

# Arbor Terrace

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by Tonya Kart

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~ Greetings and Salutations! ~

“May” you have a happy month! Here is to new laughs and love. Please enjoy this month’s newsletter!

Newsletter May 2021



# ~ A Message from the ~ Housing Community Leader



Happy May,

April flew by and we had a blast this past month. We had happy hour in person every Thursday. We sure do enjoy having the piano fill the room and patio open for some fresh air.

May has some exciting events planned. We are starting our Resident Forum back up on the first Wednesday of the month at 2:30pm in IL Dining Room. I am excited to get the residents feedback regarding activities, visits, and more. We also had 2 new pet therapy individuals reach out and a new “UpBeat” drumming group contact us which are on the May activity schedule.

Not only is May filled with these new programs, but we also are celebrating National Homes for the Aging Week May 10th — May 14th. This is a week filled with fun dress up days for staff/residents and is an annual effort to expand awareness of the Aging in Place Movement. Please see page 3 for the fun dress up days!

We can't forget we also are celebrating Mother's Day on May 9th 2021. A day to celebrate all the strong women we have in our lives. A mother's job isn't easy as they are the one's who comfort you in times of need and give you the motivation to accomplish your dreams. A quote to cherish “God could not be everywhere, and therefore he made mothers.” —Rudyard Kipling

I wish all the mom's and grandma's at Arbor Terrace a Happy Mother's Day!

Sincerely,

Rachael Paddock  
Housing Community Leader  
Arbor Terrace Samaritan Bethany



# National Homes For The Aging Week

5/10/21 May Monday - Wear yellow, sunshine, smiley faces, and flowers



5/11/21 Tropical Tuesday – Hawaiian and Tropical shirts



5/12/21 Wacky Wednesday - Miss-match EVERYTHING



WACKY



5/13/21 Throwback Thursday – 70's, Retro, Tie-dye



5/14/21 Fiesta Friday – Wear your favorite FIESTA outfit

FIESTA





# COVID-19 UPDATE

## VISITATION

Please remember all essential caregivers and visitors need to be scheduled through the Congregate Care Scheduling website or app. Reservations must be approved before you're able to come onsite. **Requests are only monitored M-F 8a-4pm.**

- You can come anytime during your scheduled time slot. But can not stay past the end time due to other individuals coming in. We constantly are monitoring how many people are in our building.
- You are allowed to bring pets and 2-3 visitors can come in one scheduled visit. We need to know in advance when you sign up who all will be joining you in the **Your Name** section. This is **VISITS ONLY** not EC's.
- Remember you must be screened by a staff member before entering. You also must sign in and out in the log booklets at the screening table.
- Outdoor visits are allowed as well. If you plan to visit your loved one outside please notify staff. You will also need to pass screening before beginning your visit.

### How to sign up

- Go to this link – <https://ccs-reservation.na.rapidbiz.com/>
- Enter Facility Pin – 497154
- Pick Schedule a Caregiver Appointment or Schedule a Visit
- Once the reservation is approved, the visitor will receive a confirmation email. If you do not receive a confirmation email within a few minutes, please check your junk or spam folders.

## Cumulative Total Cases

### at Arbor Terrace

# of Staff 7

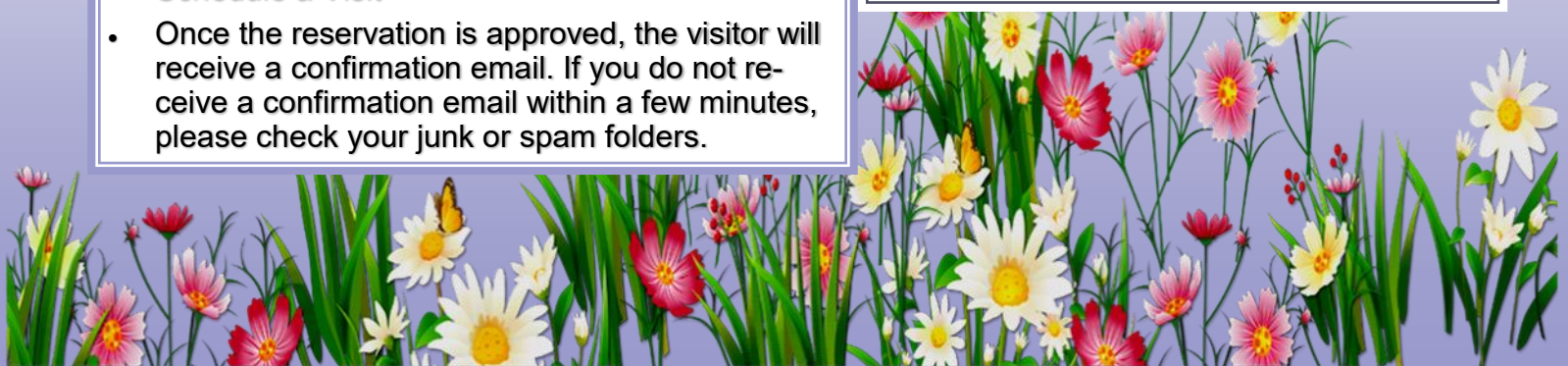
# of Residents 15

COVID-19 continues to spread in the community and we are taking every precaution recommended by MDH and the CDC. Please remember to be cautious of where you travel and always perform hand hygiene! We also ask that you wear a mask at all times when in proximity to others.

