



RUSHSEBA

JULY 2022

Highlights *Out and About*

Residents out and about, enjoying some summer FUN!





From the Desk of the Executive Director

By Molly Carlson, Executive Director

According to the calendar, summer solstice begins the day I am typing this, June 21st. However, I feel like we jumped right in to August last week and early this week when we were in the 90's with uncomfortable humidity and dewpoints! The dog days of summer, as we used to say!

Summer brings back all kinds of memories from days gone by. I grew up in a small town, on a street lined with houses that were mostly families with young kids. On any given day, we could round up a kick ball team, host our own bike parade and always had someone to play with. Just a short walk to a beach or even setting up the sprinkler would give us relief from the hot summer sun. And Kool-aid and Icees provided the necessary refreshment we needed on our quick breaks inside the house. We didn't watch much TV, video games weren't a thing and we were outside from sun up to sun down. Ah yes, the great 70's and 80's!

I'm sure your summer memories of childhood days are different than mine and certainly very different than kids these days! Times have changed so much! It's fun to reflect on our past and remember the good old days! Take a moment today to recall your favorite childhood memories of summer.

I encourage you to find joy in THESE days of summer too! Get outside, slip off your shoes and soothe your feet in the cool grass. Enjoy the beauty around us...flowers, trees, gardens...the sound of children playing in nearby neighborhoods. Sip on a cool glass of lemonade in the outdoor dining area! Go for a walk and get some exercise! There's still lots of "good old days" and there's still plenty of summer left. Make the most of it!

Blessings,
Molly



A recent picture of how I enjoy summer with my dog, Rainy! Boating, sun, refreshing breeze, a little fishing! Perfect!

From the Kitchen by Eric Peterman, Culinary Director

Hello to all and I can finally say happy summer! (Are we already tired of the heat and mosquitos?) Well, I have a great remedy for the heat anyway.

I am sharing a recipe I learned from my mother's husband's side of the family called jiggle juice. This is typically served as an alcoholic beverage and is so aptly named because plenty of us have a little jiggle to us and as we prepare this drink all that we have jiggles with the juice! If you want all the jiggling fun to be family friendly this can be made non-alcoholic so the kids can jiggle as well.

You will need to procure a 1-gallon glass jar. Now these are kind of hard to come by these days, but I've found the bulk pickles are still packaged in the glass jar. Just be certain to wash it well or your jiggle juice may taste of pickle juice.

Lemons – 3
Limes – 3
Vodka or water – 2 cups
Sugar – 1 cup
Ice Cubes



Fill you glass Jar with the lemons and limes as well as the Ice cubes as full as you can. Add the vodka and sugar put the lid on the jar and shake shake shake and jiggle jiggle jiggle until you can't shake or jiggle any longer. Now pass it to the next shaker and let them jiggle. Continue doing this until all the ice has melted. Now it is time to enjoy the spoils of your labor. You can divvy the jiggle juice into cups or continue passing and drink straight from the jar. Ahhhhhhhh so refreshing on a hot summer day!



From the Foundation

Creative Aging: The Importance of Art for Older Adults

Walker Methodist works with many different grantors including E.A. Michelson Philanthropies, Archie and Bertha Walker Foundation, regional arts councils, and the state arts board to secure funds to offer creative workshop style art programming in our communities. There are so many benefits to these programs. If you have been on the fence whether to try it out, maybe now is the time!

Enjoy this excerpt from "Countering Isolation with Creativity" published on July 27, 2021, by Teresa Bonner, Executive Director of E.A. Michelson Philanthropies, a Minneapolis based foundation focusing on older adults and art.

"Many older adults experience a growing lack of purpose and increased social isolation as they age, long before the COVID-19 pandemic. The health consequences of these experiences are costly, both to individuals and society. Research associates a lack of purpose with earlier mortality, and social isolation with a 29 percent increase in the risk of coronary heart disease and a 32 percent rise in the risk of stroke. And according to a 2017 study by AARP and Stanford University, the financial burden of social isolation for older adults with Medicare is estimated at \$6.7 billion annually.

As the number of older Americans continues to grow dramatically, we must explore more asset-based—not just deficit-based- approaches to aging and recognize the vast potential of older adults to engage with and positively contribute to society. One promising solution is creative aging: arts programming specially designed to help older adults access and benefit from quality lifelong learning, in a way that fosters connection and imagination.

