



TREEHOUSE NEWS

FEBRUARY

Volume 2, Issue 2

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February 2019 Is Here!

Hello again! We have had quite the cold spell recently! Hopefully February will be a month that will be the start of a beautiful spring in March. Let us concentrate on our blessings this month and continue to work on our healthy resolutions we made last month!

In January, Arbor Park welcomed 2 new employees to our team. We are very fortunate to welcome our new RN Carmelisa Ramee, who is the Nurse Manager. We also welcomed Leticia Munoz, who is the Health Care Unit Coordinator. Both of these ladies come with a tremendous amount of experience and excellent credentials. We are lucky to have each of them on our team!

As always, if anyone has any questions or feedback for us, we would love to visit with you!

February Highlights



2nd Groundhog Day

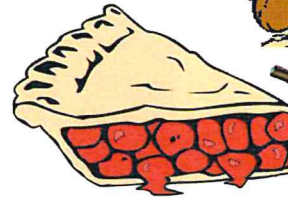
18th President's Day

3rd Super Bowl Sunday

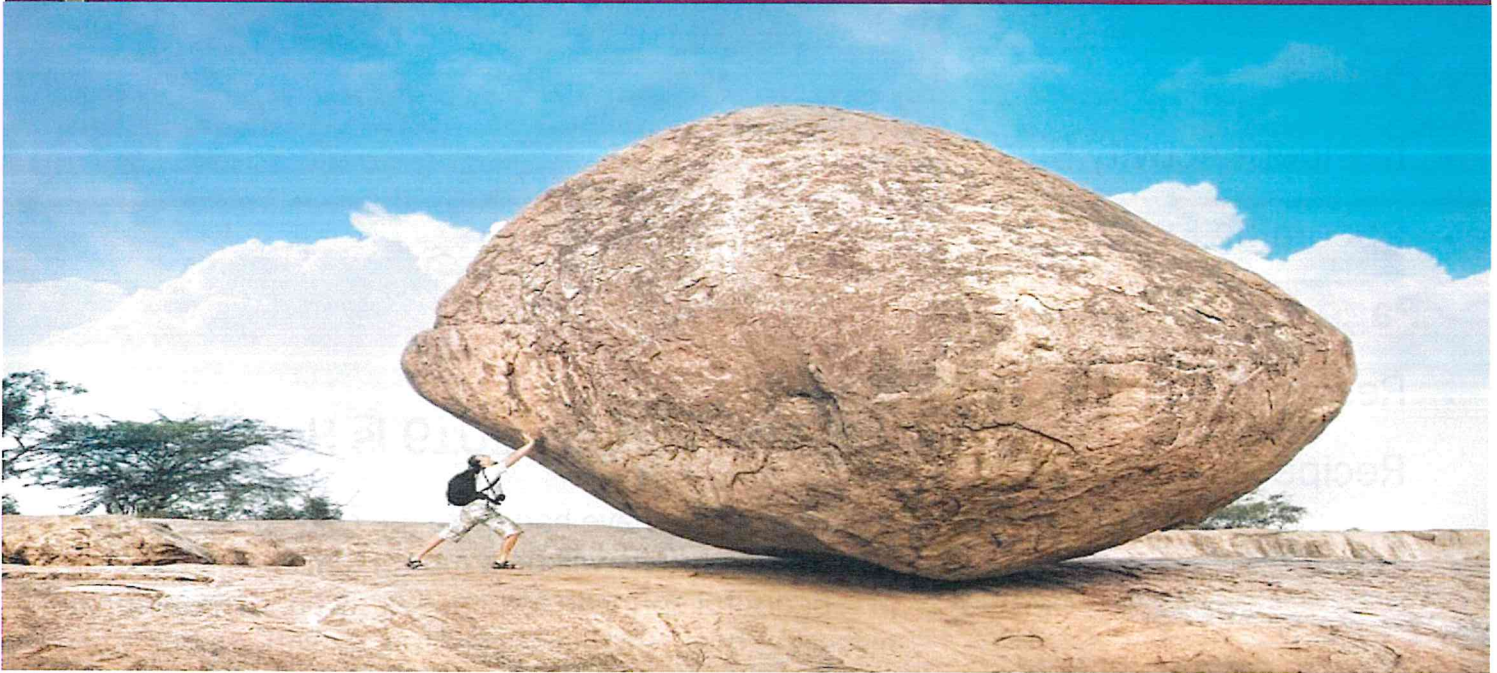
19th Cherry Pie Day

5th Fondue Party
Day

28th Chili



Devotional Reading



In ancient times, a king had his men place a boulder on a roadway. He then hid in the bushes, and watched to see if anyone would move the boulder out of the way. Some of the king's wealthiest merchants and courtiers passed by and simply walked around it.

