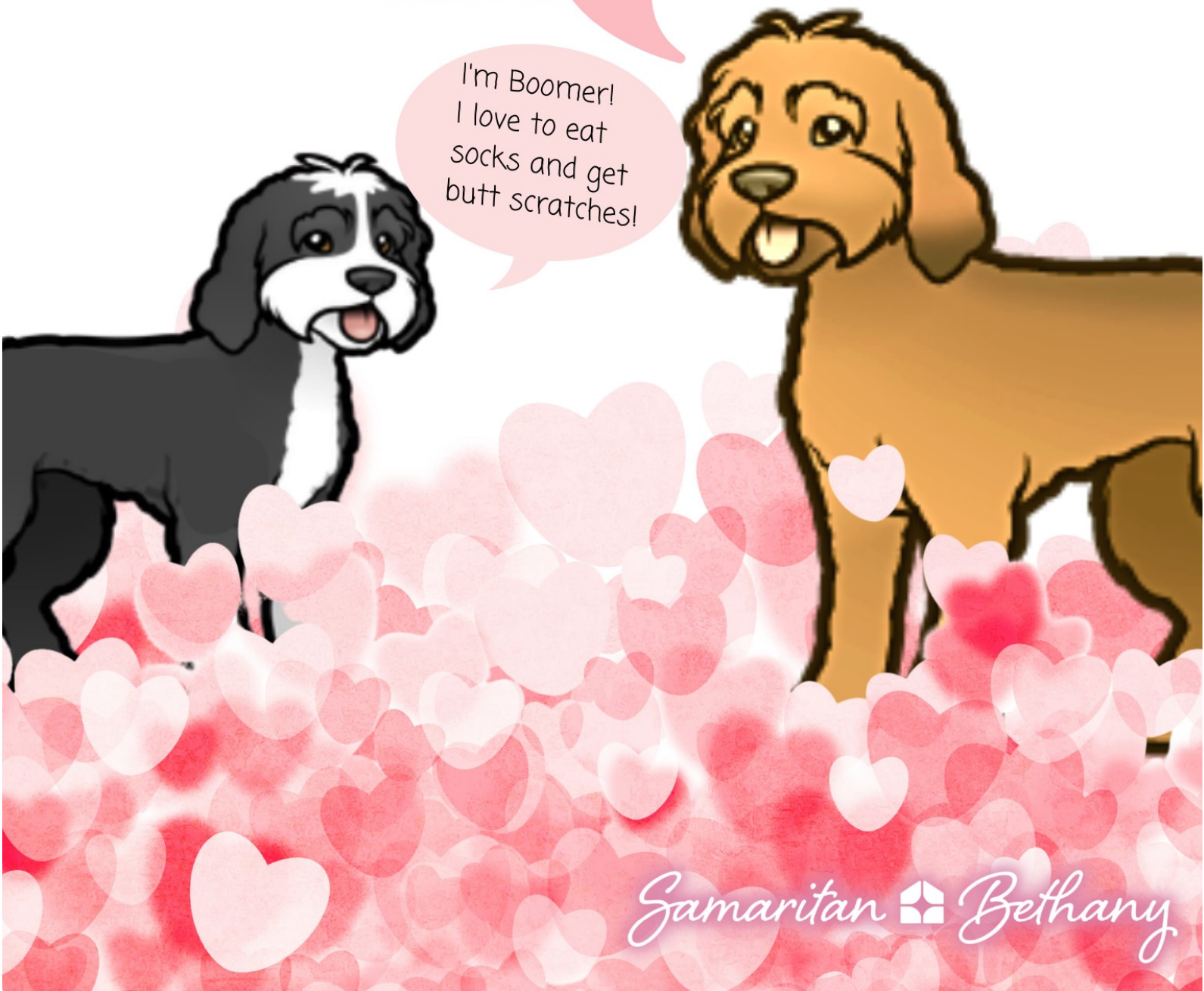


Arbor Terrace

February 2023

Hi,
I'm Bogey! I love to go on walks
and hang out with my brother
Boomer!

