

Our Community Newsletter

Discover what's going on in our community.



Resident Birthdays

Bonnie I. 5/1
Monica M. 5/12
Marlys Z. 5/20
Martha W. 5/20
Janice B. 5/22
Donna N. 5/28

Resident Anniversaries

Shirley N. 5/10/2019
Vivian C. 5/30/2023
Shelley W. 5/28/2024
Stanley P. 5/29/2024
Roger G. 5/29/2025

Staff Birthdays

Miranda H. 5/3
Natasha V. 5/5
Noelle H. 5/14
Alex L. 5/16
Alexis S. 5/17
Tasha N. 5/20
Grace B. 5/25
Carson G. 5/27

Here are some interesting facts about the month of May!



Emeralds
are the birth-stone
for May!



Lily Of The Valleys
are the birth-flower
for May!



Bob Dylan
famous music legend
was born on May 24th,
1941, in Duluth, MN!



Star Wars Day
is marked on May 4th, in which
fans celebrate the iconic
franchise with the phrase "*May
the Fourth be with you!*"



May 20, 1932

Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.



May
is considered to be a lucky
month in many cultures,
specifically for weddings!

From the Executive Director

As we move into the summer months, our team is focused on helping residents enjoy the season safely, comfortably, and fully. Warmer weather means paying closer attention to hydration, sun protection, and daily routines, and our staff is monitoring these areas while adjusting activities to the cooler parts of the day. At the same time, we're excited to offer engaging summer programming that encourages connection, movement, and joy. We appreciate our families' continued partnership in sharing updates, visit plans, and preferences, as working together ensures we can provide the best possible care and make this a healthy, meaningful summer for everyone in our community.

Thank You,
Kevin

From Marketing

May has a way of sneaking in with a gentle breeze and suddenly—just like that—everything feels a little brighter. Here in our community, we're leaning into that feeling. This month is all about fresh starts, lighthearted fun, and making the most of the moments that make us smile—whether that's sharing stories over coffee, enjoying music that gets toes tapping, or simply soaking up a bit of sunshine together.

To our families: thank you for being such an important part of our extended community. Your visits, calls, and laughter add so much warmth to our days. And to our residents: you are the heart of everything we do. Your stories, humor, and spirit make this place truly special.

Here's to a May filled with connection, comfort, and just a touch of magic.

From Culinary

Spring is in the air, and with it comes the perfect opportunity to refresh and reset our living spaces. For our senior residents, a clean and organized apartment can make everyday activities easier and more relaxing. If you or families are helping their loved ones do some spring cleaning at this time, the nutrition department is asking if you find any dishes, cups, or utensils from the kitchen or dining area that you return them so everyone can enjoy them.

Thank you for helping keep our community running smoothly! 🌱

From Nursing

Important Update: Bed Mobility Devices (Bedrails)

We are updating our guidelines regarding bed mobility devices (bedrails, assist bars, grab rails) to ensure resident safety and meet regulatory standards.

In general, our communities do not recommend bed mobility devices due to risks such as falls, entrapment, injuries, and reduced freedom of movement. In rare cases where a device is clinically appropriate, its use will require a nursing assessment, review of alternatives, installation according to manufacturer guidelines, and informed consent.

What you need to know:

Residents with existing bedrails will receive a new consent form soon.

Any new bedrails or similar equipment must be reported to nursing before use.

Families or residents who choose to install equipment are responsible for proper installation and maintenance.

Families and residents must provide the manufacturer's manual for any bed mobility device brought into the community.

From the Desk of the Chaplain

Finding Joy in Community

As the weather warms, we'll be gathering more often – for music, outdoor activities, and simple companionship. These shared moments remind us that community is one of life's greatest gifts. No matter our age or stage, we are meant to walk alongside one another. If you find yourself needing a listening ear, a prayer, or simply a moment of peace, please know my door is always open. May is a beautiful reminder that we are never alone – we grow best when we grow together.

Wishing each of you a blessed and hopeful May.

Chaplain Jean

From Sam

Summer is almost here. Get outside, enjoy the weather but be safe, wear Sunblock, and drink lots of water..

 -Sam

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!



Dollar Tree

Dollar Tree outing on May 13th, pickup at 10am. Please sign up with Paige or at the Front Desk by May 11th.

Walmart

We will be going to Walmart on May 20th. Pickup will be at 10am at the Front Door. Please sign up with Paige or at the Front Desk by May 18th.



Mother's Day Celebration



Join us May 8th at 2:00 PM in the Dining Room as we celebrate all the wonderful women here at Arbor Oaks! You do not need to be a mother to attend this special Mother's Day celebration! Each of you has cared for, supported, and made a difference in the life of someone or something along your journey.

Happy Hour with Entertainment

Join on us May 15th at 2pm in the Dining Room for Happy Hour with some entertainment from Niny Salem!



Spring into the Wild at Arbor Oaks



Join us on May 16th from 1pm-4pm for our Spring Event! Flyers are located around the building but feel free to talk to any Leadership staff for more information!



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

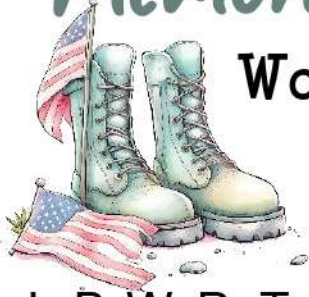
RBS = Really Big Show

All Spark Performance League Items Begin at 1:00 PM

Name: _____

Date: _____

Memorial Day Word Search



The Memorial Day parade is about to begin, but the patriotic words have scattered across the puzzle! Can you help gather them by searching in every direction? Circle each word you find and cross it off the list as we honor and remember.

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

BATTLEFIELD

BLUE

BRAVE

CEREMONY

COURAGE

COURAGEOUS

FLAG

FLAGPOLE

FLAGS

FREEDOM

GRAVE

HEROES

HONOR

INDEPENDENCE

MARCH

MEMORIAL

MILITARY

PARADE

PATRIOT

PATRIOTISM

POPPIES

RED

SOLDIERS

TOMB

VETERANS

WHITE

REMEMBER

SACRIFICE

SALUTE

SERVICE



Oh what fun April 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*