

Beyond the Browser



Who could have known on September 4, 1998, that the strange term *google* would come to be used in hundreds of languages across the planet? Twenty-seven years after the company’s September creation, Google has become a part of our everyday lives. Google’s internet search engine and email are its most well-known tools, but that technology is small potatoes compared to what Google hopes to achieve in the future.

Google began at Stanford University in California. Two PhD students, Larry Page and Sergey Brin, wanted a better way to search for information on the internet. Their mission statement was “to organize the world’s information and make it universally accessible and useful.” New Google projects hope to do that and so much more.



One Google innovation is the self-driving car, now commercialized through Waymo, an Alphabet company. Waymo vehicles—based on partnerships with Jaguar, Geely, and others—have driven millions of miles autonomously. Experts argue that these vehicles may soon surpass human drivers in safety and efficiency, especially in controlled urban environments.

In the home, Google has expanded its smart tech through Nest, offering learning thermostats, security systems, and voice-activated controls. You can adjust your lights, start your coffee, or monitor your front door using just your phone or voice.

X, Alphabet’s research division, continues to pursue ambitious projects, including drone delivery, wildfire detection, and sustainable energy solutions. Its goal remains the same: to tackle global problems with breakthrough technology that pushes the limits of what’s possible.



- Don Koehler- 4<sup>th</sup>**  
Brooklynn Bieber- 4<sup>th</sup>
- Shirley Ackerson- 5<sup>th</sup>**
- Mona Moreau- 7<sup>th</sup>**  
Jocelyn Simones- 7<sup>th</sup>
- Deb Hanson- 8<sup>th</sup>  
Donna Boyer 8<sup>th</sup>
- Marque Wade- 11<sup>th</sup>**
- Joanne Thompson- 12<sup>th</sup>**  
Cassie Trahan- 14<sup>th</sup>
- Margarita Thorson- 15<sup>th</sup>**
- Betty Berg- 18<sup>th</sup>**
- Melva Ochs- 20<sup>th</sup>**  
Taylor Jerde- 23<sup>rd</sup>  
Leila Byers- 23<sup>rd</sup>
- Janet Krause- 25<sup>th</sup>**
- Sandy Haas- 28<sup>th</sup>**
- Mary Ann Charlton- 28<sup>th</sup>**

Point Taken

Grammarians rejoice! September 24 is Punctuation Day. If punctuation makes you feel as excited as an exclamation point, then get ready to express your enthusiasm over some rarely used punctuation marks, so obscure that they don’t even appear on keyboards.



The *interrobang* looks like a question mark with an exclamation point cut through its heart, and it means “?!” The *exclamation comma* and *question comma* are versions of these marks with a comma below instead of a dot. Why? Because sometimes you want to express excitement or ask a question in the middle of a sentence, not at the end. Three dots forming an upside-down triangle are known as the *because sign*. An *irony mark* looks like a backward question mark and means that the sentence should be read with irony... this sentence not included, of course.

September 2025

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com



Celebrating September

Intergeneration Month

World Alzheimer’s Month

Labor Day  
September 1

Eat an Extra Dessert Day  
September 4

International Day of Charity  
September 5

Bald Is Beautiful Day  
September 13

Balance Awareness Week  
September 14–20

Respect Day  
September 18

Centenarian’s Day  
September 22

Women’s Health  
and Fitness Day  
September 23

Good Neighbor Day  
September 28

Generation Celebration

September gives us a great excuse to celebrate the power of cross-generational connection. With both Grandparents Day and Intergenerational Day on the calendar, it’s a reminder that meaningful relationships don’t have to come from the same age group.

Spending time with younger generations isn’t just heartwarming—it’s genuinely beneficial. Studies show that older adults who interact regularly with children or teens often feel more purposeful, experience less loneliness, and even see improvements in memory and mood. Meanwhile, younger folks gain a sense of perspective, patience, and emotional intelligence when they build relationships with seniors.

Some communities have taken this idea to the next level. In countries like Japan and the Netherlands, preschools and daycare centers are joining forces with senior living facilities, creating shared spaces where little ones and older adults can learn and play together. It turns out that finger painting and storytelling sessions can do wonders for everyone involved, young and old.

