

We're on the Web!!
oakcrestseniorhousing.com

Oak Crest

Senior Housing
"Bringing your neighborhood home"

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Our Mission is to provide quality, life-enhancing housing with services for seniors of Northwest Minnesota.



Oak Crest Senior Housing is a 43 Unit Assisted Living Housing with Services Community located on seven acres overlooking the scenic Oak Crest Golf Course in Roseau Minnesota.

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The Oak Crest Chronicles

G a n g w a y , w e h a v e a n e w b u s !

Oak Crest is the proud owner of a brand new shuttle bus! The residents and staff are ecstatic. Those that have not seen it should definitely check it out. It has 12 seats for passengers and 2 spots for wheelchairs or motorized carts. All of the seats have seatbelts with a shoulder and lap belt and they will fit any size body type. The bus also has an extremely smooth motorized lift with handles. The bottom step is very close to the ground and there is a grab bar on each side of the doorway. The bus rides very nice and smooth. We are all very thankful for this wonderful bus! We kicked off Assisted Living Week by having the Overtones perform on Grandparent's Day. Their music is so wonderful it almost seems therapeutic. The residents really enjoyed their performance. A BIG Thanks to the Overtones! We also had a fall round-up this month. All of the residents and staff dressed in western attire. Maynard Olson won 1st place for best dressed cowboy/cowgirl. AJ & Eleanor Kramer won for best dressed couple. The dinner meal included steak, corn on the cob, and cookies shaped like badges. We also had cut-outs of a western couple that you would stand behind and put your head on and get your picture taken. A good time was had by all.



S P E A K E R : C A R O L Y N S T A B L O W

We had 2 wonderful speakers this month. The first was Carolyn Stablow who is program specialist working in the Telephone Equipment Distribution Program under the Minnesota Department of Human Services. She demonstrated many different telephones. There are telephones available for those with hearing loss, speech impairment, or those with physical disabilities that limit the use of a standard phone. One of the particular phones that she showed us plugs into a lamp as well as the phone jack. When the phone rings, the lamp will flick on and off so if you are not able to hear the phone ring you may see the phone ring. Even better yet, these phones are FREE if you meet these 3 criteria: first, you must be Minnesota resident; second, you must have telephone service in your apartment; lastly your gross annual income must be below \$40,000 for a family size of 1 or below \$53,000 for a family size of 2. The process is to simply fill out an application and send it in. In about a month she will send you a letter stating when she will come to your apartment to deliver your phone. At that time, she will verify the above criteria. There is no contracts to sign, no hidden charges, nothing. The only catch being that when you are done using the phone they ask that it be returned to the state of Minnesota. If you have any questions or would like an application, talk to Mary Jo.

E V E L Y N L I L L O

Evelyn is still in the Cities recuperating. If you would like to mail her a card the address is % Obert Lillo 9169 Edenburg Lane Woodbury, MN 55125 We hope she can come home soon!

B E A U T Y S H O P

Just a note to pass along, in addition to Tuesdays, Kim Drown will also be here on Friday, October 20th to do cuts, colors, or perms. Call her at 463-1850 to set up an appointment.

**S P E A K E R : J O H N K U B E**

Our other speaker this month was John Kube, who is a rehabilitation counselor for the State Services for the Blind under the Minnesota Department of Economic Security. He demonstrated many different products that are useful to those who have difficulty seeing. He had a wide array of magnifying glasses, different colored sunglasses, plastic guides to help one write a check or letter, just to name a few. These products are also FREE!! There is a form to fill out with your general information where John will jot down what products would best suit you. John is not an eye doctor, and does not pretend to be one. He just distributes products to those who could benefit. These products will then be mailed in about a month, and that's all there is to it, no charge! I think many were deterred from attending, because John works for the Services for the Blind, and people think I'm not blind or I can see just fine. When in fact these products are simply there to help anyone, or to just make life easier. John does mainly home visits, covering a 13 county radius. If you are interested in setting up a visit with him, contact Mary Jo for his information. He said there is at least 40 on his waiting list, at any given time, so you'll have to be patient, because he's a very busy man.

R E M I N D E R : C H E C K - I N B U T T O N

When you wake-up in the morning, please push your check-in button. It is located in your living room above the pull cord. It is a black square button. This alerts the staff that you are up for the day and do not need to be checked on.

T H E L I B R A R Y

The library is located in the Purple Pod on the first floor. We have had a couple of individuals donate some wonderful books to Oak Crest. Feel free to borrow any of the books on the shelves. If you would like to donate any books please give them to Mary Jo so we can mark the books. You will notice on the binding of the books there is a white label that reads Oak Crest Senior Housing Library. The purpose of these labels are simply to remind you that when you are done reading a book to return it to the library.