

### Leadership Contacts



Frank - Executive Director - 651-466-1022  
 Madi - Assistant Executive Director - 651-466-1011  
 Trista - Director of Health Services - 651-466-1012  
 Debbie - Assistant Director of Health Services-651-466-1013  
 Melissa - Community Life - 651-466-1014  
 Diana - Billing - 763-390-0868  
 Michelle - Food Service Manager - 651-466-1017  
 Emily-Housekeeping - 651-466-1028  
 Kathleen-Chaplain - 651-466-1031  
 Nathan-End of Life Doula - 651-466-1024  
 Home Health Aides - 651-466-1008  
 Kitchen - 651-466-1005



# Age Magnificently



## Our Community Newsletter

*Discover what's going on in our community.*

### January

#### Feedback Forms

Feedback Forms are located by the elevator on each floor. Staff, residents and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management.

Food comment cards are located in the Dining Room.

#### Arbors Updates

-Please leave dirty napkins on your plate, do not dispose of them in your glass.

-Come remember those that have passed in 2024 at our **Annual Memorial Service on Sunday, January 26th at 10am**

#### HEY REHAB!

**Ask yourself, have you?**

- Fallen
- Lost Balance
- Stumbled
- Had Trouble Chewing
- Find Yourself More Forgetful

*If any of these things are you, talk to your nurse about Rehab/Therapy Services.*



- Activities are subject to change. Please check the bulletin board by the 1st floor elevator daily or the Dining Room TV for the most up to date schedule.
- Resident Council is a great time to talk about activity requests.
- Sign up for OUTINGS in the Wellness Room at least 24 hours in advance of the trip.

#### Onsite Services

Podiatry, Dental, Associated Clinic of Psychology, or Integrative Therapy, contact floor nurse or front desk.



**Michael Riddle**  
**Friday**  
**January 10th**  
**2pm**



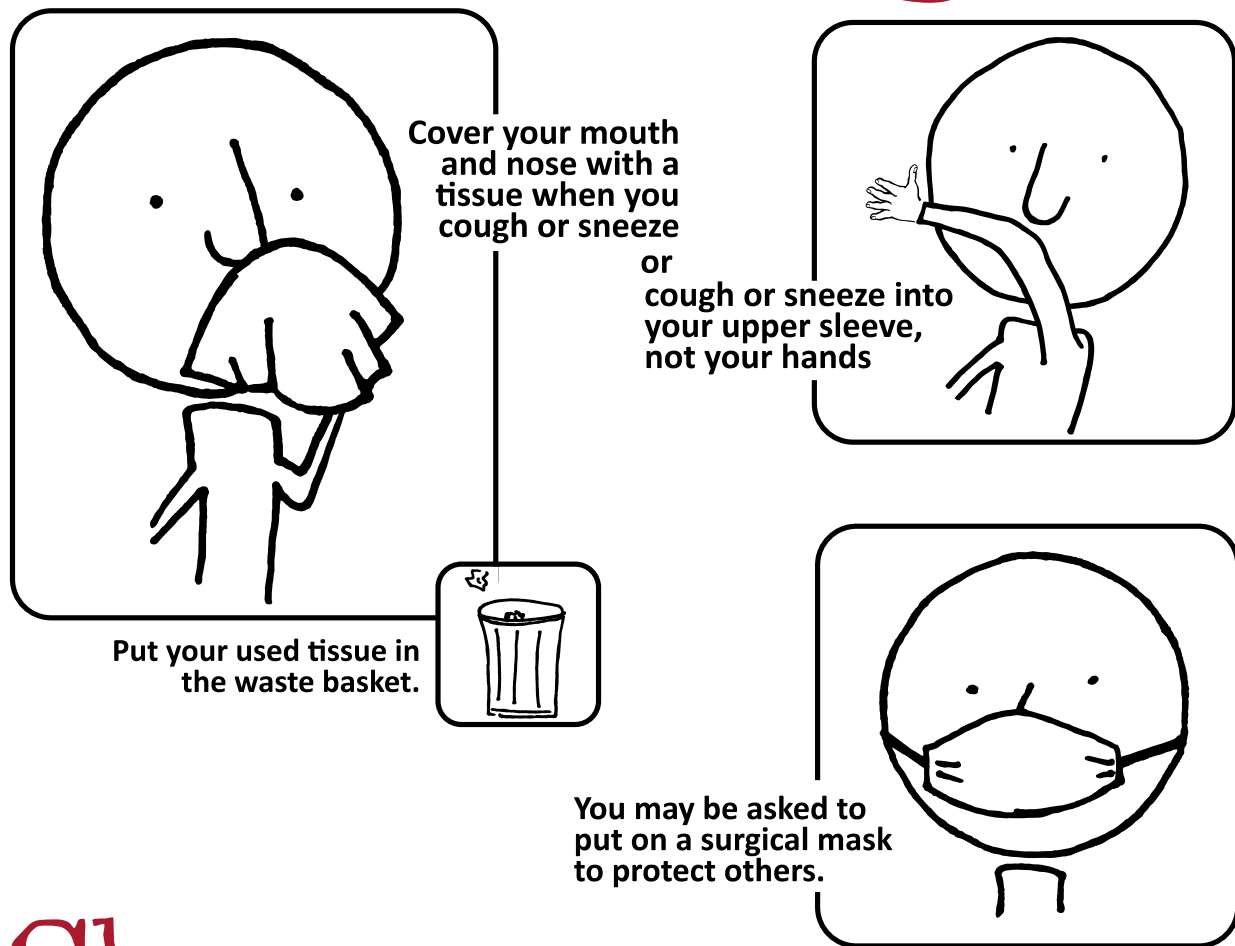
**Michael Larson**  
**Friday**  
**January 31**  
**2pm**



