

Write On!



We live in a digital age where text messaging, Facebook, Instagram, and email are considered preferable ways of communicating with friends. These days, good old-fashioned letter writing is a lost art. December may be the perfect time to resurrect that art, for December is Write to a Friend Month, and December 7 is Letter Writing Day.

December presents a variety of opportunities for writing letters. The holiday season is often the one time a year we send holiday cards with updates about our family or events from the past year. And after all the holiday gift giving, there may be no better way to express thanks than by sending a handwritten thank-you card.

If you need some extra incentive to start your letter writing, consider buying some fun new stationery. You could also head to your local post office to pick out some unique stamps. If you want to get really fancy, join a calligraphy class to add an extra flourish to your letters, or add a dash of old-fashioned elegance by sealing your envelopes with a wax seal.

As long as you're writing, a letter could also prove the perfect vehicle for reconnecting with old friends. Receiving a letter in the mail is nice enough, but a letter from a childhood pal or an old flame? Thrilling!

Some shy away from writing to old friends out of the blue because it may feel awkward, but we must not forget that old friendships are valuable things. After all, a friendship is a shared history. What better way to reconnect with a friend than to fondly reminisce about those shared good times and to perhaps reflect on how you have grown? It is also important to realize that reconnecting via a handwritten letter does not necessarily mean you must make a long-term commitment. Sometimes a warm hello is sufficient and can stand well enough on its own.



Ferman Shaw- 3rd
Orv Berg- 8th
Dani Hogate- 17th
Deb Hoffman- 26th

Dice Day Roll Call



Dice may be the ultimate random number generators, but there is nothing random about the date of National Dice Day, which always falls on December 4. Some of the oldest known dice are more than 5,000 years old; they were part of a backgammon set from the historic Burnt City in Iran.

Why are dice sometimes called "bones"? In olden times, the *talus*, or ankle bones, of hoofed animals, such as sheep and goats, were used as dice. Since then, the name *bones* stuck. The dots on dice are called *pips*, and the six sides of a die also have names: ace, deuce, trey, cater, cinque, and sice. Speaking of *die*, where did this term for a single-number cube come from? It comes from the Latin word *datum*, which means "something given or played." On December 4, you can do both: give dice as a Dice Day gift and then "let 'em roll" in your favorite game.

December 2024

Faribault Senior Living

843 Faribault Rd Faribault, MN 55021 | 507-331-6510 | www.faribaultseniorliving.com

Celebrating December

Safe Toys and Gifts Month

National Tie Month

Computer Science Education Week December 9–15

Eat a Red Apple Day December 1

Sacher Torte Day December 5

Pearl Harbor Remembrance Day December 7

Weary Willie Day December 9

Cocoa Day December 13

Cat Herders Day December 15

Eggnog Day December 24

Christmas Day December 25

Timeless Treasures

Old-fashioned toys have a timeless charm that still brings joy during the holiday season. These classic playthings remind us that fun doesn't need to be high-tech to be memorable. Take the Slinky, for example. Invented in the 1940s by a mechanical engineer, this simple metal spring became an instant hit. Kids marveled as it "walked" down stairs. Over 300 million Slinkys have been sold since.

Then there's the yo-yo, which dates back to ancient Greece. The modern version we know today gained popularity in the 1920s. Yo-yos were a must-have for kids learning tricks like "Walk the Dog" and "Around the World." They remain a nostalgic favorite and are often found in Christmas stockings.

Another beloved toy is the Etch A Sketch, introduced in 1960. This magical drawing board uses knobs to create pictures with aluminum powder. It sold over 600,000 units during its first Christmas season. The Etch A Sketch became a staple under the Christmas tree, offering endless creativity without the need for batteries.

No list of classic toys would be complete without the beloved jack-in-the-box. Originating in the 16th century, this whimsical toy has delighted children for centuries. The thrill of turning the crank and waiting for the cheerful pop of a clown or other character never gets old—a perfect reminder that sometimes the most delightful toys are the ones that make us smile with anticipation.

And who could forget Lincoln Logs? These wooden building sets were created in 1916 by John Lloyd Wright, the son of renowned architect Frank Lloyd Wright. This open-ended toy allowed children to build miniature log cabins and other structures. The sets are still cherished for their simplicity and the way they spark the imagination.

