

2500 14th St Ne
Faribault, MN



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Milestone

Minute

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Notable April Events

- Monday, April 5th:
Resident Council
- Tuesday, April 6th:
Birdhouse decorating– Sign up
- Tuesday, April 20th:
Made with Love
- April 10th, 14th & 24th:
Bingo– Sign up
- Thursdays @ 2pm
April Video Series
- Thursday April 22nd: & 29th
Take out/Eat in– Sign Up
- 2nd & 4th Tuesdays:
Trivia @ 1:30

Director’s Note

Last month I dedicated my space to speaking to the fact that we are opening up, just as spring seemed to be in the air. And lo and behold, winter reminded us she is not done yet!

Things have definitely changed though, we are now seeing more visitors, a few residents have taken outings with their families, and it is wonderful. We still need to be cautious: wear masks, keep distanced and most importantly, do not get exposed to someone who has Covid, or has been outside of the country. We are also seeing a lot of new prospects touring and expect some new residents to move in in the coming weeks. I want to make sure all Residents know that if they recommend someone who then becomes a resident, you receive \$500 after their second month of being apart of our family. Please see me with anyone you would to recommend, and I will make sure we get them all the needed information.

Please don’t hesitate to stop by and say hello and I hope you all have a Happy Easter!

- Nick Duff

Nurse’s Note: Hydrate-Hydrate-Hydrate!

Much as all of our plants will need water this Spring, WE will all need to increase our hydration as well.

It is known that poorly hydrated individuals are more likely to develop pressure sores and skin conditions. Water helps to keep the urinary tract and kidneys healthy. When fluid is reduced the risk of urinary tract infection increases. Inadequate hydration is one of the main causes of acute kidney injury.

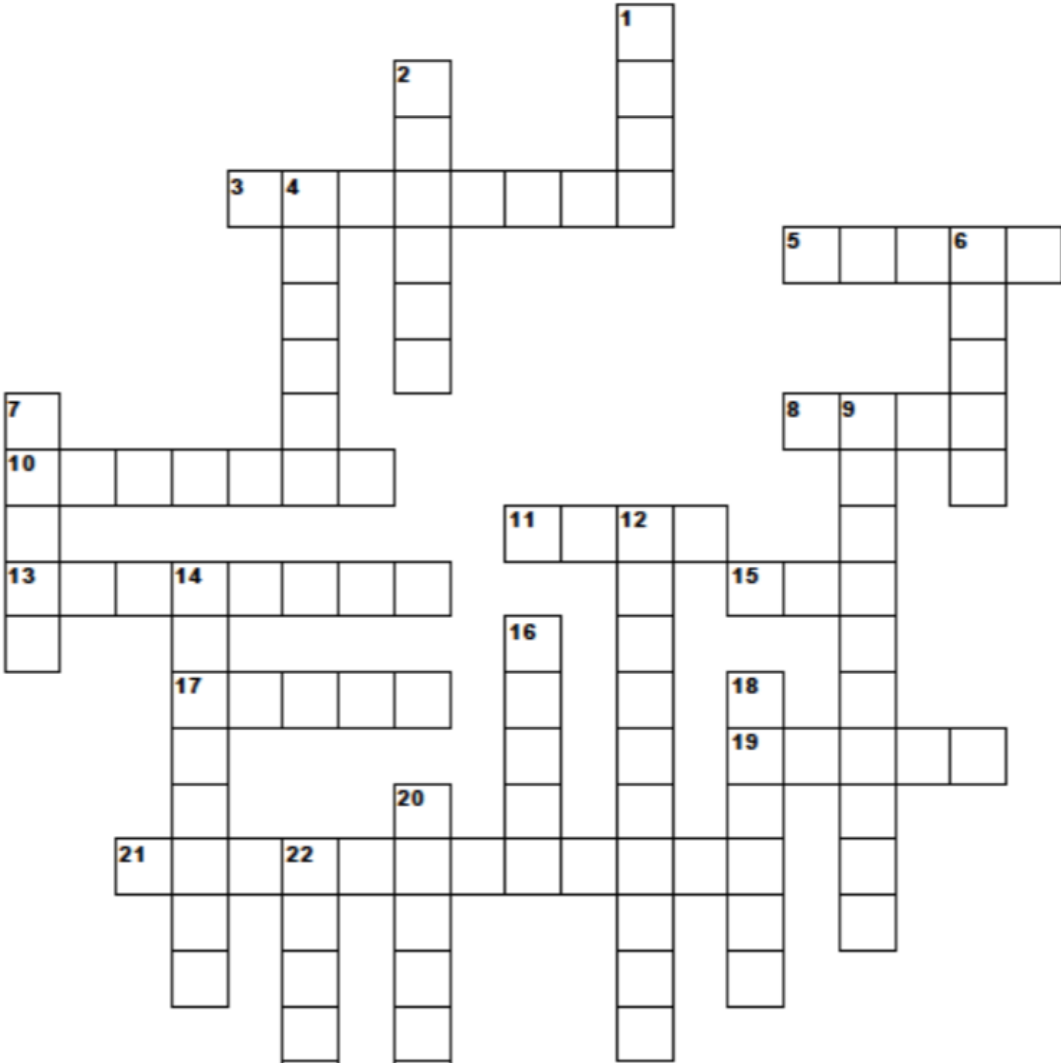
To keep yourself hydrated get your glass ready. Each day we should minimally drink eight, 8 ounce glasses of beverage a day. On hotter days or times of being outside remember to drink even more.

