

## Across Faiths and Time



April 1–7 may be Golden Rule Week, but the message of doing unto others as you would have them do unto you is timeless. While many know the Golden Rule to

come from Jesus' Sermon on the Mount, it might be a surprise to hear that a version of the Golden Rule appears in almost every major religion. The Bible tells the story of how Jesus, in order to better address the great crowds following him, ascended a mountainside. His moving proclamations became known as the Sermon on the Mount. As told by his apostle Matthew, Jesus said, "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

Jesus, in this teaching, was actually summarizing the Jewish Torah. Elsewhere in the Talmud, Rabbi Hillel taught, "What is hateful to yourself, do not do to another." This is a sentiment that echoes other religious teachings. The Chinese philosopher Confucius said, "Do not do to others what you would not like yourself." The Buddha preached, "Hurt not others in ways that you yourself would find hurtful." It is written in the Hindu text Mahabharata, "Do naught unto others what you would not have them do unto you." The Quran advises Muslims, "None of you has faith until he loves for his brother what he loves for himself."

Though many now call these teachings the Golden Rule, it was never called that in the Bible or elsewhere. The term originated in the 17th century in reference to the courts of old England, where golden law implied that judges could be bought with gold. From this cynical view of law sprouted a more optimistic and common-sense golden rule, which implied the sharing of good deeds between citizens in order to sidestep corrupt courts. The Golden Rule is found in so many different cultures that some believe it to be the fundamental quality of human nature.



**Lois Christen- 3<sup>rd</sup>**  
**Asia Wade-Moore- 3<sup>rd</sup>**  
**Bekah Wakal- 5<sup>th</sup>**  
**Mary Stanek- 9<sup>th</sup>**  
**Deb Tuma- 10<sup>th</sup>**  
**Evelyn Jensen- 18<sup>th</sup>**  
**Don Greseth- 19<sup>th</sup>**  
**Ramona Reichert- 19<sup>th</sup>**  
**Lynn Witt- 26<sup>th</sup>**



## Rocking Broadway

The year 1968 was a turbulent time of social and cultural upheaval in the United States. The

Vietcong launched the Tet Offensive in Vietnam. In the midst of the Civil Rights Movement, Martin Luther King Jr. and Robert F. Kennedy Jr. were assassinated. Then on April 29, 1968, the countercultural musical *Hair* debuted on Broadway.

*Hair* marked a radical break from Broadway musical tradition. It was Broadway's first rock musical. The subject matter threw light on the hippie subculture with many overt references to drugs and sexuality. Indeed, the end of the first act boasted a completely nude scene. To the surprise of many, audiences loved it. *Hair* became an instant smash. For so many, it

April 2026

# Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | [www.faribaultseniorliving.com](http://www.faribaultseniorliving.com)



## Celebrating April

### Straw Hat Month

### Physical Wellness Month

### Defeat Diabetes Month

### Passover

*Begins Sundown April 1*

### Handmade Day

*April 4*

### World Health Day

*April 7*

### Siblings Day

*April 10*

### Dolphin Day

*April 14*

### World Amateur Radio Day

*April 18*

### Earth Day

*April 22*

### Talk Like Shakespeare Day

*April 23*

### International Jazz Day

*April 30*

## Roll into Spring

April 3 marks World Marbles Day, a lighthearted celebration of one of the world's oldest and most satisfying games. Long before screens and controllers, a small pouch of marbles and a patch of dirt were enough to fill an afternoon.

Marbles have been played in some form for thousands of years. Archaeologists have uncovered stone and clay marbles at ancient sites, and by the 1800s, glass marbles—often handmade—became popular in Europe and the United States. Each one had its own personality: cat's-eyes, swirls, shooters, and cloudy "alley agates." Some were meant for play, while others were carefully traded or saved as prized collectibles.

The game itself was simple but never dull. Players crouched low, flicking a shooter marble with a practiced thumb, aiming to knock opponents' marbles out of a circle or hole. It required strategy, steady hands, and just enough daring to risk losing your best marble on a bold shot. Skill mattered, but luck always had a say, which kept things exciting.

