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OUTSIDE VENDORS

Erin Maciej *Interim Healthcare*
651.703.8078

Patty *Tradition Hairstyles*
651.829.5289

Happy Feet *Foot Care*
763.560.5136

EMERGENCY NUMBERS

After Hours Home Care
612.385.0693

After Hours Maintenance
612.499.3306

Happy Birthday!

2/2
2/3
2/4
2/5
2/7
2/11
2/11
2/11
2/17

Join us for the Monthly Birthday Party in the Community Room **Friday, February 25 at 3 pm!**

A warm welcome home to our newest friends & neighbors

Welcome

David Shaaf Lois Kelly

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

Nancy Michalski

In Loving Memory

We will deeply miss our dear friends:

Donna Curtiss Verna Thompson
Austin Loeffler

New Resident Referral Program

Refer a new resident and receive $500 off your monthly fee!*

*This $500 referral incentive is a one-time credit applied to your Tradition account after the new resident completes 60 days of residency.

Tradition Times

Independent & Assisted Living — **February 2022**

SPOTLIGHT ★ EVENT

Valentine's Day Party

Monday February 14, 2022 ♥ 2:00 – 4:00 pm

Featuring the Kalogerson Musical Trio, food, drinks & activities!

SUPERBOWL PARTY

Sunday February 13 at 5:30 pm
Community Room

Minneapolis Institute of Art

Friday February 11
1 – 3 pm *(bus departs at 1 pm)*

Mia Minneapolis Institute of Art

Tour Minneapolis Institute of Art – free! Must sign up in community room.
Proof of vaccination status is required for entry.

Monthly Restaurant Outing

Thursday February 24, 11:00 am

Lunch at Biaggi's! Sign up in the community room. Classic Italian; menu will be posted with sign up sheet. Bus departs at 11:00.

BIAGGI'S
RISTORANTE ITALIANO

Happy Love Month!

Upcoming Events:

Monday February 14 is Valentine's Day. Come join us for our annual Sweet Heart Dinner. There will be delicious themed dinner! Please be sure to sign up!

Friday February 18 is Rib Night. Please be sure to sign up!

- If you are not feeling well, please stay home and we will deliver your meal with no delivery fee! All you need to do is call the kitchen and we will take care of the rest!
- Menus will no longer be delivered door-to-door weekly. There will be printed copies available in the lobby and where you sign up for meals. They will be also posted on the TV displays at the elevators, lobby and community room. If you require a copy be delivered each week please contact Alyssa or Jasmine.

~ The Seasons Restaurant Management

Men-Only Meeting

Wednesday February 2
3 pm, Community Room

Calling all male residents! We'd like to hear your ideas and what resources/ programs you'd like to see offered.

Mobile Batteries R Us

Wednesday February 16
2 – 3 pm Lobby

Stop by to get your watch or gadget battery replaced, bring cash or check.

"Ask a Nurse"

Tuesday February 22
3 pm Dining Room

This is your chance to ask Rhonda and Bee from nursing questions and learn about what's happening in the nursing department, services and covid resources available to you. All residents are asked to join (IL and AL).

Upcoming activities

Catholic Pastor Volunteer

Friday February 4 • 10 am Library

A Catholic pastor volunteer (Sue) will be here to discuss offering communion and other services our Catholic residents may be interested in.

Dietician

Wednesday February 9
3 pm Community Room

Nutrition presentation by Lisa Kane, a registered Dietician. Learn about what's good vs. bad and healthy habits specific to your lifestyle.

Massages

Friday February 18 Library

Sessions begin at 1:30 pm. Sign up in the community room. $15 for 20-minute massage.

Memorial Service

Monday February 21
3 – 4 pm Community Room

A gathering to celebrate the lives of the residents we lost in 2021 / 2022.

Reminisce MEMORIES, SHARED

My husband and I visited Sapelo Island and learned the history of the African people who were brought there on slave ships, captured from Sierra Leone and Liberia to work the fields. Their descendants still live there. I purchased a book by one of them, Cornelia Walker, and wanted to share the story I learned.

"One beautiful day in May, my brother Asberry and I were playing. We spied some tiny green pears on a tree. They looked mighty good, but Mama had said "don't eat them." Since Mama wasn't looking and we were hungry, Asberry reached up and grabbed me some. I was three, he was five. By nighttime I was feeling sick and had a fever.

There was no doctor on the island and the company boat didn't run on Saturday. Mama bathed me in tepid water, took leaves from the beautyberry bush to mix with vinegar and slather on my body, but nothing worked. I could hear Mama crying and praying as my parents tried to think of what to do. They sat up with me all night, but in the morning, I died.

There was no telephone so someone had to go to Raccoon Bluff and ring the church bell. That told everyone that there was a death. They had to bury me that day because it was so hot so poor Papa worked on finding a casket. Mama lined the casket and dressed me in my best Sunday dress.

They all had tried everything to be sure I was dead, no sign of breath. Then Aunt Mary came in unsatisfied and checked me, something was telling her I was alive. She pulled up some garlic, washed it, crushed it, and packed it in my nose and mouth. I came to, coughing. Thank heavens for Aunt Mary, if not for her I would have been buried in the Behavior Cemetery.

I recovered and remember little snatches of that time, people came to see me thinking I was a wonder child. I remember the casket because we kept it to store blankets. Once we used it as a boat on the river and got in big trouble, but that's another story."

~ shared by Nancy Brown

REMINDER

Resident Meetings every Thursday 2 pm
Dining Room

All residents are asked to join — this is your chance to ask questions and learn about what's happening in the building, upcoming events and important reminders or changes.

First Thursday = Resident Council and Alyssa *Activities Department*

Second Thursday = Antonio, *Executive Director*

Third Thursday = Jasmine, *Culinary Services*

Fourth Thursday (if applicable) = Antonio, *Executive Director*

Meet Laura Hassinger, Support Services Coordinator

I have been working in health care for the last 20 years; this is my passion. I am the mother of five adults, three boys and two girls. I have three grandsons ages nine, eight, and seven. I currently live with my sister in West St. Paul but we are looking to relocate closer to Brooklyn Park. I have two cats and my sister has a black lab. I spend my free time with my family or just relaxing at home. I am very excited to meet all of you.

Tradition Times: Alyssa Gaus, *Editor*
Pam Miller, *Page Layout*