

MARCH 2023

Community Information

Bella Rubio

Community Relations Coordinator

Cell Phone: 715-409-6511

Email:

welcomerl@milestoneseniorliving.com

Community Locations:

Eagle River

Rhineland

Tomahawk

Woodruff

Contact Bella for more information
about our communities.

We Specialize In
Assisted Living,
Memory Care,
Enhanced Care
and Respite Care for
Seniors.



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

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

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

Don't wait call today: Apart-
ments and Studios are very
limited!

The Milestone Northwood News



In this Issue:

Eagle River Community
Rhineland Community
Tomahawk Community
Woodruff Community

Professionally Managed by



Embracing Every Moment

Milestone Senior Living Eagle River

Our residents and staff had a fabulous Valentine's Day Party.



Residents enjoy the New Massage chair that has been added to the community.



Our March Theme is



Meet Stacey Ness who is a Health Service Lead at Milestone Senior Living—Eagle River. Stacey makes sure residents are safe and well taken care of. She goes above and beyond for our residents at the community and does an awesome job. Thank you Stacey for being part of our team.

March Activities Highlighted

**Monday—Wednesday—
Friday
Exercise 10:00 AM**

Afternoon Matinee

**Every Thursday
Ice Cream Socials**

**Thursday 11am—Church
Services**

Every Friday Happy Hour

**Oh! The Places You'll Go!
Activities & Events**

Afternoon Socials

Fun with Music

Shopping Trips

Come Join in the Fun!!

Professionally Managed by



Embracing Every Moment

Milestone Senior Living Eagle River

The kids from Chick A Dee Acre Farm made special Valentine Boxes filled with candy and a poem and stopped by our community to give each resident a special Valentine gift.



Our residents love to get together for Ice Cream Socials where they can visit with their friends and enjoy their day.



Professionally Managed by



DARE TO Dream

A JAYBIRD SENIOR LIVING SIGNATURE PROGRAM

Let us help make your dreams a reality.

Everyone in our care is like family. We know their stories, their hopes, and their dreams. This is what draws us together. Every month, we strive to make a dream come true for at least one resident in each of our communities.



Garnett Place

We partnered with the City of Cedar Rapids to highlight Jerry's commitment to plowing through the Paint a Plow program. Jerry's plow was created with an image to honor his railroad career. He was delighted and so proud.



Milestone Faribault

Joan grew up raising and riding horses. She always dreamed of getting back in the saddle but never had the chance to, until she moved to Milestone Faribault. At 95 years old she was able to ride a horse again thanks to our Dare to Dream program.



Prairie Hills Tipton

Merlin, or Senator Hulse, was honored with the North Cedar High School Alumni Service Award for his countless hours and commitment to supporting non-profit organizations. Merlin even wore his 1941 high school sweater to the ceremony.



Embracing Every Moment

Milestone Senior Living—Rhinelanders

A heated friendly game of Garbage is going down this afternoon.



Happy National Umbrella Day! . It is always fun to see everyone's creative side



Our March Theme is



Meet Anne Marie, who is our NOC Shift Lead at our Rhinelanders community. Anne Marie is always willing to come in early or stay late to help out her fellow co-workers. She puts the residents needs first and foremost and always has a smile on her face. We are proud to have you on our team, thank you for all you

March Activities

Highlights

Monday—Friday 10AM

Morning Stretch

Bingo— Monday at 1:00PM

Bingo— Friday at 1:30PM

Church Services—Friday 10AM

Songs with Beth

Coffee Chat

Wheel of Fortune

Card Games

Board Games

Oh! The Places You'll Go!
Activities & Events

Come Join The Fun!

Professionally Managed by



Embracing Every Moment

Milestone Senior Living—Rhinelanders

Our sweethearts made these beautiful heart wreaths in honor of Valentine's Day!



Residents and staff enjoyed pizza and dessert pizza today for National Pizza Day! They also completed a pizza quid.