I'm Boomer!
I love to eat
socks and get
butt scratches!



Samaritan  Bethany

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~ A Message from the ~ Housing Community Leader



Where did January go?

The year has just begun and I already feel like its flying by.

CRP's were sent out to the resident or Financial Guarantor. If you didn't get it or need a copy please see me.

I want to just talk a little about some frequent events at Arbor Terrace and some new programs coming up this February!

As some know we tend to have care conferences quarterly or bi-annually based on need or just regular check in. These meetings are held with the resident, their family (if wanted/needed), and arbor terrace care team. These meetings are to help everyone stay on the same page and to keep us informed, not to make you feel ambushed or scared that you have a meeting.

Another regularly scheduled event is Resident Forum which is held every first Wednesday of the month at 2:30pm in the Independent Living Dining Room. This meeting is to help update residents and answer questions.

This year we are incorporating a monthly educational program for residents and staff/family who want to join. It is held on the 4th Wednesday of the month at 2:30pm (see calendar for locations).

Some February highlights to look forward to:

- Every Wednesday at 10am Praise and Prayer service in the Chapel (with our new Chaplin Barb)
 - I encourage everyone to join and get to know Barb who will be leading bible studies and Sunday service as well!
- February 7th and 21st at 1pm in Community Room Coffee, Confections and Company
- February 8th at 2:30pm in IL Dining Room Wii Bowling
- February 14th Valentines Day Dinner (must have RSVP'd)
- February 17th SPA DAY at 1:30 in Community Room

Warm Regards,

Rachael Maxfield
Housing Community Leader



UPDATES ON COVID-19



New COVID Cases

0 staff

1 resident

Flu Cases (confirmed)

0 staff

0 resident

- Outbreak testing will occur for residents exposed as well as staff identified through contact tracing.
- Visitation for Arbor Terrace will continue.
- Please make sure you are practicing good hand hygiene!
- It is still a requirement to wear a mask when walking through Arbor Terrace in public spaces.
 - If you are in a closed space with individuals you feel comfortable around or eating you can remove your mask.
 - Mask wearing for visitors and staff is a requirement until the COVID transmission rate for Olmsted county is below the high level.

QUALITY OF LIFE SURVEY

On February 6th, 2023 there will be a couple of individuals visiting Arbor Terrace residents. These visitors are with the Minnesota Department of Health conducting a Quality of Life Survey through Vital Research.

Residents we encourage you to participate! You can opt out but this survey helps us better understand what is working well and what areas we could improve upon.

Residents emergency contact #1 may also be receiving the same survey via mail. The survey is brief and gets mailed back to Vital research. We encourage participation for the same reason above.

Any questions feel free to contact Rachael Maxfield.



YOU'RE INVITED TO OUR
♦♦ *Valentine's* ♦♦
DINNER

MUST HAVE RSVP'D BY 1/31/2023

WHEN: 2/14/2023

Where: IL Dining Room

STARTER

House Salad
Dinner Roll

MAIN

Steak
Shrimp
Mashed Potatoes
Fresh Green beans
or Asapargus



DESSERT

Cheesecake

WINE

Choice of Red or White

This will be a fine dining experience. Your name will be put on the RSVP'd list and you will be seated by staff. There may be a wait the night of if RSVP's exceed the number of seats available at a time. We need an RSVP for meal count and if you do not RSVP there is not a guarantee we will have a meal for you. We will not be doing any to go meals this night.

RESIDENT SPOTLIGHT

Growing up on the Farm

I was a tomboy, the 2nd of 5 girls and 2 boys on a small farm near Faribault, MN. I remember our summer fun of playing cowboys and Indians. We had cap pistols with real caps some of the time and made bows and arrows out of bendy branches and dry sticks.

Another game we played was setting up a play house under some tree branches at the end of the driveway near the railroad tracks of the old Milwaukee railroad. The train came by 2 times a day- slow and it rattled- we called it the "Rattle Trap."

