



## A Word From Sheila- Active Life Manager

February, what a great month! We celebrated Valentine's Day with a Belgian Waffle Breakfast, and later in the day enjoyed live music with Woody! Of course, there were roses and heart shaped cookies too. During the month, we had the Dakota County Historical Society provide us with a presentation, causing us to reminisce! We also had a Dulcimer Group come to share their music. The music was very fun to listen and sing along to- our favorites were Amazing Grace and Edelweiss!

Coming up in March for St. Patrick's Day we will have live music, Tom Paquin is going to bring his wonderful guitar music! He might even share some Irish music with us! With our weather being warmer this week, it's easy to think about Spring coming! We will be going to the Bachman's Flower Show the end of March!



# Meet our new Director of Health & Wellbeing!



Hello! My name is Ashlynn Chappuis, BSN, RN. A little about me--I have been working in nursing for the past 10 years. My career as a new nurse started at the Mayo Clinic in Rochester working on a thoracic medicine unit, which quickly became a COVID unit. I then began a career closer to home working in emergency medicine, but my desire and passion to serve the elder community pushed me to return to the Northfield Hospital Long Term Care Center, where I worked as the Assistant Director of Nursing for two years before it permanently closed.

My family and I reside in Northfield. In my free time you will often find me spending the day with my son, Braedyn (2yo), my husband, Anthony, our three cats, and English bulldog, Oscar. We love getting outside, going for a Ranger ride, and visiting my parent's dairy farm.

I can't wait to meet you all!

## Petals Tips!

Things to do to prevent or slow the progression of Dementia:

**Engage in mentally stimulating activities.**

**Treat or manage metabolic conditions.**

**Eat a healthy diet.**

**Be physically active.**

**Maintain social connections.**

**Prioritize quality sleep.**

**Manage stress.**

**Quit smoking and reduce alcohol intake.**

There is no cure for Dementia, but there are things you can do to reduce your risk of developing Dementia.

## Update from Alicia!

We will be doing a Bracket Challenge for the NCAA Basketball Tournament this year. Stay tuned for more info from Alicia about this fun March Madness challenge!



# What's Happening in March?

Mar. 3rd Polish Me Pretty! 1:00 P.M.  
(AC)

Mar. 4th Live Music with Dave 2 P.M.  
(AC)

Mar. 6th-Get to Know your  
Smartphone 11 A.M. (AC)

Mar. 6th Pet Therapy 10:00 A.M. (BB)

Mar. 7th-Activity Forum 2 P.M. (AC)

Mar. 7th- Cracker Barrel Lunch 10:45  
A.M.

Mar. 11th- The Legacy Program meets  
at 9:30 A.M. (KS Lobby)

Mar. 11th- Town Hall Meeting 2:15 P.M.  
(AC)

Mar. 12th-Music with Pastor Bryant 1:00  
P.M. (AC)

Mar. 13th Pet Therapy 10:00 A.M. (BB)

Mar.17th Shamrock Shakes 2 P.M. (BB)

Mar. 17th- Live Music with Tom Paquin 3  
P.M. (AC)

Mar. 18th-Book Club 2:15 P.M. (CR)

Mar. 18th-Dementia Support Group  
Meeting 5:30 P.M. (AC)

Mar. 19th Polish Me Pretty! 3:30 P.M.  
(AC)

Mar. 20th Pet Therapy 10:00 A.M. (BB)

Mar. 20th Book Discussion in honor of  
Bibliomania Day, one's love of books.  
Come ready to discuss your favorite  
book! 2 P.M. (AC)

Mar. 21st-Olive Garden Lunch 10:45  
A.M.

Mar. 21st-Resident Council 2 P.M. (CR)

Mar. 24th Bachman's Flower Show  
9:30 A.M.

Mar. 25th Anointing of the Sick 9:45  
A.M. (AC)

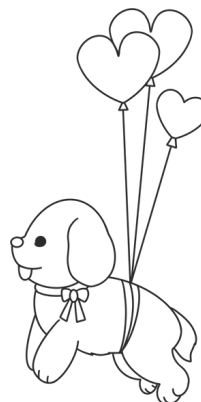
Mar. 26th-Chat with the Chef 2 P.M.  
(AC)

Mar. 27th Pet Therapy 10:00 A.M. (BB)

Mar. 27th-Worship with Pastor Andy  
11:00 A.M. (AC)

Mar. 28th-Birthday Social Hour 3:00  
P.M. (AC)

We will be having Pet Therapy each  
Thursday with Last Hope. They will be here  
at 10 A.M. in BB. Drop in for some pet  
therapy!



WELCOME  
Home

Welcome New  
Neighbors!

Stephanie Beaudette  
Mike & Gail Schwab  
Teresa & David  
Iverson

*In Loving  
Memory*

In Memory Of..

Barbara Johnson  
Diane Mathison  
Audrey Little  
Sara Swanson

If you see a new  
neighbor out and  
about in the  
community, kindly  
introduce yourself  
& ask if they have  
questions!

If you need a  
current resident  
directory, contact  
the Concierge by  
dialing 8002.



Watch for photos  
on Facebook!

Happy Birthday To...

March 13- James O.  
March 14- Vernial K.  
March 25- Donna K.

March 26- Marilyn M.  
March 26- Lois H.  
March 26- Marge S.

# WHO TO CALL?

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