

## Community Directors

### Eagle River Community Director:

Beth Ann Montezon  
Office: 715-479-8018  
Cell: 715-891-0358

### Rhineland Community Director:

Amy Lemke  
Office: 715-361-1111 Ext 101

### Tomahawk Community Director:

Carole Mietelski  
Office: 715-224-3747  
Cell: 715-224-3747

### Woodruff Community Director:

Amy Lemke  
Office: 715-439-4500 Ext 1  
Cell: 715-892-1339

### Community Relations Coordinator:

Bella Rubio  
Office: 715-361-1111 Ext 102  
Cell: 715-409-6511

To request more information on how you or your loved one could benefit from the cares and services available at Milestone Senior Living, contact one of our Northern Wisconsin locations.



## Volume 11



Milestone Senior Living has four locations in the Northern Wisconsin area; Eagle River, Rhinelander, Tomahawk, and Woodruff.

Each location is surrounded by the beautiful Northern woods. We offer a variety of services that are tailored to your needs.

- 3 meals a day
- Nurse available 24/7
- Activities
- Music therapy
- Crafting activities
- Live exercise program
- Laundry and much more.

Call Bella at 715-409-6511  
For More Information



## March 2021

## The Northwood News



Eagle River News

Rhineland News

Tomahawk News

Woodruff News

Community Director

Contact Information

## Milestone Senior Living Eagle River

### Director Spotlight—Beth Ann Montezon



Beth Ann started at the Eagle River Milestone in 2013 and has worked at multiple Milestone locations. Beth Ann is proud to come back to Eagle River to familiar faces in both staff and residents alike! Thank you Beth Ann for being the awesome director that you are.

### Residents and Staff Have Received Both Rounds of the Covid-19 Vaccine

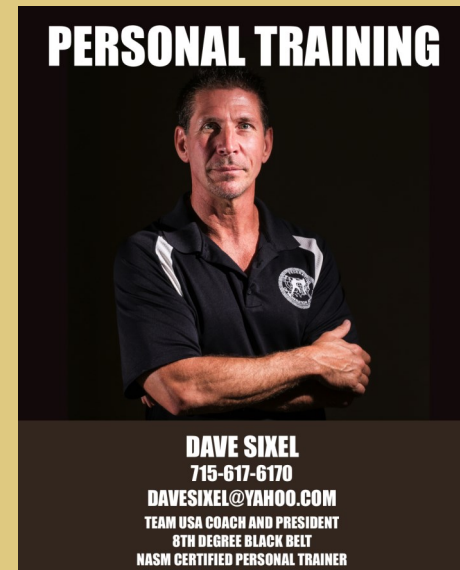


### Milestone Senior Wellness

Our residents join our new Morning Senior Stretch exercise program. They will be stretching everyday at 10AM.

**Monday—Friday**

**Keeping Strong & Staying Healthy!**



**PERSONAL TRAINING**

**DAVE SIXEL**  
715-617-6170  
DAVESIXEL@YAHOO.COM  
TEAM USA COACH AND PRESIDENT  
8TH DEGREE BLACK BELT  
NASM CERTIFIED PERSONAL TRAINER

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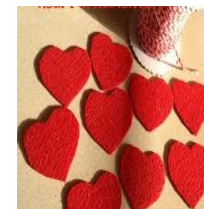
# DARE TO DREAM

## Milestone Senior Living—Tomahawk

Wm. Keith Thomas had a Dare to Dream come true on February 14<sup>th</sup>, when we had a Valentine/ Daytona Celebration. Keith had been a race car driver from 1951-1972. He shared his story after having a lunch of pulled pork and coleslaw, said to be a Daytona favorite. Keith proudly shared his racing day memories with 25+ people of our Milestone community on Sunday, prior to the scheduled big race. The dining room was decorated with Valentines, racing item's, personal history, photos and magazines to share along with his story. He was able to take and answer questions, receiving a great applause from his audience at the end. Following his speech we held our own race using matchbox cars. A good time was had by all and the smile he was wearing was priceless. We are very fortunate to have a large area for this event so residents could social distance.



Residents at Eagle River  
have fun making  
Valentines Ornaments for  
their  
Valentines Tree



### DATES TO REMEMBER

Wednesday March 24th

Resident Council 1st Floor—11AM

Resident Council 2nd Floor—1:30PM

### Activities Highlighted

Bunker Bingo Daily

8AM

Happy Hour every Friday

3PM

Ice Cream Social

Every Thursday—3PM

March 2

1:30PM—Cooking Club

March 3

1:30PM—Arts & Crafts

March 9

1:30PM—Music Bingo

March 17

1:30PM—Armchair Travel to  
Ireland

March 23

1:30PM—Elvis Bingo

Join in the Fun!!