These toys remind us that sometimes the simplest playthings bring the most joy. Consider adding a few of these timeless classics to your holiday traditions. Perhaps you even have some stored away in an attic. They're sure to bring smiles, just as they have for generations.

The Demo Heard 'Round the World



Some call it the day that launched the personal computing revolution. Others call it the “Mother of All Demos.” On December 9, 1968, a computer engineer named Douglas Engelbart

made a presentation to an audience of 1,000 at the San Francisco Convention Center. During this presentation, Engelbart foresaw the future of computing.

In 1968, computers were considered by many to be little more than fancy calculators, but Engelbart and a group of 17 other researchers had been working since 1962 at the Stanford Research Institute in Menlo Park, California, to prove that computers were much more than that. Computers, they believed, could augment human intelligence: using a computer, we could work smarter and faster, thereby dramatically increasing our ability to do good in the world.

During the 100-minute presentation, Engelbart presented the first computer mouse, so called because of the long cord resembling a mouse's tail. He used the mouse to move a cursor around a screen, highlight words, and resize windows. A video of Engelbart himself appeared on half of the screen, while the other half displayed the computer's working output. Soon after, Engelbart's colleagues appeared on-screen to converse and help modify the document. The team was effectively demonstrating the first collaborative remote videoconference.

While we take such technological innovations for granted today, in 1968, such a presentation was mind-blowing. Personal computers would not even become accessible to the public for another 12 years. Furthermore, the interface Engelbart first described on December 9, 1968, is still the basic computer interface we use today. Before his presentation, some believed Engelbart to be a “crackpot.” Afterward, he was hailed as a visionary and genius.

Weather Watchers

The first Saturday of December is Skywarn Recognition Day, a day of appreciation for over 350,000 volunteer storm spotters. These spotters provide timely and accurate reports of wind, hail, flash floods, lightning, tornadoes, and hurricanes. Skywarn volunteers are often the first to signal warnings of severe weather as it approaches.

Anyone can be a Skywarn weather spotter. Local National Weather Service offices provide training in storm structures and development, weather safety, and how to report severe weather information. These spotters are a gift to their communities, giving them time to prepare for whatever Mother Nature brings.

Calling All Bingo Lovers

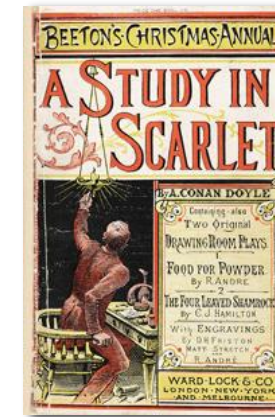


Bingo is celebrated throughout December in church halls and community centers because December is Bingo Month. The game dates all the way back to 1530, when Italians played a game called *Lo Gioco del Lotto d'Italia*. Some even say that this game was used to fight government corruption.

Instead of winning a pot of money, those holding winning numbers were elected as local leaders.

The French first introduced a playing card full of numbers. Then in the 1800s, the Germans used the game as a tool to teach children math and spelling. It first appeared in America in 1929 at a carnival near Atlanta, Georgia, where it was called “Beano.” When an excited winner shouted out the word *bingo* by mistake, an entrepreneur named Edwin S. Lowe overheard the faux pas, renamed the game, and employed a Columbia University mathematician named Carl Leffler to create 6,000 randomly numbered bingo cards. Leffler purportedly went insane from the task. A Catholic priest asked Lowe to show him the game as a way of raising money for the church. Bingo has been a church hall mainstay ever since.

From Beeton to Baker Street



Samuel Orchart Beeton, an English publisher from the 1800s, was best known for publishing his wife's book, *Mrs. Beeton's Book of Household Management*, a guide for keeping house in Victorian England. Beeton went on to launch a new magazine that came out only once a year, called *Beeton's Christmas*

Annual. His 1887 issue contained three stories, including a story by a writer named Arthur Conan Doyle titled “A Study in Scarlet,” featuring a detective named Sherlock Holmes and his friend and assistant, Dr. Watson.

Doyle had not originally intended to become a writer of mystery stories. He studied medicine at the University of Edinburgh in his native Scotland. One of his professors, Dr. Joseph Bell, inspired him greatly with his amazing powers of deduction. It is said that the character of Sherlock Holmes is based on Dr. Bell.

Doyle moved to London to practice medicine, but work was slow, and he wrote in his free time. When “A Study in Scarlet” was first published, it did not garner much attention. However, as Doyle introduced more adventures, the public clamored for more Sherlock Holmes stories. Eventually Doyle quit medicine to become a full-time writer.

