

OCTOBER 2021

## Community Directors

### Eagle River Community Director:

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

### Rhinelander 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  
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 very limited!



## The Milestone Northwood News



Eagle River News  
Rhinelander News  
Tomahawk News  
Woodruff News  
Contact Information

Professionally Managed by



Embracing Every Moment

## Milestone Senior Living Eagle River

### Jona's Cooking Corner

Residents enjoyed a tailgate party. They enjoy snacks that the culinary coordinator Jona prepared, BBQ Meatballs, Ranch Pretzels, Ham rollups, a Cheese Ball in the shape of a Football with Crackers, lemon aide, and apple turnovers. They played Football trivia and Football Bingo. Everyone had a great time.



## Milestone Eagle River



Meet Barb Swiontek, Lead Resident Assistant

Barb has been with Milestone for over 9 years. Barb said Milestone is like her second family. Barb has rolled out the Red Carpet in assisting residents and staff. Barb enjoys working at Milestone and said her job is very rewarding. Thank you, Barb! We greatly appreciate you.

Residents and Staff dressed up for Pajama Day and showed off their Funny Socks to celebrate Assisted Living Week.



### October Activities

#### Highlighted

Monday—Wednesday—Friday  
Exercise 10:00 AM

Monday Afternoon Matinee

Every Thursday Ice Socials

Every Friday this month is  
wear your favorite Flannel  
Shirt Day

October 4—Pumpkin Ring  
Toss

October 5—Halloween Movie &  
Popcorn

October 6—Make Smores

October 11—Pumpkin Art Pro-  
ject

October 12—Pumpkin Cooking  
Corner

October 13—Banjo Music

October 18—Bowling with  
Gourds

October 19—Halloween Art

October 20—Fall Craft Project

Come Join in the Fun!!

Our residents enjoy singing and dancing to an outside concert that was scheduled for Assisted Living Week.



Professionally Managed by



Embracing Every Moment

## Milestone Senior Living—Rhineland

### Welcome Krystal Maulson, New Rhineland Director



Krystal Maulson is the new director of our Rhineland community. Krystal holds a Master of Science degree in Community Psychology which she earned from Averno College in Milwaukee. Krystal is additionally an alumni of the University of Wisconsin- Milwaukee where she obtained her Bachelor of Arts in Psychology. Krystal has a background of working with at-risk youth and families involved in the juvenile justice and child welfare systems. In the last 4 years, she found her passion of working with the elderly during her time as the Director of Social Services at a skilled nursing facility. In her free time, Krystal enjoys spending time with her family as well as her best friend Riley, a Border Collie trained for visitation in elder care facilities. She additionally enjoys boating, swimming, camping and snowmobiling. Krystal is enthusiastic about her role in the community and is passionate about resident care.

### Staff and Residents decided to wear mismatch clothing today to celebrate Assisted Living Week.



Professionally Managed by



## Milestone Senior Living Rhineland



Meet Robby who takes on the role of many hats in Milestone kitchen. She has done an awesome job by keeping the residents happy by preparing their favorite foods and rolling out the red carpet for them.

Thank you for all you do. You are truly appreciated.

### October Activities Highlights

Monday—Friday 10AM

Morning Stretch

Bingo— Monday at 1:00PM

Bingo— Friday at 1:30PM

Church Services—Friday 10AM

October 4 Milestone Mercantile

October 5—Toilet paper Pumpkins

October 6—Fall Treat Jars

October 12—Fall Button Art

October 13—Fall Wreath Craft

October 16—Flannel Festival

October 18—Chocolate Mug Treat

October 19—Travel to Czech Republic

October 26—Paint/Carve Pumpkins

October 28—Resident Birthday Party

October 31—Halloween Party

Join Us For Some Fun!

Embracing Every Moment

## Milestone Senior Living—Tomahawk



**Welcome Shannon Waltemate  
our New Health Service Lead**

Shannon brings her healthcare experience to our Tomahawk Community.

**Welcome Wendy Leasure, RN**

I am kind of quiet until I get to know people a little better

Once I do get to know people better, you will see I am hilarious. I am very expressive when talking. Hands waving, fists shaking (Again, Hilarious) I tend to talk louder when I am passionate about something. Don't be afraid to say, "Inside voice Wendy". I have 3 children ages 29, 24, and 17 (2 girls and a boy) I am 5'3" tall and my husband is 6'5" so I walk very fast because I am used to walking next to him. If you see a flash going down the hall, it's me. My passion is the elderly population. I have never been interested in any other generation of nursing. I went back to school at age 40 to become a nurse and was in the top of my class (I am not sure I would recommend that stress level to anyone. LOL)

I enjoy boating, four wheeling, scrapbooking,



## MILESTONE SENIOR LIVING TOMAHAWK



**Welcome New Resident Assistants  
to our Tomahawk Community**

Cindy Kluck and Audrey Winker

Residents enjoyed an afternoon Concert in celebration of Assisted Living Week



**October Activities Highlighted:**

Our monthly 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.

Every Monday @ 10:45 Fabulous Fingernails

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

Sept. 29- Blood Drive from 9:30-1:00, call to register and save a life.

**Oct 1 - Coffee Tasting Day**

**Oct 4—Milestone Mercantile**

**Oct 7—Corn Hole Game**

**Oct 25—Fall Season Ride**

**Oct 27—Resident Birthday Party**

**Oct 29—Halloween Celebration**

**Join Us For Some Fun!**

Professionally Managed by



Embracing Every Moment

## Milestone Senior Living—Woodruff

Residents enjoyed an afternoon concert in celebration of Assisted Living Week



Residents spent the afternoon making fall crafts in celebration of Assisted Living Week



Residents enjoy music therapy with Music Speaks



Dates To Remember  
**Resident Council Meeting**  
October 19 at 10:30am

### October Activity Highlights

Monday—Friday  
10AM Exercise

9:30 Devotions Monday-Friday

October 5—Zoo Trip

Bingo every Wednesday

October 7—Cider Tea

October 11—Sing Along

October 14—Travel to Czech Republic

October 22—Pumpkin Decorating Contest

October 25—Fall Flannel Event

October 28—Packer Party

October 29—Halloween Party

Come Join in the Fun!



**JUST ARRIVED**

## A Milestone Cookbook



*Stirring up Memories*

Our Milestone Cookbooks have arrived and are "ON SALE NOW".

The cost of the Cookbook is \$20.00.

All proceeds will benefit the Alzheimer's Association.

For more information:

Contact Bella 715-409-6511



## *Come to Milestone Senior Living*



You will find yourself at home at Milestone Senior Living. Our Northwoods Memory Care and Assisted Living communities are located in Eagle River, Rhinelander, Tomahawk & Woodruff.

At Milestone Senior Living, we embrace the individual, tailoring programming, activities, events, and care plans to each resident's unique tastes and needs. Join a community that feels like family and find joy in all your days.

**We have limited openings available for:**

One Bedroom Apartments

Memory Care Suites

**Call us for more information or schedule a tour at one of our communities!  
715-409-6511**

Professionally Managed by



Embracing Every Moment