Even without a formal program, small moments matter. Reading to a grandchild over video chat, teaching a neighbor’s teen how to knit, or joining a local school’s mentorship program are all simple ways to build connections that stretch across generations. Volunteering with youth groups, offering career advice, or attending events at community centers can also open the door to meaningful exchanges. And don’t underestimate the value of a casual chat at the park or the grocery store—sometimes the best conversations happen when no one’s trying too hard.

Bringing generations together isn’t about nostalgia—it’s about building stronger communities full of curiosity, empathy, and mutual respect. This month, let’s celebrate the many ways we can all learn from each other, no matter our age.



## Back from Beyond



Anyone who has owned a pet is familiar with the feelings of loss once that pet has passed on. World Animal Remembrance Month, celebrated in September, has been designated to remember all the good times with our companion animals.

When Dolly the sheep won worldwide renown in 1996 as the first cloned animal, few people may have considered the possibility of cloning a family pet. But for the hearty sum of approximately \$100,000, a clone of a beloved pet is exactly what families can get. Sooam Biotech uses DNA to clone companion, pet, and police dogs in its South Korean laboratory. But it's a buyer-beware business; just because your pet may look the same, there is no guarantee that it will have the same personality or temperament.

Others are using this fascinating science not to bring pets back from the dead but to resurrect extinct animals. Many animals have gone the way of the dodo—the great auk, the thylacine, the Carolina parakeet, the Atlas bear, and even the black rhinoceros are all now extinct.

Some scientists are working to bring extinct species back to life using advances in genetics and synthetic biology. While a real-life Jurassic Park is still fiction, researchers—like those at Harvard and Colossal Biosciences—have made headway in resurrecting species like the woolly mammoth by splicing its genes into those of its closest living relative, the Asian elephant. Recently, the successful cloning of dire wolf pups using recovered DNA marked a new milestone in this rapidly evolving field.

Though you won't see mammoths or dire wolves roaming around just yet, tools like CRISPR have made species revivalism more viable than ever. The debate has shifted from "Can we do it?" to "Should we?" What do you think are the consequences of reviving the ancient past?

## Mythic Mateys

September 19 means it's once again Talk Like a Pirate Day. Does this mean we should go around spouting "Arrgh" and "Ahoy, matey"? Researchers chalk up this type of pirate speech as nothing but Hollywood hoopla.

Many real pirates from the Golden Age of piracy most likely spoke like any other river-dwelling Londoner. After all, pirates were often former English-speaking merchant sailors. Most pirate myths—from speech patterns to parrots, eye patches to peg legs—come from the book *Treasure Island* by Robert Louis Stevenson. When Disney turned the book into a movie in 1950, actor Robert Newton's portrayal of Long John Silver became the benchmark for nearly every pirate to follow. Perhaps September 19 should be named Talk Like Robert Newton Day instead? Aye aye!

## The Dough Must Go On

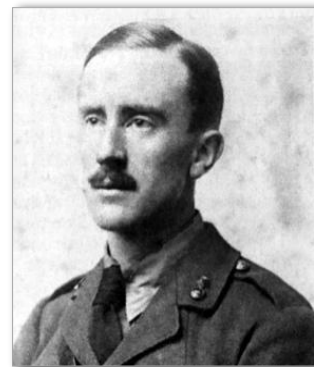


Over almost 70 years, more than one billion pounds of Play-Doh have been extruded into billions of little plastic canisters for kids to play with. In 1998, this modeling compound was even inducted into the National Toy Hall of Fame. And now it has its own holiday on September 16: National Play-Doh Day.

Play-Doh was invented to be wallpaper cleaner (rolled on walls to remove dirt and grime), but the glob of off-white putty soon inspired the imagination of school children. In 1956, Play-Doh inventor Joe McVicker cut a deal with Captain Kangaroo and other children's show hosts to promote the product.

There are many unofficial recipes for homemade dough, but what you may not be able to replicate, however, is Play-Doh's trademark smell. Even this was offered on its 50th anniversary—as a Demeter-brand cologne for creatives.

