

June 2021

Traditions of Owatonna

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

Celebrating June

Great Outdoors Month

**Audiobook Appreciation
Month**

**African American Music
Appreciation Month**

Chocolate Ice Cream Day
June 7

**Family Health and
Fitness Day**
June 12

Flag Day (U.S.)
June 14

Juneteenth
June 19

Father's Day (U.S.)
June 20

Pink Flamingo Day
June 23

Day of the Seafarer
June 25

Tour de France Begins
June 26

Leadership Team >>>

Community Director

David Luhring
507-475-9024

Healthcare Coordinator

Katie Sonnek
507-475-9025

Community Relations Coordinator

Hannah Serbus
507-475-9026

Life Enrichment Coordinator

Maddie Peglow
507-455-0700

LPN

Brenda Wells
507-475-9006

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

Gardening Club

The residents and staff members will be planting vegetables and flowers in the raised garden beds and around the community outdoors.



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, Spa Day, 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, Senior trivia, Happy Hour

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



Dare to Dream!

We love to fulfill our resident's dreams here at Traditions!



If you have any suggestions for your loved one, please talk to the staff members. No dream is too big!

For the Fathers



Father's Day arrives on the third Sunday of June, and with it comes the traditional giving of cards, ties, and loving thanks. In 1909, Sonora Scott Dodd was attending a Mother's Day church service when it occurred to her that there did not exist an equivalent holiday to honor fathers. Her own mother had died when she just 16, leaving her and her 13 brothers and sisters to be raised by their father, Civil War veteran William Jackson Smart. By Dodd's account, her father was a model parent, acting as both father and mother to Dodd and her siblings. She convinced her church to celebrate the first Father's Day on her father's birthday, June 5, but the clergy needed more time to organize such an event. They decided to hold a Father's Day service on the third Sunday of June instead.

Chatter in the Kitchen

Summertime is here, so we will be incorporating more fresh cold salads to the menu. We are always open for suggestions on new recipes. Feel free to stop in the kitchen and say hi!



***Special Thanks to Elevation North for helping clean up the garden beds at both communities!**



Nurse's Corner

Welcome Brenda!

Hello all! I am one of the new LPNs at Traditions in Owatonna. I have been a nurse since 2006 and before that I was a CNA at a senior care home and nursing home. I have 2 children ages 16 and 21. In my spare time, I enjoy crafting and painting on a canvas. We have 2 dogs, Katie and Tucker. I hope my years of experience and the love of nursing will give Traditions a new outlook of ideas and love.



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



Caught "Red" Handed

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

Sydney Jones

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

A Warm Welcome to Our Newest Residents!

Traditions I

Phyllis Kaderlik

Traditions II

Lavonne Fenske

Life Enrichment



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.