

2012  
February

210 Eighth Street West Northfield MN. 55057

# Millstream Commons



## Warm February greetings!

We are looking forward to celebrating love and friendship this month and have a number of events planned around this “feel-good” topic. I’d also like to mention that we will be working with the Stuart Pimsler Dance & Theatre group in February. Under a grant from the Minnesota State Arts Board they will come and lead a movement story workshop at Millstream designed especially for our tenants. Stay tuned for more details!

I am excited to flip the calendar to February and know that it won’t be long until Twins baseball begins! I went to the Metrodome for Twins Fest this past weekend and saw some players, got some pictures and heard lots of buzz about the upcoming baseball season. To top it off, I was able to bring back some more Twins paraphernalia to get us in the super fan mode at Millstream.

I continue to collect email addresses so if I don’t have yours yet, pass it along.

As always, let me know what’s on your mind whether it’s something that needs to be addressed or something to celebrate!

Fondly,

Kathy Olson

Executive Director

kathy.olson@threelinks.org



## Celebrate National Wear Red Day

National Wear Red day is quickly approaching  
Friday, February 3rd, 2012 Wear **Red** to help fight the  
No. 1 killer of women - - - - **Heart Disease**



## Do It Yourself Projects

Top left corner of the newsletter is a small picture of our finished coasters in beautiful colors and prints. Left, a picture of Kathy showing Marge how to make one. We are now starting our own monthly “**Do it yourself projects**” . . . We have some great ideas to share!

# Warm January did not stop "Snow Much Fun Day"



Sitting in the Sun!  
**January 10th**  
Record High  
**52 degrees**



← Live snowmen, Cici with Kathy Budig added to the fun celebrating Snow Much Fun Day! Pictured is the winning team from our bean bag toss. →

## Guess "Who's Your Neighbor" Contest

**Fun and successful event!**

**Name your neighbor,** guessing contest created a lot of conversation with tenants, staff and families. Bobbie Helling and Arthur Campbell were the two top winners! The pictures were of the tenants as young adults.

**Chinese New Year**  
On Tuesday, January 24th we celebrated by having a wonderful noon meal, ending with a fortune cookies.



### **Bird Watching 101**

With Dan Tallman  
Thursday, February 9th  
starting at 6:15pm

## Front page of the Northfield Newspaper



Chester and Phyllis say that life at Millstream Commons has many benefits.

"The necessities are taken care of and really, some of the essential housekeeping chores are done," Chester said.

"It's interesting to be able to choose some things to do," Phyllis said. "Also, it's nice to have other people [around]."

Assisted living also provides the couple medical assistance, says their daughter, Elizabeth Bade of Northfield. It's a give and take though, says Bade, who adds that her parents recently moved to Millstream Commons, per request of her family, from another assisted living community in Brainerd, their hometown.

"I have children still in school ... we're so busy," Bade said, adding it was harder to visit when her parents lived three hours away. "It's hard to say to your parent, 'you have to leave your community,' but that is a reality."

Now, she can visit her parents on her lunch hour. **Taken from the Newspaper article**

By LUCY CASALE editor@northfieldnews.com

### **Valentine Kisses**

Stop in at the Lily Pad on

**Tuesday, February 14th**  
for your Chocolate  
Valentine Kiss!

