

# **Majestic Pines Senior Living April Newsletter**



## **Say Hello to Spring and Spring Activities!**

Are you Spring cleaning, we are looking to repurpose some items for our Spring activities and crafts!

If you have any spare egg cartons (cardboard ones), books for our memory care library, old socks (any size), or tin cans from vegetables, we would greatly appreciate them for our spring activities. We will be accepting these items until the end of April or until we have received enough items. You can drop off your repurposed goods at the reception desk. If you have a large quantity of any particular item and need assistance, please don't hesitate to contact the Activity Department (Lynn) at 218-313-1372.

# Majestic Pines Senior Living Newsletter

## 🌟 Get Involved in Our Orchard Unit - Volunteers Wanted!

Are you looking for a meaningful way to give back to your community?  
Do you have a passion for helping others? We're excited to invite  
resident volunteers to join us in our Orchard Community!

We have a variety of activities that could use your help, including:  
one-to-one Visits, reading with residents, participating in  
crafts/activities and more!

The best part? You come when it works for you! If interested please  
stop by the front desk!

## 🎉 Welcome Wagon! 🎉

Calling all residents who love to extend a warm welcome and make  
newcomers feel right at home! We're in search of friendly faces to join  
our Welcome Wagon team and help new residents settle into our  
wonderful community at Majestic Pines.

Your role, as part of the Welcome Wagon, will involve showing new  
residents around, introducing them to amenities, and providing a  
friendly presence to assist with their transition. Whether it's sharing  
insider tips about the best spots to relax, connecting them with fellow  
residents, or simply offering a listening ear, your support can make a  
world of difference during this exciting but sometimes overwhelming  
time.

We invite all interested residents to join us for a meeting on **April 30th  
at 2:00 PM in the multi-purpose room**. This will be an opportunity to  
discuss the role in more detail, share ideas, and sign up to be part of  
the team. Everyone is welcome!!

# Majestic Pines Senior Living Newsletter

## *Memory Loss Support Group at Majestic Pines Senior Living*

**Thursday, April 11th from 1 pm - 2 pm,** Majestic Pines Senior Living will be hosting a Memory Loss Support Group.

This group will meet on the second Thursday of each month, in our Private Dining Room. This group is brought to you by ElderCircle. The memory loss support groups are for caregivers of any age who are caring for an ailing parent, child, spouse, or other individuals of any age, near or far. The support group is led by trained facilitators to help teach coping skills, help reduce anxiety, build resiliency and provide a safe place for people to share common concerns and receive emotional support. For questions, call Danielle with ElderCircle at 218-999-9233 EXT. 282 or email [danielle@eldercircle.com](mailto:danielle@eldercircle.com)

## *Essentia Health Hospice Education*

**Thursday, April 11th at 1:30M in the Multipurpose Room**

Mark your calendars for an opportunity to learn more about hospice care! Join us on Thursday, April 11th at 1:30 PM, in the multipurpose room for a special Hospice 101 Education session.

Whether you're seeking a better understanding of hospice services for yourself or a loved one, or simply wish to expand your knowledge on this important topic, this session is for you. Led by knowledgeable experts, we'll explore the fundamentals of hospice care, including its philosophy, services provided, and how it can benefit individuals and their families during challenging times.

This educational event is open to everyone in our community.  
Refreshments will be provided!

# Majestic Pines Senior Living Newsletter



## *Get Creative with Cookie Decorating Class!*



Indulge your inner artist and join us for a fun-filled Cookie Decorating class!



Date: Tuesday, April 16th



Time: 6:00 PM



Location: Multi-purpose Room

This class is led by Abby Schulte, Majestic Pines Senior Living, and cost will be covered by Majestic Pines. Please sign up at reception by Friday, April 5th.

## *Save the Dates!*

We're thrilled to announce two exciting events that you won't want to miss! Mark your calendars for Thursday, June 13th, from 1 pm to 4 pm, as we host Traveling Art by MacRostie. This captivating exhibition will showcase an array of stunning artwork and is open to the entire community. More information to come

And that's not all! Save the date for our Annual Food Truck & Car Show on Thursday, September 12th, from 4 pm to 6 pm. Get ready for an evening filled with delicious bites from local food trucks and a display of classic cars. Bring your family and friends for a fun-filled event that promises to be a highlight of the year. Stay tuned for more details; we can't wait to see you there!



