

## The Spirit of Nachi



High in the Kumano region of Japan's Kii Mountains lies Nachi, a sacred site in the Shinto religion, and the Great Waterfall of Nachi, a dazzling rush of water that cascades 133 meters. *Kumano* means "holy ground where the gods dwell," and the primeval mountain range is filled with

many religious sites and pilgrimage routes. On July 14, thousands of pilgrims and tourists climb to the beautiful waterfall for the Nachi Fire Festival, a celebration of water and fire.

According to Shinto religious beliefs, a powerful spirit, or *kami*, lives within the Nachi waterfall. Pilgrims first pay homage to the spirit with a blessing of fire. Men in white robes carry massive torches weighing over 100 pounds up and down the 133 steps (one for each meter of the waterfall's height) that lead to the sacred Nachi shrine. Fire has long been considered a purifying force, and once the steps are purified, more pilgrims robed in blue descend the stairs carrying 12 *Mikoshi*. The *Mikoshi* are 20-foot-tall vermilion shrines decorated with fans and mirrors to mimic the beauty of the waterfall. The 12 shrines symbolize the 12 Shinto deities and the 12 months of the year. These shrines are considered resting places for the spirits. Not only do the pilgrims honor the gods but the gods show them favor by blessing the pilgrims.

The Kumano region has been considered a place of healing for thousands of years. The Nachi shrine is just one of three major Shinto shrines in the area. Also close to the Nachi shrine is another sacred site, an 850-year-old camphor tree wrapped ceremoniously in straw rope and paper flags. Like the Nachi waterfall, this tree is also believed to house a Shinto kami spirit. A giant opening in the tree's trunk allows visitors to enter the tree and make offerings at a small altar. It is said that once inside, one can hear the beating of the tree's heart, a moving and transcendent experience.



**Rachel Benson- 1<sup>st</sup>**  
Destiny Torrez-Nagel- 2<sup>nd</sup>  
**Bette Jenö- 3<sup>rd</sup>**  
Emily Finder- 4<sup>th</sup>  
**Bev Mahoney- 5<sup>th</sup>**  
**Craig Fure- 7<sup>th</sup>**  
Ume Hashi- 7<sup>th</sup>  
Heather Tesch- 10<sup>th</sup>  
**Mary Langeslag- 11<sup>th</sup>**  
**Chuck Nelson- 14<sup>th</sup>**  
Katherine Lopez- 14<sup>th</sup>  
**Harlan Handahl- 15<sup>th</sup>**  
**Vivian Jones- 18<sup>th</sup>**  
**Judy Davis- 19<sup>th</sup>**  
**Esther Hanson 22<sup>nd</sup>**  
Chloe Eisert- 23<sup>rd</sup>  
**Victoria Watson- 27<sup>th</sup>**  
Terry Vos- 28<sup>th</sup>  
Mary-Jane Post- 29<sup>th</sup>  
Laura Shaske-Reineke 31<sup>st</sup>



## Night of Nights

Morse code, that method of communicating letters using long and short signals of sound or light, seems old fashioned. After all, commercial Morse radio stations have been defunct for almost three decades. The last U.S. transmission went out on July 12, 1999, and read, "What hath God wrought"—which is also the first message sent by Samuel Morse in 1844. It was a sad night for those who had used Morse code throughout their lives. The abandoned station was filled with old rotary phones, manual typewriters, teletype machines, and telegraphy keys, some dating back to the time of Samuel Morse. What a pleasant surprise when the airwaves sprang to life again with buzzing and beeping on July 12, 2000. This was the first "Night of Nights," when for one night, an old maritime radio station on the coast of northern California sent out Morse transmissions. The tradition has been carried on ever since.

July 2026

# Faribault Senior Living

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



## Celebrating July

### Cell Phone Courtesy Month

### Parks and Recreation Month

### Family Golf Month

### Canada Day

July 1

### World UFO Day

July 2

### Independence Day (U.S.)

July 4

### Blueberry Day

July 8

### Tattoo Day

July 17

### Nelson Mandela International Day

July 18

### Tell an Old Joke Day

July 24

### Paperback Book Day

July 30

## The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn't a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven't disappeared—they've simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.



