



# Heritage

# Happenings

September 2010

Volume 1, Issue 4

## Special points of interest:

- Red Hawks photos
- Itasca State Park Photos
- Fruit Pizza
- Joke of the Month

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## Take Me Out to the Ballgame

The Heritage Community has been taking advantage of the beautiful weather this summer. On July 23, a group from Heritage journeyed to Fargo, North Dakota to take in an afternoon of baseball. A Heritage supporter generously donated tickets to the FM RedHawks game which allowed a few residents and staff to enjoy the day. The RedHawks are a minor league team that began in 1996. The team has had many players who have been drafted to the major league, even some who have gone on to play with the Minnesota Twins and the New York Yankees!

Another group from Heritage traveled to Akeley on September 1st to attend a show at the world famous Woodtick Theatre. Football fans will also have the opportunity to watch the Park Rapids Panthers play on Friday, September 17 (weather permitting). Check out the next newsletter for photos!

Throughout the fall there will be several other fun outings— watch for flyers around the Heritage Community for your chance to join in the fun!

## Heritage Focuses on Health

On Thursday, August 26th the Heritage Community hosted its annual health fair. Many fun and educational events were available for all to enjoy. Heritage provided everyone with a stress survival kit which included cute but helpful ways to de-stress. A team from St. Joseph's Area Health Services was on-site to perform cholesterol screening along with blood pressure, glucose, and BMI checks. The Heritage Dietary department prepared a variety of tasty but healthy food for breakfast and lunch. Our own Charles Robinson gave demonstrations on how to properly use a fire extinguisher and Diane Brophy from St. Joseph's Public Health provided information on tick bites and eating healthy. The highlight of the day were the chair massages that were provided by Kathy Brock! Everyone who attended left feeling relaxed and stress free! Thank you to all who helped make the health fair a success!

*"Wisdom is to  
the soul what  
health is to the  
body."*  
~ De Saint-  
Real

## Friends of Heritage Golf Tournament

The Annual Friends of Heritage Golf Classic was held on August 21, 2010 at the Eagle View Golf Course. After a nourishing lunch of brats, the golfers teed off. After golfing 18 holes in the 80+ degree weather, the golfers impatiently awaited the results of the tournament. The results were announced over a delicious hamburger supper.

Taking first place in the Classic was the **Citizen's National Bank** team consisting of Mark Schik, Ken Mackley, Andy Williams, and Dick Bradow.

Second place went to the **Eagle View** team which was made up of Dean Brose, Katelin Craft, Kodi Kraft, and Kaleb Hansen.

Third place was a three way split!! Teams splitting the pot were **Sue Fischer's team, Thielen Motor's, and Roger and Marilyn Olson's team.** **Sue Fischer's** team was made up of Sue Fischer, Tim Fischer, Tom Johnson, and Michael Selbitschka. The **Thielen Motor's** team was made up of Andy Hilmanowski, John Hilmanowski, Llyod Hilmanowski, and Cory Herberg. **Roger and Marilyn Olson's** team was made up of Kent Hjelseth, Jeff Lund, Ryan Edwards, and Derek Larson.

Proceeds from this years tournament will be split between the Pastoral Care Program and furnishings for the Memory Care Cottages. The Friends of Heritage is an auxiliary group that works to make Heritage the best it can be. So far this year the Friends of Heritage have helped provide towel warmers, walkie talkies, scholarships for staff, new chairs for the Chapel, and the creation of a pastoral care coordinator position, to name a few. To donate to the Friends of Heritage or for more information contact Teresa Walsh at 237-8316.



## Construction Update

The construction projects at and near Heritage are in full swing. The city street improvement project and the Heritage Main Parking Lot project are well under way and paving has taken place. Once the stripes are painted the lot should be available for use once again. Watch for signs in the future but please continue to use the Service Entrance off 5th Street until further notice.

The connecting link project at the Heritage Manor and Park Villa is right on schedule. The link will allow the tenants to go from one building to another without having to go outside which will be very helpful! The construction crew is working hard daily and the project should be finished and ready for use by the middle of September. Below the photo shows the new connecting link and newly laid asphalt in the main parking lot.



*"Life can only be understood backwards, but must be lived forwards."  
~ Soren Kierkegaard*

## Recipe of the Month

### Fruit Pizza

- |   |                      |
|---|----------------------|
| 1- prepared batch of sugar cookie dough   | 1/3 cup sugar        |
| 1- 8 ounce package cream cheese, softened | 1/2 teaspoon vanilla |

Fresh fruit (blueberries, strawberries, kiwi, bananas, etc.)

Spread cookie dough into a pizza pan. Bake at 350 degrees for 16-20 minutes or until golden brown. Cool completely, for about 30 minutes. In a bowl combine cream cheese, sugar, and vanilla. Beat with an electric mixer until fluffy. Spread over cooled crust. Arrange fresh fruit on cream cheese mixture. Refrigerate until chilled, at least one hour. Cut into slices and enjoy!



# Snapshots



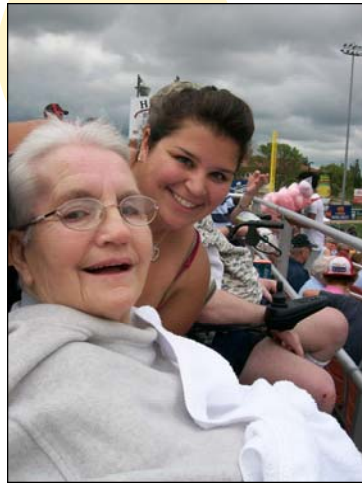
A beautiful sunny day was the perfect reason to head to Itasca State Park! 5 members of the Heritage Community took a drive to the park, walked down to the start of the Mississippi and checked out the Visitor's Center. After a picnic lunch under the shade the group headed for home, and have been hinting about taking the drive again in the fall!

Above, everyone took a minute to pose for a group shot. **Front Row:** Lucille, Betty, Walter, and Karen. **Back row:** Jim and Mary.

Below, everyone enjoyed their picnic lunch. It was so good some people were even "fighting" over it! **Far left:** Lucille and Walter **Middle:** Dianna and Betty, **Far Right:** Jim & Mary.



# Snapshots



The saying "America's favorite pastime" holds true at Heritage! Thanks to a donation of RedHawks tickets, a few members of the Heritage Community were able to take a trip to see the RedHawks play in person! Although there was rain in the forecast, it held off and everyone stayed dry!

**Below:** Front - Clark & Mary. Back - Mandy, Kim, Ryan, Mary, Gene, Jim, and Diana.

**Above:** Top Right: Gene; Middle: Mary and Kim; Left: Clark



## Joke of the Month



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**We're on  
the Web!**