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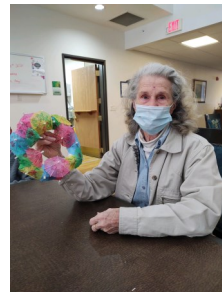
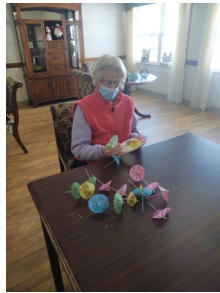
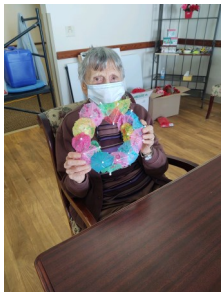
## Milestone Senior Living—Rhinelanders



### Covid Vaccine Party Celebration

We are happy to announce and celebrate the arrival of the Coronavirus Vaccine that all of our residents and staff have now received the 1st and 2nd dose of the vaccine. At Milestone Senior Living we believe in putting our residents first for their safety and well being.

### Residents enjoy an afternoon making Umbrella Wreaths.



### Residents had fun Making Valentines Day String Art.



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## SENIORS FIRST! SAFETY PROGRAM

The COVID-19 pandemic has changed the way we all live - especially our seniors. Jaybird senior living communities have adapted quickly and responsibly to the COVID-19 pandemic by implementing our Seniors First Safety Program. Even prior to the announcement of Operation Warp Speed, the Jaybird Leadership Team created a Vaccine Task Force with a commitment to establishing a seamless, safe, and ongoing plan to administer the COVID-19 vaccine to our residents and staff.

Our Seniors First Safety Program includes enhanced cleaning policies, procedures, and frequency that goes above and beyond CDC and Health Department guidelines. We've established safety protocols and partnerships with other health care providers to further ensure the safety of our residents and team members. Seniors and their loved ones can rest more easily knowing our senior living communities are one of the safest places to live.

### Need a few more reasons to make the move to senior living?

#### SAFER SOCIALIZATION

New social practices such as scheduled dining, small group gatherings, and frequent sanitation allows seniors to socialize with confidence.

#### WORRY FREE LIVING

Once you're a resident of a Jaybird community, there's no need to worry any longer about home maintenance and upkeep. Your new home will provide a worry-free, maintenance free lifestyle.

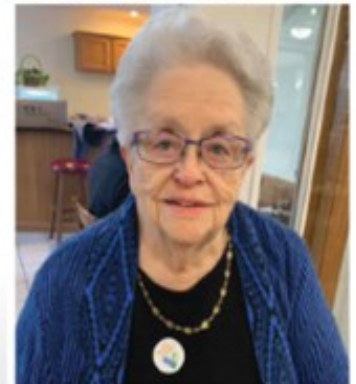
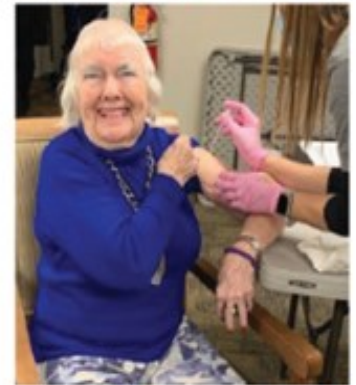
#### BUILT-IN SUPPORT SYSTEM

You can rely on a 24/7 support system of dedicated on-site team members for housekeeping, laundry, security, and IT support.

*The Seniors First Safety Program is a manifestation of our commitment to those we serve. To learn more, call Milestone Senior Living - Eagle River today at (715) 479-8018.*



2332 Railroad St. Hwy 45 N | Eagle River, WI 54521  
[www.jaybirdseniorliving.com](http://www.jaybirdseniorliving.com)





## It's That Time of Year to File Your Taxes Again.

### Did You Know About This Benefit?



**If the main reason for living in a retirement community is for medical care, then that cost is a deductible medical expense.**

Section 213 of the Internal Revenue Code allows deductions for medical care for an individual, spouse or dependent if the expenses exceed 7.5% of the taxpayer's adjusted gross income. The monthly fee of a retirement community is a medical expense. It further states that if a resident is living in a retirement community because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered a medical care expense. If the main reason for living in a retirement community is for medical care, then that cost is a deductible medical expense.