## Knead to Relax



Tired? Stressed? Sore? Perhaps you need a massage. Massage is no longer limited to fancy spas or luxury health clubs. Massages are now offered in the workplace, at the mall, and even in airports. If you've never tried a massage, perhaps you should between July 12 and 18, Everybody Deserves a Massage Week.

Not all massages are the same. The most well-known type is Swedish massage. It is the gentle kneading of muscles, tendons, ligaments, and skin that brings deep relaxation. Deep-tissue massage uses slower, more forceful strokes to reach deeper muscles and relieve pain or injury. Shiatsu is a Japanese style that uses light finger pressure on pressure points to stimulate energy and regain balance. Sometimes massage therapists incorporate pleasing aromas, hot stones, or warm pads into the treatment to increase comfort and relaxation.

Relaxation, though, is not the only benefit of massage. While studies show that massage can reduce pain, stress, and muscle tension, it has also been shown to decrease anxiety, relieve headaches, combat insomnia, boost the immune system, and even relieve some digestive disorders. While massage is certainly not a substitute for regular medical care, many believe that it is an effective form of alternative medicine.

If you've been putting off a massage because you're wary of a stranger's touch, it may be helpful to remember that massage therapists are trained experts in anatomy, physiology, kinesiology, pathology, and ethics. There is no reason to be squeamish or self-conscious in the presence of these medical service providers. Communication is also key. A massage is for your benefit. You have to tell the massage therapist where you need work and whether you like more or less pressure. After all, a massage should be an enjoyable indulgence!

## Frontier Fever

Visitors strike gold each mid-July in Fairbanks, Alaska, during the Golden Days festival. The weeklong affair honors Felix Pedro, the young Italian immigrant who, on July 22, 1902, discovered gold in Tanana Hills, just northwest of Fairbanks. By 1908, so many prospectors, outfitters, and businesspeople had ventured to Fairbanks that it became the largest city in Alaska. Today, visitors can find a monument to Felix Pedro, donated by the Italian government, along the Steese Highway, which runs through the Tanana Hills by Pedro Creek.

Felix Pedro is such a hometown hero that during the festival you might even catch a glimpse of him with his dark moustache, flannel shirt, and wide-brimmed hat. It's more likely you've found the Felix Pedro look-alike contest. And don't miss the Grizzly Alaskan contest, awarding honors to the man with the hairiest beard, chest, and legs and the ugliest "frontier feet." The Golden Days festival offers authentic Alaskan charm worth its weight in gold.

## The Great Jump

On July 20, 2006, German professor Hans Peter Niesward from the Institute for Gravitational Physics in Munich claimed that he had convinced 600 million people in the western hemisphere to celebrate World Jump Day. Everyone would jump at the same time and knock Earth into a new orbit. The result? Extended daylight hours. A more uniform climate around the world. The end of global warming. And a great big laugh. It turns out the entire holiday was a hoax. Professor Niesward was actually German artist Torsten Lauschmann. Of course, this hasn't stopped people from jumping on July 20. Not to fear, scientists have done the math, and 600 million jumping humans could not affect the axis or orbit of Earth, which has a mass of a whopping 13 septillion pounds.



## A Better Bag

All around the world, more and more communities are considering bans on single-use plastic bags or even charging five cents for each bag used. Why is there such an outcry against using these bags so commonly found at supermarkets and convenience stores? Sadly, while a plastic bag may be used for mere minutes, it takes hundreds of years to disintegrate. The truth is that plastic bags have become one of the biggest sources of pollution in the world. With one million bags in use around the world every minute, it's no wonder that a raft of plastic garbage known as the Great Pacific Garbage Patch is drifting in the northern Pacific Ocean.



On July 3, people around the world will celebrate International Plastic Bag-Free Day by opting not to use plastic bags. So what are some alternatives to plastic? The most common solution is to carry your own reusable canvas bags when you go shopping. Many stores have made it easy on customers by selling cheap and reusable tote bags in the checkout line or even offering free cardboard boxes.