## Shire Delight



J. R. R. Tolkien is best known as the author of *The Hobbit*, *The Lord of the Rings* trilogy, and *The Silmarillion*. This set of books conjures the fantasy world of Middle-earth, a magical place inhabited by elves, dwarves, trolls, dragons, wizards, and, of course, the peaceful and portly race of pint-sized people known as hobbits. *The Lord of the Rings*—with 150 million copies sold—is one of the best-selling English books of all time, with *The Hobbit* at an impressive 100 million. The legions of Tolkien fans worldwide now celebrate September 22 as Hobbit Day. After all, September 22 is the birthday of not just Bilbo Baggins, the hero of *The Hobbit*, but also of Frodo Baggins, Bilbo's nephew and hero of *The Lord of the Rings*.

As one day is not enough to honor Tolkien and his fiction, the entire week surrounding September 22 is now celebrated as Tolkien Week. After all, there is so much more to Tolkien's story than just hobbits; he created an entire universe complete with several languages and its own mythology.

The depth of the Tolkien obsession is perhaps best exemplified by the Tolkien Society—part fan club, part charity, and part literary society. In addition to publishing a journal of Tolkien scholarship and maintaining an extensive Tolkien archive, the society also hosts an annual event known as Oxonmoot. Each September Tolkien enthusiasts travel to Oxford, England, and attend a long-weekend's worth of seminars and art shows about all things Tolkien. This Tolkien-related gathering also includes a masquerade ball, where fans dress up as their favorite fantasy characters. For those unable to make the pilgrimage to Oxford, perhaps the best way to celebrate Tolkien Week is to read his novels, watch the film versions of the books, and complain about the many inaccuracies and liberties taken by the films' directors.

## Fibbing for Fame

It's no lie; in New Harmony, Indiana, the third Saturday in September brings the Big Whopper Liar's Contest. These aren't little white lies but long, well-wrought yarns expertly crafted to bring tears of laughter to audience members' eyes. There was one story about a woman who discovered that her grandma's trick for the perfect piecrust involved pressing her false teeth into the dough. Then there's the hunting tale of the boy who had his great-granddad's rifle full of enough shot to take down a rattlesnake, a charging wild boar, an 11-point buck, and 13 turkeys sitting on a tree limb. The grand prize won't make you rich, but it may make you famous... at least in New Harmony.

## Locals Only



Most cities love an influx of tourists. Tourists, after all, bring dollars. The more popular a city is, the more those dollars add up. So, it is very strange indeed that September 16 is Stay Away from Seattle Day, a day when Seattleites request that everyone please refrain from visiting their wet Pacific Northwest city.

Seattle residents themselves offer myriad reasons to shun their city: exorbitant gas prices, never-ending rain, earthquakes, and a fleeting summer. Or is the real truth that Seattle is so wonderful that its residents want to keep it all for themselves? It is world-renowned for its coffee (thank you, Starbucks), doughnuts (thank you, Top Pot), and salmon (thank you, Mother Nature). Then there's the unparalleled natural beauty, great music scene, a cutting-edge technology industry, and hey, we even hear the whole rain thing has been exaggerated. (It's mainly a constant drizzle, not a downpour.) So, which is it, Emerald City? Are you awful or awesome? The only way to find out may be to visit sometime soon.

## A Friendly Reminder

Assisted Living residents, when leaving for an appointment, paperwork for you to take is located in black hanging basket above resident sign out (Near Front Desk).

Papers will be in an envelope with your name on it.

- Please see Jenafer at front desk before entering offices, as we may be busy or on the phone.
- No plastic bags of any kind in recycling bins, these are not allowed by our service provider and results in contamination charges for the facility.
- Post your weekly Activities calendar where you can see it. Try something new this month!
- In the interest of building safety and security, residents should not open doors for people they are unfamiliar with. Visitors may contact a staff member for entry

### FSL WIFI

**Username:** FSL Family  
**Password:** Smiles@843!

## New Neighbors

Phyllis Ford- 325



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

## Employee Anniversaries

Pat "Nezzy" Nesburg- September 4<sup>th</sup>  
12 years

Brittany Otterness- September 8<sup>th</sup>  
2 years

Max Haakonson- September 9<sup>th</sup>  
1 year

Megan Kuchinka- September 23<sup>rd</sup>  
1 year

*Thank you for all the time, care, and effort you give to make FSL a WONDERFUL place to live and work.*