Please consult your tax advisor on this rule if you feel this would apply to your situation.



#### Meet Susan Leidl

Susan believes in going the extra mile to keep our residents happy and safe.

Susan takes pride in her job and does her job well. Susan enjoys working at Milestone Senior Living along side of her team members.

**Thank you for being Awesome!**

#### DATES TO REMEMBER

##### Resident Council Meeting

**March 15th, 2021**

**1:30PM**

#### March Activities

**Bingo— Monday at 1PM**

**Bingo— Friday at 1:30PM**

#### March 4th

**11AM—Make I Spy Bottles**

**1PM—Discover Ukraine**

#### March 9th

**10:30AM— Faux Cactus Garden**

**1:45PM—St. Pat's Day Gnomes**

#### March 12th

**3:30PM— Plant Flowers**

#### March 16th

**1:45PM— Sand Bottle Craft**

#### March 17th

**10:45AM— Rainbow Parfaits**

**1PM—St Pat's Day Games**

**3PM—Rainbow Fruit Skewers**

#### March 18th

**2:30PM -Lacy Oatmeal Cookies**

#### March 25th

**1PM—Easter Wreaths**

**3PM—Easter Treat**

## Milestone Senior Living—Tomahawk



### Covid-19 Vaccine Update

Milestone Senior Living—Tomahawk Residents and Staff have received both rounds of the Covid-19 Vaccine. Treats were served for all who participated.



**What a fun project! Our residents made cute little Snowmen.**



**Residents celebrated Valentines Day by making heart ornaments and decorating their Valentines Tree**



**Life Enrichment Coordinator/ Director Updates:** We have been trying to be creative during Covid times this past year but welcome any fresh ideas. For instance, we had our own races for the Daytona w/ little matchbox cars. One of our residents told his race car driving 'glory day's' story to the community and all enjoyed his presentation. As this is being written we are anxiously awaiting our second vaccine for the COVID virus in hopes of better days to come. There is a weekly Lincoln county call where county percentage numbers are discussed and determine when we can open up for visitation. Angie Turgeon, one of our Beautician's took a different job and we wish her well. Marcella Hess is going to pick her clients. If you have any questions for Marcy, you can reach her @ 715-453-2734.

## The Best Dining at Milestone Senior Living

A meal shared amongst friends is one of life's greatest pleasures. Stories are told, toasts are made, and bread is broken. These small acts can add up to great friendships that last a lifetime. Add in delicious, high-quality food and expert service and you have a legend in the making. Offer all of these things every single day and what do you have? The amazing dining experience at Milestone Senior Living – no reservations required.



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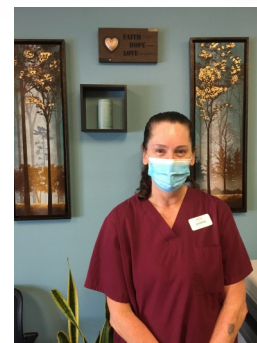


*We want  
to hear  
from  
YOU*

*We would love to hear from you! Do you have a good story that you would like to share with others. Contact us and your story can be published in our newsletter.*

*You can also go to [caring.com](https://www.caring.com) and [aplace-formom.com](https://www.aplaceformom.com) and provide feedback on how we are doing.*

*Caught  
RED  
handed*



Anyone who works as a healthcare provider knows your weekend off is golden. Sharon Cornell, RCA selflessly gave up a weekend to ensure that one of our beloved residents was not alone during her final hours. At this time Sharon was also able to provide support to the residents daughter, during this emotional time of transition. Because of her commitment and dedication, Sharon deserves a shout out for

**Staff Testimonial:**

Dear Milestone Family,  
Thank you so much to all my co-workers, residents and staff. You are my family! Thank you for covering for the hours I am not able to work at this time. Your kindness, generosity and love are overwhelming. Thanks for all your support and encouragement through this journey.  
Love, Ann

**March Activities Highlighted:**

Mercantile Shopping for residents and tenants the first Monday of every month in the Dining room.