“A Study in Scarlet” is marvelous in that it shows the first meeting between Sherlock Holmes and Dr. Watson and paints a full picture of Holmes' many eccentricities. It is also famous for being the first detective story to include a magnifying glass as a detective's tool. Only 11 complete copies of the 1887 *Beeton's Christmas Annual* are known to exist, and copies in excellent condition are collectors' items worth more than \$100,000. Doyle would go on to write more than 50 Sherlock Holmes stories, and his famous detective would forever influence the future of the crime and mystery genre.

Blessings by the Sea

While the northern hemisphere is bundling up for winter, in the southern hemisphere, Uruguayans are preparing for beach season. One of the great secrets of this South American country is that its coastline is one long, never-ending beach. In fact, Uruguay boasts some of the most beautiful beaches in the world, earning the nickname of the “Uruguayan Riviera.”

Beach season unofficially opens every year on December 8, the Day of the Beaches, when local priests perform a “Blessing of the Waters.” After the blessing, sailboat regattas and horseback-riding competitions are held. Then everyone begins a summer of frolicking in the surf.

Cutting-Edge Fun



Nothing announces the arrival of the holiday season like the smell of freshly baked cookies. If you're looking to spruce up your baking this year, ditch the common round shape for some fun cookie cutters during Cookie Cutter Week, held the first week of December.

While evidence shows that ancient Egyptians created interesting molds for baking cakes, Queen Elizabeth I of England is said to have popularized the novelty of baking cookies in the shape of her guests. Gingerbread men and women soon became popular in bakeries across 17th-century England.

Today, you can find cookie cutters in every conceivable shape and size. Some manufacturers will even create custom cookie cutters. Some people enjoy collecting cookie cutters, and serious enthusiasts belong to the Cookie Cutters Collectors' Club (CCCC). In fact, it was the CCCC that originally conceived Cookie Cutter Week about 30 years ago. Members enjoy benefits such as a quarterly newsletter and an exclusive cutter designed to commemorate Cookie Cutter Week.

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!

Employee Anniversaries

Chloe Eisert- December 27th
1 year

Olivia Bauer- December 28th
3 years

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

New Neighbors

Bernadette Meehl- 421



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



Helpful Phone Numbers for Seniors

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

FEELING LONELY?

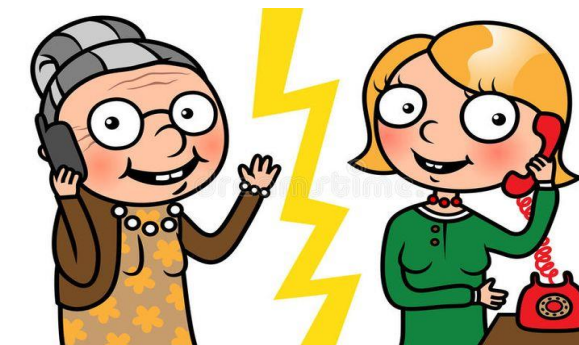


Senior Friendship Line **800-971-0016**

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.



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

Assisted Living Director

Heather Tesch (LALD): 507-331-6517
heathert@faribaultseniorliving.com

Nursing Office:

Director of Clinical Services
Calista Vos (RN, BSN): 507-331-6520
calistav@faribaultseniorliving.com

Assistant Director of Clinical Services

Alyssa Moravec- (RN, BSN) 507-331-6512
alyssam@faribaultseniorliving.com

Resident Coordinator

Rachel Byrne- (TMA) 507-331-6511
rachelb@faribaultseniorliving.com

Maintenance Manager

Pat "Nezzy" Nesburg
patn@faribaultseniorliving.com

Office Coordinator

Jenafer Jensen
office@faribaultseniorliving.com

Activities Coordinator

Donna Boyer
activities@faribaultseniorliving.com

FSL Monthly Blood Pressure Clinic

Thursday, December 19th

10:30-11:30a

Lounge

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



Reminder:

When needing assistance after hours or on weekends, please push your pendant.

Office staff do not check voicemails at these times and will not get them until the next business day.

Thank you

LAUNDRY ROOM ETIQUETTE

Laundry Rooms are available for residents to use. These are a shared space. Please be respectful of others and their laundry.

