

Volume 11

March 2021

Community Directors

Eagle River Community Director:

Beth Ann Montezon
Office: 715-479-8018
Cell: 715-891-0358

Rhineland Community Director:

Amy Lemke
Office: 715-361-1111 Ext 101

Tomahawk Community Director:

Carole Mietelski
Office: 715-224-3747
Cell: 715-224-3747

Woodruff Community Director:

Amy Lemke
Office: 715-439-4500 Ext 1
Cell: 715-892-1339

Community Relations Coordinator:

Bella Rubio
Office: 715-361-1111 Ext 102
Cell: 715-409-6511

To request more information on how you or your loved one could benefit from the cares and services available at Milestone Senior Living, contact one of our Northern Wisconsin locations.



Milestone Senior Living has four locations in the Northern Wisconsin area; Eagle River, Rhinelander, Tomahawk, and Woodruff.

*We would love to show you our beautiful Communities
Call Bella at 715-409-6511 to schedule your private tour.*

All tours are socially distanced, masked, and screened upon entry for optimal safety.

Don't wait: Apartments are limited!



The Northwood News



Eagle River News
Rhinelander News
Tomahawk News
Woodruff News
Contact Information

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Embracing Every Moment

Milestone Senior Living Eagle River

Staff made tasty treats and enjoyed Easter with the Residents



Residents enjoyed making Spring Wreaths



Residents enjoyed a day with Zeus



Milestone Senior Wellness

Our residents join our Morning Senior Stretch exercise program. They will be stretching everyday at 10AM.

Monday—Wednesday —Friday

Keeping Strong & Staying Healthy!

PERSONAL TRAINING



DAVE SIXEL

715-617-6170

DAVESIXEL@YAHOO.COM

TEAM USA COACH AND PRESIDENT

8TH DEGREE BLACK BELT

NASM CERTIFIED PERSONAL TRAINER

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Embracing Every Moment

Resident Spotlight

Meet Juanita

Juanita use to work at the Old St. Mary's Hospital in Rhinelander, WI. She worked in the billing offices mailing out claims and patient bills. She worked at the hospital for about 10 years before she retired. When Juanita retired she picked up a hobby doing cross stitching and has continued it for the last 20 years. Juanita has a large collection of her framed cross stitching that she has completed.

Great cross stitching artwork!



Milestone Eagle River



Bob's is the maintenance man at Milestone Senior Living in Eagle River, WI. He goes above and beyond to assist with Phones, Computers, necklaces, glasses and just to sit and listen to residents talk. During Covid he followed all policies and procedures to protect our residents and keep them safe. Bob has a sense of humor and likes to joke around with staff and residents and enjoys fixing whatever needs repairs around the community. Bob likes to work for Milestone Senior Living because staff and residents are a good group of people and he likes to go above and beyond to meet the needs of everyone.

Thank you for doing an Awesome Job!

MayActivities

Highlighted

Monday—Wednesday—Friday
Exercise 10:00 AM

Tuesday—Thursday
Exercise 10:30 AM

Thursdays
3:00 – Ice Cream Social

Fridays
3:00 – Happy Hour

Come Join in the Fun!!

DATES TO REMEMBER

Wednesday

Resident Council 1st Floor—11AM

Resident Council 2nd Floor—1:30PM

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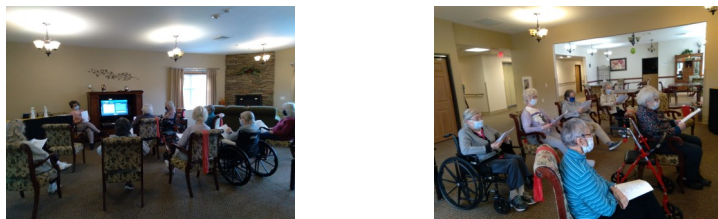
Embracing Every Moment

Milestone Senior Living—Rhineland

Residents spent the afternoon making Easter Decorations



Everyone enjoyed a fun afternoon singalong



We enjoyed making Easter Wreaths



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In response to successful vaccine distribution and falling numbers of COVID-19 cases, we have updated our visitation and resident outing guidelines to reflect recommendations provided by the Centers for Disease Control (CDC).

Key Takeaways

- All residents leaving the Community on an outing will have education on wearing of masks, social distancing, and hand hygiene.

- Indoor visitation can occur as long as the county positivity rate is under 10% and there have been no new cases of COVID-19 within the community in the previous 14 days.

- Jaybird Senior Living will continue to require employees to test for COVID-19. Unless COVID-19 cases are identified in the community, vaccinated staff will test monthly (KY will test bi-weekly) and unvaccinated staff will test on a bi-weekly basis.

Resident Outing Guidelines

Fully vaccinated residents do not have to quarantine following an outing if:

- They have completed final vaccine dose two weeks prior and no more than three months prior.
- They are asymptomatic.
- They were not exposed.