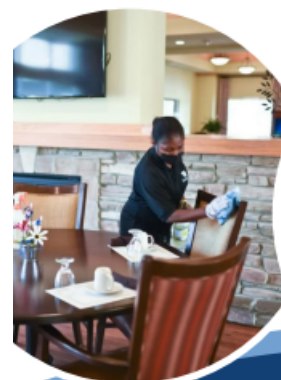
Professionally Managed by



Seniors First SAFETY PROGRAM



Jaybird Senior Living is committed to the safety of our residents, going above and beyond in protecting them from harmful pathogens, including viruses such as the one that causes COVID-19.



*Clean takes the
whole Team.*



In order to ensure these goals, Jaybird Senior Living has instituted the Seniors First Safety Program. We go above and beyond what is necessary.

- ◆ Enhanced cleaning policies, procedures, and protocols
- ◆ Partnerships with Ecolab and other health care providers
- ◆ Designed to amplify the safety of our residents and staff

This Jaybird Senior Living signature program is a manifestation of our commitment to those we serve.

(715) 361-1111 | www.MilestoneRhinelanders.com

Embracing Every Moment

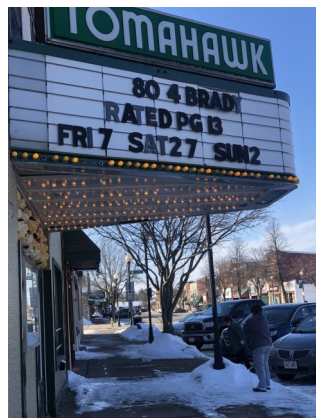
Milestone Senior Living—Tomahawk

Our Corporate theme for March is “Oh, the Places You’ll Go”- Some themed Activities Highlighted:

We will have “Oh, the places we’ll go” activity, ST Patty Day meal and celebration w/ Jim Pekol performing after supper. There will be two traveling presentations: One to Alaska and one to Israel. We also will take the bus for a ride and go to the new “Sideways Wine & Craft Beer” establishment on MainStreet.

We are excited to be training on a new “Sing Fit” program.....stay tuned thee will be many benefits to this program.

We had a good time at the Tomahawk Cinema to see the matinee “80 for Brady” today. Some have never been in the theater and one lady said it’s been probably 50 years since going to a movie theater.



Our March Theme is



:
Meet Cindi Kluck, RCA. She has been our team for over a year now. She is a calming force helping with our Memory Care residents when needed. She recently assisted in making Bingo cards for a visually impaired resident, so she can join in with her peers. She is adored by all her residents. Thank you for being part of our team!

March Activities Highlighted:

Check out our monthly Calendar for our usual schedule activities.

We have our monthly Mercantile Shopping for residents.

LEC offers weekly grocery shopping every Monday for our Community Members.

First Congregational Sing Along will be on hold through April.

Every Friday @ 10:30 Rosary w/ Sharon, every Thursday Communion and St Mary Church every third Thursday

Every Sunday Grace Lutheran Virtual service and every 4th Thursday Grace Service in the Community.

10 AM Daily Senior Morning Exercises (Mon/Wed/Fri). Stay Fit & Have Fun w/ Michelle P.T.

Every Tuesday @ 10:30 Reminisce with Doris on M.C. Side

New is a monthly Culinary and Activity Meeting. Council meetings will remain on the fourth Wednesday of the month.

BINGO- Tuesday/ Thursday @ 2:00 and Sunday's @ 2:15

Thirsty Thursday every Thursday @ 3:30

Join Us For Some Fun!!

Professionally Managed by



Embracing Every Moment

MILESTONE —TOMAHAWK

Director update: Wow, we are already almost 2 months into 2023! Time sure does fly when you are having fun. We are hoping to welcome some new residents into our family soon. Please make sure you and your loved ones fill out the 'Feeling Lucky' review either in person or on Google between now and March 18th for a chance to win a basket of goodies!

Friendly reminders, when leaving for outings or appointments please remember to sign in and out on the sheet. It is not our intent to monitor where you are going but to know if someone is out of the community in case of an emergency – fire/tornado/etc. The front of the building is for quick pick-ups and drop-off's; no parking more than 5 minutes as this is our fire and emergency lane. As always, please feel free to reach out if you have any questions.

Culinary Update: There will be a traditional ST Patty's Day meal along Grass-hoppers for dessert.