## Helpful Phone Numbers for Seniors

<b>Buckham Memorial Library</b> 334-2089	<b>Meals on Wheels</b> 800-277-8418 ext. 328
<b>Fashions on Central</b> 334-9242	<b>Rice County Public Health</b> 332-6111
<b>Faribault City Hall</b> 334-2222	<b>Rice County Social Services</b> 332-6115
<b>Faribault Community Center</b> 334-2064	<b>Senior Companion Program</b> 330-1867
<b>Faribault Senior Center</b> 332-7357	<b>Senior Dining</b> 332-7680
<b>Hiawathaland Transit- bus system</b> 866-623-7505	<b>Senior LinkAge Line</b> 800-333-2433
<b>Veterans LinkAge Line</b> 888-546-5838	<b>Social Security</b> 800-772-1213

## FEELING LONELY?

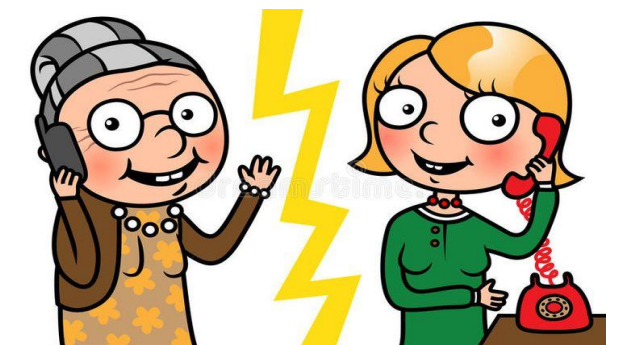


## Senior Friendship Line 800-971-0016

The Institute on Aging offers a **Senior Friendship Line** that anyone can call toll free.

The friendship line is available 24 hours a day and you can both call in whenever you like and receive calls from them.

The people on the other end of the line will provide emotional support, check in on your well-being and provide any needed counseling. The main goal of the line is suicide prevention, but it can be a resource worth trying out when you feel lonely, even if you're not at risk of suicide.





## Contact Us

**Main Line: 507-331-6510**

**Fax: 507-331-7252**

### Office Hours:

**Monday-Friday**

**8:00am-4pm**

### Executive Director

**Sarah Valentyn (LALD): 507-331-6521**

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

### Assisted Living Director

**Heather Tesch (LALD): 507-331-6517**

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

### Nursing Office:

#### Director of Clinical Services

**Calista Vos (RN, BSN): 507-331-6520**

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

#### Assistant Director of Clinical Services

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### Resident Coordinator

**Rachel Byrne- (TMA) 507-331-6511**

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

### Maintenance Manager

**Pat "Nezzy" Nesburg**

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

### Office Coordinator

**Jenafer Jensen**

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### Activities Coordinator

**Donna Boyer**

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

## ***FSL Monthly Blood Pressure Clinic***

Thursday, September 18<sup>th</sup>

10:30-11:30a

Lounge

Come see our nursing team to have  
your vitals and weight checked!!



## Hello September

Some people think that beauty  
Equals a good look. But a  
Pretty face is just the surface.  
The real beauty lies inside  
Everyone. Kindness and smiles  
Melt hearts. And when you  
Believe in yourself and know you're  
Enough, the light you  
Radiate will touch everyone around.

OurMindfulLife.com

# What is there to do at Faribault Senior Living?

As the weather gets cooler, we will be spending more time indoors.

***Take a tour of the building and get to know what there is to offer!***

A variety of activities are offered daily. You will receive a new calendar each week at your door. Hang it up somewhere you can see it each day. If you need another, they are at the Activities office on the first floor by the Library.

- **-1 (Basement level):** Exercise Room, Vending Machine, garage parking access
- **1<sup>st</sup> Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, "Reflections" Living Area
- **2<sup>nd</sup> Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3<sup>rd</sup> Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4<sup>th</sup> Floor:** Movie Theater & Craft Room

**If you need help navigating, you can ask staff, or your neighbors and we will help you find your way.**

# A Few Updates from Sarah, Your Executive Director at FSL

## RELIGION & POLITICS

We’ve been made aware that some residents have been discussing religion and politics during social gatherings. While we respect that everyone has their own opinions, group events such as Coffee Social, Happy Hour, or other activities are not the place for these discussions. If you wish to talk about these topics, you are welcome to invite someone to your apartment for a private conversation, only if they are interested. Please remember, these discussions in group settings are making others uncomfortable and should not continue.

