

Event Highlights

MAY 2019

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THE COLONY™



Thursday, May 2
2pm - CR
Cinco de Mayo Party



Thursday, May 2
3pm - CR
Colony Kindness Project



Friday, May 3
2pm - CR
"The Dragonflies"
Four-Piece Band



Saturday, May 4
2:30pm - CR
Normandale
Children's Choir



Thursday, May 9
2pm - CR
Mother's Day Tea



Friday, May 10
2pm - CR
Speaker David Jones
on JFK Assassination



Tuesday, May 14
6:30pm - CR
The Music Men & Lori



Wednesday, May 15
2pm - CR
Music with
Carolyn Jaynes



Thursday, May 16
2pm - CR
Social Hour & Music
with The Hi Hats



Thursday, May 23
6:30pm - CR
Family of Christ Choir



Friday, May 24
2pm - CR
Clarinet Trio



Friday, May 31
2pm - CR
Birthday Party &
Music



kindness

Here at The Colony, we are a family. Like it or not. We all have quirks, habits, values, and behaviors that others might love – or maybe not so much. That being said, we are still a family and as all families do, we love (and fight) like crazy.

I read a book called "How Full is Your Bucket" recently. It's imagining that each of us has a bucket that is constantly either being emptied or filled, depending on what others say or do to us.

Each of us also has an imaginary dipper. When we use the dipper to fill another's bucket (by saying and doing kind things), we also fill our own. But when we use our dipper to take from another's bucket (by saying and doing unkind things), we also deplete our own.

Join us in the Community Room on May 2nd at 3pm to receive your very own bucket and participate in a fun afternoon of thinking, creating, and BEING kind. Then, we'll spend the next few months sprinkling that kindness everywhere! Please join. In doing so, you'll have an automatic "filling" of your bucket and who knows? Maybe you'll fill someone else's!

Over the next few months, we will be focusing on Community Kindness and spurring a campaign to "fill each other's buckets" by performing Random Acts of

Kindness. We'll also sponsor a monthly Colony Kindness Day where we'll focus on spreading kindness as a community.

As always, I wish you HAPPINESS on this day and every day!

Restaurant Transition News...

April 23rd was a fantastic day of new team members joining The Colony Family. We welcomed 8 part-time team members from the Waters Restaurant Group. While we already know these folks, they are officially "us" now. Please welcome them!

- Amal – Server
- Abdi – Server
- Zainab – Server
- Hibaq – Server
- Fardosa – Lead Server
- Baker Bob – Dessert Extraordinaire

On May 1st, we'll welcome all full-time team members. The reason they start a little later is due to their benefits enrollment date. Welcome to the team! We are so grateful you are part of the The Colony family!

- Martraz – Chef
- Ben – Lead Server
- Rebecca – Kitchen Utility
- Adama – Kitchen Utility
- Seema – Kitchen Utility
- Fouziat – Server
- Alex – Kitchen Utility
- Elizabeth – Lead Server
- Charles - Chef



-Ericka H.,
Executive Director

Recurring Events

Wellness Clinic

- ▶ Thursday, May 16th
10:30am-12:00pm (Atrium)

Blood pressure, oxygen saturation and weight are checked as well as pendant batteries. No need to sign up. Free service.



In-House Senior Services

- ▶ On-site Podiatry & Audiology Services
 - ▶ Next Podiatry Clinics:
Wednesday, May 15 & Friday, May 17
- *Please see Concierge to register.



Everybody Can Be Great

“Everybody can be great,
because anybody
can serve.”

-Dr Martin Luther King, Jr.



also joining in the fun.

I love that the librarians brought the program to the kids, instead of thinking the kids should come to them. The best part, they are doing it because they care. Sometimes in life we ask “What’s in it for me?” when really what we could be asking is “How can I help?” We are all responsible for this world and everything in it. We are all responsible for ourselves, how we conduct ourselves, the things we say, the things we feed our bodies and our minds. If you find yourself being the type of person to say “somebody should do something about that”, well, maybe YOU are that somebody. Make a good difference in this world. It matters.



Love and Light and Everything Bright
and Beautiful,
Holly

Concierge Corner

Decorah, Iowa Eagle Nest: Live Broadcast

Come visit the Theater on First Floor to view a live broadcast of an Eagle Nest in Decorah, Iowa. The winning names for the Eaglets are Eenie Meenie & Minee Mo by resident Don W. Come observe as they grow and change!



