

# Our Community Newsletter

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



## Resident Birthdays

Barb S. 1/11  
David T. 1/14  
John M. 1/20  
Ken I. 1/23  
Bob R. 1/25  
Gordon P. 1/25

## Resident Anniversaries

Cheryl H. 1/25/2023  
Dee M. 1/10/2024  
Monica M. 1/20/2025

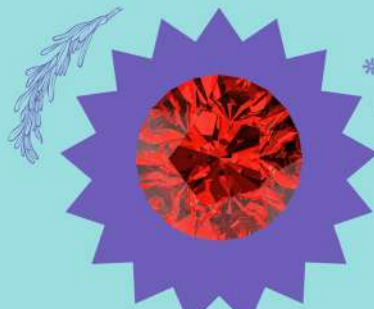
## Staff Birthdays

Denise M. 1/2  
Comfort T. 1/3  
Laurine F. 1/26

## Employee Anniversaries

Vashti U. 1/4/2018  
Kathy B. 1/13/2020  
Kyia K. 1/6/2025  
Josiane K. 1/21/2025

*Here are some interesting facts about the month of January!*



**Garnet**  
is the birth-stone  
for January!



**Carnations &  
Snowdrops**  
are the birth-flowers  
for January!



**Elvis Presley**  
famous actress and  
singer was born January  
8, 1935!



**Happy New Year**  
the official new year  
for cats starts  
January 2nd!



**January 15, 1967**

The first Super Bowl was played at the Los Angeles Memorial Coliseum in California. The Green Bay Packers defeated the Kansas City Chiefs with a score of 35-10.



**National Rhubarb Pie Day**  
is January 23rd!

## From the Executive Director

The first of the year always gives us a moment to pause, reflect, and look ahead with fresh perspective and renewed hope.

I am incredibly thankful for our residents, families, and team members who make this community such a special place. Your kindness, patience, and dedication do not go unnoticed, and they are what truly make our community feel like home. As we move into this new year, we are looking forward to new opportunities, meaningful moments, and continued improvements that support the comfort, care, and connection within our community.

Our focus remains on growing together, listening, learning, and finding ways to make each day even better than the last. I am excited about what the year ahead holds and feel grateful to continue this journey with all of you.

Thank you for being part of our community. Here's to a new year filled with warmth, progress, and shared successes.

Kevin  
Executive Director

## From Marketing

### New Year - New Resolutions!

Let's make those New Year's Resolution a bit easier to accomplish. Resolutions do not have to be big to be meaningful. Maybe try to think of it as positive intentions rather than strict goals. You could do this by:

Smiling at someone new each day  
Try one new activity this month  
Spend more time doing what brings you peace  
Let go of one worry you cannot control

## From Nursing

**Q** What do I do if I've been around someone who is sick with a respiratory illness?

**A** Watch for symptoms, stay alert if you're at higher risk, and know when to seek medical care.

**1 Watch for symptoms**  
If you've been near someone who is sick, it's important to watch for signs that you might be getting sick, too. Symptoms that are common in many respiratory illnesses (like flu, COVID-19, and RSV):

- Fever
- Chills
- Feeling tired
- Cough
- Runny or stuffy nose
- Decrease in appetite
- Sore throat
- Headache, muscle or body aches

**2 Take extra care if you're at higher risk**  
If you are at higher risk for severe illness and start to feel sick, you should act fast. Getting care quickly can help reduce your chances of serious illness or complications. Groups of people at higher risk include:

- Older adults (65+ years)
- Young children (under 2 years)
- People with weakened immune systems
- People with disabilities
- People with certain underlying health conditions
- Pregnant and recently pregnant women

**3 Know how to recognize emergency warning signs**  
If you or your child have an emergency warning sign, seek emergency medical care immediately. Emergency warning signs could include:

- Fast breathing or trouble breathing
- Bluish lips or face
- Chest pain
- Altered mental status
- Seizures

Protect yourself and your loved ones. Talk to your healthcare provider for more information on respiratory illnesses and how to stay healthy.

**CDC**

We have a new Assistant Director of Health Services starting on January 5th. Alanna comes to us with many years of experience and we can't wait to see what she brings to us here at Arbor Oaks!  
Welcome Alanna!



**January Safety Alert: Snowy & Icy Conditions**

Seasonal Hazard Notice

Winter weather brings snow and ice, which significantly increases the risk of slips and falls. Please follow the safety guidance below to protect yourself and others.