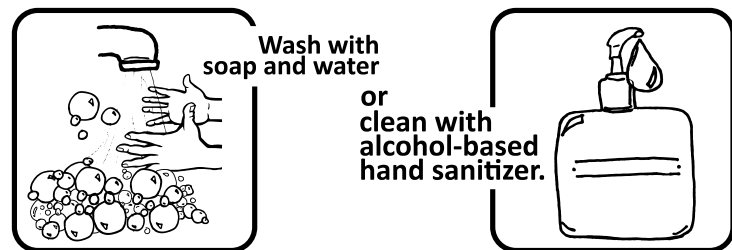


Stop the spread of germs that make you and others sick!

# Cover your Cough



Clean your Hands after coughing or sneezing.



## Make Hand Washing a Healthy Habit

FACT SHEET

### Thorough hand washing can help prevent disease

- Handwashing plays a major role in preventing the spread of diseases.
- Washing your hands regularly with soap and water can protect you from many illnesses caused by viruses and bacteria.
- Washing removes germs you pick up when you touch people, animals, or surfaces.
  - If not removed, these germs may get into your eyes, nose, or mouth and cause illness.
- The Minnesota Department of Health (MDH) strongly encourages everyone to develop good handwashing habits.

*“Handwashing is the single most important means of preventing the spread of infections.”*  
 -- U.S. Centers for Disease Control (CDC)

### When to Wash

Overall, wash your hands as frequently as you can; it is **essential** to wash your hands at these special times:

- Before touching any food or eating
- After using the bathroom
- After handling animals or animal wastes

### How to Wash

The following procedure will remove up to 99.9 percent of the germs that get on your hands during the course of daily activities:

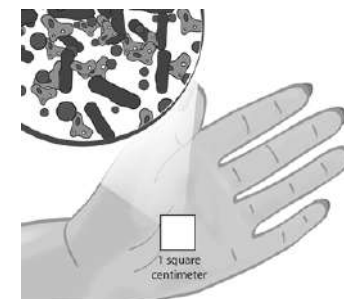
- Wet your hands with clean water
- Apply soap
- Rub your hands together vigorously and scrub all surfaces
- Scrub for 20 seconds (sing Happy Birthday twice)
- Rinse with clean water
- Dry hands briskly

Note: If soap and water are not available, use an alcohol based hand-rub (wipes or gel). Food handlers in restaurants, schools, delis and grocery stores must wash their hands with soap and water before applying hand sanitizers. [Minn Rules Chap. 4626.0070 - 4626.0085]


### You can't see germs

Germs hide on remote controls, door handles, keyboards, faucet handles and any surface people touch.

- Since we can never be sure what germs are on our hands, washing them regularly and thoroughly with soap and water is a very important safeguard against infectious disease.