We played a lot of softball, no bears out tonight and tag. On warm sunny days we would lay on the grass and look for animals and other shapes in the clouds.

Secret hiding places were a big thing around 10 years old. We each had our own spot. I remember getting stuck for a while in mine which was behind the machine shed in a bunch of rolled up pig fencing.

*This was a writing exercise in a class I took given by a local author. We were asked to write something about our life in about 10 minutes.

Darline Freeman





Monthly Education Program

TECHNOLOGY AND SCAMS

Please join us Wednesday
1/25/2023 at 2:30pm in the IL
Samaritan Bethany Living
Room

Talk about the challenges when
facing scammers and
technology! We will have
special guests from the
Rochester Police Dept.



Meet the Staff

Does your family practice any unusual traditions?

We enjoy taking sauna together and then jumping into a cold lake. We especially love jumping into Lake Superior.

What would your warning label say?
Keep well fed at all times!

What's your most random impulse buy?
I don't have a random impulse buy, but I have so many pairs of shoes...and purses....and sweaters.

What is your favorite random fact?
I was named after the nurse that helped deliver me.

What is your guilty pleasure?
Playing mindless games on my iphone while taking a bath.



Julie Rice - Awesome Nurse

What is the most ridiculous thing you believed as a child?
I had a weird sense of imagination. I used to think that tiny ants lived inside doors and when people locked the door, the ants would push against the door so no one could open it. Yeah, ridiculous.