Unvaccinated residents must quarantine based on county positivity rates:

- <10% - Quarantine for 7 days
- >10% - Quarantine for 10 days
- Followed by negative COVID-19 test

Visitor Guidelines

Visitors can be accepted if:

- The visit has been scheduled in advance.
- The visitor(s) have passed the mandatory screening questionnaire.
- Masks worn, social distance maintained.

In-apartment visits can occur if:

- The visitor is fully vaccinated and presents his/her vaccination record.
- OR Provides proof of a negative COVID-19 test within the last 24 hours.

Embracing Every Moment



At Milestone Senior Living , our goal is to make at least one resident's dream come true each month. These dreams can range from modest to elaborate based on the unique experiences and backstories of each individual resident.

Being a part of the Jaybird 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.

During these uncertain times, it is especially important to continue to make these dreams happen. If you know a resident who may have a dream to fulfill, please contact us at 715-409-6511 or welcomerl@milestoneseniorliving.com.

Milestone Senior Living Rhinelander



Meet Allen Hicks

Allen treats our residents like his family. He loves to have fun with our residents and makes sure they stay engaged. Allen goes above and beyond his job duties to get the job done. Allen is proud to work at Milestone alongside of his team members.

Thank you for doing an awesome job!

DATES TO REMEMBER

Resident Council Meeting

May 19th , 2021

1:30PM

May Activities

Highlights

Monday—Friday 10AM

Morning Stretch

Bingo— Monday at 1:00PM

Bingo— Friday at 1:30PM

May 3—Milestone Mercantile

May 5—Make Salsa

May 5—Cinco De Mayo Movie

May 6—Thirsty Thursday

May 10—Discover Spain

May 11—Make Cake in a Cup

May 13— Manicures

May 17—Garden Glove Wreath

May 18—Wind Chimes

May 21—Pizza Party

May 26—Resident Birthday
Party

Join Us For Some Fun!

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Embracing Every Moment

Milestone Senior Living—Tomahawk

Welcome May; We have been watching the seeds that we planted grow in our windowsills, awaiting warmer weather so we can plant them outdoors. We are excited about our new patio furniture being ordered, so we can once again sit outside and observe nature. Gradually we are inviting our volunteers back in with precautions taken. We have had one sing along thus far and there was nothing but positive chatter following it, as we terribly miss our socialization.

May Resident Birthday Club

Sherry 7th

Ted 22nd

Jean 24th

Catherine 26th

Residents enjoyed the afternoon planting seeds for the Spring



Residents enjoyed making a Yummy Treat—Dirt Cake



The Best Dining at Milestone Senior Living

A meal shared amongst friends is one of life's greatest pleasures. Stories are told, toasts are made, and bread is broken. These small acts can add up to great friendships that last a lifetime. Add in delicious, high-quality food and expert service and you have a legend in the making. Offer all of these things every single day and what do you have? The amazing dining experience at Milestone Senior Living – no reservations required.



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Embracing Every Moment



*We want
to hear
from
YOU*

We would love to hear from you! Do you have a good story that you would like to share with others. Contact us and your story can be published in our newsletter. Send email to:

welcomerl@milestoneseniorliving.com

You can also go to [caring.com](https://www.caring.com) and [aplace-formom.com](https://www.aplaceformom.com) and provide feedback on how we are doing.

MILESTONE SENIOR LIVING TOMAHAWK

*Caught
RED
handed*



Kim Zapar, Culinary Aide

Meet Kim Zapar, Culinary Aide. When she works, you can bet she'll stop in the dining room to greet our Community Members with a smile, while asking how their meal was. Kim is always volunteering to help with outings, escorting people for outside walks around the facility and playing 1:1 table games with them.

Life Enrichment Coordinator/ Director Updates; We have rescheduled our USED BOOK AND PUZZLE Sale to raise money for the ALZHEIMER'S ASSOCIATION. The new sale date is **Saturday, May 15th 10-3:00.**

May Activities Highlighted:

Mercantile Shopping for residents and tenants the first Monday of every month in the Dining room.

LEC alternates shopping at a different local grocer every Monday for our Community Members.

May 1st Happy May Day

May 5th - Cinco de Mayo

May 8th - Armed Forces Day and Nat'l Chocolate Chip Day

May 9th - Happy Mother's Day- making Sundaes

May 25th Nat'l Wine Day

May 26th - Forgiveness Day

May 28th - Nat'l Burger Day-picnic outside

May 31st - Memorial Day

Every Monday @ 10:45 Fabulous Finger-nails

Every Friday @ 10:45 Rosary w/ Sharon

10 AM Daily Senior Morning Exercises (Mon/Wed/Fri) Sixel's Senior Functional Fitness

BINGO- Tuesday & Thursday @ 2:00, Sunday's @ 2:15

Thirsty Thursday every Thursday @ 3:30

Council meetings are held the fourth Wednesday of the month

Milestone Senior Living—Woodruff

The Easter Bunnies came to visit our Residents



Residents Enjoy an Afternoon Singalong



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**NEW
YEAR.
NEW
HOPE.**

*The promise of
a new tomorrow.*

**SENIORS WHO MOVE IN NOW WILL RECEIVE
THE FIRST ROUND OF THE COVID-19 VACCINE.**

We welcome your referrals and are partnering with local pharmacies to ensure our residents receive the vaccine. As always, we're committed to providing exceptional care in an extraordinary environment. Here, our residents embrace a new beginning full of possibilities and amenities, including:

- Engaging social activities
- Culinary dining program
- Personalized assistance
- Housekeeping and laundry

CALL TODAY
to schedule a virtual tour.

