

2500 14th St Ne  
Faribault, MN



Phone: 507-331-2748

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Milestone

Minute

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Notable June Events

- Thursday, June 3rd:**  
Resident Meeting
- Tuesday, June 8th @ 2:30pm:**  
Spring Plant Stand
- Wednesday, June 9th & 23rd @ 10am:**  
Reminiscence with Courtney
- Thursday, June 17th @ 4pm:**  
Resident & Staff Picnic
- Friday, June 18th @ 2pm:**  
Storytime w/ Isabell
- Tuesday, June 22nd @ 1:30pm:**  
Christ Lutheran Services
- Wednesday, June 30th:**  
Take Out/Eat In from Joe’s Sports Cafe

# Director’s Note

Summer is Arriving! I am very thankful for warmer weather, as well as the needed rain we are recently getting! We Minnesotans are known for our weather conversations and I think that is because it reminds us of life and the fact that all things change, but at the same time everything seems to be the same. The Dichotomy of Life is around us everywhere we look, we can see that people can be different from us, but at the same time, are we not all really the same? We all want to be appreciated, and yet we can have very different experiences. Even those of us who come from the same place, town, or state have differing views. These days, the political conversations have lightened, and I am glad for that, but that is another example of how similar yet different we all can be. So I simply want to say thank you all for *the variety* you bring to our Milestone Senior Living Family. We are better because we are all different!

- Nick Duff

# Nurse’s Note

June is Dairy Month.

I grew up a Dairy Farmers Daughter. This brings me back to the days of Dairy Princesses and Ambassadors. I used to name all the baby calves when they were born, help feed them, and make sure they had a dry place to lay down. We all know the importance of Calcium in our diets—it helps keep your bones strong. It also helps muscles to move and nerves to carry messages between the brain and every body part. Milk, cheese, and yogurt, as well as dark leafy vegetables, are great sources of calcium. Strawberry Milkshakes were my favorite, what are yours? Drink milk to keep Moo-vin along!

-Sharon Bexell

# June Activity

## Word Search



RECYCLE REUSE REDUCE

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

Solar  
Trash  
Compost  
Greenhouse

Water  
Clothes  
Chemicals  
Repair

Emissions  
Ozone  
Sustainable  
Landfill

Plastic  
Organic  
Petrol  
Recycle

# Staff Noticeboard

## June Birthdays

Jaime K      June 22nd  
Beth D      June 30th

## 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.

## June Anniversaries

Anita K      4 years  
Siriana P    1 year

# Life Enrichment Note

June has always been one of my favorite months of the year – School's out! Graduations! Weddings! Lightning bugs are out! Birds are abundant at the feeders! Looking ahead to lots of beautiful days to be outside and soak up the sun and fresh air. Wishing everyone a wonderful beginning of summertime.

Remember when visiting your loved ones to check their closets and dressers for any clothing or supply needs. We're excited to welcome back Pastor Carol Sinykin of Christ Lutheran Church on the 4<sup>th</sup> Tuesday of each month! Our Picnic for Residents and Staff will be held on Thursday, June 17<sup>th</sup> and Joe's Sports Café is the restaurant for the Take Out/Eat In Program this month.

-Anne Pleskonko

## Dare to Dream: Shirley's Story



In May, we helped Shirley achieve her dream of going to her first Minnesota Twins baseball game at the age of 90! Shirley got the royal treatment—interviewed by WCCO News, getting a signed baseball from Hall of Fame former Twins player Tony Oliva, receiving a foul ball, and making an appearance on the jumbotron!



Thank you Anita Kalal, Culinary Coordinator, for nominating Shirley and the rest of the Milestone Staff for helping make Shirley's dream come true!

**Know a resident who has a dream? Let us know by emailing or calling the Life Enrichment Department.**



# Resident Noticeboard

**June Birthdays**

Judy K	June 14th
Dorothy B	June 17th
Joan V	June 25th

**New Residents**

A warm welcome to our new residents!

Harriet B  
Don W  
Deb Y  
Florence S  
Agnes K

**Drag-On Car Cruise**

The 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.

**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.

**Library Program**

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

# Activity Corner



**Thank You Nurses!**  
**NATIONAL NURSES WEEK**

JAYBIRD  
SENIOR LIVING

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