Perhaps the most enraging solution has been to charge five cents for the use of a plastic bag. While many customers have shown deep dissatisfaction with the policy of paying for bags at checkout, the system has been shown to decrease the use of plastic bags. Studies of Ireland's plastic bag levy, introduced in 2002, found that usage dropped by more than 90 percent almost immediately. Similar results have been seen in California, where statewide restrictions and fees led to sharp declines in single-use plastic bag consumption. By asking customers during checkout whether they have bags or would like to buy some, shoppers are less able to ignore the problems caused by plastic waste. They are reminded of their environmental impact each time they shop, and many choose to bring reusable bags.

## Redefining Beauty

Everybody knows we should respect our elders, but it's just as important to recognize their beauty—on their own terms. That's the spirit behind Gorgeous Grandma Day on July 23. Today, the idea of "aging beautifully" looks a little different than it once did. It's less about chasing youth and more about confidence, presence, and self-acceptance.

Scroll through social media and you'll find grandmothers with large followings who share style, skincare, and lifestyle tips—not to turn back the clock but to feel good in the skin they're in. Some embrace gray hair, others bold fashion, others a bare face. There's no single formula anymore.

Even in industries once dominated by youth, older women are claiming space and redefining what beauty looks like. They're not "still beautiful despite their age"—they're just beautiful. The message has shifted from resisting age to standing comfortably within it. And that confidence? It's something no cream or routine can replicate.

## Guardians of the Wild



One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild. Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts. Though they invoke fear

in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.