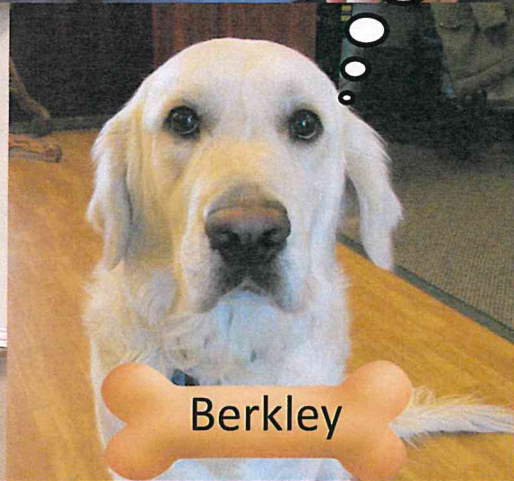
Many people blamed the King for not keeping the roads clear, but none of them did anything about getting the stone removed.

One day, a peasant came along carrying vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to push the stone out of the way. After much pushing and straining, he finally managed.

After the peasant went back to pick up his vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King explaining that the gold was for the person who removed the boulder from the road.

Moral of the story: Every obstacle that we come across gives us an opportunity to improve our circumstances, and while the lazy complain, others are creating opportunities through their kind hearts, and willingness to get things done.

Addy and Lois relaxing in their chairs



March Upcoming Treehouse News & Events

- Caregiver Appreciation Day 3rd
- Mardi Gras 5th
- Zippity Zinger Singers 5th
- St. Patrick's Day 17th
- Vernal Equinox 20th
- National Chip and Dip Day 23rd



Resident's Recipe Choice

Ingredients

- 1 package white cake mix (regular size)
- 1 package (3 ounces) raspberry gelatin
- 4 large eggs
- 1/2 cup canola oil
- 1/4 cup hot water
- 1 package (10 ounces) frozen sweetened raspberries, thawed, undrained
- **FROSTING:**
- 1 carton (12 ounces) frozen whipped topping, thawed
- 1 package (10 ounces) frozen sweetened raspberries, thawed, undrained
- Fresh raspberries, optional



Recipe idea from Karen Kasner

Directions

- In a large bowl, combine the cake mix, gelatin, eggs, oil and water; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Stir in raspberries.
- Pour into a greased 13x9-in. baking pan. Bake at 350° for 35-40 minutes or until a toothpick inserted in the center comes out clean. Cool.
- For frosting, in a large bowl, fold whipped topping into raspberries. Spread on Cake. Refrigerate for 2 hours before serving. Store in refrigerator. Garnish w/ raspberries.

February Birthdays - Celebrate!



Residents:

Muriel McCollum 3rd
David Shepherd 9th

Employees:

Tamara Mitchell 1st
Bruce Jensen 5th
Tobi Lackey 10th
Kailee Delamora 29th



Healthy Habits

February is not only about Valentine's Day and love, it is also American Heart month. Heart disease is the leading killer of Americans, taking 2,200 people each day. While genetic factors do play a part in cardiovascular disease, the good news is that 80% of the disease may be preventable with education and action. Show your heart some love with these 10 tips:

- 1) Stop Smoking**
- 2) Know your numbers (healthy weight, blood pressure and cholesterol)**
- 3) Screen for Diabetes**
- 4) Build some muscle**
- 5) Eat smart**
- 6) Limit junk food**
- 7) Stress less**
- 8) Get active**
- 9) Sleep more**
- 10) Smile**

Del's advice: Stay active and eat healthy!



Jill's Corner

5 Facts about February:

- The entire month has been dedicated to chocolate! The month is celebrated as the "National Chocolate Lovers Month."
- It is also celebrated as the National Bird-Feeding Month in the U.S, wherein they spread awareness about wild bird feeding.
- February is National Dental Month. This is done to arouse awareness about oral health.
- Viola (Violet) and the Primrose are the flowers for February.
- In Welsh, February is known as 'y mis bach' which translated to 'the little month'.

"Freezing cold winds, biting chills, and white snow fluffed hills. Valentine's Day, oh how gay! President's Day is coming our way. February, sweet and small, greatest month of all!

