

# FARIBAULT SENIOR LIVING

MARCH 2021 NEWSLETTER

## NEW NEIGHBORS

125- Jean Bottke

423- Phil & Ruth Anderson

*In our home, Love,  
Laughter and Friendship  
are always welcome.*

*Welcome Home!*



## Happy St. Patrick's Day

Wednesday, March 17<sup>th</sup>

FSL will be offering an Irish meal this day!!

Corn beef, cabbage, baby red potatoes & a green dessert  
(chef's choice)

Anyone currently not on a noon meal plan will need to sign  
up ahead of time.

Normal meal charges will apply!

## Happy Birthday

1<sup>st</sup>- Fred Rose

3<sup>rd</sup>- Ron Trahan

12<sup>th</sup>- Kay Smith

16<sup>th</sup>- Vi Kuktavy

21<sup>st</sup>- Marti Stohr

30<sup>th</sup>- Joe Skodje

*May this Birthday bring you  
joy, happiness, love,  
prosperity & wisdom for  
yet another year of your life.*

Heather will be on vacation  
March 12<sup>th</sup> through March  
30<sup>th</sup>!!

## Current FSL Visitation Guidelines

- **All outside visitors must be screened by an FSL staff member (please do not screen yourself)**
- ALL visits must be scheduled at least 24 hours in advance
  - Visitors must wear a face mask (cloth or medical)
- Visitor must remain in residents apt; no common areas are open to visitors at this time
  - Visits allow 2 people at a time, for up to 2 hours
  - Children are welcome (can have 1 adult, 1 child)
- Resident's are now allowed to go out of the FSL facility for non-medial outings.
- When leaving for an outing please make sure to sign out at the front entrance (in front of Heather's office area)
- Outings do not need to be pre-scheduled, however if you have an outside visitor entering to help you they must be screened by a staff before entrance.

- Assisted residents, when leaving for an appointment paperwork for you to take is located in black hanging basket above resident sign out



## Activities

Weekly activities calendar will be posted in each elevator, please check here for the week's activities.

Activities sign-up sheets are located across from dining room, please make sure you are signing up if you would like to participate as we have limited space due to Covid restrictions.

If you have any questions about upcoming activities please see Jan.

Crabby Road

Crabby Road



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

# Nursing Nook



## Medication Management

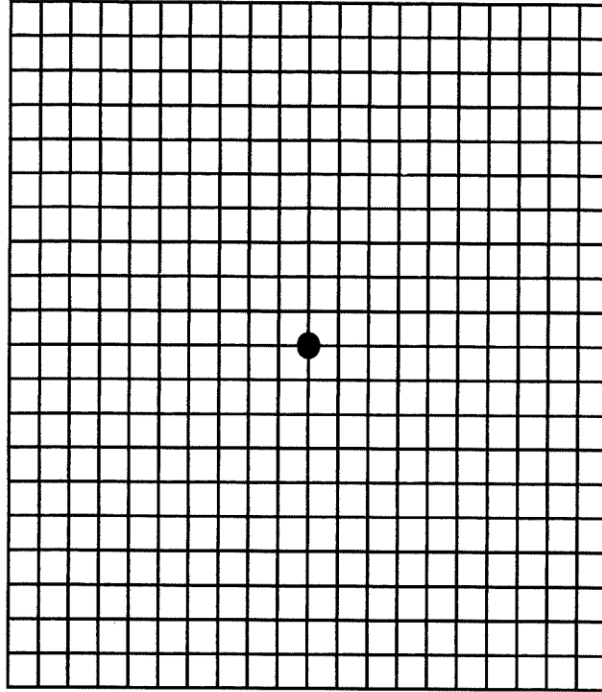
- ❖ Each year 350,000 people are hospitalized due to adverse or harmful drug event
- ❖ Medication mismanagement can increase your risk of health problems
  - Falls
  - Memory Issues
  - Frailty
  - Feeling tired all the time
  - Not getting enough sleep (medications keep you awake)
  - Aggression
  - Anxiety
  - Depression

Ways to help you safely manage your medications

- ❖ Review your medications often with your doctor
- ❖ Ask questions and read the labels
- ❖ Learn about the side effects of each medication you take
- ❖ Use 1 pharmacy and not multiple
- ❖ Be aware of medications that are unsafe for seniors

Join FSL nurses on Thursday February 25<sup>th</sup> for the March Health Fair and learn ways to stay safe when it comes to medications, what to do if you think you are experiencing side effects, medications that are unsafe for seniors, about some medications that you need to take at specific times, and more!

## Amsler grid



- Test each eye separately. Cover the eye that you are not using
- Keep the grid at about 14 inches away  
Look directly at the dot in the center of the grid
- If you normally wear glasses, do so while looking at the grid

If you notice blurry or wavy lines, and dark or blank spots, call




**Dr. Murray H. Hanson**  
*Optometrist*

**FARIBAULT LOCATION**  
1575 20th Street NW, Ste. 101  
Faribault, MN 55021  
Clinic 507-332-9900  
Optical 507-332-9800

**NORTHFIELD LOCATION**  
710 Division St. S  
Northfield, MN 55057  
Clinic 507-645-2261

[www.richieeyeclinik.com](http://www.richieeyeclinik.com)

# MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
		Bingo IP (C)			store 9a (C)	
07	08	09	10	11	12	13
		Bingo IP (C)			store 9a (C)	
14	15	16	17	18	19	20
Daylights saving time begins 		Bingo IP (C)	St. Patrick's Day Irish Noon Meal		store 9a (C)	1 <sup>st</sup> Day of Spring
21	22	23	24	25	26	27
		Bingo IP (C)	Resident Health Fair 10a & IP (C)		store 9a (C)	
28	29	30	31			
Palm Sunday		Bingo IP (C)				

## Contact Us

Main Line: 507-331-6510

Fax: 507-331-7252

## Office Hours:

Monday-Friday

8:00am-4:30pm

## Director of Housing

Sarah Valentyn: 507-331-6512

[sarahv@faribaultseniorliving.com](mailto:sarahv@faribaultseniorliving.com)

## Director of Health Services

Candice Ahlman: 507-331-6520

[candicea@faribaultseniorliving.com](mailto:candicea@faribaultseniorliving.com)

## Nursing Office

LeeAnna Tatge: 507-331-6511

[nurse@faribaultseniorliving.com](mailto:nurse@faribaultseniorliving.com)

## Dining Manager

Jenny Valentyn: 507-331-6514

[jennyv@faribaultseniorliving.com](mailto:jennyv@faribaultseniorliving.com)

## Maintenance Manager

Pat "Nezzy" Nesburg: 507-331-6518

[patn@faribaultseniorliving.com](mailto:patn@faribaultseniorliving.com)

## Office Coordinator

Heather Tesch: 507-331-6517

[mainoffice@faribaultseniorliving.com](mailto:mainoffice@faribaultseniorliving.com)

## Kitchen

507-331-6511

## FSL Wi-fi

Tenant/ Guest

Username: FSL Family

Password: Smiles@843!

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## The Loft Salon on 3<sup>rd</sup>

Hello from Kathryn!

## Hours of Operation

By Appointment Only

Salon Main: 507-331-6519

Kathryn: 507-838-0492

To set up an appointment for a manicure or pedicure, please contact Kathryn.

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

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Faribault Senior Living  
843 Faribault Rd.  
Faribault, MN 55021

[www.faribaultseniorliving.com](http://www.faribaultseniorliving.com)