

SEPTEMBER BIRTHDAYS!



2nd– Jean S.

5th– Sue K.

7th–Howard D.

8th–Marshall S.

9th–Glady Z.

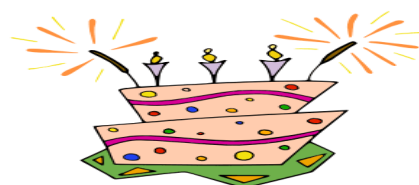
17th–Edna S.

19th–Marion D.

22nd–Velma F.

23rd–Roselyn K.

30th–Kayle B.



If at the beginning and end of our lives we depend upon the kindness of others, why in the middle of our lives should we not act kindly toward them? It is the pragmatic choice.

—Dalai Lama XIV

Seniors Are The Nations Leading Carriers of Aids!
Hearing aids, Band aids, Roll aids,
Walking Aids, Medical aids,
Government aids.

Faribaultseniorliving.com

Assisted Living Week September 14th-18th

Monday 9/14

2:00 pm-Rosie's Sing-A-Long

Tuesday 9/15

WALK-A-THON

10:30am-Meet in parking lot

Lunch to follow...

Wednesday 9/16

12pm-Free Chili Lunch

Thursday 9/17

2:00pm-BINGO

Community Room

Friday 9/18

8am-1pm-Flea Market

Located in the garage.

*Watch for Details...
More information to come!*

WELCOME NEW RESIDENTS!

Alice Gudknecht #403

Ray Ress #422

Melvin & Shelba Reineke #423

Pauline Rodriguez #315



Like us on
Facebook

Faribault Senior Living



CONGRATULATIONS TO CALISTA!



Not just a star...a SUPER star

Calista was nominated by staff and residents for the superstar award through Care Providers of Minnesota. The Superstar award recognizes an employee who not only does her job, but also does a whole lot of 'extras' that enhance the quality of life for residents/tenants/clients/staff and others.

Calista's dedication, commitment, and caring go far beyond what is included—or even expected—in her job description. Calista will be presented with her award at the Celebration of Caring Dinner on Tuesday, November 17th.

Care
Providers
of Minnesota

ISSUE 7

September 2015

We are raising money for our upcoming

"Walk to End Alzheimer's!"

Please join or support Faribault Senior Living as we join the fight to end Alzheimer's! Everyone is welcome to walk with us on Tuesday, September 15th at 10:30am. We will be walking from our building down to El Tequila and back. If you would like to participate or make a donation please pick up a registration form in the lounge.

MANAGEMENT TEAM

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Tips to Prevent Scams and Fraud

Education, awareness and prevention are key factors in helping to protect seniors against scams and fraud. Seniors make up 13.3% of the U.S. population and are the most targeted age group. 50% of phone scams are aimed at seniors and 30% of consumer fraud. With the holidays quickly approaching, fraud and scams can be on the rise. To protect yourself, or a loved one, remember the tips below.

- Never give out personal information to telemarketers, or any stranger. Do not disclose credit card numbers, bank account numbers, date of birth, Social Security numbers, or addresses to unknown companies, or unknown persons.
- Phone scammers will often try to capture their senior audience by being warm, friendly and personable. Do not try to “help” them by sending them money to receive a contest prize, trip, or vacation that they claim you “won.”
- If you doubt the legitimacy of your caller, ask them for their company name, address and phone number where they can be reached at a later time. If it is a scammer,

most likely, they will not want to give you this Information.

- If you are female and live alone, never disclose that you live alone. On your voicemail, use the automated message instead of a personal greeting. If you choose to use a personal greeting, say “We are not available,” instead of, “I am not available.” This leads people to believe there is more than one person in the household.
- Do not open the front door for anyone you do not know. Scammers can pretend to be utility or electric workers, or pretend to be raising money for a charity or another organization. They often mislead seniors by appearing warm and friendly, or by trying to offer one of their services that could “help” a senior. Never allow a stranger into your home.
- To avoid mail theft, avoid having checks or other highly sensitive items mailed directly to your home. Instead, use a P.O. box, or have them deposited directly into your bank account.
- Many seniors are targeted in investment schemes. Never disclose any personal information

and make sure you talk to a trusted financial advisor first through a reliable and known company.

- Funeral and cemetery scams are also on the rise. These people will read the obituaries and attend the funeral of a complete stranger. They target the widow, or widower, and claim the deceased member had an outstanding debt with them.
- Medicare and insurance fraud is also increasing with people posing as Medicare, or insurance representatives trying to get money from you. Do not disclose any information and contact your healthcare provider immediately.

If it sounds too good to be true, it usually always is.

If something doesn't feel right, it usually isn't.

Don't ignore your gut instincts.



2015 National Assisted Living Week Theme

“Nourishing Life: Mind, Body, Spirit.”

This theme celebrates the countless ways assisted living caregivers nurture the whole resident. Communities across the country work each and every day to ensure that the lives of their residents

are fully nourished in each and every way. Conversely, residents nourish the lives of team members and volunteers by, with the support of loved ones, sharing their inspiring lives.



September 13–19, 2015

Health/Safety



Flu Shots!

Tuesday, September 22nd
2pm-3pm

Community Room

*Bingo will be rescheduled for
Wednesday, September 23rd
2pm-Community Room*



Building Information

*Please wipe off wash machines and clean out lint traps when finished with your laundry.

*Unless we do your weekly cleaning we will not be moving decorative items outside your door to clean.

*Instead of leaving “junk” mail on the counter please toss in the garbage provided.



*Stamps are available with Sarah.

*Parts of the exterior building will be painted in September.

*The parking lot will be resurfaced and painted in late early September. Please watch for notices as the parking lot will need to be vacant for this job.

*Exterior windows will be cleaned September 9th, 10th, and 11th by Clearview Window Cleaning Service. Window cleaners will need to enter your apartment to clean the outside of the windows. Please clear items away from front of the windows.