## ACTIVITIES

All residents should feel welcome to participate in activities, whether during the week or on weekends. No one should be asked to move tables or leave if someone is having difficulty hearing or participating. Everyone deserves to be included. Asking someone to leave or excluding them is considered bullying, and we will not tolerate that. We are all adults and should treat each other with kindness, respect, and inclusivity. Please be friendly and welcoming to your neighbors.

## DINING ROOM OVERFLOW

As many of you have noticed, our dining room has been full of wonderful residents enjoying meals together! At lunchtime, we are now reaching maximum capacity. To ensure everyone has a comfortable place to dine, we will begin using the lounge across from the dining room for overflow seating.

- We’ll start with the round table in the lounge.
- Seating is first come, first served, there are no assigned spots.
- If someone sits where you’ve previously sat with others, please be kind, inclusive, and welcoming.

Our goal is for everyone to feel comfortable, included, and part of our community.

Thank you for your understanding and cooperation!

*Thank you! If you have any concerns or questions, please don’t hesitate to reach out to me directly.*

Sarah Valentyn, LALD  
Executive Director



## Laundry Room Pull Station

Laundry rooms on each floor have been equipped with a pull station (pictured above), please use these for emergencies, or if you or a guest need help in the laundry room.

- Pull the red cord, you will see a red flashing light above the black button, once flashing red it will alert a staff member on site.
- Do not pull cord multiple times as this will not speed up staff response, and could damage the pull station
- Do not push black button as this clears the alert and staff will no longer respond.
- Please be patient and wait for a staff member to assist you after pulling cord.

Thank you

## The Loft Salon on 3<sup>rd</sup> (Open by Appointment)

**Kathryn #: 507-838-0492**

Hello, from Kathryn!  
Set up your hair,  
manicure, or Pedicure  
Services!

*Please let the salon know  
if you will not be coming*



**Date(s):** 4th Tuesday of the month  
**Time:** 5:30—7:00 p.m.

**Location:** Buckham West Commons  
507-332-7357

Are you helping an elder with daily living activities? Then you are a caregiver. Join us on the 4th Tuesday of the month at Buckham West ~ 19 Division St. W. in Faribault for conversation with other caregivers. Open to all; no charge.



Travel with us..... themed meals!!

Monday, September 8<sup>th</sup>  
Ireland

Lunch:  
Irish white cheddar cheese & crackers  
Corned Beef and Cabbage, Roasted Red Potatoes & Carrots  
Bread Pudding

Supper:  
Irish Stew w/ Soda Bread  
Guinness Cake

Travel with us snack/drink (2:30p)  
Beer Happy Hour  
Pretzel Bites w/ Beer Cheese Dip



Wednesday, September 10<sup>th</sup>  
Italy

Lunch:  
Olive Bruschetta on Crostini  
Creamy Chicken Gnocchi w/ Garlic Cheese Bread  
Tiramisu

Supper:  
Pepperoni/Sausage Pizza on Garlic Naan Bread  
Caesar Salad  
Biscotti Gelato

Travel with us snack/drink (2:30p)  
Wine Tasting  
Arancini (Fried Rice/Cheese Ball)

Friday, September 12<sup>th</sup>  
Australia

Lunch:  
Spinach Cob Dip w/ Bread Bites  
Roasted Lamb Roast w/ Potatoes & Carrots  
Lamington (cake dipped in chocolate & coconut)

Supper:  
Fish n Chips  
Chocolate Crackles (chocolate rice krispie bar)

Travel with us snack/drink (2:30p)  
Fluffy Duck Cocktail or Iced Coffee  
Vegemite w/ Crackers