- Eric Lies, 28 Word Poem for the month of February.

D	H	O	B	S	H	N	E	P	T	U	N	E	Y
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W	N	A	I	P	L	U	T	O	N	A	O	D	H
A	G	H	P	L	I	Z	O	O	E	R	U	S	U
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F	H	Y	H	O	P	B	E	O	Q	H	I	U	E
R	A	C	O	E	A	A	R	R	T	E	O	A	E
U	S	A	T	U	R	N	C	P	L	A	N	E	T
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VENUS
 EARTH
 MARS
 CERES
 ASTEROIDS
 JUPITER
 SATURN
 NEPTUNE
 URANUS
 PLUTO
 DWARF
 PLANET
 MOON



Resident Spotlight: Delphine Uppman



Born: March 25, 1928 in Lancaster Minnesota. Del has 5 children, many grandchildren, and many great grandchildren! While rising a family, Del worked several different jobs. She was a meat cutter, a cleaner at an Elementary school during the summer months, and a Prep cook at a casino to name a few. Del moved into Arbor Park June of 2007. She received the plant pictured from one of her granddaughter's on that day and it has bloomed every year since! Del likes to stay busy with puzzles, dice, cards, bingo and crafts, shopping and gardening year round. She is wonderful and we are fortunate to have her at Arbor Park! Del is very helpful with all of the residents and staff members and we love her very much!!

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					11- XCise B1	1- Cards B1
					12- XCise B3	2- Snacks B1
					1- Crafts Cedar	3-Cards/Snacks
					2- Crafts Elm	B3
3	4	5	6	7	8	9
	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1	1- Word Puzzles
8- Bible Study Ch. 9	12- XCise B3	12- XCise B3	12- XCise B3	12- XCise B3	12- XCise B3	3- Music/ Snacks
12- Adult Col- oring	2- Bingo Elm	1-Fondue B1	R.Council	1- Crafts B1	12- Baking B1	
	3- Snack/ Chat Elm	2- Fondue B3	1pm-Cedar	2- Bingo Cedar	2- Baking B3	
			2pm-Elm	3- Crafts B3		
10	11	12	13	14	15	16
10- Catholic Services	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1	1- Cards B1
2- Movie/ Snack	12- XCise B3	12- XCise B3	12- XCise B3	12- XCise B3	12- XCise B3	2- Snacks B1
	2-Bingo Elm	2- Thrift Store	B1- Resident Errands	2-Valentine's Party	1-Nails Cedar	3-Cards/Snacks
	3- Crafts for Charity Elm		2-Pastor Tom		2-Nails Elm	
17	18	19	20	21	22	23
3- Bible Study Ch. 9	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1	1- Word Puzzles
12- Cards/ Snacks	12- XCise B3	12- XCise B3 2	12- XCise B3	12- XCise B3	12- XCise B3 1-	3-Adult Coloring
	2- Bingo Elm	1- Pie B1	1- Resident Errands	2- Bingo Cedar	Happy Hour	
	Presidents Day	2- Pie B3	3-TriviaChatB3	3- Trivia Chat B1	1- RB Floats Floats	
24	25	26	27	28		
10- Catholic Services	11- XCise B1	11- XCise B1	11- XCise B1	11- XCise B1		
2- Movie/ Snacks	12- XCise B3	12- XCise B3	12- XCise B3	12- XCise B3		
	2- Bingo Elm	1- Nails B1	1- Res. Errands	2- Bingo B1		
		2- Nails B3		CHILI DAY		

Arbor Park Living Center
520 28th St N
Moorhead, MN 56560

Place
Postage
Here

www.arborkparkliving.com

Our Mission: To create a living community that makes a positive difference in the lives of the residents and families we serve.

Core Values: P.U.R.P.O.S.E.

PASSION – We think of each resident as part of our family and care full heartedly for them

UNDERSTANDING – We listen to the needs of each individual and know that everyone is going through something different

RESPONSE – We know the importance of timeliness and strive to put other before ourselves

PATIENCE – We understand healing takes time and that things can happen in a different order than what we may have originally had in mind

OPENNESS – We want residents and families to let us know how we can better assist to meet all needs

STEWARDSHIP – We use our talents and resources to the best of our abilities, with honesty and integrity

EXCELLENCE – We set and strive to achieve high standards of performance and continuous improvement

Contact the Arbor Park office at 218.359.9999 for more information.