# January 2025 - Monthly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AA All Around AR Activity Room CH Chapel DR Dining Room L Lobby	<b>Happy Birthday to</b> 1/14 Ardath J 1/19 Janet A 1/25 Barbara W 1/26 Suzette H	<b>New Year's Day 1</b> 10:00 Rose Parade [L] 10:00 Worship w/Kathleen [CH] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15 Exercise [AR] <b>2</b> 2:00 Lifelong Learning Program: National Memorials of Washington D.C. [CH] 5:30 Resident Led Chat [L]	<b>Cardio Equipment Available, Wellness Room, Everyday! 3</b> 10:15 Kickball [AR] 2:00 Welcome/Birthday Party [DR]	10:00 Resident Led Walk for Health [AA] <b>4</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
	10:00 Linwood Covenant Church [CH] <b>5</b> 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95 7:20 Vikings vs Lions [L]	10:15 Exercise [AR] <b>6</b> 1:00 WALMART (24 hour in advance sign up required) 3:15 Hymn Sing w/Kathleen [AR]	10:00 St Peter's Communion & Rosary [CH] <b>7</b> 10:15 Coffee Talk [L] 11:30 Spark Performance Feast [CH] 2:30 Volunteering-See Melissa 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/Forest Hills Methodist [CH] <b>8</b> 10:15 Exercise [AR] 2:00 Spark TRYathlon Team Meeting [CH] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15 Exercise [AR] <b>9</b> 1:30 Bingo [DR] 3:30 Word Game [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>10</b> 1:00 Spark Really Big Awards Show [CH] 2:00 Music w/Michael Riddle [DR] 3:30 Farkel [AR]
10:00 Worship w/Chisago Lakes Baptist [CH] <b>12</b> 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 1:30 Bingo [DR] 3:30 Chair Exercises - Ch 95	10:15 Exercise [AR] <b>13</b> 1:30 Snowman Craft [AR] 3:15 Hymn Sing w/Kathleen [AR]	10:00 St Peter's Mass [CH] <b>14</b> 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Walking [CH] 2:30 Volunteering-See Melissa 3:30 Walk & Talk [L]	10:00 Worship w/Faith Lutheran [CH] <b>15</b> 10:15 Exercise [AR] 1:30 Bingo [DR] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15 Exercise [AR] <b>16</b> 1:00 Spark TRYathlon-Leg/Arm Crank [CH] 3:00 Word Game [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>17</b> 1:00 Spark Really Big Show [CH] 2:00 Happy Hour [DR]	10:00 Resident Led Walk for Health [AA] <b>18</b> 1:30 Resident Led Chat [L] 1:30 Linwood Ladies Social [DR] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
1:00 Ice Cream Delivery [AA] <b>19</b> 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	<b>Martin Luther King Jr. Day 20</b> 10:15 Pet Visits [AA] 10:30 Men's Club [AR] 1:30 Word Game [AR]	10:00 St Peter's Communion & Rosary [CH] <b>21</b> 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Walking [CH] 2:30 Volunteering-See Melissa 3:30 Walk & Talk [L] 5:30 Games w/Tammy [AR]	10:00 Worship w/ Kathleen <b>22</b> 10:15 Exercise [AR] 1:30 Bingo [DR] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15 Exercise [AR] <b>23</b> 1:00 Spark TRYathlon-Leg/Arm Crank [CH] 3:00 Story/Performance Cubes [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>24</b> 1:00 Spark Really Big Show [CH] 3:30 Card & Board Games [AR]	10:00 Resident Led Walk for Health [AA] <b>25</b> 1:30 Resident Led Chat [L] 3:30 Chair Exercises - Ch 95 5:30 Movie [L]
10:00 Annual Memorial Service [CH] <b>26</b> 1:00 Ice Cream Delivery [AA] 1:30 Resident Led Cribbage Club [DR] 3:30 Chair Exercises - Ch 95	10:15 Resident Led Group Exercise [AR] <b>27</b> 10:30 OUT TO LUNCH (24 hour in advance sign up required) 1:30 Word Game [AR] 3:15 Hymn Sing w/Kathleen [AR]	10:00 St Peter's Communion & Rosary [CH] <b>28</b> 10:15 Coffee Talk [L] 1:00 Spark TRYathlon-Walking [CH] 2:30 Volunteering-See Melissa 3:30 Walk & Talk [L]	10:15 Exercise [AR] <b>29</b> 1:30 Bingo [DR] 3:15 Spiritual/Prayer Group w/ Kathleen [AR]	10:15 Exercise [AR] <b>30</b> 1:00 Spark TRYathlon-Leg/Arm Crank [CH] 3:00 Name That Tune & Instrument [AR] 5:30 Resident Led Chat [L]	10:15 Kickball [AR] <b>31</b> 1:00 Spark Really Big Show [CH] 2:00 Music w/Michael Larson [DR] 3:30 Blackjack [AR]	