World Marbles Day is a good excuse to revisit that sense of play. Even if you never played by official rules, you might remember the feel of cool glass in your palm or the clink marbles made when they collided. Today, marbles are still collected for their craftsmanship, with modern artists creating intricate designs that are as much art as toy.

The word *marble* even rolls into the kitchen. Think of marbled rye bread, marbled pound cake, or a perfectly marbled steak—proof that swirling patterns are just as appealing on the plate as they are in a game.

As spring arrives and days grow longer, World Marbles Day offers a reminder that fun doesn't have to be complicated. Sometimes it's as simple as a small glass sphere, good aim, and the pleasure of watching something roll exactly where you hoped it would.

## Inside the Human Blueprint



Over two decades ago, scientists completed a \$3 billion effort to understand and map human DNA—long strands of genetic material that influence traits such as biological sex, eye and hair color, ancestry, and susceptibility to certain diseases. That map of the human genome has opened new opportunities for doctors and researchers to better understand, prevent, and treat a wide range of illnesses. Since National DNA Day falls on the 25th, the month of April is a fitting time to learn about ongoing advances in genetic science.

Gene therapy requires scientists to find faulty strings of DNA that cause disease and replace them with normal ones. In this way, the body can stop itself from producing genetic ailments. The ultimate goal of researchers is for scientists to develop gene therapies that fight all kinds of DNA-based diseases, including some forms of blindness, muscular dystrophy, and even cancer.

Our DNA can reveal not only why we may become sick but also how our bodies respond to certain medicines. Francis Collins, former director of the National Institutes of Health, has suggested that genetic testing may one day become a routine part of medical care. By studying DNA, drug companies and doctors are already working to develop treatments tailored to groups of patients—and in some cases individuals—based on their genetic makeup.

Some promising advances also come from stem cells, which act as a body's internal repair system and can develop into many different types of cells. Researchers continue to explore how stem cells might be used to repair or replace damaged tissues, such as heart tissue affected by disease, vision loss from macular degeneration, joint damage from arthritis, or brain injury caused by stroke. Today, these DNA-based treatments are often complex and costly, but they remain an important and growing area of medical research.

## Barnum's Biggest Star

On April 9, 1882, renowned showman P. T. Barnum arrived in New York City with the largest spectacle ever to grace his traveling circus. Jumbo the African elephant, weighing 6.5 tons and standing over 11 feet tall, stepped from the British steamship *HMS Assyrian Monarch*. The massive but gentle beast instantly endeared himself to audiences. Thanks to Jumbo's many stunts, such as promenading across the Brooklyn Bridge, Barnum's circus earned the nickname "The Greatest Show on Earth."

The name *Jumbo* was a cross between two Swahili words: *jumbe* meaning "chief," and *jambo* meaning "hello." We can thank Jumbo the elephant for adding the word *jumbo* to our vocabulary.

## A Perfect Pairing



Is there a more perfect sandwich than peanut butter and jelly? In celebration of one of the best food combinations of all time,

April 2 is Peanut Butter and Jelly Day. When it comes to PB&J, many think, "If it ain't broke, don't fix it." However, if you're looking to expand your PB&J horizons, do what Elvis did and swap the jelly for fresh fruit. Bananas, strawberries, or even pomegranates fit the bill. More adventurous types opt for grilling their sandwiches in a frying pan, while others ditch the bread and slather their pancakes with PB&J.

When it comes to food combinations, PB&J certainly tops the list. But is this humble sandwich tastier than bacon and eggs? Macaroni and cheese? Spaghetti and meatballs? A burger and fries? Cookies and milk? Dietician Katherine Brooking offers some insight into PB&J's allure. "Humans have an innate predilection for salt, sweet, and fat," she says. Add the creamy texture of peanut butter, and this sandwich becomes "one of the hardest foods to eat in moderation."

## One Last Powwow



On April 24 and 25, Albuquerque, New Mexico, will host one of the largest gatherings of Indigenous Americans in the world when more than 700 tribes from the United States, Canada, and beyond arrive for the Gathering of Nations Powwow. First held more than 40 years ago, the Gathering of Nations has grown into the premier Native American cultural event in North America. Sadly, organizers have announced that the 2026 powwow will be its final year—"The Last Dance."

