

April 2021

Traditions of Owatonna

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

Celebrating April

Habitat Awareness Month

Jazz Appreciation Month

**Card and Letter Writing
Month**

April Fools' Day
April 1

Easter
April 4

Draw a Bird Day
April 8

Scrabble Day
April 13

World Amateur Radio Day
April 18

Earth Day
April 22

International Dance Day
April 29

Resident Birthdays:
Don Weinke (4/19)
Barb Anderson (4/21)

Share the Good News

Level 2 Guidelines: In response to a successful vaccine distribution, we have updated our visitation and resident outing guidelines to reflect recommendations provided by the Centers of Disease Control (CDC). We have opened to Level 2 and will be scheduling visits in the chapel. Please schedule these visits 24 hours in advance by calling our community.

Introducing Enhanced Care: Located at Traditions I, Enhanced care is ideal for the individuals who need more than what traditional assisted living services may offer. In Enhanced Care, our residents receive additional care monitoring tailored to meet their specific needs.

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

Culinary Coordinator (Traditions I)

Linda Polkow
507-455-0700

Culinary Coordinator (Traditions II)

Trevor Johnson
507-451-0433

Maintenance Coordinator

Dan Talamantes
507-475-8521

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, Price is Right

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

Fridays: Live 2B Healthy, Adult coloring, UNO, Bingo

You can view our full activities calendar on our website at www.traditionsowatonna.com



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.

Every Day Is Earth Day



On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America's passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, President Nixon had created the Environmental Protection Agency, and shortly thereafter Congress passed the Clean Air Act and Clean Water Act. It's been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses.

Fountain of Fiction

On April 2, 1513, explorer Juan Ponce de León landed on a peninsula he called “La Florida” and claimed it for the Spanish crown. But why had he come? Some say he was searching for the fabled Fountain of Youth, a spring that granted eternal youth to whoever bathed in its waters.



It is said that the indigenous Taino people of the Caribbean passed on stories of a magical fountain and river of rejuvenation to the Spaniards. Rumors reached De León that this was located somewhere north of Cuba. So with permission of King Ferdinand of Spain, De León set out from Puerto Rico to find it. He set sail with three ships and landed in Florida, yet he never found the Fountain of Youth. But then again, historians argue that was never his intention. Not only was the Fountain of Youth a legend but so was De León's search for it. The truth is that stories of De León's search for the Fountain of Youth were invented by his rivals as a means of ruining his reputation after his death.

In 1508, Ponce de León colonized Puerto Rico and became its governor, but a political rift forced him to give up Puerto Rico to Diego Columbus, the son of Christopher Columbus. As a consolation, King Ferdinand of Spain granted De León permission to colonize and become the governor of the island of Bimini, the modern-day Bahamas, but only if De León could find it and finance the expedition himself. Amongst all the correspondence between De León and the crown, there is not one mention of a Fountain of Youth or search for magical waters. So how was De León's name ever tied to this fable?

After De León's death, Gonzalo Fernandez de Oviedo, a Spanish court historian and ally of Diego Columbus, wrote an account of a bumbling and foolish De León searching for a magical fountain of youth in Florida. While many at the time knew the writings to be a satirical smear campaign against De León, over the centuries Oviedo's fantastical fictions have morphed into fact for those searching for eternal youth.

Dare to Dream!

Darreth Swenson

We love to fulfill our resident's dreams! Darreth has been missing her favorite restaurant, so we celebrated her birthday by ordering in her favorite entrée.



Caught “Red” Handed

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

Linda Polkow

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

A Warm Welcome to Our Newest Residents!

Traditions I

Julia Aymes

Martha Hills

6 Spring Health Tips for Seniors:

- 1. Get out in the garden**
- 2. Soak up warm sunshine safely**
- 3. Walk outdoors in nature each day**
- 4. Lighten up your diet with spring seasonal foods**
- 5. Take care of seasonal allergies**
- 6. Drink water when exercising**

<https://chartwell.com/en/blog/2019/03/6-spring-health-tips-for-seniors>



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



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.