

Garden to Table



Most people agree that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals

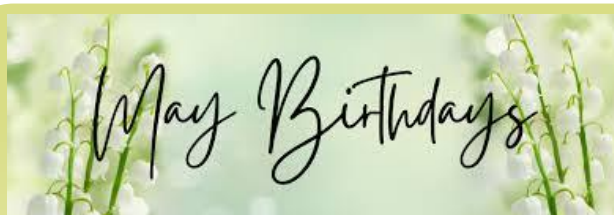
into your diet? It may be difficult to believe, but building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietitian Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers... a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way, you can enjoy a complete, farm-fresh salad from your own backyard.



Donna Morgan- 1st

Ed Gallagher- 2nd

Helen Velzke- 3rd

Kristy Christensen- 7th

Ginger Myers- 13th

Kalie Wheelock- 18th

Christa Petersen- 18th

Rachel Byrne- 18th

Lauren Valentyn- 20th

Adrian Murray- 22nd

Jenafer Jensen- 28th

Mike Domarus- 29th

Lois Larson- 31st

Holy Rollers



As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge

to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Over 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.

May 2026

Faribault Senior Living

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



Celebrating May

Family Month

Arthritis Awareness Month

Personal History Awareness Month

Global Love Day

May 1

Star Wars Day

May 4

Mother's Day

May 10

International Nurses Day

May 12

New Friends, Old Friends Week

May 17-23

Rescue Dog Day

May 20

Memorial Day

May 25

Life at Turtle Speed

Turtles have been moving through Earth's waters and landscapes for more than 200 million years, quietly outlasting dinosaurs, ice ages, and continents in motion. Each May, World Turtle Day (May 23) invites us to pause and consider what these remarkable animals can teach us about conservation, resilience, and how to live well in a fast-paced world.

Today, turtles need our attention more than ever. Of the world's roughly 360 turtle and tortoise species, more than half are threatened or endangered. Habitat loss, plastic pollution, climate change, and road traffic all take a toll. Sea turtles often mistake floating plastic for food, while freshwater turtles lose nesting areas to development. Even small actions matter: Slowing down in known crossing areas, reducing plastic use, and supporting conservation organizations can help ensure turtles remain part of our shared future.

Beyond their ecological importance, turtles have long held symbolic meaning across cultures. They are often associated with wisdom, patience, and protection. In many traditions, the turtle carries the world on its back or represents the steady foundation of life itself. Their shells symbolize shelter and perseverance—moving forward while carrying one's home, history, and strength along the way.

Perhaps the most enduring lesson turtles offer is the familiar phrase "slow and steady." Turtles remind us that progress doesn't have to be rushed to be meaningful. In a world that often prizes speed, multitasking, and constant productivity, turtles model a different approach—one rooted in persistence, awareness, and balance. They move at a pace that suits them, conserving energy and paying attention to their surroundings.

As World Turtle Day approaches, it's a good moment to reflect on both action and attitude. Protecting turtles means caring for the environments we all depend on. Learning from turtles means remembering that steady effort, patience, and respect for natural rhythms can carry us far. Sometimes, slowing down isn't falling behind—it's choosing a wiser way forward.

Aid Without Borders



World Red Cross Day, observed each year on May 8, honors one of the world's largest and most enduring humanitarian networks—and the people who keep it running when it matters most. The date marks the birthday of Henry Dunant, founder of the International Committee of the Red Cross and the first recipient of the Nobel Peace Prize.

Today, the Red Cross and Red Crescent Movement operate in nearly every country, responding to crises that range from armed conflict and natural disasters to public health emergencies and everyday community needs. In a world shaped by climate extremes, migration, and ongoing conflict, the organization's role is more relevant than ever.

In recent years, Red Cross workers and volunteers have been on the front lines of wildfires, floods, earthquakes, and hurricanes, often arriving within hours to provide shelter, food, medical care, and family reunification services. Beyond disaster response, the Red Cross plays a critical role in blood donation services, emergency preparedness training, and support for military families.

World Red Cross Day is also a reminder that humanitarian work is guided by core principles, like humanity, neutrality, and voluntary service. These principles allow Red Cross teams to work across borders and political divisions, focusing solely on human need.

