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Faribault, MN



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Milestone

Minute

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Notable March Events

- Monday, March 1st:**
Resident Counsel
- Thursday's, at 2:00:**
Women's History Month Video Series
- Tuesday, March 9th at 9:30 AM:**
Art Week Painting—Sign up with Courtney!
- Friday, March 12th:**
Vaccine Clinic
- Wednesday, March 17th:**
St. Patrick's Day Treasure Hunt
- Friday, March 26th at 1:30 PM:**
Bingo with Kathy

Director’s Note

Here comes spring! We welcome some spring-like weather after a pretty cold February. We more importantly welcome being able to open up a bit more by achieving a decline in positive covid cases! With that, we will enjoy having residents able to socialize more in public areas, dining together in the dining rooms, and the welcoming of visitors for our residents. We will explain these procedures once we have two week’s of zero positive covid tests. We will still follow many of the same protocols as laid out by the Minnesota Department of Health and Jaybird Senior Living— mask wearing, social distancing and hand washing. Please do not hesitate to stop by to introduce yourself if we haven’t met. My office is right off the Assisted Living front door. Here’s to 2021 getting better and better every month!

- Nick Duff

Nurse’s Note: COVID-19 Vaccine Q&A

Q: Is the vaccine safe?

A: The vaccines are 90% effective and do not use the ‘live’ virus. All vaccines underwent three efficacy trials, including clinical trials, and have FDA/ CDC approval.

Q: Do I need to get the vaccine if I’ve already had COVID-19?

A: Yes. Natural immunity stemming from a previous infection varies from person to person. It is unknown how long COVID-19 antibodies are active in the body after infection.

Q: Do I have to keep wearing PPE and social distance if I am vaccinated?

A: Yes, until infection rates see substantial decline and the threat can be reasonably mitigated, infection control protocols will be maintained to protect our most vulnerable.

March Activity

March Word Search

E	U	F	Y	M	G	R	E	E	N	Y	T	M	G
H	O	O	M	A	L	U	C	K	Y	C	E	T	Q
F	L	O	W	E	R	S	E	G	E	E	Y	S	Q
K	Y	Y	L	E	P	R	E	C	H	A	U	N	W
U	D	Q	S	P	R	I	N	G	G	O	L	D	F
K	W	X	J	H	V	A	X	Q	M	Y	N	W	D
I	X	W	G	B	Z	V	C	L	A	J	J	G	R
L	G	A	R	D	E	N	U	Y	R	G	E	T	F
C	X	F	R	Y	V	R	H	G	C	M	Q	T	V
L	P	R	A	I	N	B	O	W	H	B	U	N	G
O	O	M	B	L	O	O	M	N	F	C	I	D	X
V	N	N	D	L	C	J	Y	E	W	S	N	Z	A
E	I	R	L	F	H	S	Q	R	B	H	O	Y	M
R	X	X	X	E	K	N	N	V	X	I	X	N	D

March	Spring	Flowers	Bloom
Clover	Leprechaun	Green	Rainbow
Gold	Lucky	Garden	Equinox

Staff Noticeboard

March Anniversaries

Tami Lemke – 7 yrs
Brittany Barton – 1 yr
Maria Benzick – 1 yr

Can You Contribute?

Contributions to our newsletter are encouraged!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Life Enrichment or email us anytime.

Thank you!

Thank you!

We would like to issue a heartfelt thanks to staff, relatives, and volunteers who support us day in and day out. You make such a difference in the lives of our residents and we so very much appreciate your time and energy. We can't wait to open our doors to you all again in the future.

New Staff

Please help us give a warm welcome to those who have joined our team in the past month!

Sydney F., RA
Brooklynn J., RA

Life Enrichment Note

I'm excited that Spring is coming (I know we could still have snow in April or even May), but the thought of the days getting longer, Daylight Savings Time and the first day of Spring; it's looking like a good place to start!!

As we move forward and try to find some normalcy, the calendar will have some fun and enjoyable programs to enjoy.

I'd like to introduce Courtney Malecha, our Life Enrichment Assistant Coordinator that started in July 2020. Some of you probably have met her but wanted to let you know that she's been a wonderful asset for our residents and Milestone.

-Anne Pleskonko

Searching for Dreams!

Being a part of the Jaybird Senior Living family of communities means adhering to a very special set of values. One of these values is ensuring that our team members get to know each and every one of our residents not only in regards to health care, but also as a unique and vibrant person.

Our goal is to make at least one resident dream come true each month in every one of our assisted living and memory care communities. These dreams can range from modest to elaborate based on the unique experiences and backstories of each individual resident.

Know a resident who has a dream? Let us know by emailing or calling the Life Enrichment Department.



Resident Noticeboard

March Birthdays

Elsie P	March 2
Gloria S	March 3
Nancy S	March 5
Kay E	March 19

Beautician

We have one beautician who comes in about once a week. Denise's shop is located in Memory Care. Please call 507-491-6230 to make an appointment.

New Residents

A warm welcome to our new residents!

Marjean S.

Library Program

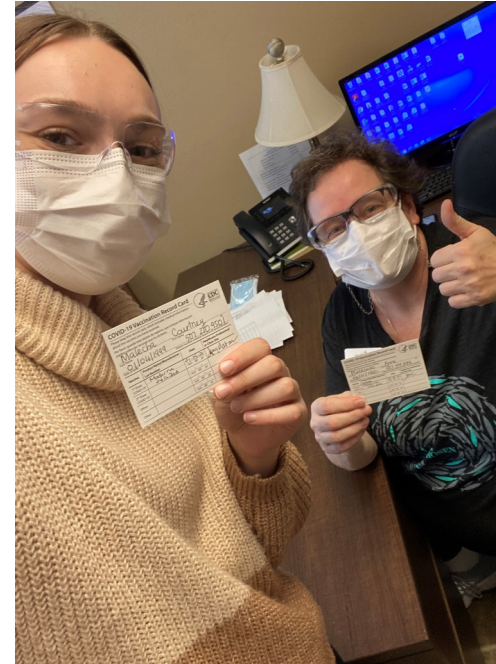
Our Library Program is currently on hold. Books are located on the bookshelf in the 1st floor fireplace room.

Food! Food! Food!

Have you been craving a certain food or meal? Do you have a delicious family recipe?

Let Anita in the kitchen know. We will do our best to try and recreate your recipes!

Activity Corner



Happy Day! Staff have been receiving the vaccine along with the residents!



Our Pine Cones have been a hit with the birds! Almost all the bird seeds is gone already!



Memory Care residents made Peanut Butter Pine Cones (we even snuck in a few licks of peanut butter)



Residents have been getting their first and second doses of the Vaccine! We will have one more vaccine clinic in march.