Across the US, arts organizations, museums, public libraries, and other institutions serving older adults have begun offering creative aging programs that give older adults the opportunity to dive into an art form with others who share their interests. These programs are based on models described by American psychiatrist Dr. Gene Cohen in his 2006 landmark report demonstrating the benefits of creative aging.

Good creative aging programs aren't "paint-alongs" or "sing-alongs." They are multi-session workshops that provide enough depth to allow participants to build their competence and confidence. Most importantly, they intentionally integrate social engagement with skill-based arts learning. The design of the programs facilitates connection and friendship as participants learn an artform together."



History Spotlight: Rush City in the 1940's and 1950's

Thank you to Margaret Marty for sharing some reflections on days gone by, compiled by classmates from a class reunion...

"We lived in the Rush City area at it's peak. As the small farms died, it turned into a bedroom community for people working somewhere else." U.S. Highway 61 and the Northern Pacific Railroad ran through town. The town had several buses and trains running every day.

There was industry including a flour mill, two creameries, a pickle factory , two feed mills, and a plant that made light poles. Farming, however was the largest industry.

The town had it's own newspaper, *The Rush City Post* which came out on Fridays. You could see who visited who and other important stuff.

There were several businesses including three hardware stores, six grocery stores, seven auto dealerships, seven gas stations, a drug store, furniture store, jewelry store, five taverns, four restaurants, a movie theater, roller skating rink. Professional services included three doctors, two lawyers, and a dentist.

THANK YOU MARGARET FOR SHARING THESE FUN FACTS ABOUT RUSH CITY!



Resident Spotlight: JERRY PETERSON

Welcome Jerry Peterson who moved in last month! Jerry comes from the beautiful Grand Marais area on the northernmost tip of Minnesota! Jerry has lived there for many years in what used to be the family cabin. He is now here in Rush City to be closer to family. Here's a few fun facts about Jerry:

Born and raised in: Waterloo, Iowa

Past occupation: Owned a garbage company in Iowa

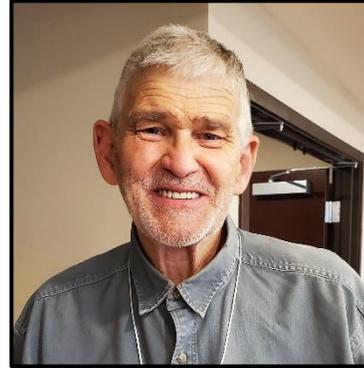
Kids: 2 daughters, Sara and Stacy

Favorite food and beverage: Coffee and eats anything!

Favorite animal: Dogs

Favorite sport: Hydroplane racing-He did this for years and holds a world champion record of 108.43 mph!

Favorite season: Winter (loves snowmobiling)



Employee Spotlight: ASHLEY IVERSEN, RN

July marks my 6th month here at Rushseba Station! What a blessing and adventure it has been thus far!

I feel like I have really gotten to know so many residents so well over the past 6 months as well as some of their family and friends, but for those of you who I am not familiar with, here is a little bit about me!

My hometown in Pine City, MN. I relocated many times throughout my early adulthood until 2018 when my husband, Ian, and I moved back to our hometown of Pine City to raise our three children in my "childhood home!"

I have three children, Noah (12), Brycen (10), and Aubree (6). They are all so busy with school, sports, friends, and adventures... living their best life! My two boys play travel hockey, golf, and football. My daughter participates in competition dance, basketball, and t-ball.

I have been a Nurse for 10 years and I finally found my perfect spot in healthcare! Rushseba Station has been a blessing, not only to my career path, but my everyday life. Each person here makes me a better Nurse and person. I am thankful and blessed.

My birthday is in July, I love any fall color (especially burnt orange and olive green), I enjoy reading, boating, MN sports, being outside, biking, hiking, and spending time with my family!



Chaplain's Pen

By Chaplain Kevin Coder

This weekend we as a country celebrates our independence, we celebrate our freedom! I love Independence Day, spending the day on the lake, or in the backyard grilling burgers with friends and family, sitting and watching parades, kids proudly waving sparklers, and then ending the night, by plopping down in lawn chairs to watch fireworks blow up the sky in beautiful colors, I love celebrating freedom! We do this to remember our independence, and the cost and sacrifice of that independence, men and woman who died, the blood that was shed all for freedom.

