

March 2021

# Traditions of Owatonna

195 24<sup>th</sup> PI NW and 150 24<sup>th</sup> St NE 507-455-0700 & 507-451-0433



## Celebrating March

**Irish American Heritage  
Month**

**Women's History Month**

**Optimism Month**

**Peace Corps Day**  
*March 2*

**Courageous Follower Day**  
*March 4*

**International Women's Day**  
*March 8*

**St. Patrick's Day**  
*March 17*

**National Physicians Week**  
*March 25–March 31*

**Passover**  
*March 27–April 4*

**International Laundry  
Folding Day**  
*March 30*

### **Resident Birthdays:**

Adeline Schmoll (3/11)

Darreth Swenson (3/19)

Ruth Ann Hartle (3/26)

## From Us to You

There have been many changes for Traditions throughout the past month, and many more great things to come..  
**STAY TUNED!**

**Essential Caregivers:** In-state applicants ONLY!  
Contact Becky ([adminassistant@traditionsowatonna.com](mailto:adminassistant@traditionsowatonna.com)) or Tiffany ([director@traditionsowatonna.com](mailto:director@traditionsowatonna.com)) to receive an application.

**Weekly zoom calls:** If you would like to get on the email blast list for our weekly zoom calls, email Tiffany ([director@traditionsowatonna.com](mailto:director@traditionsowatonna.com)) to let her know.

**Level 2 Guidelines:** All visits will take place in the chapel. They must be scheduled 24 hours in advance. Please email or call Becky, Debbie or Tiffany to schedule these visits.

## *Leadership Team >>>*

### **Community Director**

Tiffany Schiprett  
507-475-9024

### **Community Relations Coordinator**

Hannah Serbus  
507-475-9026

### **Healthcare Coordinator**

Christine Benedict  
507-475-9025

### **Life Enrichment Coordinator**

Maddie Peglow  
507-455-0700

## What's Happening >>>

### Weekly Events:

**Mondays:** Manicures, Bingo, Music Speaks, Name that Tune, Baking Club

**Tuesdays:** Manicures, Family Feud, Name 10, Live 2B Healthy, Craft

**Wednesdays:** Bingo, Word puzzle games, Zumba Gold, Music Speaks, Wheel of Fortune

**Thursdays:** Deal or No Deal, Balloon Volleyball, Card games, Pictionary, Live 2B Healthy, Church service (ONLINE)

**Fridays:** Live 2B Healthy, Adult coloring, Uno, Bingo, Happy Hour, Senior trivia  
You can view our full activities calendar on our website at [www.traditionsowatonna.com](http://www.traditionsowatonna.com)



Good Shepherd Church Service



Live 2B Healthy (Trainer Jacob)

### Live 2B Healthy

Work on your strength and flexibility every Tuesday, Thursday at 1:30 pm and Friday at 9:30! A personal trainer who teaches various forms of strengthening and stretching exercises will lead the classes.

Come give it a try!

### Music Speaks

Music therapy will take place Monday afternoons at 1:00 pm and Wednesday afternoons at 2:00 pm. "Music therapists are professionally trained and medically certified to manipulate the elements of music to reach non-musical goals."

### Caught "Red" Handed

The employee we would like to take time to recognize is.....

**Karen Skalicky**

Thank you for all your hard work and dedication to our community!

## A Warm Welcome to Our Newest Residents!

Traditions I  
Vera Beers

Traditions II  
Barb Anderson  
Clayton Anderson  
Jeanette Clark

## No Passport Required

If you've been putting off your dream vacation, March 30, Virtual Vacation Day, offers the chance to visit white sandy beaches, ancient city squares, and luxurious hotels all from the comfort of your computer desk. A virtual vacation means you do not have to spend thousands of dollars, take time off work, or be stranded in an unfamiliar airport. Technological advances also make virtual "traveling" more immersive than ever before: it is possible to feel as if you really are standing at the top of Mount Everest, gliding through the canals of Venice, strolling the halls of the Louvre, or even blasting off to outer space or the moon.