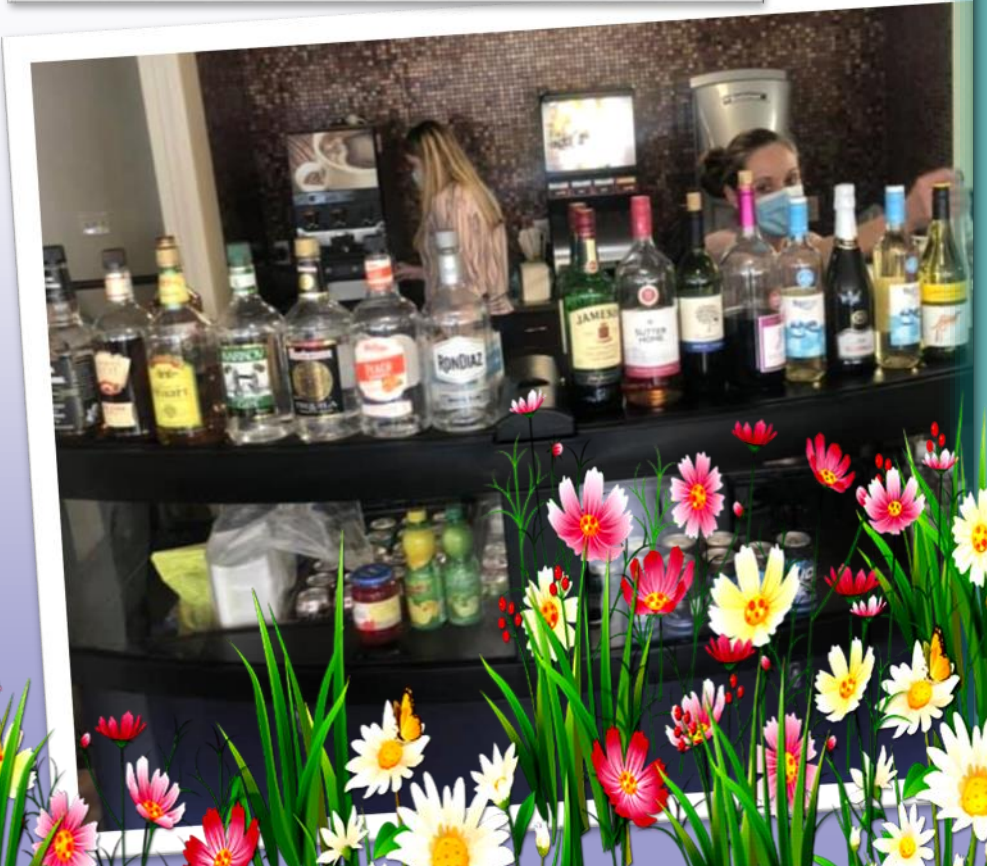
## OUTINGS

A resident is allowed to leave Arbor Terrace property with their loved ones. Please remember we need to know **WHEN AND WHERE** you're taking them and how long they will be gone, especially if we are giving medication or responsible for their whereabouts.

Residents who are vaccinated and leave will not be quarantined unless showing symptoms of COVID or come in close contact with a positive COVID case.







## **A look back at April!**

**May is here. Spring  
has sprung and life  
is renewed. We were  
very fortunate to  
open up a couple of  
ol' favorite  
activities.**

**Here are some  
pictures throughout  
April.**







# MEET THE STAFF

**If you could compare yourself with any animal, which would it be and why? A Chameleon – I change according to my situation.**

**What do you think of garden gnomes? I'm not particularly fond of garden gnomes. I have a collection of Tom Clark Gnomes though. They're supposed to clean my house but they are lazy.**

**You've been given an elephant. You can't give it away or sell it. What would you do with the elephant? I'd ride it to work.**

**Are you a hunter or a gatherer? A gatherer because I can't kill an animal, unless it's a bug...I have no problems killing them off!**

**If you had a choice between two superpowers, being invisible or flying, which would you choose? I'd fly! I'd love the freedom of being able to fly anywhere!**