March 14 is Nat'l Pi Day and we will have a variety of different pies

March 17 we will celebrate St Patrick's Day and make shamrock shakes

Every Monday @ 10:30 Rosary and Fabulous Fingernails

10 AM Daily Senior Morning Exercises (Mon/Wed/Fri) Sixel's Senior Functional Fitness

BINGO- Tuesday & Thursday @ 2:00, Sunday's @ 2:15

Thirsty Thursday every Thursday @ 3:30

Council meetings are held the fourth Wednesday of the month

**March Resident Birthday Club**

Bonnie 4th

Iris 29<sup>th</sup>





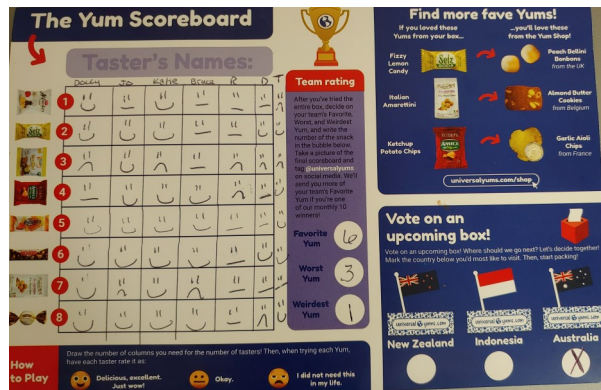
## Milestone Senior Living—Woodruff

### Covid-19 Vaccine Update

Milestone Senior Living—Woodruff Residents and Staff have received both rounds of the Covid-19 Vaccine.



Residents enjoy snacks and treats from different countries around the world delivered to our door every month. For entertainment they indulge geographical trivia games and keep score of the treats they sample. Residents look forward to this every month.



**NEW YEAR.  
NEW HOPE.**

*The promise of  
a new tomorrow.*

**SENIORS WHO MOVE IN NOW WILL RECEIVE  
THE FIRST ROUND OF THE COVID-19 VACCINE.**

We welcome your referrals and are partnering with local pharmacies to ensure our residents receive the vaccine. As always, we're committed to providing exceptional care in an extraordinary environment. Here, our residents embrace a new beginning full of possibilities and amenities, including:

- Engaging social activities
- Culinary dining program
- Personalized assistance
- Housekeeping and laundry

**CALL TODAY**  
to schedule a virtual tour.



**SENIORS WHO MOVE IN NOW RECEIVE  
PRIORITY ACCESS TO THE VACCINE.**

4686 North Shore Dr. | Rhinelander, WI 54501  
(715) 361-1100  
[www.jaybirdseniorliving.com](http://www.jaybirdseniorliving.com)



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## Milestone - Tomahawk Celebration

Mardi Gras was celebrated with the traditional King Cake , blender drinks, music and of course Mardi Gras attire.



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**Residents St. Patrick's Day  
Party  
Held on  
March 17th at 1:30PM**

**Dates To Remember  
Resident Council Meeting  
March 17th, 2021  
10:30AM**

### Activity Calendar

#### Highlights

**Mondays, Wednesday,  
and Friday**

**9:30 AM—Devotions**

**Tuesdays—Spa Day**

**12:45 Memory Care**

**2:00 Assisted Living**

**Wednesdays—Bingo**

**10:45—Memory Care**

**1:00—Assisted Living**

**Thursdays—Music  
Speaks**

**3:00 PM**

**Join in the Fun!**

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## **MILESTONE SENIOR LIVING IS HOSTING A FUNDRAISER FOR THE**

**alzheimer's  association®**

**Milestone Senior Living**

**Is Hosting**

**Bun on the Run Fundraiser**

**Lunch on the Go**

**Drive up and be Served**

**Join us on Date to be determined.**

**We will be serving up Brat's and Hotdogs along with chips and a beverage for \$5.00 to help support the Alzheimer's Association. Our goal is to reach \$500.00. at each location**

**If you can't make it for lunch you can still donate contact Bella for more information.**

**Milestone Senior Living**

**Eagle River**

**Rhineland**

**Tomahawk**

**Woodruff**

**Contact: Bella**

**Community Relations Coordinator**

**(715) 409-6511**

**welcomerl@milestoneseniorliving.com**



Over 5 million Americans currently live with Alzheimer's disease. The incurable condition affects not only those diagnosed, but also their loved ones and friends. Caregivers are forced to watch the disease run its course gradually and drastically: It's a memory they'll carry with them for years to come.

There are days you might feel as though there's nothing you can do to help. But even if you know or are caring for someone with Alzheimer's, it's not too late to make a difference.

If you know someone who has or is currently living with Alzheimer's—and / or you just want to support the cause—there's a lot you can do to contribute to ongoing research efforts.

**PLEASE HELP US TO SUPPORT THE CAUSE!**