

May 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 May

### Creative Beginnings Month

### Meditation Month

### Physical Fitness & Sports Month

**Lemonade Day**  
*May 2*

**Teacher Day**  
*May 4*

**Cinco de Mayo**  
*May 5*

**Mother's Day (U.S.)**  
*May 9*

**International Nurses Day**  
*May 12*

**Ride a Unicycle Day**  
*May 16*

**NASCAR Day**  
*May 21*

**Victoria Day (Canada)**  
*May 24*

**Memorial Day (U.S.)**  
*May 31*

## Welcome, Ryan!

Hi Everyone!

My name is Ryan Hoyme, and I'm the new Community Director for Traditions I & II. Before coming here, I worked as an Executive Director at Lewiston Senior Living. I come here with a wealth of knowledge, and I've been in the health profession for over thirty-years. I started working in nursing homes, and I also taught massage therapists for twelve-years. I have a bachelor's in health studies, and a minor in Healthcare Management. I've been married for 22 years, have two daughters (14 and 18), and my oldest daughter is going to Viterbo University for nursing. She is also in the Minnesota Air National Guard. I grew up in Zumbrota, so I'm comfortable in smaller towns. I have a connection to Owatonna, and I worked at the hospital for four-years, but I was furloughed last spring due to COVID-19. Being a massage therapist has been my passion for 24 years but working with this population has been my lifelong calling. I absolutely love this population, and I will treat your loved ones here the same way I treat my parents. I will continue with the weekly zoom calls with family members, and I might not know all the questions you ask me at the start, but I will find the answers.

## Leadership Team >>>

### Community Director

Ryan Hoyme  
507-475-9024

### Community Relations Coordinator

Hannah Serbus  
507-475-9026

### 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, Walking Club, Baking Club

**Tuesdays:** Manicures, Puzzles, Name 10, Live 2B Healthy, Craft, Banana Splits

**Wednesdays:** Bingo, Word puzzle games, Chair Yoga, Music Speaks, Wheel of Fortune, Senior Sing Along

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

**Fridays:** Live 2B Healthy, Adult coloring, UNO, Bingo, Music Speaks

You can view our full activities calendar on our website at [www.traditionsowatonna.com](http://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 Wednesday afternoons at 2:00 p.m. and Friday mornings at 11:00a.m. "Music therapists are professionally trained and medically certified to manipulate the elements of music to reach non-musical goals.

### Resident Birthdays:

**5/3 Judy Chelmo**

**5/16 Violet Peters**

**5/16 Darlene Schuler**

**5/26 Trudy Koenig**

**5/26 Vera Beers**

**5/30 Bonnie Wochnick**

**5/30 Jim Mews**

## Blasting Off in May

Each May, just before the onset of the rainy season, villages across Thailand celebrate the Bun Bang Fai Rocket Festival, a ceremonial festival that has roots in millennia-old rites.

Anthropologists believe that long before the introduction of gunpowder in the ninth century, it was common for villages to welcome the arrival of the rainy season with rites and rituals. Legend tells of how the god of rain, Phaya Thaen, grew upset and withheld rain for seven years. The Toad King, a mythological spirit, went to war against Phaya Thaen, and the rains returned only with his victory. In the town of Nai Mueang, a gargantuan five-story toad statue overlooks the Chi River. It is not just a statue but inside is a museum dedicated to Thai folklore, and its open mouth acts as a viewing platform so that visitors can watch the many rockets that the festival is named for.



The festival's rockets are absolutely massive, with some measuring up to 30 feet long and weighing over 200 pounds. Traditional rockets are made from hollow stalks of bamboo filled with black powder, but PVC piping

is also common. The rockets are ornately decorated and paraded through the streets on large floats while local musicians play folk music and lead dances in traditional costumes. Some men even cover their bodies in white powder and wear frog masks to honor the Toad King.

At last, the moment arrives to launch the rockets into the heavens, an annual reminder to Phaya Thaen to bless the earth with nourishing rain. The higher the rockets fly, the more auspicious the weather will be for the coming farming season. Betting often accompanies the launches, with locals placing wagers on which rockets they think will reach the highest heights. Losers (and sometimes innocent bystanders) are thrown into giant puddles of mud. There are often so many rockets that the launches last all day, leaving ears ringing from the massive booms, a visceral reminder of the age-old ritual.

## Dare to Dream!

*Mona Kruckeberg*

*We love to fulfill our resident's dreams! Mona has been missing her favorite pie from a local restaurant here in Owatonna.*



## Caught "Red" Handed

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

**Maria Johnson**

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

**A Warm Welcome to Our Newest Residents!**

**Traditions I**

**Richard Reinhardt**

**Traditions II**

**Don Summer**

**James Morrow**

**Ione Whalen**



## *Benefits of Exercising when you're a Senior:*

1. Improves strength
2. Improves balance
3. More energy
4. Improves mood



<https://familydoctor.org/exercise-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.