- Place your room number magnet on the machines you are using.
- Once machine is operating leave alone until complete
- Please remove clothes in a timely manner so that everyone has a chance to use the machines.
- After using dryers, please clean out the lint traps.
- If someone's laundry has been sitting for a long while, please ask a staff member for assistance, you may also go to apt of items in machine and ask them to move items.



Thank you for being kind & courteous!

Dining Information



Kitchen (Main Line)

507-331-6515

- Please call the Kitchen main line **minimum two hours in advance** if you are requesting a meal, making any changes or having a guest.
- If you would like to request a menu alternative or smaller portions, please fill out a menu and place in the black wire basket near the Dining Room or call the kitchen a minimum three hours in advance.

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
- **1st Floor (Main):** Library, Lounge, Dining Room, Front Desk, Activities Office, Back Patio (through the dining room), Front parking lot, “Reflections” Living Area
- **2nd Floor:** Community Room (*Room can be reserved for parties/gatherings*)
- **3rd Floor:** Hair Salon (*Call Kathryn for appt. 507-838-0492*)
- **4th 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.

The Loft Salon on 3rd

(Open by Appointment)

Salon #: 507-331-6519

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
to your hair appointment.*



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.

Heel & Toe, LLC
Foot and Nail Care
Services

Jill Salmonson-Olson

Owner & RN

Mobile: (320) 318-8684

Email: Heeltoe2024@gmail.com

CALL OR EMAIL FOR APPOINTMENT

Cash and Check Accepted

Pricing Guide

New Clients: \$75.00

Fingernail Trimming: \$15.00

Foot & Toenail Session: \$60.00

Sessions must be booked with Jill as this is an outside service, FSL cannot book these appointments.



Thursday, December 5th
1pm-3pm
Community Room

Employees are invited to bring their best chili creations for everyone to sample. The top chili will win the desired FSL original wooden chili spoon. Let the chili cook-off begin—may the best recipe win!

Decorating Contest!

Decorate
your
apartment
door
to win a jolly
prize!



Judging will
be
December
13th!



*AS THE AIR IS GETTING COLDER
IT'S TIME FOR A CELEBRATION*

Please Join
The Faribault Senior Living Family
For A Winter Dinner

THURSDAY, JANUARY 23rd
FIVE O'CLOCK P.M.

RSVP: BY JANUARY 9TH
To Heather or Jenafer

**THIS EVENT WILL BE HOSTED FOR RESIDENTS ONLY
REGULAR MEAL PRICES APPLY**

MENU

Hors D'Oeuvres
St. Louis BBQ Pork Ribs
Cheesy Hashbrown Potatoes
Almondine Vegetable Blend
Garlic Bread
Assorted Cheesecake

Christmas Menu

Appetizer

Ambrosia

Main Course

Glazed Ham

Cheesy Hashbrown Bake

Green Bean Casserole

Dinner Roll

Dessert

Lemon or Carrot Cake

Limit 2 guests

Guest meal charge- 20.00

Normal meal charge of

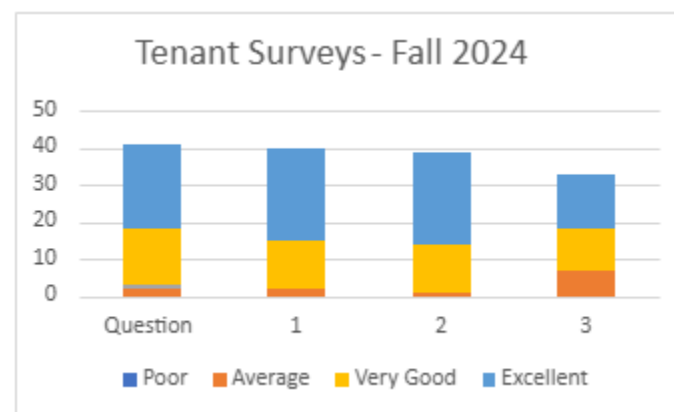
\$14.00 applies.