## 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

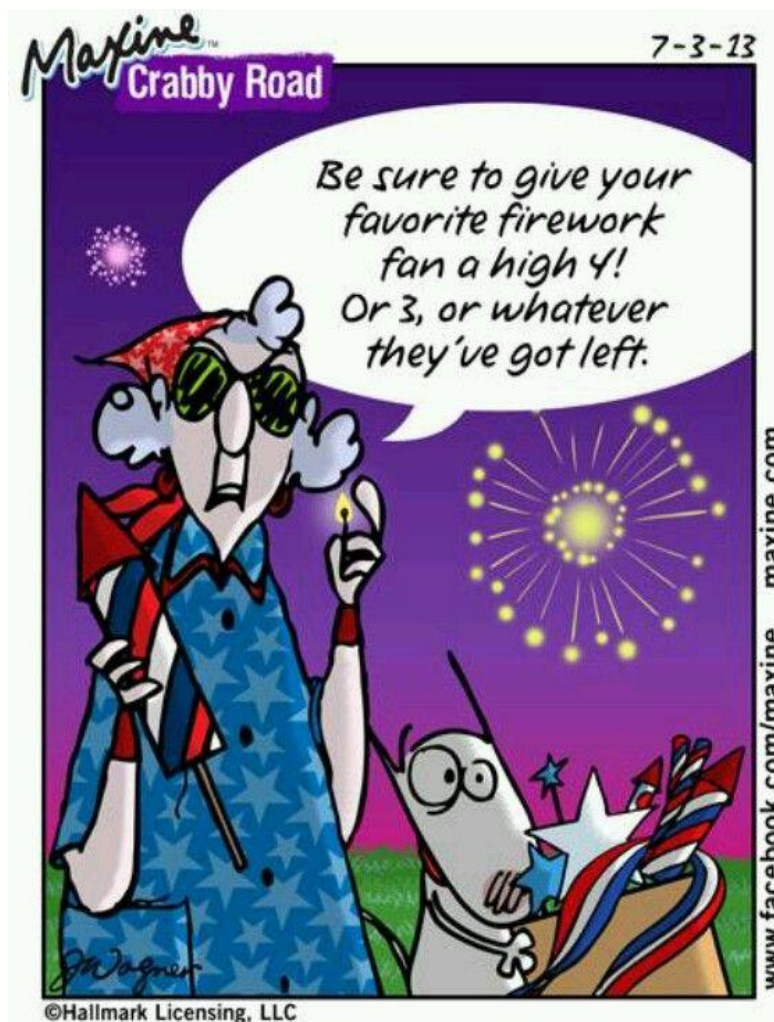
Maggie Beaupre- 110

Jake Kaderlik- 302

Mary Ann Sanders- 421



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



## Helpful Phone Numbers for Seniors

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

## FEELING LONELY?

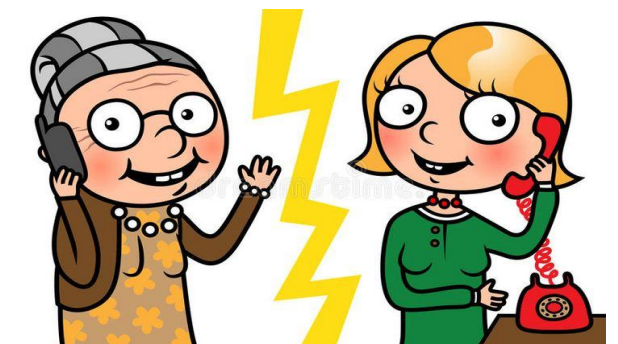


### Senior Friendship Line **800-971-0016**

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.





## Employee Anniversaries

Amy West- July 6<sup>th</sup>  
11 years

Kendra Gregory-Daly- July 7<sup>th</sup>  
3 years

Kayden Sellers- July 11<sup>th</sup>  
3 years

Keylee Culver- July 12<sup>th</sup>  
2 years

Alyssa Moravec- July 15<sup>th</sup>  
2 years

Karlene McKenna- July 15<sup>th</sup>  
7 years

Tammy Kuchinka - July 22<sup>nd</sup>  
6 years

Olivia Bolster - July 27<sup>th</sup>  
5 years

Evelyn Jensen - July 31<sup>st</sup>  
2 years

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



## Air Conditioner Reminders

With this week's hot temperatures, I just want to send out a few reminders on your apartment air conditioners...

1. Keep air conditioners on energy save mode, this allows the air conditioner to kick on and off when a set temperature is reached
2. When it is hot/humid keep air conditioners on 73/74 degrees turning them way down will only freeze up the unit and it will not work properly
3. If your unit seems to be malfunctioning please let staff know right away as we may need to order a new one, we don't always have them onsite
4. Make sure all windows are shut tight and locked
5. In high heat temps remember your apartments and building will be warmer as the air conditioners can only do so much



## FSL Monthly Blood Pressure Clinic

Friday, July 17<sup>th</sup>

9:00 – 11:00a

2<sup>nd</sup> floor- Outside Community Room

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



## FSL Resident Council



Monday, July 20<sup>th</sup> 1:15pm  
Community Room (2nd Floor)

Want to have your suggestions heard...

Come join this monthly meeting held for residents by residents, where you can voice your questions, concerns, opinions etc.

## 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)





### Be patient

with different abilities and needs.



### One voice at a time.

Let the caller lead the game.



### Keep side conversations

quiet and low.



### Stay calm

during interruptions.



### Be kind and respectful.

Speak to others the way you want to be spoken to.



### Help everyone feel welcome.

We're all here to have fun together!



## 4<sup>TH</sup> OF JULY WORD SEARCH

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

America  
Blue  
Britain  
Celebrate  
Declaration

Fireworks  
Flag  
Fourth  
Freedom  
Holiday

Independence  
July  
Liberty  
Parade  
Picnic

Red  
Sparklers  
Stars  
Stripes  
Summer

United  
White



# 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.**

**DO GOOD  
TO END ALZ**  
Benefiting The Alzheimer's Association™

## **FSL Annual Hot Dog Fundraiser**

Wednesday, July 22<sup>nd</sup>  
11am to 2pm

Minimum \$5 donation  
per meal

Meal includes:  
Hot Dog in a Bun  
Chips  
Cookies  
Beverage

All proceeds to Benefit  
Alzheimer's Association



**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.