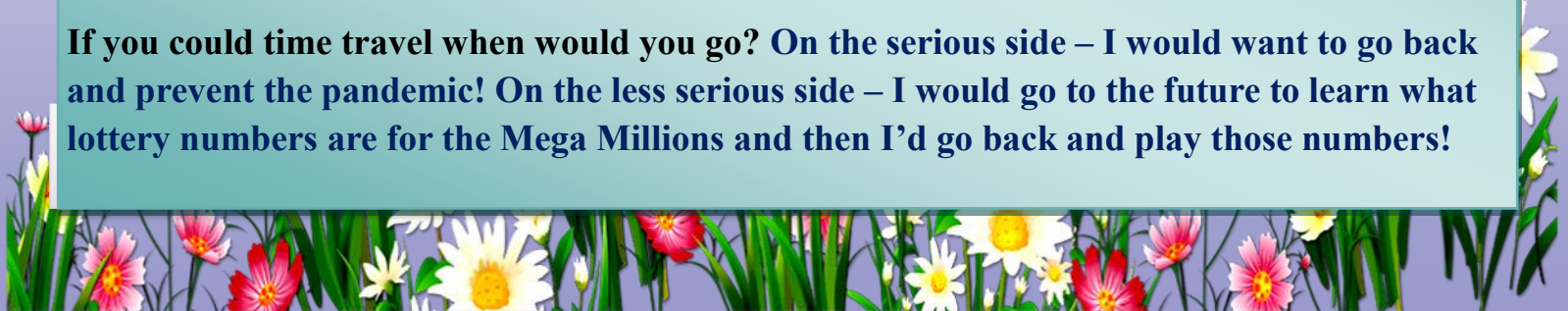
Paula McGuine, RN  
Community Nurse

**If you weren't in this line of work, what career would you want to pursue? I can't imagine being in any other field than helping people! Although, if I were retired I'd like to be a bartender on a beach!**

**If you could steal credit for any great piece of art, song, film, book etc which one would you claim? The song "Wind Beneath My Wings" because it has a special meaning to my family.**

**Everyone has a good app idea. What's yours? A "teleportation" app. Since my children and grandchildren live in IL and CA I could pop in on them when they need something like a grandma hug!**

**If you could time travel when would you go? On the serious side – I would want to go back and prevent the pandemic! On the less serious side – I would go to the future to learn what lottery numbers are for the Mega Millions and then I'd go back and play those numbers!**



# A Peek at the Month

**BINGO!** Every Mon (AL) Every Tues (IL)

**Music Therapy (MC) 4th & 18th**

**Mother's Day! 9th**

**Painter's Studio (AL) 26th**

**Woman's Brunch 12th & Men's Breakfast 28th**

**Meditation Group (CR) Every  
Wednesday**

**Exercise Class Mon, Wed, Fri. 10am  
(IL) Dining Room**

**HAPPY HOUR EVERY THURSDAY at 2:30pm**





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

# Search for Spring

Is spring on its way?  
 Search for it by finding  
 the words listed below.  
 They may be forward,  
 backward, up, down, or  
 diagonal.



A E  
 T A  
 O N K  
 M E  
 M E  
 G U  
 N Y  
 T O L  
 X F Y

Atonement  
 birds  
 blossoms  
 breeze  
 bugs  
 butterfly  
 Christ  
 Easter  
 eggs  
 flowers  
 fun  
 garden  
 general conference

grass  
 joy  
 kite  
 puddle  
 rain  
 Resurrection  
 seeds  
 spring  
 sprouts  
 sunshine  
 tree  
 umbrella





May this day bring you  
showers of radiant light to

*lift your spirits*

and bring you joy! May  
Love fulfill your heart and

send *Happiness*

your way. May angels bestow many  
blessings upon your life, and

*light your way  
with Peace.*





# Thank You!

*from*

*Arbor Terrace!*



**Marsha Meyers**



**Paula McGuine**

**Nancy Davis**





# Support Arbor Terrace!

We are looking for your help! Arbor Terrace has a goal to improve our residents bird knowledge and to increase the activity of birds on our campus. To do this we are asking for bird house and bird feeder donations to place outside along the residents windows and in our courtyards.

We are looking for nice, fun, and unique bird houses or bird feeders. We will also accept any bird seed to help keep the birdies happy and wanting more.

To drop off you would just bring your donation to the front desk of Arbor Terrace. You can contact Shane Hoffman, 507-424-4063 or [shoffman@samaritanbethany.com](mailto:shoffman@samaritanbethany.com), with any questions or comments regarding the donation process.



And...if you or anyone you know would like to become a volunteer please contact Shane Hoffman: **507-424-4063 Ext. 4105** We are looking for: bingo caller, yoga practitioners, exercise leaders (will train) one on one visitors, game and card players, artists, musicians, ect.