The men who signed the Declaration of Independence were dependent on that document; they were essentially signing death warrants on themselves. They believed in the freedom that this document represented so much that they were willing to sacrifice everything, even their own lives. As he signed, John Adams said: "Whether we live or die, sink or swim, succeed or fail, I stand behind this Declaration of Independence. And if God wills it, I am ready to die in order that this country might experience freedom." Those of us that find our faith in Christ can resonate with this... for it is by the death of Christ that we ourselves experience true freedom. **"For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery."** Paul says stand firm, for our independence, our freedom as a people is based upon our salvation in Jesus Christ.

Paul is asking the Galatians to hold on to the freedom that has been given to them in Christ. He begins with a rallying cry, that I submit to you "It is for freedom that Christ has set us free!"

And because Christ has made us free, our freedom should always be guided by love. The reason Christ sets us free **is so we can love and serve others.** For the whole law is summed up in a single commandment, **"You shall love your neighbor as yourself."** (continued...)

This is the big difference between the freedom we enjoy and celebrate as Americans and the freedom we have in Christ. The declaration of Independence says, "...We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Freedom in Christ is different because it's not about us, it's not about the pursuit of happiness, instead it's about serving our neighbors, and not just serving them, but loving them as you love yourself!

Love one another



Resident Birthdays

Look who's celebrating this month!



July 9-Theresa Gospodarek

July 18-Bill Krier

July 19-Willis Wagner

July 27-Howard Ledin

July 30-Nancy Scheele

HAPPY BIRTHDAY, AMERICA! July 4th

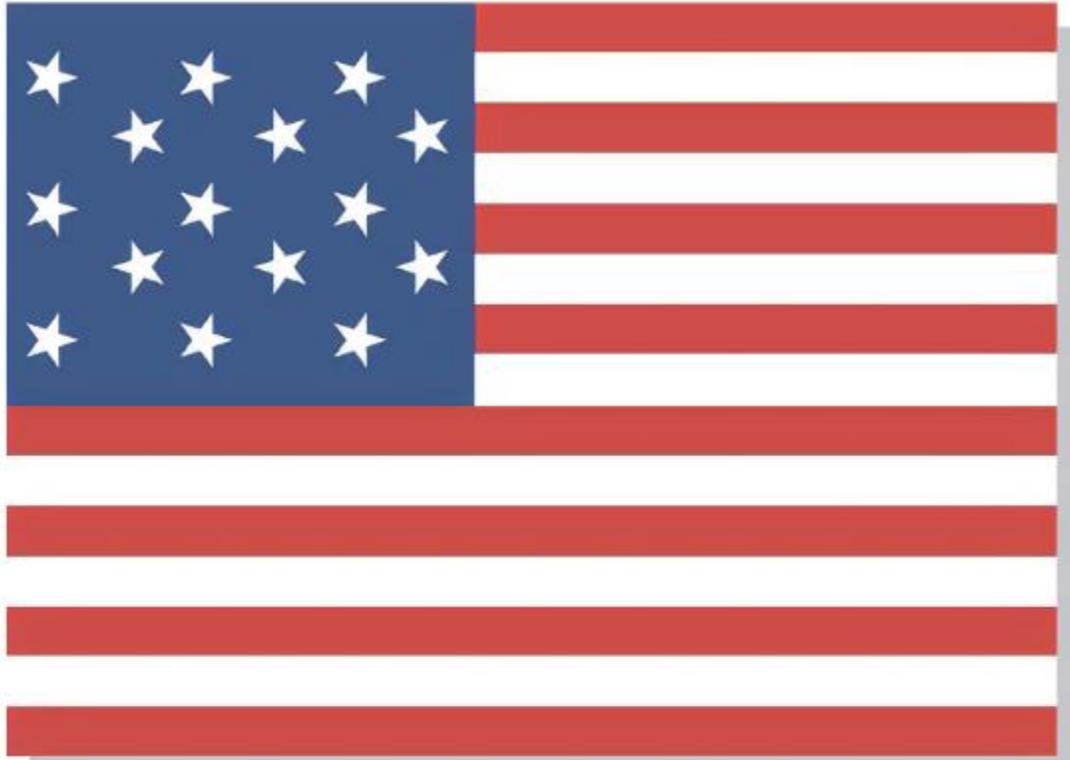


Event Photos

BINGO



happy



Star-Spangled Banner

By Francis Scott Key, September 14, 1814

*Oh, say can you see by the dawn's early light
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars thru the perilous fight,
O'er the ramparts we watched were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
Oh, say does that Star-Spangled Banner yet wave
O'er the land of the free and the home of the brave?*

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Happy 4th of July!