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## EMERGENCY NUMBERS

**After Hours Home Care**  
612.385.0693

**After Hours Maintenance**  
612.499.3306

**Erin Maciej** *Interim Healthcare*  
651.703.8078

**Patty Tradition** *Hairstyles*  
651.829.5289

**Happy Feet** *Foot Care*  
763.560.5136

## Happy Birthday!

Donna Jacobson..... 5/1  
Toni Welliver..... 5/3  
Shirley Soucek ..... 5/3  
Marquerite McKenzie 5/5  
Clem Leo ..... 5/6  
Mary H. Miller..... 5/10  
Bev Hanson ..... 5/12  
Ilene Rauch..... 5/12  
Dick Brecke ..... 5/15  
Arlene Swanson ..... 5/16  
Sally Phelps..... 5/19  
Mary Miller ..... 5/20  
Bob Allan ..... 5/20  
Cindy Dunlap ..... 5/23  
Marion McAlpin..... 5/23  
Karen Rynders..... 5/23  
Audrey Chatters..... 5/24  
Janet Fry..... 5/24  
Doug Smith..... 5/26  
Melva Hall..... 5/27  
Shirley Sybrant ..... 5/27  
Char Fauteck..... 5/29



## Wedding Anniversaries

Gerry and Mary Lou Gagnon ..... 5/9  
Dan and Marcia Burow ..... 5/26  
Henry and LaVina Terhark..... 5/27

## Please help us to celebrate staff birthdays!

May 6th ..... N’Jallah Kelleh, Culinary  
May 10th ..... Hieu Nguyen, Culinary  
May 12th ..... Tracy Mastel, Administration  
May 15th ..... Mercedes Talatala, Nursing  
May 19th ..... Hiep Nguyen, Culinary  
May 21st ..... Danielle Davis, Concierge  
May 24th ..... Pa Vang, Culinary

# Tradition Times



Independent & Assisted Living

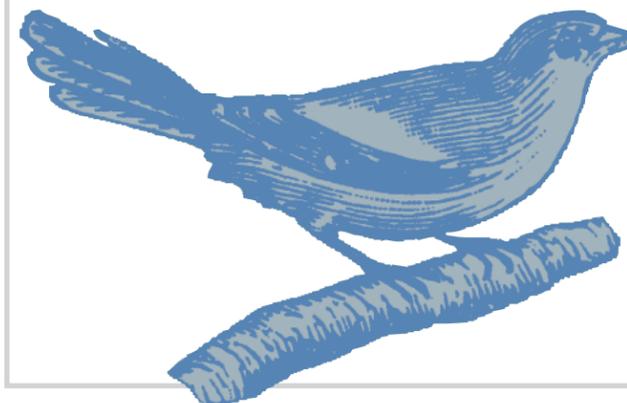
May 2021

## Happy Spring!

Dear Residents,

We are officially over a year into the COVID-19 pandemic, and while many of us are fully vaccinated, we do have to remember that we are still fighting to see an end to the pandemic. I wanted to remind you all that we are continuing to sit in on Minnesota Department of Health calls for Assisted Living communities, and following guidance they set forth for us. We are doing everything we can to open our community up (within guidance) while keeping our Residents, Staff and Families safe. We will keep you informed as we are able to open up our community more and more! Please continue to social distance, wear your facemask and wash your hands! 😊 We will see an end to COVID-19 but we must remain vigilant. Thank you all for bearing with us over this last year – we appreciate your patience and understanding!

– Sarah Coil, *Executive Director*



## New Role at Tradition! Support Services Director

This position will replace the “Director of Resident Relations” position as Sarah Carlson is no longer with Tradition. Tracy Mastel, our Concierge has been promoted to this role! The Support Services position will assist with Nursing Administrative tasks, along with items the previous Director of Resident Relations was in charge of. Please congratulate Tracy on her new position!

## Grievances, Complaints, Concerns

We want to hear from you regarding any grievances, complaints or concerns that you may have so we can ensure we are resolving any issues and providing exceptional customer service to you. There are Grievance Forms that you can fill out at the front desk at any time and we will ensure follow up. If you are an Independent Resident, please see Sarah Coil, Executive Director. If you are an Assisted Living Resident, please see Dana Carney, Director of Health Services.



