



Cabin Fever?

This time of year it is challenging to stay active. Between the cold, ice and snow it is often safer and wiser to stay indoors. Spring and the ability to walk outdoors on a regular basis is still several weeks away. It is so easy this time of year when stuck inside to feel blue and lonely.

Staying active is really important as we age. We do offer chair exercise 3 times a week but have found there is little interest in the group. In the basement we have a tread mill, exercise bike and weights that anyone can use. There has not been a lot of interest in the use of these.

Walking is something that can be done safely indoors. It is a great way to keep your joints loose and moving. I want to invite you all to participate in our "indoor walking" program. I thought it would be fun to use our warm, long hallways on each floor for our walking. Each hallway has benches placed where you can rest during your walk.

So how does this work? The walking program will begin Friday, March 1st and end April 30th. That will give you 60 days to complete your walks. There will be 3 towns that you can walk to indoors, Morristown, Nerstrand, and Northfield.

Now before you get overwhelmed consider this, you can divide your walk over 60 days. You can walk several times through out the day. Invite a friend or friends to walk with you. It is always more fun to "gab" and walk with others.

I have done the math:

Each hallway is 310 feet long. There is 5, 280 ft in a mile. You will need to walk 17 times up and down the hall to reach 1 mile. You can break the 17 trips over a few days. So if you and your friends decide to walk to:

Morristown to Nerstrand you will need to do 170 trips up and down the hall. Northfield will require 221 trips up and down the hall. Now if you are really into walking 238 trips up and down the hall will get you to Kenyon.

Our program is based on the honor system. If you decide you would like to participate walking forms are being included in this newsletter. Each time you walk you will need to record the number of times you walked the "ENTIRE LENGTH" of the hall, up and back. Remember you have 60 days to walk. Even if you walk with a walker you can do this.

We will award prizes to the person who walks the farthest and to residents who complete a walk to one of our towns.

Happy Walking!!

Bon Voyage Heather!

Heather will be on vacation from March 18th-29th
Happy Birthday



March

1st- Fred Rose

3rd- Ron Trahan

4th- Dolores Nichols

16th- Vi Koktavy

21st- Marti Stohr

26th- Elsie Grunz

30th- Joe Skodje

April

1st- Len Rezac

6th- Harry Gruber

6th- Nancy Ross

9th- Eileen Sloan

20th- Gladys Deike

28th- Victoria Beier

Welcome

#319-Trish Burmeister

MARCH 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Name:

Record # of trips up and down hallway

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Name:

Record # of trips up and down hallway

Office Phone Numbers

Sarah Valentyn:
Director of Housing
507-331-6512

Cristi Tunland, RN:
Director of Health Services
507-331-6520

Jenny Valentyn:
Dining Manager
507-331-6515

Pat Nesburg:
Maintenance
507-331-6518

Jan Barbo:
Activities Coordinator
507-331-6516

Heather Tesch:
Office Coordinator
507-331-6517

Salon: 507-331-6519

Main Office

Main Line: 507-331-6510
Office Hours:
Monday-Friday
8:00am-4:30pm

FSL Tenant/Guest WiFi

Username: FSL Family
Password: Smiles@843!

New, Concerns, Updates, Reminders

FSL STORE

The store will be closed Friday, March 22nd and 29th. We will be holding a larger store on March 15th. The store will reopen on April 5th. Please let Heather or Sarah know if you'd have supplies you'd like us to have on hand for the 15th.

POST OFFICE NOTICE

- **Please be sure your family and friends are labeling your mail with apartment numbers. The post office informed us that they cannot deliver mail with out an apartment number on it.**
- Please make sure you're tying your garbage's bags before tossing down the chute.
- Please avoid placing laundry or garbage outside doors. Please leave inside entry way.
- If items are not picked up prior to 430pm it will be placed in a locked office until the following business day.
- FSL Daily Newspaper needs to stay in the lobby. You are welcome to read it, but it needs to stay in the lobby for others to enjoy. If your newspaper is missing, please contact the newspaper company directly.



Jan/Activities

A Heartfelt Thank You

I want to thank everyone for the cards and well wishes that you have sent my way after my “swan dive” on the ice. Your words of encouragement could not have come at a better time.

I am working hard on my Physical Therapy and have almost mastered using a cane. Glad to be rid of the walker. I can truly appreciate the struggles many of you have gone through with falls and breaking bones. I have been living your life of late, can't drive, grocery shop, get out of the house, and etc.

I hope to see you all soon. It won't be long until we can begin to plan our gardening projects.

I miss all of you and can't wait to hear what you have all been doing.

