

Milestone Senior Living
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Contact Information

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Being a part of the Jaybird Senior Living 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.

Our goal is to make at least one resident dream come true each month in every one of our assisted living and memory care communities. These dreams can range from modest to elaborate based on the unique experiences and backstories of each individual resident.



Milestone Minute

October 2022

"I remember it as October days are always remembered, cloudless, maple-flavored, the air gold and so clean it quivers."

~ Leif Enger



Staff

Ashley R ~ Oct 1

Kathy T ~ Oct 26

Amy B ~ Oct 26

Resident

Jean R ~ Oct 3

Larry M ~ Oct 3

**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**

professionally
managed by
JAYBIRD
SENIOR LIVING

Did You Know...



October is National Country Music month. Put on some Dolly Parton, Garth Brooks, Johnny Cash, Willie Nelson, Patsy Cline, or another country crooner to celebrate the sounds of country and western music.

Just for Laughs



What do you get when you play country music backward?

You get back your wife, your dog, and your truck.

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Why aren't tubas used in country bands?

Because they're *heavy metal*!

### **Special Days**

**Yom Kippur  
October 4**

**World Smile Day  
October 7**

**Columbus Day  
(U.S.), Indigenous  
Peoples' Day,  
Thanksgiving  
(Canada)  
October 10**

**National  
Chocolate  
Cupcake Day  
October 18**

**Halloween  
October 31**

## THE IRISH AND THE JACK-O'-LANTERN

The Irish used hollowed-out, candlelit turnips carved with a demon's face to frighten away spirits. The name "Jack-O'-Lantern" comes from an Irish folktale about a man named Stingy Jack who invited the Devil to have a drink with him but wouldn't pay. Jack tricked the devil and made a deal in which the devil couldn't claim his soul but God didn't want Jack in heaven either. Now Jack's stuck roaming the Earth as an evil spirit with his lantern shining the way.

The Irish would carve scary faces into turnips or potatoes and place them near doors or windows during Halloween Eve to frighten away Stingy Jack and evil spirits. When Irish immigrants in the 1840s found few turnips in the United States, they used the more plentiful pumpkins instead.





## Staff Spotlight

**Hometown:** I was born in Hastings, MN, but my family owned a large ranch in Copperas Cove, Texas, named “Little J” ....so I’ve spent most of my life between MN and TX. As I mentioned in my introduction letter, both my parents have passed away, but I have 6 siblings with whom I’m quite close.

**Favorite movie:** *Dangerous Liaisons*, and then **any** movies starring Katherine Hepburn or Anthony Hopkins.

**Favorite genre of music:** I enjoy all types of music: contemporary Christian, pop, and the old country singers like Jim Reeves, Charley Pride, Patsy Cline. The only genre of music I don’t listen to is jazz.....too “clangy” for my taste!

**Favorite food:** Southern (since my family is from Texas: a great steak, okra, biscuits & gravy, hush puppies....and ANYTHING battered and deep fried! I also lived in Seattle, WA for 10 years, so I love any fresh seafood like crab, lobster, and salmon.

**Hobbies:** My hobbies range widely from travel and dining, to my most recent interest in researching my family tree. So far, my research has uncovered my great-great-great grandparents dating back to the early 1800’s. And for those of you interested in poetry, my great-great-great-great grandfather, (yes, that was 5 “greats!) was William Cullen Bryant, a poet noted for his poem, Thanatopsis

### A note from David:

Dear Residents, Families, and Staff of Milestone Senior Living-Faribault,

I’d like to take this opportunity to introduce myself to you. My name is David Jones and I have been recruited to serve as Milestone of Faribault’s Community Director. Over the past 16 years, I have served as an Executive Director of several senior living communities, including independent/assisted living, and memory care settings.

In 2009, my father passed away very suddenly, while that same week, my mother was diagnosed with dementia. I immediately relocated back to our family home to care for my mother. After nearly 5 years, my mother’s journey ended. Those years were the most precious years of my life. This experience provided me the ability to provide her resident-centered care. This opportunity to serve my family as a primary caregiver revealed to me to a new perspective in my chosen profession...and for that, I truly am thankful.

Having shared this with you, I am so excited to become part of the Milestone of Faribault’s family. I look forward to meeting all of you!



# SEPTEMBER MEMORIES

LOOKING BACK...

