

January
national
days
word
search



Printable
from
Always
the
Holidays

E H R G Y A D R E T T U B T U N A E P Y M
 K O D D A Y S E E I N G E Y E D O G D A Y
 O T Y A D D R A O B N O I S I V N Y R D H
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 Y A D I T T E H G A P S E Y T W E N A A K
 Y A E H Y A D E E F F O C H S I R I Y T Y

MARTIN LUTHER KING JR DAY
 PUZZLE DAY
 ORGANIZE YOUR HOME DAY
 DAY OF PEACE
 KOREAN AMERICAN DAY
 POPCORN DAY
 CURRIED CHICKEN DAY
 SPOUSES DAY
 HOT BUTTERED RUM DAY
 PEANUT BUTTER DAY
 HOT TEA DAY

HOT CHOCOLATE DAY
 STICKER DAY
 MILK DAY
 DAISY DAY
 SEEING EYE DOG DAY
 NEW YEARS DAY
 BIRD DAY
 HYPNOTISM DAY
 PIE DAY
 HAT DAY
 CARNATION DAY

IRISH COFFEE DAY
 SNOWMAN DAY
 VISION BOARD DAY
 SHORTBREAD DAY
 BIRD DAY
 BLOODY MARY DAY
 SPAGHETTI DAY
 KETO DAY
 WORK HARDER DAY
 BEAN DAY
 BACKWARDS DAY
 FIG NEWTON DAY

Our Community Newsletter

Discover what's going on in our community.



I am excited to start here at Arbor Oaks. I look forward to meeting you all and getting to know your loved ones. I want to continue to build on the great progress this team has made. A little about myself. I live in Andover with my wife, two kids, and dog. We enjoy living in this community and I am beyond grateful to also work here. I will transition permanently to this facility as of the first of the year. I am transitioning those duties at my prior facility and will be there two days a week through the end of the year.

I look forward to meeting you all!

Thank you,

Kevin

Welcome

From the Assistant Executive Director

Seasons Greetings!

Hope you are enjoying the holiday season!

Just a friendly reminder that late fees will be applied to your account if you have an outstanding balance after the 5th of each month. To avoid these fees and ensure your payments are always on time, we highly recommend setting up ACH (Automated Clearing House). ACH pulls from your account on the 5th of each month. In addition to that early next year we will be sending out Financial applications just more or less to make sure that we are on the same page because if you need to apply for Elderly Waiver it is a 3-month process if you would like additional information on how Elderly Weaver works feel free to stop by the Business office. We have printed materials available that explain the details and process. Thank you for your attention to these important matters. If you have any questions, don't hesitate to reach out!

Lisa

From Marketing

Resolutions for 2025:

Give one compliment a day (sometimes it is easier to be negative, but try to give a positive instead)

Do one random act of kindness for someone (surprise someone with doing something nice for them)

Exercise regularly and get fit (Life Enrichment has some wonderful activities to join)

Start eating healthy (join the meals in the dining room and share this time with others)

Do mental exercises - keep the brain sharp (Life Enrichment has activities throughout the week that can help you with this)

Have quality rest and sleep (make sure you communicate to our nursing staff if you are having difficulty sleeping)

Stay connected to your loved ones and reconnect with old ones

Enjoy Life!

Arbor Oaks staff is here to assist you with all of your New Years Resolutions! Just ask and we can see what we can do!

From Kathy in Marketing

My name is NaLee Vang and I am thrilled to be joining Arbor Oaks Senior Living as the newest member, Assistant Director of Health Services. A little bit about myself, I graduated with my Bachelors of Science in Nursing from North Dakota State University. I have 5+ years of various healthcare experience ranging from surgical, long-term, transitional, and memory care so I am excited to be starting this next chapter in my career.

During my free time I enjoy playing and watching sports. I am a diehard Vikings fan while my significant other is a diehard Packers fan. During spring and summer season, I coach a women's flag football team, and we participate in small tournaments throughout Minnesota and Wisconsin. I also enjoy hiking, traveling and shopping at Target.

I am a big fan of learning and growing; as an individual and a company, we must always strive to learn new things and the best way to learn and evolve into something even better is to collaborate with people who share the same goal as you. I look forward to meeting and getting to know all of you here at Arbor Oaks Senior Living.

From Maintenance

Season's greetings again! As cold weather continues areas of the building, or your home may experience cold spots. To help keep you warm and comfortable, please make sure your windows are completely closed and locked. If you do need assistance, please ask for help. Another option is a window insulation kit. You can purchase one in store or online. If you need to leave the building, please dress for the weather

Maintenance staff will soon be working on the inspection repair task list from items found in your home that need addressing. We will try and give you proper notice before starting the repairs in your home. Thank you so much for your time!

Respectfully,
Carl S.

From Culinary

The culinary department is looking for new recipes for our chef's choice nights. If you have a family favorite recipe, please submit them to Orchale (culinary manager) at any time. We look forward to trying your delicious recipe soon!



ChefChat

Every third Monday in the Dining Room



Resident Council every third Tuesday in the Chapel

Happy Birthday!

Resident Birthdays

Barb S. 1/11

Marion R. 1/17

Janet S. 1/18

Godon P. 1/25

Staff Birthdays

Comfort T. 1/3

Laurine F. 1/26

Haley O. 1/26

Spark Challenge 2025



2025

Tuesdays & Thursdays

Week	Whizzer Day	Crank Day	RBS
Scrimmage Week	1/14	1/16	1/17
Week 1	1/21	1/23	1/24
Week 2	1/28	1/30	1/31
Week 3	2/4	2/6	2/7
Week 4	2/11	2/13	2/14
Week 5	2/18	2/20	2/21
Week 6	2/25	2/27	2/28
Week 7	3/4	3/6	3/7
Final 4	3/11	3/13	3/14
World Championship	3/18	3/20	NO RBS

** RBS = Really Big Show**