

September 2020 Newsletter

Please check the insert about some fun happenings during Wellness Week from September 13-19!

Flu Vaccine Information

On **Tuesday, September 29 beginning at 10:30 am**, Walgreens pharmacists will be here to give your seasonal vaccines (high dose). But this year, the pharmacists will come to your apartment! Each hallway will be assigned a time and asked to be ready (with insurance cards) to make the process go smoother. **Ponds tenants** will receive a form to fill out ahead of time, that will need to be turned in to Megan by Friday, September 25, so we know who is interested.

The (tentative) hallway times are as follows:

- Pines 3rd Floor, 10:30-10:45 am
- Pines 2nd Floor, 10:50-11:30 am
- Pines 1st Floor, 11:35 am-12:15 pm
- Ponds 1st Floor, 12:20-12:50 pm
- Ponds 2nd Floor, 12:55-1:40 pm
- Ponds 3rd Floor, 1:45– 2:30 pm



We continue to have a lot of different music opportunities on Channel 51 in September! There will be **sing-alongs** on **September 11 and 16**. Please check the calendar for specifics. **Sing for Life Choir Practice** with Lou Ann Henderson from MacPhail Center for Music on **Tuesdays at 2:00 pm**. We will continue to get weekly performances from **East Ridge High School Choir** on **Wednesdays at 1:45 pm**. **Dr. Tiffany Valvo** will perform a Clarinet concert on **Thursday, September 3 at 1:00 pm**, **Monroe Wright** will sing on **Friday, September 4 at 1:30 pm**, and **Dan Newton** will also do a virtual accordion concert for us on **Thursday, September 17 at 1:00 pm**.



Other Information

This month we will show some different PBS Specials on Channel 51!

- **First Air War (9/3 @ 6:00 pm).**

When World War I began in 1914, the air forces of the opposing nations consisted of handfuls of rickety biplanes. By the war's end, the blueprint of the modern fighter aircraft had emerged. To trace the story of this astonishingly rapid technological revolution, NOVA takes viewers inside The Vintage Aviator, a team of New Zealand-based aviation buffs dedicated to bringing back classic World War I fighters.

- **10 Buildings that Changed America (9/7 @ 6:00 pm).**

This will tell the stories of ten influential works of architecture, the people who imagined them, and the way these landmarks ushered in innovative cultural shifts throughout our society. These 10 Buildings represent architects who dared to strike out on their own and design radical new types of buildings that permanently altered our environmental and cultural landscape.

- **Extreme Ice (9/10 @ 6:00 pm).**

This show focuses on climate change shown through time-lapse cameras set by internationally acclaimed photojournalist James Balog, who has placed equipment in more than two dozen glacial locations in the northern hemisphere in order to assess the impact of global warming on the cryosphere.

- **The Spill (9/21 @ 6:00 pm).**

Martin Smith and Abraham Lustgarten explore the corporate history of BP before the 2010 Deepwater Horizon explosion in the Gulf of Mexico. This investigation reveals a history of safety and environmental violations.

- **St. Paul's Cathedral (9/24 @ 6:00 pm).**

Using the latest technology, Steve Burrows and his team of laser-scanning experts explore seventeenth-century St. Paul's Cathedral in the heart of London, unveiling the engineering challenges faced by its creators in the time of Charles II.



Don't forget to watch channel 2 on your televisions to continue to stay up to date on what's happening at Oak Meadows!



More Information!

Updates to Spiritual Life at Oak Meadows



Continuing this month, Chaplain Carol will have **Bible Study** on **Mondays at 10:30 am** (except 9/7) in the Multipurpose Room. You must sign up each week.

Devotions will be on **Tuesdays at 1:30 pm** in the Community Room. **Prayer Group** on **Fridays at 10:30 am** in the Multipurpose Room. She will continue with Worship on

Wednesdays at 10:30 am in the Community Room too. You must sign up because space is limited due to physical distancing guidelines. You must wear your mask during all of the events.

Devotions (Tuesdays at 1:30 pm) and **Worship (Wednesdays at 10:30 am)** will be shown Live on Channel 51 for those not able to join in person. Please call Chaplain Carol with any questions!

Guardian Angels Mass will continue on Channel 51 the first Wednesday of the month for September.



The **Rosary Group** will continue to be on Channel 51 on **Tuesdays at 6:30 pm**.

Jerry Zhou from Hearing of America in Oakdale is available for your hearing aid needs. During this time we understand that it is difficult to get your hearing aids serviced. If there is something you need, please call Jerry at (651)528-7868 and he will pick up, repair, and drop off your hearing aids.



Weekends @ the Movies

Join us on **Saturdays (1:30 pm)** and **Sundays (6:00 pm)** on channel 51 for the movies. If you have any that you would like to see, please let Megan know!



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Masks at Oak Meadows: All tenants must wear masks **anytime** they step out of their apartments. We continue to discourage visitors, but do allow essential visits. Please call Deb Veit for approval of an essential visit. Anyone who comes to visit (inside or out) **MUST** have a mask on and get their temperature checked at the Reception Desk. We do not have enough masks to provide for outside guests, so they must have their own masks or they will be asked to leave. Thank you for your cooperation during this time!

Tenants: Do you have a friend who would just love to move to Oak Meadows? If you refer someone to me (Kim), and they move in, you will receive \$100 within the first week they move in. If you want to wait and receive more, we will give you \$500 after they are at Oak Meadows a full 3 months! Get information to Kim Prayfrock, in the office, and she will contact them.

This program is good through December 31, 2020.

