do not. If you have a garage FOB without a number, you can indicate on the paper that it is a 1) garage fob and that it's 2) worn out or no number.
  - c. We did well collecting the 2019 lease and service agreements. If you have any questions, please find Jake. Otherwise, please dig it out and review it, sign it, and return it back to Jake. He will be auditing them within the next couple weeks. If you need one or think you lost it, please let someone at the front know or find Taylor/Jake, and they can redraft one for you to look at and sign off on.
  - d. Resident comment: "Thank you for the complimentary meal tickets."
  - e. It is that time of the year with sickness going on. Please be sure to wash your hands regularly. If there were to be an outbreak of the flu, it would be communicated to all of you to be aware. They would have notices to stay out of childcare or to stay off garden view, etc. There were some individuals who were ill with pneumonia. Please be sure to get it checked out if it is persisting. We encourage flu shots. They are offered (free) to all staff.

- f. 2019 brings new goals and resolutions. In September, it was 5 years that Jake has been here. He has set some lofty goals for leadership goals and himself. He has some ideas that have been supported. We will have some good things coming through TL this year. There may be some changes coming (nothing scary or that will cost money) just some things of how things are done around here.
- g. Fire drills:
  - i. If sirens are going off and there is no smoke in your apartment, please stay in your apartment with the door closed. If you are the one who set the alarm off and there is smoke/fire in your apartment, then please go to the areas of refuge (elevator banks.) The doors will be closed—that is the safe zone in the hallway.

III. Peter (chef)

- a. Starting on the 16<sup>th</sup> of January: We'll be doing hot breakfast 5 days a week M-F. You will be able to come down to the dining room with two designated servers to let you know of the special. We will have a breakfast meat, eggs your way, breakfast potato, and toast in addition to the morning special. We will continue doing pancake breakfast 3<sup>rd</sup> Wednesdays of each month as well. The new hot breakfast schedule will still be 8:00-10:00.
- b. TruthPoint Survey: Concerns/comments that residents didn't know how to make suggestions or comment on the meals being prepared. We do have a suggestion box and a common box by the front desk. (It is black.) Please put suggestions in the box. It can be anonymous. If Peter doesn't hear anything, then he assumes things are going well. Please help him to better serve you by using the suggestion box.
- c. We have purchased some menu books – it will be in the middle of the table. It will say the daily offerings for lunch and dinner, the menu, the a la carte/alternative menu. It will hopefully assist with creating more of a restaurant atmosphere.
- d. Staffing: We have some new faces: Diane, Gail, Min, and Becky. Koo will stop serving and be a chef in the back with Peter and Vinay. All are trained culinary chefs and have worked in the real world.
- e. Ebenezer has hired a woman, Tamara Lind, who is the corporate culinary director. She has put some new and different offerings on the menu. We'll try them and gauge interest. If certain menus are not desired, we'll not serve it in the future, but we do have to at least try it
- f. Grab and Go lunch on the 11<sup>th</sup>. We're aiming to have more grab and go lunches on a regular basis.

IV. Taylor

- a. It's been busy around TowerLight. Lots of tours last week and the week before. We plan to have at least 7 new people coming within the next month and a half. We encourage you to continue being warm and welcoming. If you see a new face, please say hi, invite them to an activity—games, social hour, a meal.
- b. We are looking for people who would be a “buddy” taking the new person to a meal, going to the new person's apartment, etc. Let Taylor or Polly know. If there are any men who are interested in buddying up with another guy, please speak up. It's a great way to start the new year.

V. Chad

- a. Thursday (10<sup>th</sup>) we'll be testing our sprinkler system. You won't get wet, but the alarms will go off.
- b. We'll be doing the entire common area carpet cleaning over the next month or two. We have our carpet rates--\$50 for studios/1 BR; \$75 for 2 BR.
- c. Carts – Please return all carts back down to the basement (one belongs in the Sundry). There are about 8 carts.
- d. We have a pop/soda machine.

VI. Maggie

- 7 - Town Hall (all invited) @ 1:00 in the club room
- 9 - Guys from Brookview music group @ 2:15 in the club room
- 10 - Undecorating Day @ 9:30 (taking down decorations)
- 10 - Depart for small Target @ 9:00
- 10 - Family Information Presentation by Alzheimer's Association: Understanding and responding to dementia-related behaviors @ 11:00 in the theater
- 11 - Men's brunch @ 9:00 to Hilltop
- 15 - Social Worker Office Hours -- please consider taking advantage of Donna's expertise She can assist with a variety of topics and questions you may have regarding senior care and housing. 9:00-11:00 in the main
- 15 - Ladies' Lunch to Blvd. @ 11:15 (meet by the front desk - be sure to sign up in the outing book.)
- 16 - Pancake breakfast from 8:00-9:00 (all dining rooms)
- 16 - Laughter workshop @ 2:00 in the fitness room (it's a good abdominal workout!)
- 18 - Catholic Mass with Father Joseph @ 10:00 in the reflection room
- 18 - Lunds & Byerlys outing @ 11:00
- 19 - Music by John Bury @ 2:30 on Garden View
- 21 - Depart for Como Conservatory @ 9:30
- 23 - Taylor Marie's Accessories & Clothing Boutique will be set up from 11:00-2:00 in the club room
- 27 - St. Olaf College Orchestra concert at Bethlehem Lutheran @ 3:00 (concert is 4:00-5:00) -- must have a minimum of 5 signed up. **Please sign up no later than Wednesday, Jan. 23rd**. There is no charge but there will be a free will offering.
- 29 - News Discussion time change to 9:15 a.m. in the theater
- 29 - Jack and Jill lunch outing to TBD
- 29 - TowerLight Book Club reading *The Dinner* - <https://hclib.bibliocommons.com/item/show/5402022109>
- 30 - St. Louis Park American Gospel singers @ 2:00 in the club room

Grocery outings:

- 10th - small Target @ 9:00
- 18th - Lunds & Byerlys @ 11:00
- 24th - Cub Food @ 11:00
- 31st - Lunds & Byerlys @ 11:00

Bible study will start up again on January 4th. It is every Monday @ 11:15 in the reflection room  
The next celebration of life will be Wednesday, February 6th @ 11:00 a.m. We will be remembering