# All about FOOD!



## *Culinary Meeting*

Our next Culinary Meeting is on Thursday, April 18th at 2:00 PM in the Turning Leaf Dining Room!

## *Health in Food*

Are sodium levels important to your diet?

Check this out.

### **High Levels of Sodium:**

-Processed Meats

Ex. Bacon, Sausages & Ham

-Fast Food

Ex. Pizza, Chinese Food & Tacos

-Canned Soup

-Most Bagged Snacks

Ex. Chips, Pretzels & Crackers

-Most Sauces

Ex. Soy, Ketchup, Salad Dressings & Gravy

-Pickled Foods

### **Low Levels of Sodium:**

-Fresh Fruit

-Fresh Vegetables

-Lean Meats

-Whole Grains

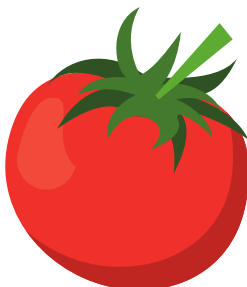
-Most Seafood

-Canned items with \*NO SALT ADDED

Anything that is processed should be consumed in very limited quantities.

## *A Note from Dennis*

We will be starting our Spring/Summer Menus on April 2nd! New to our menu rotation will be items like soft shell tacos, stuffed tomatoes, strawberry spinach salad, and more!



# Majestic Pines Resident Spotlight

## ***Meet Eva!***

Originally from Grand Rapids, MN, Eva's journey has taken her far and wide across the United States.

Together with her husband, she embarked on a remarkable adventure, traveling in a motorhome to an impressive 48 states over the course of 53 years of marriage.

Reflecting on her fondest childhood memories, Eva recalls the simple joys of visiting her grandmother's home, where the air was always filled with the sweet aroma of freshly baked sugar cookies.

Eva's talent extends beyond her love for exploration; she is also a skilled seamstress. Throughout the years, Eva dedicated her talents to crafting garments for her four children. When asked about her philosophy on life, Eva offers sage advice: "Take advantage of life's good things and don't be afraid to expand your horizons."



## ***Meet Laurel!***

Laurel is from the heartland of Nebraska and Wyoming. One of her fondest memories transports us back to her childhood, where she found joy in the simple pleasures of life. Laurel recalls a delightful escapade with her cousin, where they hid amidst the golden stalks of a wheat field!

While her roots may lie out west, Laurel has found delight in the land of lakes, Minnesota. Summer holds a special place in Laurel's heart as it is her favorite season.

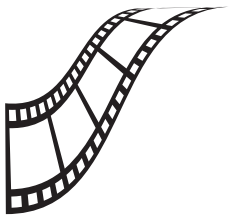
Laurel finds comfort and joy in the simple act of immersing herself in a good book. Whether she's transported to distant lands or delving into the depths of the human experience, reading is her gateway to adventure and enlightenment.



# Majestic Pines Resident Spotlight

## *Meet Julia!*

Born in North Dakota and raised in Tracy, Minnesota, Julia brings a blend of Midwestern charm and resilience to everything she does. Her journey from the plains of North Dakota to the landscapes of Minnesota has shaped her appreciation for the beauty of Minnesota! Her favorite season is Winter because she enjoys skiing and snowmobiling. Beyond her love for outdoor adventures, Julia has a second passion that might surprise you - organizing! Julia's journey has taught her valuable lessons, and she's eager to share her insights with others. Her advice is simple yet profound: "Take it easy, take time to find out what you do best and like to do, so that you can be happy." In a world often filled with hustle and bustle, Julia reminds us of the importance of slowing down!



## Saturday Matinee



Join us every Saturday at 1:30 PM for our movie showings!

April 6th –showing the Movie Elvis

April 13th-showing No Escape

April 20th showing Harriet

April 27th-The Ghost & Mr.Chicken (Don Knotts)