Maintenance Update: We are trying to keep ahead of the weather changes especially the freezing rain. If you are visiting and notice unsafe sidewalks, please alert staff as we may need to get out to shovel and salt. Safety is our # 1 priority.

Fundraiser: Raising money for Wild Instincts Rehab, Rhinelander, WI

On Valentine's Day we started with Mr Concertina playing love songs. Following the music we served a requested meal of Loaded Baked Potato Bar. Topped with a Sweet Dessert bar including a Chocolate Fountain for dipping. Home-made Valentines were passed out from residents and St Mary's School a First grade class from TES. There was Plenty of Love was in the air.



MILESTONE —TOMAHAWK

March Birthday Club.

Bonnie- 4

Iris- 29

Rachel- 29



Professionally Managed by



**Write a review about
Milestone Senior
Living and you could win
a Basket of Goodies.**

We've got a question... Have you been feeling lucky lately?

Milestone Senior Living is excited to announce that we'll be having a **Feeling' Lucky Contest** this March! Anyone who leaves a review about our Milestone Community between **March 1-18, 2023** will be entered for a chance to win a Basket of Goodies.

If you submit a review, you're entered to win. That's pretty much it!

How can You enter?

1. Write a review with a rating and insert the form into the box at the community.
2. You can also add a review on Google for this community along with your contact information to be added to the contest.
3. The winner will be announced on March 20, 2023.



For more information call Bella at 715-409-6511

welcomer1@milestoneseniorliving.com

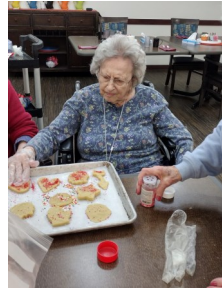
Embracing Every Moment

Milestone Senior Living—Woodruff

Enjoying our Time Slips sessions with Johanna. Woodruff residents create the best stories.



Friends having fun making Valentine Day Cookies.



Our March Theme is



Meet Tammy B, Life Engagement Coordinator.

She has been with the Milestone Family for 3 years. and she comes with event planning experience and elderly care.

Coworkers comment, "She always goes the extra mile for residents and her coworkers." "She's focused and comes up with new ideas." Residents have commented "One of the most helpful person I know. Always willing to help everyone." "Always has a smile on her face." "Thoughtful and always finds a way to have fun." "Love the energy she brings to exercise." Thanks for being on our Team Tammy!!

March Activity Highlights

**Monday—Friday
10AM Exercise**

Every Wednesday Bingo

Morning Devotions

Friday Bible Study

Van Trips to, Shopping, Pie and Ride, Fall Colors Ride along, Picnics

Weekly Card/Dice games

Bi Monthly Time Slips Story making with Johanna

Weekly Sing along

Monthly Sing along with Don S

**2 Church Services on Sunday
Trinity Lutheran and Church of the Pines Methodist**

**Oh! The Places You'll Go!
Activities & Events**

Come Join in the Fun!

Professionally Managed by

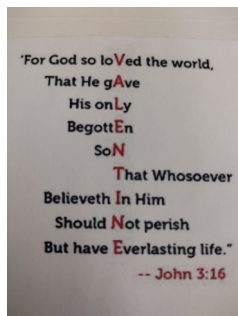


Embracing Every Moment

Milestone Senior Living—Woodruff

Happy Valentine's Day

Thank you to all who showered our residents with love. Cards and gift bags from Card Friends, AVW elementary, Sandy and her group of kids. Fun to see all the flowers delivered today too. Great lunch with surf and turf and a tic tac toe tournament.



Breakfast out with Friends. Thanks to Holiday Cafe Woodruff for the delicious food. It was a sweet treat.



March Birthday Club

Bob Anderson March 12th



Professionally Managed by



Embracing Every Moment

COMING SOON



The Science of Singing

Who Knew Singing Was So Powerful?

SingFit knows! A growing body of research proves regular singing has wide-ranging health benefits, providing a full-brain, bihemispheric workout for increased brain plasticity, positively regulating cortisol, dopamine, and endorphins to elevate mood and reduce pain, all while increasing oxygenation, essentially providing energy that fuels virtually every bodily system.

This program is coming soon to all communities.

Professionally Managed by



Embracing Every Moment