



**Polar Ridge**  
SENIOR LIVING

# *Age Magnificently*



## Our Community Newsletter

*Discover what's going on in our community.*

### **September**

"O sweet September, thy first  
breezes bring  
The dry leaf's rustle and the  
squirrel's laughter.  
The cool fresh air whence  
health and vigor spring  
And promise of exceeding joy  
hereafter"

- George Arnold

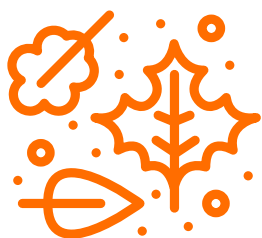


## **September 2025 Edition**

**Birthdays:****Sylvia M. 9/12****Steve B. 9/15****Alice H. 9/18****Tom P. 9/20****Art. F 9/21****Pat B. 9/25****Outings:****Wednesday September 3rd:** Como Pavillion (Leave at 6:00pm)**Thursday September 11th:** House of Wong (Leave at 11:30am)**Sunday September 21st:** Twins Game (Leave at 12:00pm)**Tuesday September 30th:** Treasure Island Casino (Leave at**Entertainment:** 11:00am)**Wednesday September 3rd:** Josh Quinn (3pm to 4pm)**Wednesday September 10th:** Michael Larson (3pm to 4pm)**Friday September 12th:** Acoustic Cocktail (4pm to 6pm)**Wednesday September 17th:** Scott Beaumont (3pm to 4pm)**Wednesday September 24th:** Mary Franz (3pm to 4pm)**Announcements:****Friday September 12th:****Fall Community Celebration!**

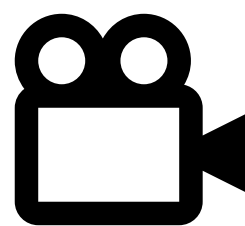
3:30pm to 6:00pm

Parking Lot/Patio

**Movies of the Month:****Shawshank Redemption (9/5)****North By Northwest (9/19)**

6pm in the Chapel.

All are welcome to attend!





## Postage Stamps:

1. You can go in person to the post office on 7th Ave.
2. You can request a form from the front desk.
  - A) Fill out the form, enclose it in an envelope along with a check or money order, and place it in the outgoing mailbox. You can also hand it to the mail carrier directly.
  - B) If you need a change of address card, they are available at the front desk.
3. Stamps cost .73 cents each or \$14.60 for a book of 20.

## Packages:

1. If you have a package to mail (i.e. FedEx, UPS, Amazon, etc.) leave it at the front desk and the appropriate carrier will pick it up.
2. Packages are delivered to the main front desk for AL and MC residents. Packages for IL residents are delivered to the IL Lobby.
  - A) Staff will make an attempt to deliver the package(s) to the appropriate resident, if need be.

## Employee Spotlight

This month, we're proud to recognize **Nevaeh Coleman**, one of our outstanding Home Health Aides here at Polar Ridge! We are incredibly grateful for Nevaeh and the beautiful spirit she brings to her work each and every day. Her calm and gentle presence brings comfort not just to those she serves, but to everyone around her. Nevaeh is always kind, patient, and has a warm smile that brightens even the hardest of days. She is a true team player and a deeply valued part of our family. Thank you, Nevaeh, for the heart you put into everything you do—you make a real difference.

### **FUN FACTS about Nevaeh:**

Her Favorite Comfort Food is Mexican Tacos  
 Her Current Theme Song is 2018 by Rod Wave



## Activities:

1. Daily activities are posted inside the elevators and outside of the fitness room on the 2nd floor. **Monthly outing sign-up sheets are posted in Castle Café. Monthly activity calendars are located at the front desk and are delivered to residents at the beginning of each month.**
2. Is there a place that describes in detail what is involved in the events on the monthly calendar? **In the newsletter, you can find brief descriptions of the activities for the month.**
3. How do I put in a request for an event that I would like to see happen? **Talk to an activities staff member directly or fill out a suggestion form.**
4. Is tipping required for the NewTrax bus that comes every Tuesday? **No, it is a free service.**

## Miscellaneous:

1. The Beauty Shop is located on the 1st floor. A service price list is located at the front desk and in the Beauty Shop. Hours of operation? **Tuesday afternoons and all-day Thursday.** Making appointments? **Call 651-302-5644 to make an appointment.**
2. The Lost and Found is located behind the front desk. Where do items get turned in if found? **To the front desk.** Who do I notify if something is lost? **Polar Ridge staff member.**
3. Grievances/Comments/Suggestions forms can be found on each floor outside of the elevators. Fill it out and return it to any staff member or deliver it to the front desk.
4. Is the Memory Care Unit off limits to other Polar Ridge residents? **Absolutely not, residents are encouraged to visit friends and/or family members of Legacy Court, please notify a Polar Ridge staff member if you wish to do so.**
5. How can I contact an aide or nurse after 5:00pm? **Call 651-770-4028.**
6. When using the vending machines and paying by card, remember to push the complete button once you have finished your order.

## Dining Room:

1. Meal calendars can be found in the dining room and at the front desk.
2. Meals can be delivered to your room for an extra charge of \$6.
3. Food that is brought in from the outside cannot be consumed in the main dining room. It must be eaten in the Silver Lake dining area, Streetcar Room, Castle Café, Village North, outside patio or in the resident's apartment. This is due to health regulations.
4. How do I contact the kitchen? **Please call the front desk and the receptionist will transfer you to the kitchen.**
5. Can I order meals ahead of time? **Yes.**