Virtual Vacation Day was conceived by noted travel writer Terrance Zepke in 2016. She realized how lucky she was to be able to travel the world and knew that many others did not enjoy the same opportunities. She created Virtual Vacation Day to inspire anyone with an Internet connection to explore the wonders of the world. Websites like EarthCam offer free access to live webcams of Costa Rican volcanoes, Caribbean beaches, European street corners, and rugged American landscapes. Many museums offer virtual tours of their collections, which can easily be accessed via Google Arts and Culture. You can even take a virtual train ride through the Alps or the Rockies. Or maybe you'd like to ride the Hogwarts Express from the Harry Potter novels? All aboard Scotland's Jacobite Steam Train as it crosses the Glenfinnan Viaduct!



For a truly immersive experience, don a virtual reality (VR) headset, which provides 360-degree views and realistic sounds of your surroundings. Some of the most beloved names in travel and exploration, such as National Geographic Explore VR, have offered their footage to make the experience feel as lifelike as possible. Other companies, such as ecosphere, Alcove, Flyover Zone, and Escape Now VR, offer virtual access to many of the globe's most important sights and cities. Best of all, you can even snap virtual photos as souvenirs.

## On Location!

**We love your feedback! We are always looking for new ways to grow and introduce new traditions. If you ever have any questions or concerns, feel free to reach out. I am always open to suggestions and ideas!**

**-Maddie Peglow**

**Contact our life Enrichment Coordinator at 507-455-0700**



## The Best Tips for Health in the Spring

1. Take yourself in for a tune up
2. Put on your walking shoes
3. Take an exercise class
4. Get outside and garden
5. Lighten up your diet
6. Drink lots of water
7. Dress for the weather
8. Watch for allergies

<https://www.arborcompany.com/blog/senior-wellness-the-best-tips-for-health-in-spring>



## Only the Strong Survive

Oktoberfest may be the most famous of German beer festivals, but for three weeks in March, in-the-know locals travel to Munich for *Starkbierzeit*, or “strong beer” season. While lesser known than Oktoberfest, Starkbierzeit still draws six million visitors. And there are no lagers on tap. “Strong beers” are brews with a minimum alcohol content of 7.5 percent, with some containing as much as 19 percent. These beers were brewed strong on purpose. Back in the 1600s, Paulaner monks invented *Starkbier* to help them survive the fasting of Lent.



During Lent, the Paulaner monks faced a dilemma. They had to fast and were not allowed to eat food to sustain them through the day. They could drink, however. So, in 1629, the monks decided to

brew a beer that was rich in nutrients and high in calories. While the brews were colloquially known as “liquid bread,” the very first beer was named *Salvator*, meaning “savior.” In the late 17th century, the monks even sent a keg of the beer to the Pope in Rome, asking for his approval. The Pope gave his blessing, allowing the monks to fill their small tankards (which could hold a liter or more) up to five times a day. It wasn't long before the citizens of Munich caught wind that the monks were enjoying this new drink, but city laws did not allow the beer to leave the monastery. In the 1700s, Bavarian lawmakers changed the rules to allow monks to serve their Starkbier in public during Lent. In 1751, the first Starkbierzeit was held, and the tradition has continued ever since, making it the longest-running beer festival in the world.

The hottest reservation during Starkbierzeit is at the Paulaner Nockherberg brewery, where the first Starkbiers were brewed. Unlike Oktoberfest, where celebrations take place at a central location, local beer halls and breweries stage their own festivities, so visitors can spend three weeks visiting all the local hangouts. When in Munich during Starkbierzeit, it is best to toast your beer with the old saying: “Liquid bread doesn't break your fast!”

## Dare to Dream

### Lois Oeltjenbruns

Roberta (hairstylist) has been out for a couple months and the ladies at Traditions have missed getting their hair done. Kelli and Maddie filled in for the morning to make sure that Lois and the other ladies got their hair done.



## Final Thoughts...

The Traditions of Owatonna team is so very grateful and honored to be able to work in your home and care for all our residents with compassion and heart. We are excited to be on this journey with all of you and are working every day to improve and make life at Traditions the best that it can be for all. We are glad that we have so many amazing residents and staff that are proud to work with us towards our common goals.

## Dear Residents and Families:

Take advantage of our new friends and family referral program and hand pick your new neighbors!

Refer a friend to live at Traditions and receive a one time rent credit of \$500 after your friend moves in!

You can make as many referral as you wish! Contact Hannah 507-475-9026 to refer your friends.