LAUNDRY MACHINE INSTRUCTIONS

- All washing machines are **color-coded with circle dots**. The colored dots match the detergent dispensers.
- To Start a Wash: Press the **colored dot on the washer power button**.
- Press the **colored dot on the start button**. Some machines require you to **hold the start button** until you hear the cycle begin.
- Press the **matching color dot on the detergent machine** (located on the wall). This will cycle the detergent into the washer. **Important:** Do not press more than once. Doing so will cause too much soap to enter the machine, which can lead to leaks and overflow.
- To Start a Dryer: Press the **yellow dot on the power button**.
- Press the **yellow dot on the start button** (hold if needed until the cycle begins).
- Please use your **room number magnet** (located on the back wall) and place it on the machine you are using. This helps staff contact you if your laundry needs attention.
- Emergency pull cords** are located in the laundry room if you or a loved one need assistance.
- Staff are happy to help with the machines; there is **no charge** for assistance.

PLEASE DO NOT ADJUST ANY OTHER SETTINGS, BUTTONS, OR DIALS. THE MACHINES ARE ALREADY PRESET AND READY TO RUN AS THEY ARE.





Name: \_\_\_\_\_

Date: \_\_\_\_\_

# September Word Search



September's here, and so is a word search packed with seasonal fun! Can you find all the hidden words scattered in every direction—forward, backward, up, down, and diagonal? Circle each word as you find it and cross it off the list.

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

- ACORNS
- APPLES
- AUTUMN
- BACKPACK
- BONFIRE
- BREEZY
- CIDER
- COOLER
- CORN
- CRISP
- EQUINOX
- FALLING
- FARMERS
- FOLIAGE
- FOOTBALL
- GOURDS
- GRAPES
- HARVEST
- HAYRIDE
- LABOR DAY
- LEAVES
- MIGRATION



- ORCHARDS
- SCHOOL
- SEPTEMBER
- SQUIRREL
- SWEATER
- PUMPKINS
- RAKE
- SCARECROW



# ALZHEIMER'S AWARENESS WORDSEARCH

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

- |                      |               |                        |
|----------------------|---------------|------------------------|
| ADVOCACY             | END ALZ       | PURPLE FLOWER          |
| ALZHEIMERS           | EXERCISE      | RESEARCH               |
| AWARENESS            | FUNDRAISING   | SUPPORT GROUPS         |
| BLUE FLOWER          | GALA          | THE LONGEST DAY        |
| CARE AND SUPPORT     | HELPLINE      | WALK TO END ALZHEIMERS |
| CARETAKER            | HOPE          | WHITE FLOWER           |
| DEMENTIA             | ORANGE FLOWER | YELLOW FLOWER          |
| EDUCATIONAL SESSIONS | PROMISE       |                        |



## TOP 5 REASONS TO GET THE FLU VACCINE TODAY



- 1 THE FLU SHOT CAN SAVE YOUR LIFE.
- 2 YOU CANNOT CATCH THE FLU FROM THE FLU VACCINE.
- 3 HEALTHY PEOPLE BENEFIT FROM THE FLU VACCINE, TOO.
- 4 THE FLU IS NOT JUST A "BAD COLD".
- 5 THERE ARE DIFFERENT WAYS TO GET VACCINATED.



Vaccine Clinic will be held on Wednesday October 15<sup>th</sup> at Faribault Senior Living with vaccines provided by Thrifty White Pharmacists. Flu Shots and Covid Vaccines are available to every one that wants one. Some of you may be eligible for other vaccines (Tdap, Shingles, Pneumonia, RSV) & you will be contacted individually if that is the case.

Please tear off the bottom of this page and return it to the nursing office by September 17<sup>th</sup> if you would like to receive the Flu or Covid vaccine here on Oct. 15<sup>th</sup>.

I would like to receive the following vaccinations:

Flu Shot \_\_\_\_\_

Covid Vaccine \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name \_\_\_\_\_

Apt #: \_\_\_\_\_

## COVER YOUR COUGH

Stop the spread of germs!

Use a tissue to cover your mouth and nose when you cough or sneeze

Throw your tissue in the waste basket



OR



Cover your cough or sneeze with your inner elbow, *not your hands*

## Wash Your Hands



After coughing or sneezing, wash for 20 seconds with soap and warm water or clean with hand sanitizer