



Tenant Meeting, WEDNESDAY, May 22nd —  
11:00 a.m. in the Activities Room

## MILLSTREAM COMMONS NEWS MAY 2019

### From the Desk of Kathy Olson

Wow, do you think Spring is finally here? I'm sure you all agree it was a long Minnesota winter. Thankfully it appears Spring is starting to come into bloom.

Our 8th Annual Spring Formal Tenant Dinner in April turned out fabulous. This has become a highly anticipated event by staff and tenants allowing staff to show off their areas of expertise and giving everyone a chance to get gussied up. Millstream held it's 1st ever tenant dance that night. It was so fun to listen to the music and get the chance to twirl around on the dance floor with many of you. It was a special night for all of us!

May is often recognized as Homes for the Aging month. At Millstream Commons we will be Celebrating Age Together. Age is a beautiful thing to celebrate and we plan to do just that all month long!

Be sure to check out your copy of the May Activity Calendar and the Daily Schedules posted in the building for all the fun activities planned in the month of May.

Fondly,

A handwritten signature in cursive script that reads "Kathy Olson".

### *Thank You Volunteers!*

April is Volunteer Appreciation Month. Did you know that Millstream Commons has approximately 50 volunteers who bring in music, art, animals, trips, fishing & storytelling to name just a few things. We would like to graciously thank our volunteers who give so generously of their time and talent to Millstream Commons. They bring their fun, excitement and joy with each visit. They will be stopping by to pick up a blooming token of our thanks April 29 – May 3. If you see someone carrying a burgundy or yellow snapdragon in a pot, stop and thank them for volunteering.

From the Nurse's Office — We escaped the brunt of the influenza season; however, Influenza B is still prevalent in the community. Symptoms include fever, cough, fatigue, body aches. Always cover your cough. Cough into your shoulder or crook of your arm. Remember that getting plenty of rest, hydration, and frequent hand washing is your best defensive against all illnesses.

**Severe Weather Reminder:**  
 Along with Spring, comes the potential for severe weather. Just a reminder when Rice County becomes involved in a tornado watch or warning, we will overhead announce. When a watch is announced, it is a good time for you to locate your flashlight (make sure you have new batteries). Our generator will power hallway lighting, the elevator and main floor common areas. If it becomes a warning, you may come downstairs or you may choose to remain in your apartment bathroom. We will overhead announce when the “all clear” has been given. Millstream Commons is not able to provide escort services for tenants moving to their bathroom or downstairs during weather emergencies.



**Mother's Day Meal**

- Strawberry Spinach Salad
- Coconut Shrimp
- Twice-Baked Potato
- Garlic Parmesan Asparagus
- Vanilla Bean & Raspberry Bundt Cake

**If you would like to have guests join us on Sunday, May 12th for the noon meal (\$10.00), please call Ginger by May 6th at 650-0141**



**Sylvia Haugen 5/19**  
**Judy Dirks 5/30**  
**Tenant Birthday Party — May 7th at 2 p.m. in The Connection**