What makes the powwow so special? It is a shared celebration of traditional Indigenous cultures—a feast for the eyes, ears, and mouth. With more than 30 judged categories, spirited competition in Native music, singing, and dancing involves everyone from children to elders. It is a remarkable sight to see men and women perform many different dances in their traditional regalia adorned with feathers, beads, and colorful clothing. Visitors should not miss the Grand Entry, when thousands of dancers in full costume enter the arena with great fanfare.

Another highlight is the Miss Indian World competition, where young Native women compete in public speaking, traditional talents, interviews, and dance, sharing their tribes' cultures and histories. Winners traditionally serve as cultural ambassadors and educators.

In the spirit of community, all are welcome to attend the powwow. Tickets grant access to the powwow grounds, Stage 49 (a live music stage featuring Native performers), the Indian Traders Market with hundreds of artisans and craft workers, the Native Food Court, and the Horse & Rider Regalia Parade. Events take place at the Powwow Grounds at Expo New Mexico, centered around the Tingley Coliseum in Albuquerque.

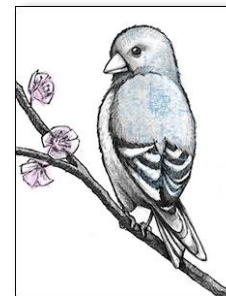
## Letters in Action

National Scrabble Day, celebrated every April 13, is the perfect excuse to dust off your tiles and show off your word skills. Since its creation in 1938 by Alfred Butts, Scrabble has challenged players to turn letters into clever combinations, scoring big points while occasionally learning a new word or two. From casual family game nights to competitive tournaments, Scrabble brings people together and sparks a bit of friendly rivalry.

On National Scrabble Day, players embrace the challenge of crafting the highest-scoring words and reveling in the joy of landing a triple-word score. Even if you're not a seasoned pro, the day is a fun reminder that words can be playful, powerful, and sometimes tricky.

Some enthusiasts share words or post photos of game boards mid-battle on social media. Schools, libraries, and community centers often host Scrabble events to encourage literacy and spark a love of language. So grab your tiles, find a worthy opponent, and celebrate the delightful challenge of Scrabble.

## Drawn to Birds



Draw a Bird Day, celebrated on April 8 each year, dates to 1943, when seven-year-old Dorie Cooper visited her uncle, a wounded war veteran, in the hospital. He was in poor spirits, and Dorie tried to cheer him up by requesting he draw a bird for

her. Dorie couldn't help but laugh at the resulting picture, but she did, indeed, boost her uncle's spirits. With each subsequent visit to the hospital, Dorie was greeted with pictures of birds drawn by the soldiers, some good and many bad, but all of them evoking smiles. On April 8, put your talents to work drawing a bird. And don't feel too bad if your work isn't quite as beautiful as the paintings of famous ornithologist John J. Audubon, whose birthday is celebrated on April 26.

## 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!

## Employee Anniversaries

Tina Edelman- April 2<sup>nd</sup>  
7 years

Amy Brunner- April 5<sup>th</sup>  
4 years

Jenafer Jensen- April 20<sup>th</sup>  
4 years

Becky King- April 21<sup>st</sup>  
14 years

Rachel Byrne- April 26<sup>th</sup>  
5 years

Heather Tesch- April 28<sup>th</sup>  
15 years

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

## New Neighbors

**John Raskob- 404**

**Ramona Reichert- 405**



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

## 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?

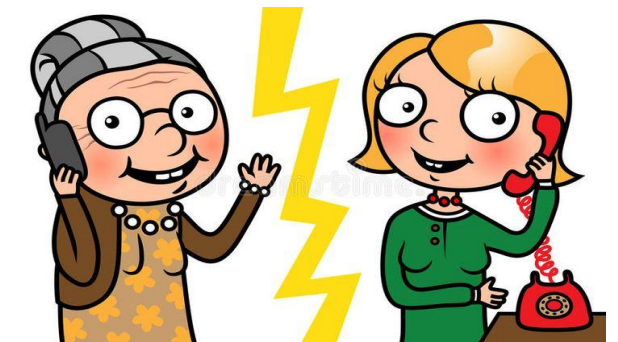


## Senior Friendship Line 800-971-0016

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

**Alyssa Moravec- (RN, BSN)** 507-331-6512  
[alyssam@faribaultseniorliving.com](mailto:alyssam@faribaultseniorliving.com)

