

# Pillars Press

April 2024 \* Vol. 3 Issue 3

*Tiffany Johnson  
Executive Director*



*Happy Spring! Mother Nature didn't want us to forget that she still had some winter left to show but soon we will be back to sunny and warmer temps.*

*As always we have great activities planned this month. Wednesday April 10th at 2pm will be Nutrition 101 with Chris and Wednesday April 24th at 2pm is Resident Council. We had a great turn out for the month of March. I look forward to the turn out for April.*

*April 4th there will be the Annual Resident Satisfaction Survey happening here at the facility. You will have gotten a letter about this in your mailbox. Any questions feel free to contact me.*

*We are continuing to work on getting all residents E-signature (electronic signature) on the leases, if you have not done this yet please see Carol at the front desk to schedule your appointment. This needs to be completed by the end of next week. Both myself and Sherry will be happy to help and explain the process.*

*Enjoy these warmer days ahead!*



## Leadership Team

**Executive Director**  
**Tiffany Johnson**  
218-999-4950

**Resident Services Coordinator**  
**Koby Broking**  
218-999-4952

**Director of Health Services**  
**Christina Wake**  
218-999-4953

**Outreach & Sales Director**  
**Sherry Frick**  
218-999-4951

**Activities Director**  
**Melissa Drake**  
218-999-4962

**Dimensions Support RN**  
**Laurie Root**  
218-999-4961

**Culinary Director**  
**Chris Giersdorf**  
218-999-4957

**Asst. Director of Health Services**  
**Kaylee Welenski**  
218-999-4953

**Environmental Services Director**  
**Ron Gustafson**  
218-999-4963



# Spring Activities

We are always looking for new activity ideas and suggestions.

Talk to Melissa if you have some fun ideas.

1:30pm  
Bingo every  
Monday & Thursday

9:00am  
Coffee & Chat  
Monday-Saturday

## PILLARS SHUTTLE BUS



The Pillars Shuttle bus operates every Tuesday from 9:00am to 12:00pm, for those of you who have local doctor's appointment. Please remember the cut off for reserving your spot is 12:00pm by the Friday prior (no exceptions). You can leave a message 218-999-4962, the cut off time still applies.

- Shopping at Aldi on Tuesday April 30th at 9:45am
- Join us for our monthly lunch outing on April 17th at 11:00am to Country Kitchen please sign up at the front desk.
- April Birthday Celebration is Tuesday April 23rd at 1:30pm in the Community Room not the Pub.
- We have Needles and Chat group that meet every Sunday at 3:00pm in the art studio.
- There is Bridge that meets every Friday at 1:00pm in the art studio.
- Stop by and check out hand and foot which plays Tuesday nights at 6:00pm and Sundays at 2:00pm in the community room.
- Resident led Happy Hour is Mondays, Wednesdays, Thursdays, and Fridays at 4:15pm in the Pub. BYOB
- If you enjoy playing 500 stop by the community room Thursdays at 6:30pm
- Stop by the theater room Sunday afternoon at 3:00pm and settle in for a musical. Don't forget our great concert series on Fridays at 6:00pm.
- We also have movies on Wednesday nights at 6:00pm and Saturdays at 3:00pm

If you use the Pillars carts from the front closet or the garage carts please return them as soon as you have finished so they are available for others.





# CULINARY CLIPS FROM CHRIS



## NUTRITION 101; FOOD SAFETY

TUESDAY APRIL 9TH@ 11:00AM WILL BE HELD IN THE THEATRE.

**Everyone is welcome! We will be talking about the time limit guidelines to keeping your refrigerated food safe, safe food handling practices when grocery shopping, food product dating, being safe when you eat out and making safe menu choices.**

**Foodborne illnesses; Know the symptoms.**



## GARDENING SEASON IS APPROACHING



We have the raised beds/planting tables on the patio that we will be able to grow some vegetables and other plants in. Once the weather warms up, we will be planting.

Companion planting - is when two plants are grown near each other to benefit one of those plants or both so the benefit can be one way or mutual. This is a tried-and-tested way to reduce pests, attract pollinators and boost growth.

Some examples are tomatoes and basil are natural companions. Basil repels certain insects which lay their eggs on tomatoes.

Planting garlic as a barrier to the garden will help keep aphids away. Also, planting garlic between rows of potatoes helps to serve a pungent bodyguard.

Nasturtium flowers grown close to kale, cabbage, broccoli will lure hungry caterpillars away from eating your crops.

*Read more <https://www.almanac.com/companion-planting-guide-vegetables>*



## Fun Food Facts

☐ Chickpeas and Almonds contain almost as much protein as steak. 100 grams (about 3.53 oz) of steak contains 25 grams of protein. The same amount of chickpeas contains 21 grams of protein and almonds 28 grams of protein. Hummus is a popular snack made from chickpeas.

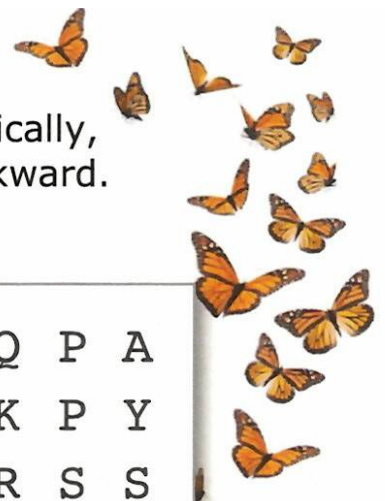


Avocados are a fruit. They are a great source of vitamin C, E, K, and B-6.  
They are a great snack!



# Searching for April

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



APRIL FOOLS' DAY

ARBOR DAY

ARIES

BUTTERFLIES

DAISY

DIAMOND

DUCKLINGS

EARTH DAY

PASSOVER

PINK MOON

PUDDLES

RAINDROPS

SPRING

SWEET PEA

TAURUS

TAXES

UMBRELLA

WINDY

