



Famous Birthdays

Betsy Ross –
January 1, 1752

Joan of Arc –
January 6, 1412

David Bowie –
January 8, 1947

Tom Selleck –
January 29, 1945



January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are focused on lofty goals; these hardworking and determined souls will prevail with grit and resilience. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and valuable team members.

Name the Newsletter

And...we are BACK! The Shores of Lake Phalen Newsletter is officially back in business. We are starting the 2019 year off with the return of our resident and family monthly newsletter.

Our old newsletter was called "The Pebbles". We thought we would offer the opportunity for our residents to name our "new" newsletter. Please bring ideas to Dani, director of

Happy Anniversary!

Happy Anniversary Keila!

Our Activities Director, Keila is celebrating a work anniversary. Keila has been an employee at The Shores of Lake Phalen for 5 years! Her love for the residents and passion for her job really shines!

If you see Keila, make sure to thank her for all she does at The Shores and congratulate her on 5 years of a job well done.

Thank you for 5 years of hard work and dedication! Here is to 5 more!

~RESIDENTS~

Luella Koziol- January 5th
Doralee Wyland- January 10th
Dorothy Linroth- January 11th
Patricia Schray- January 26th
Eugene Carroll- January 27th
Shriley Klosner- January 31st

~STAFF~

Lori V. (Office) – January 30th
Robin C. (Nursing) – January 27th
Alyssa S. (Dietary) – January 13th
Carrie S. (Dietary) – January 13th
Regina G. (RA) – January 29th
Anna X. (Dietary) – January 1st

community relations. Her office is located right across from the front desk. Or you can leave them at the front desk with Lori. Ideas will be brought to the Townhall Meeting (January 16th at 2:00pm in the community room) for voting and the winner will be announced in our February newsletter.

We encourage you to get creative and help us come up with a fun and unique name for our community newsletter!



The Pebbles of Lake Phalen Newsletter

January 2019



Celebrating January

Page 2

*Meet our new
Executive Director*

*Notes from
Nursing*

Page 3

*Outing and Event
Pictures*

Page 4

Birthdays

*Name the
Newsletter
Challenge*

*Keila- 5years at
The Shores*

New Year, Lasting Traditions

Another new year begins, and all around the world people will be popping champagne, singing "Auld Lang Syne," and kissing loved ones at the stroke of midnight. But just why, exactly, do we repeat these New Year's traditions year after year?

Bubbly champagne is the drink of choice on New Year's. Its invention is often credited to Dom Perignon, the Benedictine monk who oversaw the wine cellars of his abbey in the year 1697. While others saw bubbles as a problematic sign that wine had spoiled, Perignon perfected the production of this new fermented drink known as champagne. From its beginnings in the abbey cellar, champagne was regularly used in religious celebrations such as consecrations and coronations. It then made the natural transition to secular celebrations, most notably at the soirees of the French aristocracy. As champagne became cheaper and more accessible, it became the classiest beverage to offer during holiday celebrations.

Scotland's national poet Robert Burns penned the words to "Auld Lang Syne" in 1788 and sent them to the Scots Musical Museum, requesting that his lyrics be set to an old Scottish folk tune. The phrase

auld lang syne translates to "for old times' sake," and, fittingly, the nostalgic song is about preserving friendships. The tune was often sung at funerals, farewells, and other group celebrations. It finally made it to America in 1929, when the Guy Lombardo Orchestra played it at a New Year's celebration in New York's Roosevelt Hotel. No New Year's party is complete without a kiss at the stroke of midnight. In ancient times, the winter darkness was the domain of evil spirits. At New Year's masquerade balls, partiers wore scary masks to embody these spirits. The masks were then torn off at midnight, and a kiss was shared by revelers as an act of purification to chase away malign spirits. These are just a few of the centuries-old traditions that have made New Year's a time of celebration, nostalgia, and hope.



Meet Our New Executive Director



Jodi Saeko
Executive Director

As you know, Katie Bailey, our current executive director has decided to redirect her focus to her family. Her last day is January 4th. We are sad to see her leave but wish her and her family a blessed future.

We would like to introduce you to our new Executive Director - Jodi Saeko. She came aboard on December 17th. Jodi has worked as an executive director for the last 15 years. She started in the health care field as a food service director and followed her passion into managing assisted living buildings.

Jodi was born in Morehead, MN and grew up in South Minneapolis. She is the youngest of 8 children.

Jodi now lives in Brooklyn Park with her husband of 36 years. She has 3 grown children and 4 grandchildren.

Jodi enjoys shopping, spending time with family and her siblings. She ultimately loves being a grandma.

Jodi feels her recent experience of having to put her own mother into an assisted living and helping her through the end of life process has given her an even bigger appreciation for this industry and a broader understanding of all that it entails.

You can expect to see a focus on customer service and team building with Jodi as the leader of The Shores. She is really looking forward to building and unifying our leadership team, and creating a clean, fun loving and passionate environment.

Welcome Jodi!

Notes from Nursing



We are smack dab in the middle of cold and flu season. Please make sure to be taking care of yourself. Get plenty of sleep, drink plenty of fluids, wash your hands and cover your coughs.

If you are not feeling well, please refrain from interacting with other residents or wear a mask when in the community spaces. Masks are located at the front desk.

Friends and family, please keep your visits to a minimum if you are not

Constance, DON
Martha, ADON
Lauri, LPN
Robin, LPN

feeling well.
Our Nursing Department:

Constance Lewis
Director of Nursing

Martha Velez
Assistant Director of Nursing

Lauri Goetz
Licensed Practical Nurse

Robin Couillard
Licensed Practical Nurse

~Outings & Events~

Annual Christmas Lights Tour →

Stopped to see Resident Assistant Denise's house. Her and her husband stopped out to say hi to the residents on the



Holiday Brunch

12-22-18



We had an abundance of residents and family at our holiday brunch. The food was delicious, the music was festive, and Santa even came to visit!

