

# Our Community Newsletter

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



## Resident Birthdays

Janis B. 4/2  
Roger N. 4/6  
Dorothy O. 4/9  
Dan A. 4/11  
John K. 4/17  
Larry H. 4/19  
Joan M. 4/27  
Deanna W. 4/29

## Resident Anniversaries

Jan G. 4/16/2018  
Dorothy A. 4/4/2025  
Richard C. 4/18/2025  
Shirley A. 4/22/2025  
Millie W. 4/28/2025

## Staff Birthdays

Lily K. 4/6  
Brooke S. 4/14  
Paige Z. 4/15  
Jameson Z. 4/15  
Logan C. 4/25

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



**Diamonds**  
are the birth-stone  
for April!



**Daisies**  
are the birth-flower  
for April!



**Cloris Leachman**  
famous actress was born on  
April 30th, 1926!



**April 6, 1896**  
After a break of 1500 years, the  
first Olympics of the modern era  
was held in Athens, Greece!



**April 14, 1865**  
161 years ago! President *Abraham Lincoln* was shot and mortally wounded while  
watching a performance of "Our American Cousin" at Ford's Theater in Washington.  
He was taken to a nearby house and died the following morning at 7:22 a.m.



**April**  
was originally the second month in  
the ancient Roman calendar, before  
January and February were added  
by *Numa Pompilius* around 700 BCE!

## From the Executive Director

### Snacks and Beverages from the Bistro

Our bistro is stocked daily with fresh fruit and packaged snacks for residents to enjoy. In accordance with Minnesota regulations, we provide at least three nutritious meals each day, with snacks available seven days per week. A coffee machine is also available in the bistro for residents to use throughout the day.

We kindly ask all residents to be courteous and mindful of others by limiting themselves to one snack at a time. If you find that you need more than one snack in a day, please stop by the front desk to sign up for an additional meal. The purpose of the snacks is to supplement meals, not replace them.

Recently, we have noticed that some residents have been taking multiple snacks at once. To ensure that snacks remain available for everyone, we appreciate your cooperation in following this guideline.

If you have any questions, please feel free to reach out to leadership.

Thank you for your understanding and cooperation.

Kevin

## From Marketing

### Family Connections Matter

Spring is a wonderful time for family visits. Warmer weather makes gatherings easier and strolls even more enjoyable. We encourage you to have your families stop by to join in an activity or share a meal with you. Maintaining strong family connections plays an important role in emotional well-being; and our doors are always open!

## From Nursing

### When to Notify Nursing About an Appointment

Residents or responsible parties should inform nursing staff:

As soon as the appointment is scheduled

At least 24–48 hours in advance, when possible

Immediately for same-day or urgent appointments

### Information to Provide

Please give nursing staff the following details:

Date and time of the appointment

Provider name and specialty (e.g., cardiology, primary care)

Location of the appointment

Transportation arrangements (family, facility transport, medical transport)

Whether the resident will need:

Medication before leaving

Paperwork with Facesheet and medication list

Expected return time

## **From the desk of the Chaplain**

As we journey together through the seasons of life here at our assisted living community, I am continually reminded of the quiet strength and beauty that gratitude brings into our lives. Gratitude is more than just a polite “thank you” or a fleeting feeling—it’s a daily practice that has the power to transform how we see ourselves, each other, and the world around us.

Embracing gratitude doesn’t mean our days will be free from challenges or sadness. Rather, it gives us a way to carry hope and peace in our hearts, even during difficult times. When we focus on what we have instead of what we lack, we open our hearts to joy and foster deeper connections with those around us.

I encourage you to take a moment each day—perhaps during a quiet walk or a peaceful moment in your room—to reflect on something you are thankful for. It may be as small as a favorite book or as meaningful as a visit from a dear friend. In sharing our gratitude, whether aloud or in silence, we uplift not only ourselves but our entire community.

With gratitude and blessing,  
Chaplain Jean

**Lifespark Medical Group**

### **At-home heart check helps senior avoid the ER**

Alone and afraid, Grace\* was experiencing symptoms she thought may be a heart attack.

She called Lifespark’s triage team who escalated her concern to Urgent Response Services. The Mobile Urgent Responder quickly came to her home and did a full exam, including the use of a SmartHeart® electrocardiogram (EKG). Five minutes later, a remote cardiologist reviewed the results and put Grace’s fears to rest. It wasn’t her heart, it was anxiety. Interested in getting fast, convenient care to keep you ready for what’s next? Request a packet from your site staff to learn more about Urgent Response Services through Lifespark Medical Group.

\*Name changed for privacy.

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!

## Aldi Outing



Aldi outing on April 8th, pickup at 10am. Please sign up at the Front Desk by April 6th.

## CR's Sports Bar and Grill



We will be going to Cr;s Sports Bar on April 27th, pickup will be at 11am at the Front Entrance. Please sign up at the Front Desk by April 23rd.

## Beer Tasting



Join us on April 7th at 3pm in the Activity Room for a beer tasting!

## Happy Hour with Entertainment

Join on us April 24th at 2pm in the Dining Room for Happy Hour with some entertainment from The Bucket Kickers!



## Spring Fling Bingo



Join us on April 14th at 6pm in the Activity Room for Spring Fling Bingo hosted by the Lions Club of Andover! There will be prizes, treats and refreshments!



## National Robot Soccer League

2026

Tuesdays

**Coaches and Captains Meeting 4/20/26**

| Week               | Competition | RBS    |
|--------------------|-------------|--------|
| Scrimmage Week     | 4/21        | 4/24   |
| Week 1             | 4/28        | 5/1    |
| Week 2             | 5/5         | 5/8    |
| Week 3             | 5/12        | 5/15   |
| Week 4             | 5/19        | 5/22   |
| Week 5             | 5/26        | 5/29   |
| Week 6             | 6/2         | 6/5    |
| Week 7             | 6/9         | 6/12   |
| Final 4            | 6/16        | NO RBS |
| World Championship | 6/18        | NO RBS |

\*RBS = Really Big Show\*

All Spark Performance League Items Begin at 1:00 PM



# Spring Word Search



- BLOSSOM
- BLOOM
- FLOWERS
- RAIN
- SHOWERS
- EASTER
- SPRING BREAK
- GRASS
- HATCH
- BIRDS
- SUNSHINE
- SEASON
- MARCH
- APRIL
- MAY

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

# Oh what fun March 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*