

Our Community Newsletter

Discover what's going on in our community.



Resident Birthdays

Cheryl H. 3/5
LeeAnn G. 3/6
Dorothy A. 3/7
Kathy H. 3/7
Millie D. 3/8
Mary I. 3/15
Marge D. 3/24

Resident Anniversaries

Doug E. 3/01/2022
Eileen J. 3/02/2023
Barb S. 3/04/2023
Helen S. 3/17/2023
Juli M. 3/24/2023

Staff Birthdays

Jenny G. 3/10
Livingston H. 3/14
Odell L. 3/15
Mariah M. 3/15
Cory D. 3/16
Mariah R. 3/17
Alain G. 3/27
Sarah B. 3/28

Here are some interesting facts about the month of March!



Aquamarine & Bloodstone
are the birth-stones
for March!



Daffodils
are the birth-flower
for March!



Fred Rogers
your famous friendly neighbor
was born on March 20th, 1928!



March 26th
is Make Up Your Own Holiday
Day! Let us know what you've
planned!



March 3rd, 2007

170 Swiss soldiers accidentally "invaded" Liechtenstein during a training mission when they got lost in the rain, prompting an official apology from Swiss authorities. Liechtenstein, a small and peaceful country with neutral neighbors, wasn't troubled by the incident, noting such occurrences have happened before.



Women's History Month
is celebrated every March in the
United States to honor and
recognize the contributions of
women throughout history!

From the Executive Director

March Weather & Safety Reminder

March weather often brings freeze-and-thaw conditions. Warmer temperatures during the day followed by freezing temperatures at night can create icy and slippery surfaces.

Please use caution when exiting the building and pay close attention to ground conditions. Falls are a serious concern for everyone's safety.

We do salt the sidewalks and pre-salt when we anticipate slippery conditions. However, we are not on-site at all hours and may not be able to address newly formed ice immediately. Your awareness and caution are greatly appreciated.

Signing In and Out

All residents must sign out when leaving the community. If staff are unable to locate you, we will check the sign-out book to confirm you have left the building.

Additionally, all visitors are required to sign in and out at the front desk. Please remind your guests of this policy.

Sincerely,
Kevin

From Marketing

Welcome Spring to Our Community

As the days grow longer and flowers begin to bloom, March brings a refreshing sense of renewal. At our assisted living community, spring is a time for fresh starts, brighter mornings, and more opportunities to connect.

Residents are enjoying seasonal decor, spring crafts, and walks outdoors as weather allows. This month also reminds us that every season of life brings beauty - and we're honored to provide a place where our residents continue to grow, thrive, and enjoy the day to the fullest.

From Nursing

1. What is a POLST?

Definition: POLST stands for Physician Orders for Life-Sustaining Treatment.

Purpose: It is a set of medical orders that tells healthcare providers exactly what treatments you want (or don't want) during a medical emergency.

Who is it for? It is designed specifically for people with serious illnesses or advanced frailty.

2. Why Your Family Needs to Know

Immediate Action: Unlike an Advance Directive, which is a legal plan for the future, a POLST is a medical order that emergency responders (like EMS) can follow immediately.

Peace of Mind: It removes the burden of difficult decision-making from your loved ones during a crisis, ensuring your wishes are honored.

Portable Care: It stays with you whether you are at home, in a hospital, or in a nursing facility.

3. When to Review the Form

Change in Health: Revisit the form if there is a new diagnosis or a shift in physical ability.

Care Transitions: Check the form when moving (e.g., from hospital to home).

Personal Choice: You can update or cancel your POLST at any time if your preferences change.

4. Three Simple Steps to Start

Talk: Discuss your values and "what matters most" with your family and healthcare proxy.

Consult: Schedule a meeting with your doctor, nurse practitioner, or physician assistant.

Sign: The form must be signed by both you (or your surrogate) and your healthcare provider to be valid.