This year's observance highlights the importance of local volunteers, who make up the majority of the movement's workforce. Trained community members often serve as first responders, using local knowledge to deliver aid quickly and effectively. Their efforts show that humanitarian action doesn't always start with large operations—it often begins with neighbors helping neighbors. World Red Cross Day is not just a celebration of an organization but of the shared belief that helping others, quickly and humanely, can change lives.

Bermuda in Brief

May 22 is Bermuda Day, a celebration to encourage civic and cultural pride in Bermudian ways of life. Bermuda Day marks the unofficial beginning of summer and is celebrated with parades, a half-marathon, and plenty of music and dancing.

Bermuda Day also marks the start of Bermuda shorts season. They are the official national dress for men, worn three inches above the knee with knee socks, tasseled loafers, a jacket, and a tie. They are worn as business attire and evening wear, and are even part of Bermuda's police uniform. The shorts originated with the British Royal Navy. Soldiers working desk jobs in the tropics were issued lightweight shorts and knee socks. Civilians in Bermuda first started copying the military style in the 1920s. Unfortunately for businessmen beyond Bermuda, the shorts never caught on as business attire. But for casual occasions, like celebrating Bermuda Day, Bermuda shorts are a must.

Savor the Snail



Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sautéed in garlic, butter, and herbs to be a delicacy. If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance.

Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoal made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy, buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert, and join the ranks of those who have eaten escargot.

Sound Sense



Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.

How loud is too loud? The World Health Organization says that listening to sounds around 80 decibels can be safe if your total exposure stays below about 40 hours a week, but as levels go above that, safe listening time drops quickly. For example, at 90 decibels, the recommended weekly listening time falls to roughly four hours, and at 100 decibels, it's only about 20 minutes per week. So you can still enjoy loud music or TV, but the louder it is, the shorter the safe listening time to protect your hearing.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities, such as riding a motorcycle or hunting. For those who find themselves in loud places, such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. Hearing experts recommend limiting exposure to very loud sounds, such as a 100-decibel rock concert, and following them with extended periods of quiet to reduce strain on the ears. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.

The Art of Order

Henry Martyn Robert was born on May 2, 1837, and went on to build a distinguished military career, earning the rank of brigadier general in the American Army's Corps of Engineers. But where Robert really earned his fame was in the writing of the book *Robert's Rules of Order*. This pocket manual was a guide for running and organizing large meetings, especially when the involved parties didn't see eye to eye. His inspiration for the book came from his personal failure at moderating a church meeting. Robert resolved to never lead another meeting until he worked out a fair set of procedures. To this day, alumni organizations, charities, condo associations, school boards, trade unions, sports leagues, corporations, and even family reunions have relied on Robert's Rules to keep things civil.

Game for Life



While May has earned the nickname Tennis Month, tennis has earned the nickname "the sport for a lifetime." Dr. Jack Groppe, health expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.

Tennis not only provides a vigorous physical workout but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There's only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.

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

Aubrey Filan- May 9th
2 years

Kalie Wheelock- May 19th
3 years

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

New Neighbors



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

Dining Reminder

Please ensure you are letting the kitchen know a minimum of 2 hours before a meal if you are coming, this ensures we have prepared enough food to feed everyone.



Thank you

Helpful Phone Numbers for Seniors

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

FEELING LONELY?

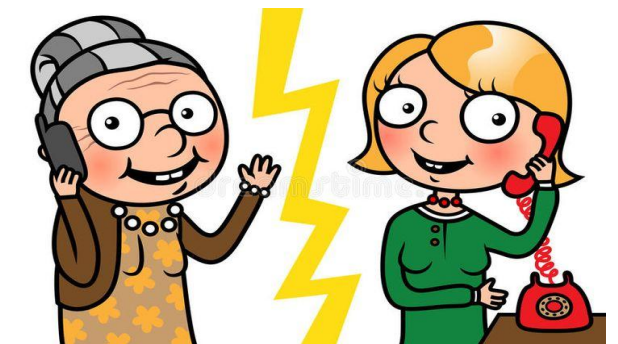


Senior Friendship Line 800-971-0016

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

Assisted Living Director

Heather Tesch (LALD): 507-331-6517
heathert@faribaultseniorliving.com

Nursing Office:

Director of Clinical Services

Calista Vos (RN, BSN): 507-331-6520
calistav@faribaultseniorliving.com

Assistant Director of Clinical Services

Alyssa Moravec- (RN, BSN) 507-331-6512
alyssam@faribaultseniorliving.com

Resident Coordinator

Rachel Byrne- (TMA) 507-331-6511
rachelb@faribaultseniorliving.com

Maintenance Manager

Pat "Nezy" Nesburg
patn@faribaultseniorliving.com

Office Coordinator

Jenafer Jensen
office@faribaultseniorliving.com

Activities Coordinator

Donna Boyer
activities@faribaultseniorliving.com

FSL Monthly Blood Pressure Clinic

Friday, May 15th
10:30-11:30a

Outside Community Room (2nd floor)

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



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



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 3rd
(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.