Jan Barbo



March 10th
Turn clocks
ahead
1 hour

*Keep your face always towards the
sunshine, & shadows will fall behind
you. — Walt Whitman*

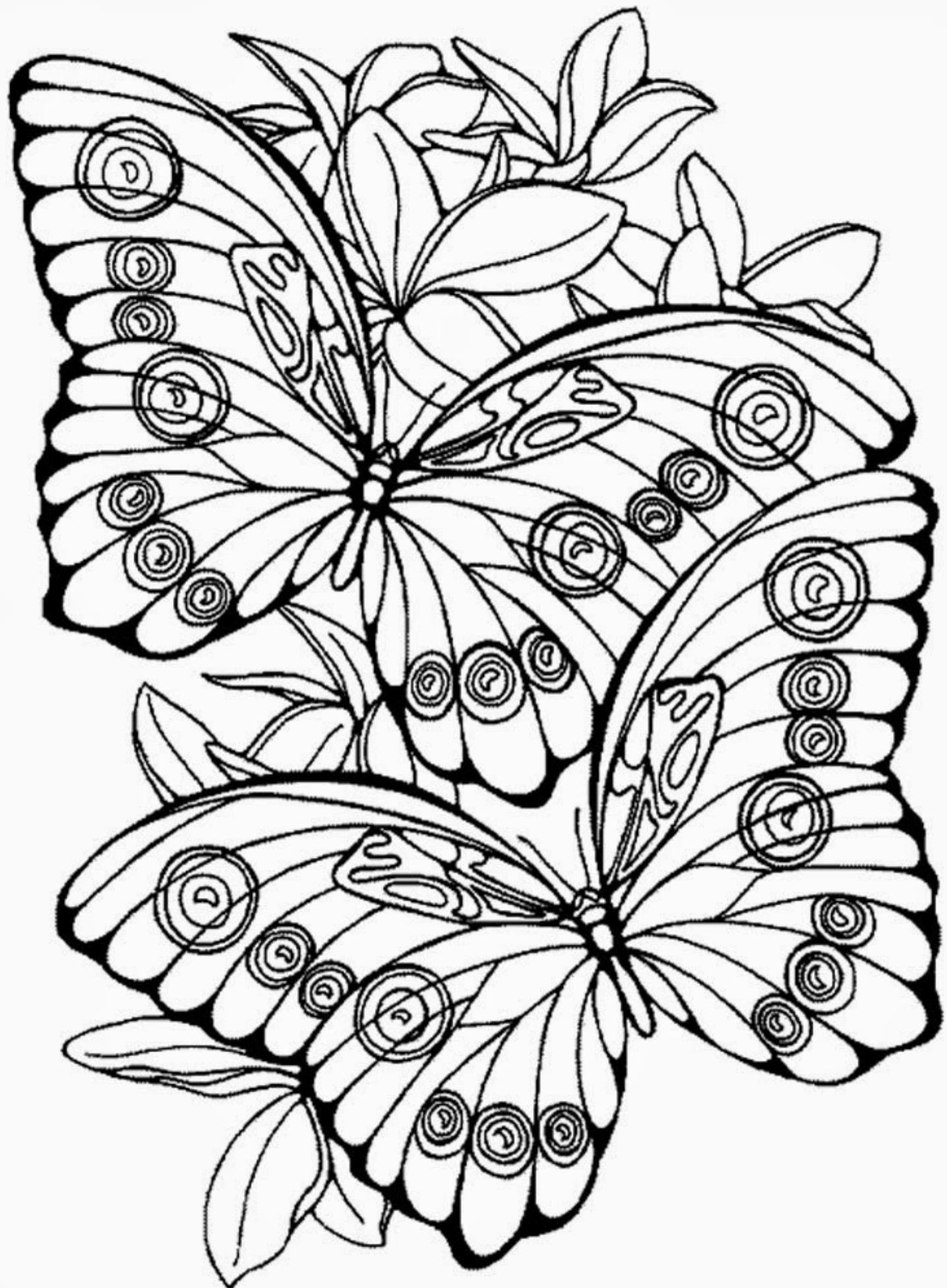
Message from Nursing

Registered Nurse Available
Monday-Friday
8:30a-4:30p

HHA are available 24/7
HHA's do have access to an on call RN
for medical questions or concerns.

*For emergencies please
press your pendant*





Message from David Jon Salon

Hello From Robyn, Donna and Jeanne!

David Jon Salon is owned and managed by Robyn.

Hours of Operation

Wednesday & Friday By Appointment

Salon Main # 507-331-6519

Please be sure to let the salon know if you will not be coming to your standing hair appointment.

Gift Certificates must be purchased directly from the salon.

Robyn 651-247-2857

Donna 507-384-1475

Jeanne 952-237-6412

Handy Phone Numbers

First Choice Shuttle
507-333-0090

Hiawatha Bus
866-623-7505

Daily News
507-333-3100

Star Tribune
800-775-4344

Pioneer Press
651-717-7377

Consolidated
855-368-3684

Charter
888-438-2427

CenturyLink
1-800-850-5252

Carpet Cleaners

Chem-Dry
507-332-2528

CCS Cleaning & Restoration
507-334-1774

Good, better, best. Never let it rest. Til your good is better and your better is best.

— St. Jerome





Spring Word Search



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

SPRING
 MAY
 GREEN
 WARM
 UMBRELLA



MARCH
 FLOWERS
 GRASS
 SHOWERS
 EASTER



APRIL
 BASEBALL
 SUNSHINE
 RAIN
 BIRDS



www.thriftymommastips.com

Faribault Senior Living
 843 Faribault Rd
 Faribault, MN 55021

**Faribault
 Senior Living**

Home Care Senior Services, Inc