From the desk of the Chaplain

Welcoming the First Signs of Spring

As winter begins to loosen its grip, we start to notice small but meaningful changes—the sun lingering a bit longer, the birds finding their voices again, and the quiet promise of warmth returning. These early signs remind us that even the longest season eventually gives way to new life.

As spring approaches, we're reminded that renewal is always possible. Hope grows in the smallest moments: a patch of grass emerging, a brighter evening sky, a gentle breeze through an open window.

As your chaplain, it is a blessing to walk with you through every season. Whether you are entering spring with joy or with questions, please know you are not alone. May the coming days bring you peace, light, and a renewed sense of hope.

With gentle blessings, Chaplain Jean

Vaccine Clinic

The CDC is once again recommending a second dose of the current COVID-19 vaccine for the spring season, we have the opportunity to have a vaccination clinic here at Arbor Oaks and need to get a list of individuals who may be interested if we have the clinic. Please let Brendon at the Front Desk know if you have interest in getting this vaccine.

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.

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



SHARING TABLE

Bring gently used items you no longer need and browse the table for treasures left by other residents. Items can be dropped off and picked up anytime between 9am and 4pm.

Please note: no large furniture, walkers, wheelchairs, electronics or hazardous materials. Let's share, reuse, and help each other declutter!

Leftover items will be donated to the thrift store at the end of the day.

March 25th

Beginning at 9am & ending at 4pm

In the Great Room on 2nd Floor



Happenings this month!

Aldi Outing



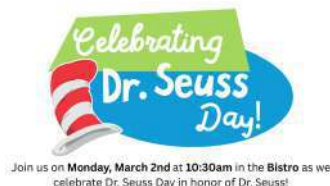
Aldi outing on March 10th, pickup at 10am. Please sign up at the Front Desk by March 9th.

Kam Wong Outing

We will be going to Kam Wong on March 18th, pickup will be at 11:30am at the Front Entrance. Please sign up at the Front Desk by 3/16.

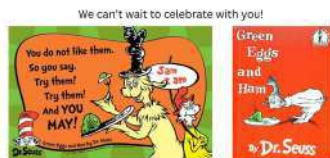


Dr. Seuss Day



We'll be serving a light brunch featuring green eggs and ham, green orange juice, and a festive green bakery treat.

Come ready to share your favorite Green Eggs and Ham story — or your child's favorite Dr. Seuss book!



Join us on Monday, March 2nd at 10:30am in the Bistro as we celebrate Dr. Seuss Day in honor of Dr. Seuss!

We'll be serving a light brunch featuring green eggs and ham, green orange juice, and a festive green bakery treat.

Come ready to share your favorite Green Eggs and Ham story — or your child's favorite Dr. Seuss book!

Happy Hour with Entertainment

Join on us March 13th at 2pm in the Dining Room for Happy Hour with some entertainment from The Bucket Kickers!



St. Patrick's Day Party

Join us in the dining room on March 13th at 2pm for our St. Patrick's Day Party/Happy Hour! We will have entertainment from The Bucket Kickers, Green Beer and treats!



TRYATHLON

2 0 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



St. Patrick's Day

Word Search



B H X G H M X K R L P B K Y Q I P O X V N A G J X
W O Q I A K O M W L T J C H J O L A A J P N U P Y
J X H U Y V Y Z Q H F B C Y Y O U B R G R C I K S
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Four Leaf Clover

Leprechaun

Corned Beef

Pot of Gold

Shamrock

Bag Pipe

Cabbage

Patrick

Rainbow

Coins

Luck

Jig

Emerald

Gaelic

Parade

Irish

Saint

Green

Oh what fun February was!



The Leadership of Arbor Oaks



Kevin
Executive Director



Kim
Director of
Health Services



Kathy
Marketing Director



Orchale
Culinary Director



Alanna
Assistant Director
of Health Services



Jake
Maintenance
Director



Sam
Business Office



Miranda
Memory Care
Coordinator



Brendon
Receptionist



Paige
Community Life
Director



Helena
Housekeeping
Director



Jean
Chaplain
**Here on Wednesdays*