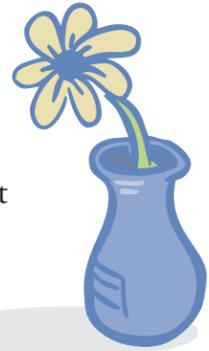
# Happy Spring from the Seasons Restaurant

First we would like to take the time to welcome BACK Shean Moua. He has now returned from our sister site as your new Dining Room Manager. Shean is now here for you with any need you may have. If you would like to get ahold of him, please call the kitchen ext. 212 or the office ext. 204. Shean is extremely happy to be back at Tradition. He says he missed everyone and his looking forward to this new opportunity.

## May Menu Highlights

**Cinco de Mayo** is **Wednesday May 5**. Be sure to sign up for this delicious themed meal at lunch or dinner!

**Mother's Day** is **Sunday May 9**. Dinner will be starting at 12:00 pm until 1:00 pm. There will be a late meal delivery for those on the lunch plan around 3:00 pm. If you are not on the lunch plan but would like a late meal delivery, please be sure to sign up.



**Rib Night** is **Friday May 21**. Dinner will be from 4:30 pm – 5:30 pm.

**Memorial Day** is **Monday May 31**. Dinner will be starting at 12:00 pm until 1:00 pm. There will be a late meal delivery for those on the lunch plan around 3:00 pm. If you are not on the lunch plan but would like a late meal delivery, please be sure to sign up.

## Friendly Reminders

Please remember to social distance in the hallway at breakfast and dinner when you are picking up your meals.

If you would like a new drink sheet to update your choices, please call the kitchen and we will bring you one.

## Blood Pressure Clinic

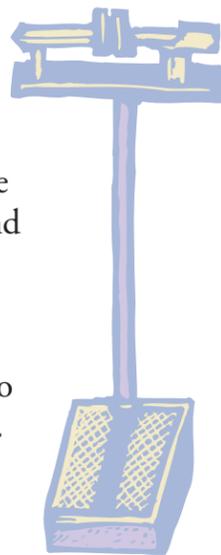
Erin from Interim will be doing blood pressures in the Library on **Thursday, May 6** at **1:00 pm – 2:00 pm**.



*All are welcome!*

## Blood pressure and Weight Check Clinic

On **Wednesday, May 19** we will do a blood pressure and weight check clinic for all Assisted Living and Independent Living residents who would like to come to the nursing office. **10:00 am to 11:00 am**.



## Nancy Brown



My parents agreed that it doesn't matter if your child is a boy or girl. They had lost their first child, a boy. So I was welcomed, born in Milwaukee, Wisconsin on September 15, 1938 and had a brand new home to come home to.

Later we moved into a log cabin cottage on Lake Nagawicka when I was around five. Dad added a furnace so we could live there year round. He thought we would be safe now that WWII had begun. We were 30 miles west of Milwaukee and dad took the train to work.

Four years later, we moved back to Milwaukee. I wanted to be a teacher and the College of UW-M was right across the street. I attended a campus ministry club. One night a handsome friendly stranger Milt, joined us, and the rest is history. I got a teacher job in St. Louis, MO, where Milt's seminary was and we were married in 1961.

My husband, Milton finished his seminary in 1964. Our first parish was a New Mission Church in Northern Illinois. We served churches in Texas, Seattle, Indiana and Minnesota in 1977. We had three boys and one girl.



Sadly my dear husband died of a heart attack in 1994. I was widowed at 55 years old, I was devastated. I knew I had to find a way to be useful. Eight years later, I had a grief ministry. I wrote and published a book, "Suddenly your world falls apart". It sold 1,000 copies and I was asked to speak around town and even in other states.

Later I met Bob at a seminar for widows and widowers. We were married and I was happy again, but it only lasted 4 years. Bob died of a heart attack too. Years later I met Dennis at church, and we were married for 16 years. He passed away about a year ago, but I keep going, trusting in the Lord. I love to travel and have visited 33 countries. Some of these have been Mission trips.

I enjoy meeting new people and making new friends. Tradition is a great place to live. I am grateful, God is good.

## In Loving Memory

We will deeply miss our dear friends:  
Barbara Erickson Rolly Englund



## The Resident Store is Moving!

The store will now be on Second Floor, close to the Dining Room! Full details to come soon regarding move date, specials and more!



## A warm WELCOME HOME to our newest friend & neighbor

Helga Skrade #210  
Judy Brixius #327



## We would like to say good-bye and good luck to the following residents

Phil Page  
Inez and Morris Wisti