### 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**  
[office@faribaultseniorliving.com](mailto:office@faribaultseniorliving.com)

### Activities Coordinator

**Donna Boyer**  
[activities@faribaultseniorliving.com](mailto:activities@faribaultseniorliving.com)

## FSL Monthly Blood Pressure Clinic

Friday, March 27<sup>th</sup>

10:30-11:30a

Lounge

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



### If the facility helps with your medications, please read:

It is CRITICAL that you let the nursing office or Jenafer, at the front desk, know if you have an upcoming appointment, if the facility helps with your medications in any way.

We must prepare paperwork that will include your current medication list, any pertinent notes, and vital signs that the doctor may want to review. Please return this paperwork with any instructions from the doctor, to the nursing office. We are required by state regulations to have a signed physician order for nearly everything that we do here.



## LAUNDRY ROOM ETIQUETTE

Laundry Rooms are available for residents to use. These are a shared space. Please be respectful of others and their laundry.

- Place your room number magnet on the machines you are using.
- Once machine is operating leave alone until complete
- Please remove clothes in a timely manner so that everyone has a chance to use the machines.
- After using dryers, please clean out the lint traps.
- If someone's laundry has been sitting for a long while, please ask a staff member for assistance, you may also go to apt of items in machine and ask them to move items.



Thank you for being kind & courteous!

## Dining Information



### Kitchen (Main Line) 507-331-6515

- Please call the Kitchen main line **minimum two hours in advance** if you are requesting a meal, making any changes or having a guest.
- If you would like to request a menu alternative or smaller portions, please fill out a menu and place in the black wire basket near the Dining Room or call the kitchen a minimum three hours in advance.

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

(Open by Appointment)

**Salon #: 507-331-6519**

**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  
to your hair appointment.*



**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.

## Resident Sign-Out Sheet

When leaving the building or taking your loved one out, please be sure to sign them out at the front desk on the sign-out sheet. Upon returning, please record the return time as well. This helps our staff accurately complete daily safety checks and account for residents who are out of the building.

A sign-out sheet is also available in the garage by the elevator for those exiting through the garage.



## Reminder:

When needing assistance after hours or on weekends, please push your pendant.

Office staff do not check voicemails at these times and will not get them until the next business day.

Thank you

# 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.**



## Eggstra Special Egg Facts

To test egg freshness in water, place an egg in a bowl of water

**Sinks/lies flat** = very fresh

**Sinks/stands on end** = older, safe to eat soon

**Floats** = too old, should be discarded

This works because porous eggshells lose moisture over time, increasing the size of the internal air pocket.

For the easiest peeling, eggs should be **1 to 2 weeks old** (7-14 days) before you hard boil them, as older eggs allow the membrane to separate more easily from the shell.

While very fresh eggs are hard to peel, those aged in the refrigerator for a week or more work best to hard boil.



### Why are eggs different colors from different types of hens?

Eggs are different colors primarily due to the genetics of the hen breed, which dictate which pigments are deposited on the shell during formation. All eggs start white (calcium carbonate), but some breeds add blue (oocyanin) or brown (protoporphyrin) pigments. Green eggs result from a blue shell with brown pigment on top.

**Pigment Application:** Brown pigment is applied to the outside of the shell just before laying, whereas blue pigment is added early, coloring the entire shell inside and out.

**Inside Color:** Despite the exterior color, the inside of all eggshells is white, except for blue/green eggs, which are colored throughout.

## Eggstra Special Egg Facts

**Taste/Nutrition:** The shell color has no impact on the nutritional value or taste of the egg yolk and white.

## Easter Menu

**Turkey and Ham w/ Gravy**

**Cranberry Sauce**

**Mashed Potatoes**

**Stuffing**

**Butternut Squash**

**Dinner Roll**

**Carrot or Lemon Layered Cake**

Normal meal charges apply, if on a noon meal plan no extra charge.

Guest meal charge of 22.00, limit 2 guests per resident.

*Happy Easter Day*