



## A NOTE FROM DAVE

Spring is almost here! Thank goodness, right? Along with warm air, freshly budding leaves and the emergence of perennials in the garden comes spring cleaning. Select Senior Living is going to be having a spring cleaning time set aside when we are going to be cleaning up the building. This includes shampooing hallway carpets, painting and picking up the outside grounds. As a reminder, SSL will NOT be taking possession of anyone's old furniture that residents want to donate. The arrangements and cost to discard of old furniture is solely the responsibility of the tenant.

## NURSING NOTES

We would like to remind everyone to wear their pendants at all times in case there is an emergency. We would much rather you keep the pendant safely with you and answer a couple of accidental pushes than for you to not have the pendant with you when you need it.

Spring is right around the corner, Yea! With the season change comes the allergy season. Please remember to drink plenty of fluids, keep windows closed and run the air conditioner if needed. Remember, washing your hands is the best known way to stay healthy and keep from spreading germs!!



## HAPPY BIRTHDAY!

Sherry Boone	3/2	Faith Konah	4/25
Janice Gabriel	3/3	Joyce Lindstrom	4/30
Barb Cropper	3/5		
Frances Nyanwleh	3/7	Susan Joseph	5/4
Elvera Fenna	3/11	David Cheney	5/10
Peewee Poppler	3/12	Julie Magden	5/18
Jameel Robertson	3/14	Muriel Collins	5/19
Naomi Jimmy	3/15	Thelma Dudley	5/22
Florence Otu	3/17	Gary Johnson	5/22
Jaclyn Jezierski	3/17	Patricia Janssen	5/26
Martin Huisinger	3/20	Sarah Engmark	5/30
Catherine Taylor	3/22	Tim Doroff	5/31
Curtis Erickson	3/28		

*Elvis joined us as we celebrated our January Birthdays. It was a screaming good time!*



Mary Sobolik	4/9
Richard Purcell	4/12
Stella Twumasi	4/13
Lea Sipe	4/18
Ruth Berg	4/19
Bernice Nelson	4/21
Kayla Barnes	4/22
Judith Pipenhagen	4/24
Irina Parsakalleh	4/24



*Spring has sprung!*

## SPRING ACTIVITY HIGHLIGHTS

Friday, March 4th at 3:00 pm Mardi Gras Happy Hour	April 18th - 22nd Spring Cleaning Week
Wednesday, March 16th at 10:00 am Faith Lutheran Communion Service	Wednesday, April 20th at 10:00 am Faith Lutheran Communion Service
Wednesday, March 16th at 2:00 pm An "Irish" Birthday Party with Phillip Kitze	Wednesday, April 20th at 2:00 pm April Birthday Party with Sweet Memories
Tuesday, March 22nd at 1:30 pm Men's Club Bowling	Saturday, May 7th at 2:30 pm Mother's Day Tea
Wednesday, March 23rd at 8:00 am Hot Breakfast	Tuesday, May 10th at 1:30 pm Resident Council
Monday, March 28th at 3:00 pm Gardening Club Starts	Wednesday, May 18th at 8:00 am Hot Breakfast
Friday, April 1st at 10:00 am Catholic Mass	Tuesday, May 18th at 1:30 pm Men's Club
Sunday, April 17th at 11:15 am Pre-Lunch Sunday School Performance	Wednesday, May 25th at 10:00 am Faith Lutheran Communion Service
April 11th - 18th Easter Egg Hunt	Wednesday, May 25th at 2:00 pm May Birthday Party with Lynn Brownelle
Wednesday, April 13th at 8:00 am Hot Breakfast	Friday, May 20th Plant Sale
Wednesday, April 13th at 1:30 pm Men's Club	





## ACTIVITIES NEWS

### What My Eyes Have Seen!

Thank you to all those that participated in our songwriting project: Music & Memories. We had over 35 tenants participate plus a wonderful group of volunteers!

After 3 days of writing, music and fun, we wrote our very own song. Tell your family and friends to keep an eye on our website so they can listen to the song and see some pictures of all the fun.



*That's what my eyes have seen!*

### Spring Cleaning

Join us in our Spring Cleaning by clearing out some of the clutter in your apartment and/or storage unit. The week of April 18th we will be cleaning out all the extra stuff that has been gathering in our closets and having a charity come pick it up. We'll finish the week with Earth day, so let's Recycle, Reduce and Reuse what we can!

### Mother's Day Tea

It is once again time to celebrate all the mothers in your life. For those of you that are a mother or have a mother in your life you want to celebrate, invite them to join you at the Mother's Day Tea on Saturday, May 7th for tea, petit fours, music and good company.

### Got Feedback?

Got a compliment, question or suggestion about the building and what goes on here? There are several ways to address this. The easiest is to just give your suggestion to a Department Head (Penny for Nursing, Heather for Activities, Tim for Maintenance, Dave for anything in-between). If you have trouble finding someone or you would rather leave a note, write a note and put it in the suggestion box/Residence Director's box in the Post Office. Last but not least, remember to come to the Resident Council meeting (now held quarterly). Resident Council is your chance to meet with fellow tenants and Management to talk about the things that are important to you. Don't let someone speak for you.

## MAINTENANCE MEMO

Vol. IV, Issue I

This spring we will be changing furnace filters, getting air conditioners ready for the summer and cleaning up the grounds a bit. After the harsh winter we will pick up trash from the ground and do some general sprucing up. Remember to keep an eye out for some sprouting flowers in our newly planted Memorial Garden outside the Community Room as things start warming up.

## FROM THE KITCHEN

As the weather gets warmer this spring, we will start to lighten up the menu with more salads and sandwiches. This is also the perfect time to clean out that recipe box or your favorite cookbook for your favorite recipes for salads, sandwiches, soups, Jell-O salad, etc. Bring copies of the recipes down to Glenda so she can make them for dinner! Don't have an official recipe? Just tell Glenda what you put in and the approximate amounts - she's pretty good at figuring this stuff out! Do you want to have a say in what's on the menu? Look for a Menu Planning Session with Glenda coming up on April 11 - bring your recipes and good ideas to ensure your favorites make the list!

## CONTINENTAL BREAKFAST

I have noticed some new faces around the building and thought this would be a great time to invite everyone to continental breakfast from 7:30 - 9:30 a.m. each day. There is a variety of rolls, toast, cereal and yogurt set out for you and you are encouraged to serve yourself when you arrive. There is a Dining Room Server available if you need assistance and then we ask for your patience as they help everyone in the Dining Room. See you at breakfast!