**Walk Like a Penguin**

Take short, slow steps

Keep your center of gravity over your feet

Point feet slightly outward

Keep hands free (no hands in pockets)

**Salt & Floor Safety**

Salt icy areas immediately (entryways, sidewalks, ramps)

Reapply salt as needed during ongoing snow or freezing temps

Wet floors = slippery floors — use floor mats and caution signs

Report untreated icy areas to maintenance right away

**Footwear**

Wear non-slip, winter-appropriate footwear

Avoid smooth soles or worn shoes

**If You See a Hazard**

Report snow or ice buildup immediately

Do not walk through untreated areas if avoidable

**Facility Updates**

The hot water circulation pump has been repaired and is operating normally.

Exterior lights have been repaired to improve visibility and safety.

**Safety is everyone's responsibility.**

Thank you for helping prevent winter-related injuries.

**From the desk of the Chaplain**

As we stand at the beginning of a brand new year, I want to extend heartfelt greetings to each of you. The turning of the calendar is more than just a change of date—it's an opportunity to reflect, renew, and look forward with hope. Whether the past year has brought you joy, challenges, or a mix of both, together we now face the promise of new beginnings.

One of the greatest gifts here at our assisted living community is the sense of belonging we share. As we welcome 2026, I encourage you to reach out, connect, and support one another. Whether it's joining in group activities, sharing a story at meal times, or simply offering a smile in the hallway, small gestures can brighten someone's day and remind us all that we are never alone.

My prayer for you this year is that you find peace, joy, and renewed purpose. May you feel surrounded by love and cared for in body, mind, and spirit. Remember, each day is a gift—an opportunity for gratitude, growth, and grace. If you ever need someone to talk to or a listening ear, my door is always open.

With love and blessings,

Chaplain Jean

Chef Chat is your chance to bring up any questions, concerns or compliments! We do not know unless you tell us!



Every third Monday at 1pm in the Dining Room



Resident Council every third Tuesday at 3:15pm in the Chapel



Chef Demo with Orchale every 1st Monday at 2pm in the Dining Room

## What is Resident Council?

### Minnesota— 144G.41 MINIMUM ASSISTED LIVING FACILITY REQUIREMENTS.

#### Subd. 5. Resident councils.

The facility must provide a resident council with space and privacy for meetings, where doing so is reasonably achievable. Staff, visitors, and other guests may attend a resident council meeting only at the council's invitation. The facility must designate a staff person who is approved by the resident council to be responsible for providing assistance and responding to written requests that result from meetings. The facility must consider the views of the resident council and must respond promptly to the grievances and recommendations of the council, but a facility is not required to implement as recommended every request of the council. The facility shall, with the approval of the resident council, take reasonably achievable steps to make residents aware of upcoming meetings in a timely manner.

# Happenings this month!



## Walmart Outing

Walmart outing on January 7th, pickup at 9:45am. Please sign up at the Front Desk by January 6th.

## Pizza Ranch

We will be going to Pizza Ranch on January 21st, pickup will be at 11am at the Front Entrance. Please sign up at the Front Desk by 1/19.



## Chili Cook Off

Join us on January 14th at 1:30 PM in the Bistro for a chili taste test to crown the Best Chili at Arbor Oaks!

Interested in competing? If you'd like to bring a chili, please let Paige know as soon as possible.

## Happy Hour with Entertainment

Join on us January 23rd at 2pm in the Dining Room for Happy Hour with some entertainment from Michael Larson!



## Dancin' Feet

It's that time of year again! Join us in Memory Care on January 18th at 2:00pm to watch the Dancin' Feet Dancers perform for us!



# TRYATHLON



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2

6

## Tuesdays & Thursdays at 1 PM

Coaches and Captains meeting on 1/12

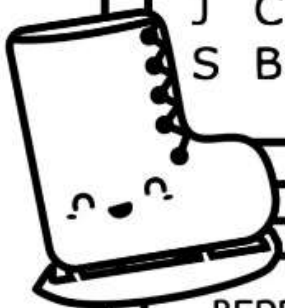
WEEK	WHIZZER DAY	CRANK DAY	REALLY BIG SHOW
Scrimmage Week	1/13	1/15	1/16
Week 1	1/20	1/22	1/23
Week 2	1/27	1/29	1/30
Week 3	2/3	2/5	2/6
Week 4	2/10	2/12	2/13
Week 5	2/17	2/19	2/20
Week 6	2/24	2/26	2/27
Week 7	3/3	3/5	3/6
Final Four	3/10	3/12	NONE
World Championship	3/17	3/19	NONE

# WINTER

## WORD SEARCH



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



BERRIES  
BLIZZARD  
BOOTS  
COCOA

COLD  
DARK  
FIREPLACE  
FROZEN

HAT  
ICE  
ICESKATE  
ICICLE

JACKET  
MITTENS  
PLOW  
SCARF

SLED  
SNOW  
SNOWFLAKE  
SNOWMAN



# Oh what fun December was!