Enjoy the sunny days and all the beauty of the season!

- Sharon Bexell

April Activity

April Fools Day Crossword



- Across**

 - 3 - Comedian, recently deceased. Robin ____ (8)
 - 5 - Being 'over the moon' is being ____ (5)
 - 8 - Read a bar code (4)
 - 10 - Eight sided shape (7)
 - 11 - ____ Scotts (4)
 - 13 - German car manufacturer, starting with 'M'
 - 15 - 'Play it again ____' (3)
 - 17 - April Zodiac Sign (5)
 - 18 - 'A fool and his ____ are soon parted' (6)
 - 21 - Record label founded by the Beatles (5, 7)
- Down**

 - 1 - Famous rabbit, ____ Bunny (4)
 - 2 - These animals are said to howl at the moon (8)
 - 4 - Colour of the rainbow, starting with I (8)
 - 6 - 'Penny wise and ____ foolish' (5)
 - 7 - Fish belt (5)
 - 9 - Type of ape, starts with 'C' (10)
 - 12 - Someone who doesn't eat meat (10)
 - 14 - Eccentric, foolish person; starts with 'C' (8)
 - 16 - Movie title: 'The Sound of ____' (5)
 - 18 - A queen once said: 'We are not ____' (6)
 - 20 - Cadbury chocolate frog (8)
 - 22 - Jokes make you ____ (5)

Staff Noticeboard

April Birthdays

Amy R	April 14th
Anne P	April 21st

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.

Staff Anniversaries

Victoria H	3 years
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Thanks for being apart of our team!

Life Enrichment Note

We are looking forward to the warmer weather, the opportunities of being outside, and being able to offer programs from the outside that have been vaccinated.

Just wanting to 'drop a seed'— last year we started a “Adopt a Flower Pot” Program at Milestone, since I still have ten brown thumbs! There are nine flower pots— On Memory Care there are three located at the entrance; On the Apartment side there are three located on the patio in front of the dining room; two at the front entry and one on the east side of the building. We are looking into getting raised gardens for the East side patio too for the residents to plant. Hoping to have the flowers planted by Mother's Day-but we all know the MN weather it might need to be around Memorial Day. If you are interested please email me or call 507-331-2748 Press #3 for my extension.

-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

April Birthdays

Bonnie H	April 10th
Ida E	April 11th
Rosie P	April 17th

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 Program: Made with Love

Join us on the 3rd Tuesday of the month to make handcrafted goods to donate to different organizations in our community!

Library Program

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

Outing & Visitor Guidelines

In response to successful vaccine distribution and falling COVID cases, we have updated our visitation and resident outing guidelines. For more information, check our website or call (507) 331-2748.

Activity Corner



**For more activity highlights,
follow our Facebook Page!**