Special Meals in May



Tuesday, May 5th

Lunch

Shredded Beef Chimichanga w/ Queso
Cheese Sauce
Mexican Corn Salad
Spanish Rice
Tres Leche Cake

Dinner

Chicken Fajita w/ Peppers & Onion
Yellow Rice
Cinnamon Sugar Churro w/ Caramel
Dipping Sauce

Monday, May 25th
Memorial Day

Lunch:

Smash Burger on a Brioche Bun w/ Fixings
Baked Beans
Potato Salad
Watermelon
Ice Cream Treat



MEMORIAL DAY

CELEBRATE ★ HONOR ★ REMEMBER
WE WILL NEVER FORGET

Normal meals charges apply

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
- 1st **Floor (Main)**: Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, “Reflections” Living Area
- 2nd **Floor**: Community Room (*Room can be reserved for parties/gatherings*)
- 3rd **Floor**: Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- 4th **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.

Over the Counter Medications ARE Medications!

Over-the-counter (OTC) drugs are generally safe when used as directed, but they carry significant risks when overused, misused, or combined with other substances. Because they are easily accessible, many people underestimate their power, leading to accidental overdoses, severe organ damage, and dependency.

It is VERY important that your doctor or practitioner is aware of ALL of the over the counter medications that you are taking to make sure they are not interacting with your prescription medications or causing any dangerous side effects to your organs. This includes Tylenol, Ibuprofen, Laxatives, Aspirin, Tums, and Vitamins/Minerals (Calcium, Multivitamins, Magnesium, Zinc, Eye Vitamins, Memory Supplements, etc)