MILESTONE
SENIOR LIVING

4686 North Shore Dr. | Rhinelander, WI 54501
(715) 361-1100
www.jaybirdseniorliving.com

**SENIORS WHO MOVE IN NOW RECEIVE
PRIORITY ACCESS TO THE VACCINE.**



Embracing Every Moment

April 20, 2021

Testimonial to Milestone Senior Living-Tomahawk

This past year, the year of the Covid, has been a truly rough one for everyone, especially for the residents, family and loved ones, as well as the Director, Caregivers and Staff of Milestone.

My husband was admitted to the Center on February 28, 2020, two weeks before the Pandemic broke loose and changed the entire living situation for all of us. Prior to that day, I and family members had been able to visit with him in person every day. Then two weeks later the restrictions to visits had to be implemented to try to protect everyone as much as possible from transferring the virus.

This is to give testimony to the loving care and consideration that those Caregivers, Director and Staff have given to try to achieve any amount of normalcy for the residents and families as possible. The staff is, for the most part, soft spoken, caring and very considerate of the resident's needs and wishes.

There has been a staff member who stands out in her caring ways by sitting up with someone who might be fearful or agitated during the middle of the night, offering that person a sandwich, a dish of ice cream, singing songs, playing a polka or dance music, or just sitting to talk with that person to ease their fears.

There's another staff member who had gone out of her way to offer to stay overtime even though she was just finishing a 12 hour shift, to provide the Rapid Covid test for one of my daughters who was an unexpected visitor, so she could stay to visit in person. She also did the Rapid Covid test for one of our grand-daughters so she could bring her little dog, Oliver, in to visit Grandpa, as well as to play and sing with her Ukulele for him.

Many of the staff have a teasing, joking way about them to help brighten up the day. I have witnessed a gentle hug, a touch on the back or shoulder to maintain the human touch which is so important to life during a time when a family member might not be able to be present.

The Activity Director does an outstanding job of trying to provide an element of normalcy for the residents by scheduling music, games, sing-alongs, fun games such as the balloon toss where everyone is having fun and getting exercise along with laughter. She has even brought her dog, Sophie, who loves to join in on the balloon toss games!

Sophie is also a champion in showing love to the folks by jumping into their laps and warming their hearts with affection. Lately, Sophie has been accompanied by her "little brother" a puppy named Stanley, who loves to snuggle into their laps to take a warm nap bringing smiles to their faces.

Holidays are celebrated and Birthdays recognized. The folks were taken outside to watch parades drive past for special occasions during the warmer weather months.

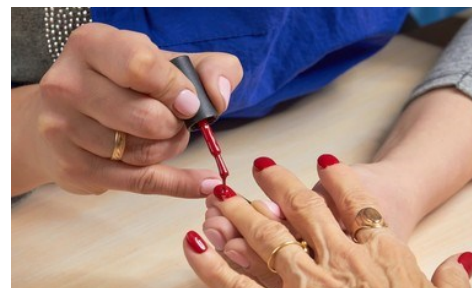
The staff even provided a special occasion with a decorated table, flowers and a meal out on the patio for my husband and me as a surprise Wedding Anniversary celebration!

The folks are not only the "Heroes" you hear about in the Medical and other Public Serving professions, but Milestone Staff here in Tomahawk are some of "God's Angels", who are so very much appreciated.

Thanks to ALL of you!

MILESTONE SENIOR LIVING WOODRUFF

On Spa Day Residents love to have their Nail Painted



Dates To Remember

Resident Council Meeting

May 17th, 2021

11:00 AM

May Activity Highlights

**Monday—Friday
10AM Exercise**

**Bingo Wednesday
1:00 PM**

May 6—Store Day

May 6—Travel to Spain

May 11—Library Day

May 13—May Flower Craft

May 14—Pizza Picnic

May 17—Root Beer Floats

May 18—Spa Day

May 21— Flower Planting

May 24—Spring Craft

May 25—Cookie Making

May 28—Ice Cream Social

Come Join in the Fun!

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Embracing Every Moment



Simply Spring Fundraiser

Money generated will support programs for our local Fire Departments

Coffee & Donut on The Go

Great for friends and family!



Date: May 20th

Time: 10am – 1pm

Stop by one of our following Locations:

Milestone Senior Living 2332 Railroad Street Eagle River, WI 54521	Milestone Senior Living 4686 N Shore Dr Rhineland, WI 54501
Milestone Senior Living 314 E Lincoln Ave Tomahawk, WI 54487	Milestone Senior Living 750 Elm Street Woodruff, WI 54568

Thank you for your Support!

For More Information Contact Bella (715) 409-6511