

February Newsletter

Welcome February
New **Beginnings**
New **Month**
New **Start**
New **Focus**
New **Blessings**
*looking forward to more lessons, more laughter
and more LOVE*

Tomahawk Milestone Memories

**SENIOR HOUSING MANAGEMENT IS NOW
JAYBIRD SENIOR LIVING.**

"Jaybird" was my mother's nickname. For me, the Jaybird brand is a reminder that we are taking care of someone's mother or father. To be sure, it is a tremendous responsibility and a privilege, and I know it is one we all take seriously.

-Kevin M. Russell, Chairman



COVID—19 Vaccine

January 26th was a very exciting day at our facility. Walgreens came to Milestone to vaccinate the staff and residents. As we all spent much of 2020 being quarantined in our rooms this was a welcomed opportunity. It means that maybe we will all be together soon.

*The heart of love
is in the knowing*

And as I know you more each day

*I know better than
the day before*

How much I love you

Milestone Senior Living
314 E. Lincoln Avenue
Tomahawk WI 54487
Tel: 715-224-3747
www.seniorhousingcompanies.com

Staff Directory

Director:
Carole Mietelski
715-218-8269
directorth@milestoneseniorliving.com

Life Enrichment Coordinator:
Julie Thompson
lifenrichmentth@milestoneseniorliving.com

Culinary Director:
DaNell Burdick-Christensen
culinaryth@milestoneseniorliving.com

Health Service Lead:
Julie Gedde
hslth@milestoneseniorliving.com



Meet Niki

Niki has been with Tomahawk Milestone for 5 years as a Resident Assistant. She always has a smile on her face, trying to brighten the residents day. Niki was caught red handed coming in on her day off to take a residents sick cat, to the vet. Because of her act the cat has the medicine he needed.

Thank you for doing an AWESOME Job!

BIRTHDAYS

Residents:

William 2/2

Wilbert 2/8

Staff:

DaNell 2/18

Jay An 2/19

Kaytlynn 2/22

ANNIVERSARY

Michelle Rice 2 yrs

It's been a mild winter in the Northwoods but our residents brought snowmen to the halls for one of their activities. These snowman are guaranteed not to ever melt. Some of the high lights of January: Celebrated Elvis's birthday and made his favorite sandwich for a snack. Peanut Butter, Bacon and Bananas on toast. The residents were surprised at how much they liked the combination. We also watched movies with the King in them. A few swoons from the ladies were overheard. We also celebrated national popcorn day and served four different flavors while playing a game.



What's going on!!

- February 3 Feed the Bird Day - Make a bird treat
- February 7 Super Bowl - Hopefully we're watching the Packers!
- February 10 Making Valentine's for St. Mary's School
- February 14 Daytona and Valentines Party (see below for details)
- February 16 Fat Tuesday - Paczki's (pronounced /pawnc-key) , King Cake & Blended Drinks will be served with festivities
- February 26 Levi Strauss Birthday - Wear your blue jeans
- Reminders: Grocery Shopping every Monday - Alternates between Great Lakes & Trigs
- Mon, Wed & Fri - Sixel's Senior Functional Fitness (see page 4)
- Check monthly calendars for other activities*



We're having a party

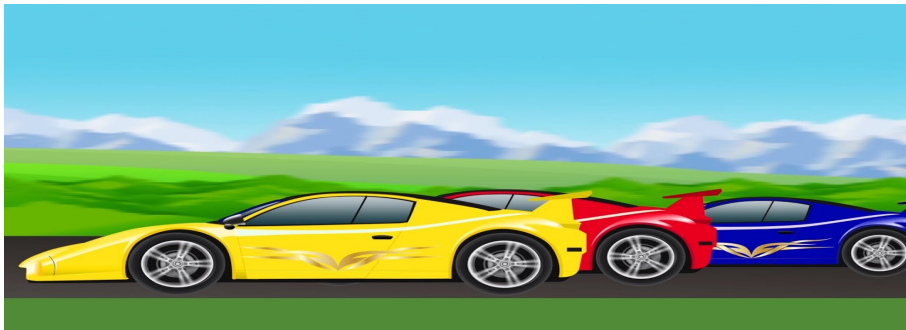
February 14th @ 1:30 to watch the Daytona 500

Eat what they serve at the track:

Pulled Pork, Cole Slaw, Rich Chocolate cake



We'll also have our own Valentine's celebration with our own car race.



Meet Dave Sixel

I am a personal trainer that specializes in senior functional fitness, weight loss and strength and conditioning. I've been doing this along with martial arts in the Northwoods since 1982.

I've been very fortunate to be a part of the Milestone senior living facilities for quite some time while helping our seniors grow older more gracefully in mind body and spirit. My classes involve what I call Sixel's Senior Functional Fit. We work on strengthening movements that help us in day-to-day living and also to improve flexibility and balance. I look forward to many more years to come with our awe-

some seniors. I share a quote from them, " move it or lose it ". Classes are held virtually Mon, Wed & Fridays at 10am.



Meet Jennifer Edyvean, RN

I was born and raised in the beautiful Upper Peninsula of Michigan. I currently live in Rhinelander with my husband of 18 years and our two amazing kids, Zach (14) and Sadie (11). We are hockey fanatics, both kids play for the Hodags and this helps the long winters go by very quickly! I worked for about 10 years as a CNA in assisted living, nursing home and hospital settings, and then in 2009, I decided to go back to school and became an LPN in 2010. I worked as an LPN in the Emergency Department for a short time, but ultimately, returned back to long term care where I am truly the happiest. I returned to college to complete my RN in 2013. The last 7 years, I have worked in Long Term Care/ Rehabilitation center in Rhinelander. I am very excited to meet each and every one of you here. Thank you for welcoming me into your facility.



New to Milestone

For Christmas one of our residents received a Companion Pet from her family. Having this animated kitten, that makes sounds and moves, has brought happiness to Jean. It was such a success that Milestone purchased an animated puppy that is often used to calm residents moods. It is our hope that we can continue to look into these kind of items that bring enjoyment and relaxation to some residents.



Jean enjoys her new kitten she received over the holidays. Her kitty is a great companion and staff agree she is purr-fect



Trudy get comfort from the puppy

Do you know

- ⇒ Virtual Visits are available - If you would like to set up a time to Facetime or Skype with your loved ones, please call Milestone at 715-224-3747.
- ⇒ Dietary now has a new supply vendor. As of January 4th we are using US Foods. You will notice change in both product and recipes. We will now be on a four week rotating menu. We are excited about this change and hope you are too.