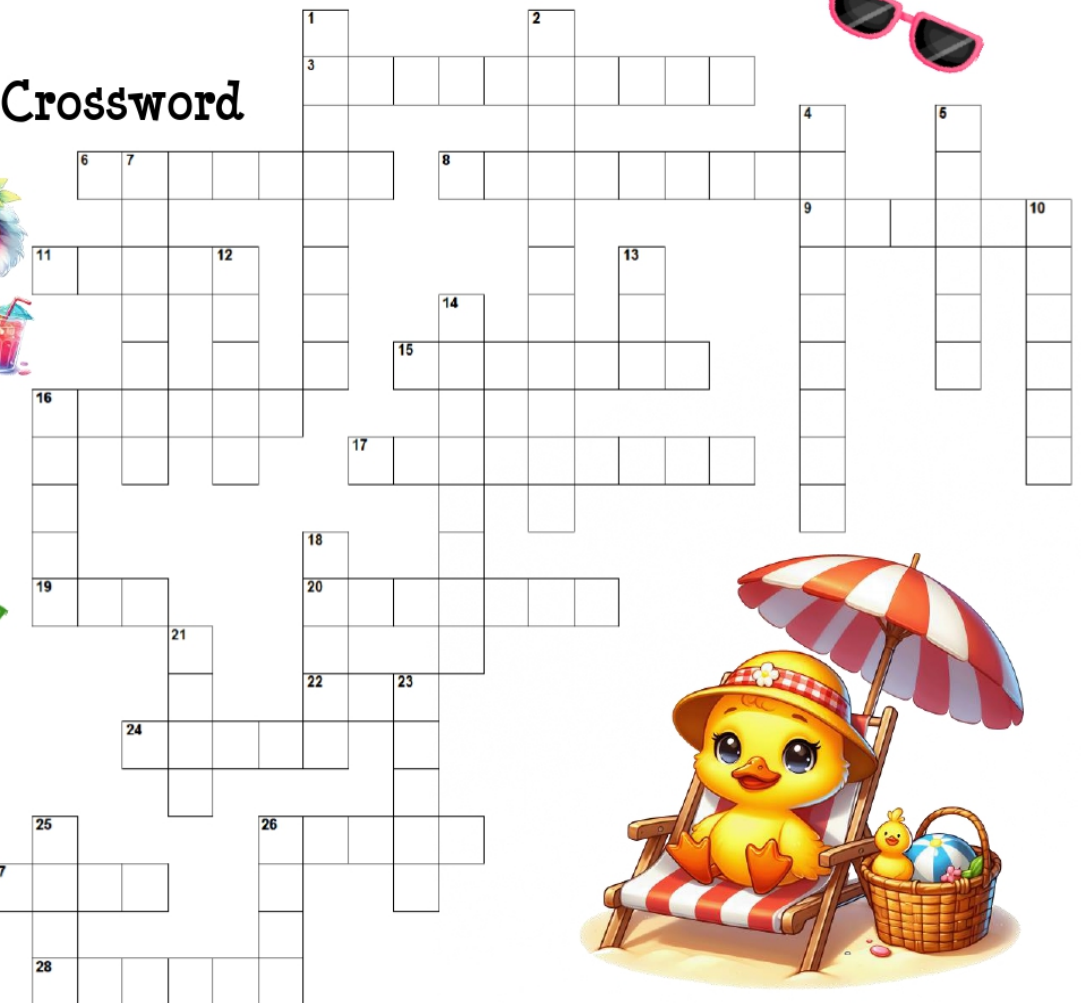
- **Older Adults:** OTC medications can be even riskier for seniors because their metabolism is slower, leading to higher drug accumulation. Side effects like confusion, memory issues, or dizziness can increase the risk of falls and accidents.
- OTC drugs can interact negatively with prescription medicines (e.g., aspirin with blood thinners), changing their effectiveness or creating adverse reactions.
- A common risk is taking multiple products that contain the same active ingredient. For example, using a cold remedy that contains acetaminophen (Tylenol) in combination with a separate dose of Tylenol for a headache can cause an unintentional overdose. Over 50% of adults may unintentionally overdose by "double-dipping" with two acetaminophen-containing products.
- **Liver Failure (Acetaminophen/Tylenol):** Excessive or prolonged use of acetaminophen is the leading cause of acute liver failure in the U.S. It is dangerous to exceed 3,000 mg per day in elderly population.
- **Kidney Damage & GI Bleeding (NSAIDs):** Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Advil, Motrin) and naproxen (Aleve) can cause stomach bleeding, ulcers, and kidney damage with long-term or high-dose use
- **Cardiovascular Issues:** Decongestants (e.g., pseudoephedrine/Sudafed) can spike blood pressure and heart rate, increasing the risk of heart attack or stroke
- **Organ Damage from Laxatives:** Laxatives that are used for constipation can cause severe dehydration leading to kidney damage. Laxatives can also cause electrolyte imbalances due to a loss of sodium and potassium. These imbalances can lead to heart rhythm changes, weakness, confusion, and seizures.
- **Benadryl:** Some people take antihistamines regularly for allergy symptoms. Did you know that Diphenhydramine (e.g., Benadryl) is also in many OTC sleep and cold medications? An overdose of antihistamines can increase your risk of significant drowsiness, low blood pressure, rapid heart rate, nausea/vomiting, confusion, falls, seizures, and hallucinations.

Name: _____

Date: _____

May

Crossword



Across

3. May holiday to honor mothers
6. April showers bring May ____
8. Famous ship sunk in May 1915
9. One of May's astrological sign
11. These go up into the sky, often with a string
15. Type of outdoor trip in a tent
16. Common activity on Memorial Day
17. Brightly colored flying insect
19. Big yellow star in the sky
20. Birthstone of May
22. Yellow and black insect that makes honey
24. Hops around and likes carrots
26. Celebration with balloons & cake
27. Sound of bees
28. Type of shoe for the beach

Down

1. Rain protection item
2. Insect that jumps & has long legs
4. Young bird that just hatched
5. Popular outdoor activity in May
7. Green leafy plants in gardens
10. When kids get a break from school
12. Creepy crawly garden pest
13. Watering tool for gardens
14. May's birth flower
16. Small bodies of water in gardens
18. Famous horse race in May
21. Color of the sky on a sunny day
23. May's zodiac sign element
25. Symbol of growth often seen in May
26. Where you might go swimming