

2500 14th St Ne  
Faribault, MN



Phone: 507-331-2748

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Milestone

Minute

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Notable May Events

- Thursday, May 6th:**  
Resident Counsel
- Thursdays from 6-7pm:**  
Car Cruise
- Tuesdays and Thursdays @ 9am:**  
Tai Chi with Courtney
- Thursday, May 13th @ 10am:**  
Memorial Service
- Thursdays at 2:00:**  
“Who Made It” video Series
- Friday, May 21st @ 2pm:**  
Storytime with Isabell
- Tuesday May 25th:**  
Take out/Eat in from Gran Plaza

# Director’s Note

Happy May Day as well as Happy Mother’s Day!

I have to say, May is my favorite month of the year, it is when the grass and the flowers really come to life and we are reminded of all the beauty Minnesota has to offer. I have had the luck and the privilege of living and working in many places in my life, but I choose to live and work exactly where I am at. Speaking of flowers, I want to thank Rick Bexel, husband of Sharon our Registered Nurse, for donating *and constructing* the 3 new planter boxes out to the east side of the building. It will be wonderful to see all the planters and the pots get filled with flowers and other items like herbs and vegetables! Anne and Courtney will be sharing with us how the planting will proceed and I know they are excited about all the activities and events that late spring and summer will bring! Wishing *you all* the best, including those *new residents* that will be joining our family in May!

- Nick Duff

# Nurse’s Note

Spring has sprung so lets get moving! I am sure you are all excited the snow and ice are gone. It’s time for all of us to get outside and take a walk. While we are walking, take time to listen to the birds singing spring songs to all of us, the spring flowers that are growing quickly to show us there colorful blooms, watch the kids playing in the Playground, and feel the power of the sun!

This world has lots to show us every day, a short walk everyday will not only keep you strong, it will help bring a smile to our face! It is a true pleasure to serve you and your families each day!

- Sharon Bexell

# May Activity

Word Search



## MAY FLOWERS

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

Tulip	Easter lily	Rose	Petunia
Marigold	Hydrangea	Crocus	Daffodil
Dahlia	Hyacinth	Poppy	Begonia
Sunflower	Amaryllis	Lilac	Orchid
Peony	Hibiscus	Daisy	Zinnia



## Staff Noticeboard

### May Birthdays

Nick Duff	May 4th
Brittany Barton	May 13th
Ed Schlaak	May 28th

### 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

Beth Draper  
Kathy Trahan

## Life Enrichment Note

We are looking forward to longer days, adding programs such as Storytime with Isabell, Live 2B Healthy, Church Services, Take Out/Eat In Program, AND Snack & Chat! The Adopt A Pot Program now has just eight pots that are available to adopt!—two in front of Memory Care; three in front of the dining room patio; two in the front entrance, and one on the east side of the building. Interested? Give me a call or email for more information.

Congratulations to my assistant, Courtney Malecha, on receiving her BS Degree in Psychology from Winona State University on Friday, May 7<sup>th</sup>! We are all so proud of your accomplishments!

-Anne Pleskonko

## Dare to Dream: Joan's Story



In April, we helped Joan achieve her dream of getting back on a horse through our Dare to Dream program. Joan grew up raising and riding horses, and at 95 years old she was able to ride a horse once again.

Thank you to Dakota Stables, Amber Paulson, Walter the Horse, and Milestone RA's, Siriana and Madesen, for helping us achieve Joan's Dream!



**Do you know a resident who has a dream?  
Email or call the Life Enrichment  
Department**

# Resident Noticeboard

## May Birthdays

Phyllis J	May 2nd
Joe K	May 2nd
Dorothy M	May 26th
Marjean M	May 31st

## 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!  
Dorothy B.

## Library Program

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

## Drag-On Car Cruise

Starting on May 6th, Drag-On Car club will be hosting a car cruise every Thursday. The car cruise will come by Milestone between 6-7 pm.

This event will take place every Thursday May-September.

# Activity Corner



Spring has sprung and so have our activities! Residents have been enjoying spring themed crafts and we even have new garden boxes paid for by an anonymous donor!

**For more activity highlights, follow us on Facebook!**