Love

FEBRUARY TELEVISED PROGRAMS

3rd Craig Morton 2:30pm

Samaritan Bethany Lobby

8th Mellow Fellows 3:00pm

Samaritan Bethany Lobby

9th Craig Morton 2:30pm

Arbor Terrace

18th Emmett Norrie 2:30pm

Samaritan Bethany Lobby

22nd Michael Gruber 2:45pm

Samaritan Bethany Lobby

23rd Mellow Fellows 2:30pm

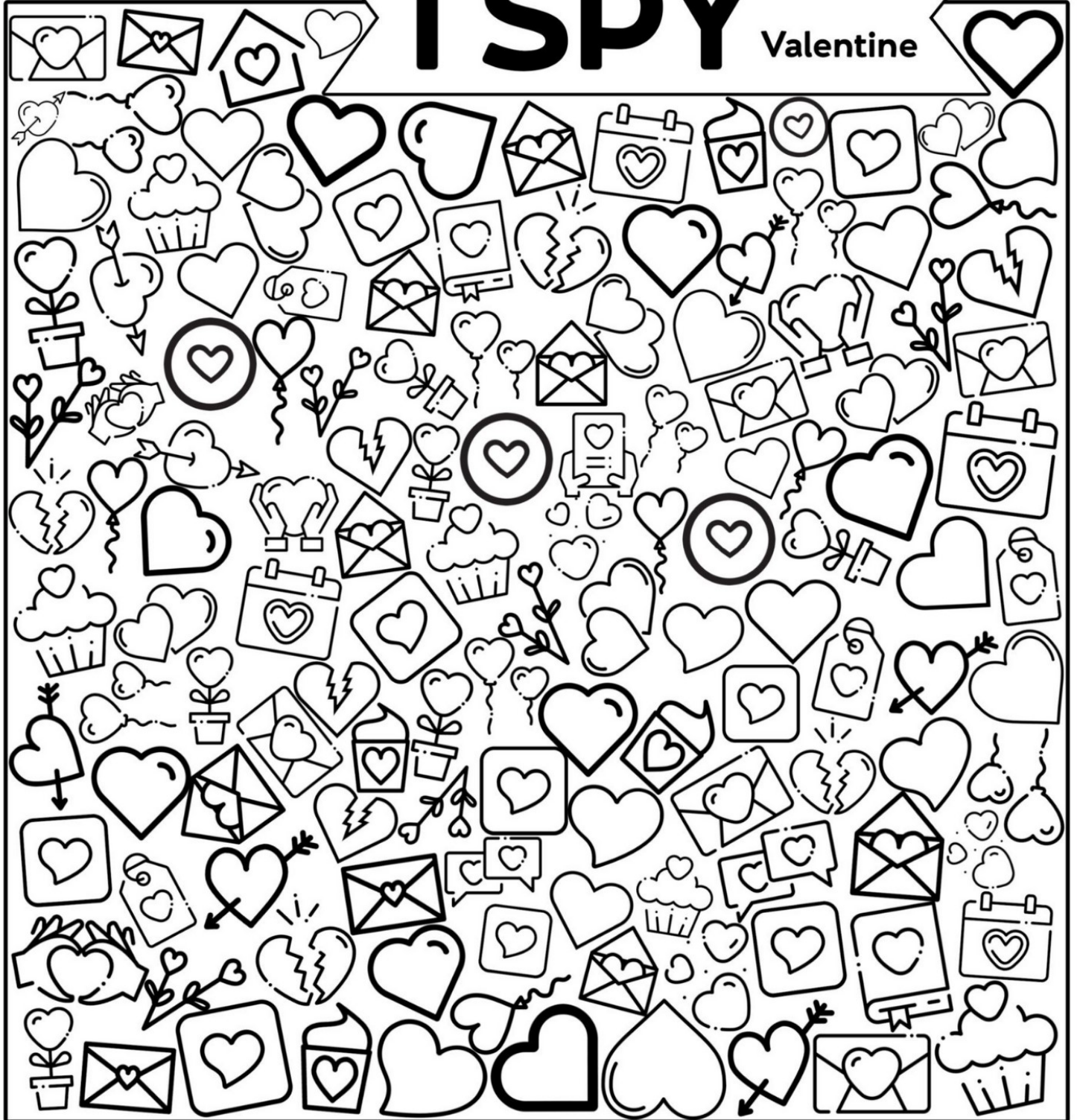
Arbor Terrace

ON CHANNEL 2

XOXO

I SPY

Valentine



2 

4 

4 

2 

4 

5 

7 

4 

6 

5 

Valentine Jokes!

Decode each one for the answers to the jokes.

CODE



A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26



Smarty Buddy Apps and Books blog.smartybuddy.com

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What would two monkeys say to each other on Valentine's Day?

$\frac{1}{9}$ $\frac{13}{2}$ $\frac{1}{14}$ $\frac{1}{14}$ $\frac{1}{19}$

$\frac{1}{2}$ $\frac{15}{21}$ $\frac{20}{25}$ $\frac{15}{21}$

What did the owl say to his sweetheart?

$\frac{15}{12}$ $\frac{23}{15}$ $\frac{12}{22}$ $\frac{1}{25}$ $\frac{12}{19}$ $\frac{23}{21}$

$\frac{12}{25}$ $\frac{15}{15}$ $\frac{22}{21}$ $\frac{5}{21}$

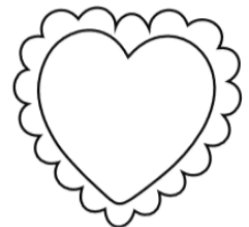
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○



What do you call two birds in love?

$\frac{20}{23}$ $\frac{5}{5}$ $\frac{20}{8}$ $\frac{5}{1}$ $\frac{18}{20}$ $\frac{19}{19}$

What did the nail say to the magnet?

$\frac{9}{6}$ $\frac{9}{14}$ $\frac{4}{25}$ $\frac{15}{21}$

$\frac{22}{5}$ $\frac{18}{25}$

$\frac{1}{20}$ $\frac{20}{18}$ $\frac{1}{3}$ $\frac{20}{9}$ $\frac{22}{5}$

Friends of Arbor Terrace



**NORTHROP
EDUCATION
CENTER**



Friends of Arbor Terrace is a page dedicated to the businesses and organizations that work with our residents so you are informed about the kindness and generosity of our local community.