(If on noon meal plan
no extra charge)



Fall 2024

Question	Poor	Average	Very Good	Excellent
1	0	2	15	23
2	0	2	13	25
3	0	1	13	25
4	0	7	11	15



Comments:

- * Since we are independent, I don't receive care services. General services and building maintenance, as well as activities are very good
- * Overall, the staff and facilities are great. Staff are very good at responding to requests. A few suggestions, table condiments could be restocked more often like butter and seasonings for the baskets. Come around and refill coffee pots before desserts come around. Its time to put on covers on the window AC for the winter.
- * The window washing was excellent and on time. The carpets need cleaning, and the garbage shoots need cleaning
- * For flu shots, covid etc would prefer staff to come to room to provide.
- *Perhaps need to replace small elevator
- * in town. Visited them all when looking. Good to be here. To many work aides took off on holiday. Donna is a hard worker and gets everything done for activities
- * I don't think I have gotten such good meals as I have here
- * I do not eat meals here
- * I love this place- feels like home- feels like family
- * To much repetition need more variety for food
- * The ages of residents here likely grew up eating a lot of hotdishes would like to see more of them
- * This is my 3rd place to live and its been the best place by far
- * Everyone is friendly, all are willing to help

With winter coming, please consider signing up for one of our In-House Nurse Practitioners to help oversee your care!

There is no charge for this. They will bill your insurance just like a clinic visit. You have the option to have them become your primary provider or you can keep your primary provider and have the Nurse Practitioner see you as a back up for concerns between clinic visits. The Nurse Practitioner comes weekly and is more accessible than trying to get into the clinic. If you are followed by one of our Nurse Practitioners, you are also able to have lab work drawn here at the building. Lab draws are available every 2 weeks if you are followed by one of our Nurse Practitioners. Stop in the nursing office and chat with Rachel, Alyssa, or Calista to sign up for this service!

Gayle Bauer, Nurse Practitioner

Twin Cities Physician Group (will take one care as Primary Provider if you receive services from facility)

Anne Huxford, Nurse Practitioner

Curana Health (will act as a back-up provider or primary & you can sign up for services even if you do not have services at Faribault Senior Living)

No-Cost Captioned Telephone

Choose the phone that's right for you!



CapTel Models Include:

Real Time Captions

- Choose from auto or assisted captions

Answering Machine

- Voice & captions of messages

Caller ID & Speed Dial

- See who's calling

Amplified Sound

- Up to 4x louder than a regular phone

Tone Control

- For optimal hearing

Wi-Fi Connectivity

- Connect to the Internet over Wi-Fi or using Ethernet connection

People with no access use the CapTel 840i where available

Requirements:

- Hearing loss
- High-Speed Internet
- Electrical outlet
- Standard dial-tone phone service required in some cases

Join Shawn Kostrzewa from CapTel Captioned Telephones for a presentation on how to get set up with a fully captioned phone at no cost. Please note, these phones are designed for residents with landlines, not cell phones. Shawn will walk you through the entire process.

When: Wednesday, December 11th, at 10:00 AM

Where: Community Room

Don't miss this informative session!

Healthcare Directives: From Start to Finish

It's about conversations. It's about decisions. It's about communicating what's important to you. Join Minnesota Hospice and Buckham West to learn more about Advance Care Planning and what it means to you and your loved ones. This event is designed to meet you wherever you are in the process!

Discuss

Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop will include an informational session about Healthcare Directives with experts from medical, social work, and thanatology fields available to answer your questions.

Decide

Following the information session there will be 1:1 support available to assist you with questions or roadblocks as you make decisions and fill out your Healthcare Directive.

Do

Notaries will be on site to legalize finished documents.

When

Wednesday, December 18, 2024
10:00 a.m. – 12:00 p.m.

Where

Buckham West
19 Division Street W.
Faribault, MN 55021

What to Bring

Attendees should bring a government-issued ID and an open mind. All necessary forms and information will be provided, as well as refreshments and snacks.

How to Sign Up

Contact Denise Lessert at Minnesota Hospice at 952-913-8909 or denise.lessert@mnhospice.com

Have Questions?

Contact Allison Oja (Minnesota Hospice) at 952-405-0147

allison.oja@mnhospice.com

OR

Contact Daniele Cross (Buckham West) at 507-332-7357

dcross@buckhamwest.org

Everyone 18+ is welcome to attend.



Minnesota Hospice
The Gold Standard of Care

Employee Appreciation

At the request of our residents, we would like to express our gratitude to our incredible employees!

**Residents and employees, please join us for an
Employee Appreciation Celebration**

When: Wednesday, December 18th

Time: 1:30 PM – 2:30 PM

Where: Community Room – 2nd Floor

Let's come together to celebrate our amazing
Faribault Senior Living team!