The Culinary Department is Now Truly Yours



It's 4am, as I sit in my comfy chair with a fresh brewed cup of coffee at the ready and the sound of birds in full throat, it's day three of Culinary independence.

The Culinary department is now truly yours.

Jody and I have been tasked with tailoring a dining experience to fit each and every individual need (as much as possible) as it represents The Colony as a whole.

We are a department that is under construction and we've got some glaring

inefficiencies that need to be addressed. There is a lot of hard work ahead, but we'll get there.

The easy part of the transition will be to construct menus based on your desires. As we greet you on a daily basis please feel free to share a menu idea. Please don't hesitate to share your concerns as well. Your input is critical to a successful dining experience at The Colony.

Through it all, there is a sense of peace that has taken early root in our department because of the warm, friendly welcome we've received from each of you over these past few weeks.

We look forward to hearing your stories and sharing laughter together.

At Your Service,
Jody B. & Bill E.
Culinary Services



MAY BIRTHDAYS



Val S.	May 1
Gene B.	May 3
Judi F.	May 3
Matsuko M.	May 3
Moustafa G.	May 11
Mike M.	May 14
Peter W.	May 14

Jim G.	May 16
Bonnie N.	May 16
Al L.	May 21
Joann H.	May 22
Milly K.	May 22
Jan E.	May 26



Saint Augustine said, "Pray as though everything depended on God. Work as though everything depended on you." Martin Luther repeated that quote often. When all is said and done, who is really responsible for everything? Is it God Who has the whole world in His hand? Or are we responsible for 'creation care' on Earth Day and everyday? Let's talk about this in the month of May! Are these matters 'either/or, 'both/and' or does it all fall to whoever has the 'ability-to-respond'? And whatever ability you have, respond whenever you're able! Let's all be aMAYzing in MAY according to our ability!

MAY is SPECIAL because of MAYDAY (Peace) 5/1, MOTHERS' DAY(Love) 5/12, CINCO de MAYO 5/5 and SYTENDE MAI (Independence) 5/17, ASCENSION SERVICE 5/30, REMEMBRANCE SERVICE (Healing) 5/23, MEMORIAL DAY (Sacrifice) 5/27...plus, of course, Fishin' Opener! MAY I invite you?!

-Chaplain Rod



The aMAYzing Month of MAY is for Worship Together

5/5 with Pastor Chuck Humphrey-

John 21:1-19

"Ice Out for the Fishin' Opener"

5/12 with Chaplain Rod Anderson-

John 10:22-30

"His Sheep Have Voice Recognition"

5/19 with Pastor Chuck Humphrey-

John 13:31-35

"Known to be Christian by Our Love"

5/26 with Chaplain Rod Anderson-

John 14:23-29

"Is God 'At Home' with You?"

A SPECIAL THURSDAY to REMEMBER
5/23 2:00PM Service of Remembrance for all in our Colony Community who have passed between last All Saints Day and this Memorial Day.

...By Practicing the Golden Rule

I recall many instances of my elders teaching and showing me how very important it is to do the right thing. They would explain that doing the right thing has positive consequences. The opposite is true and thus not rewarding. Doing the right thing took on many forms and one that I recall vividly is the Golden Rule. My elders taught that it is our responsibility to do the right thing by being kind to people and that we should treat people the way we would want to be treated. "We should be good to people", they'd say. As a child, this may be a concept that requires demonstrations and observations before the notion is fully actualized. Something like this should begin early so that it becomes ingrained in us and becomes part of our everyday life...but it is NEVER too late.

We naturally want to feel good because it helps us through our day but also helps provoke others to feel good too. Sometimes we may find it difficult to be kind and to practice the Golden Rule. Maybe we are having a bad day and just don't feel like trying to make it better. That's when that little voice in our head has to try to convince us that we should take the responsibility to make ourselves feel better and to spread joy. The world would be a better place because being kind can be contagious!

So how can this be accomplished? We have to make the decision to be good and to do good. Here's a short story that illustrates this theme, "The Lion and the Mouse", one of my favorite Aesop's' fables:

"A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Roused from his nap, the Lion laid his huge paw angrily on the tiny creature. "Spare me!" begged the poor Mouse. "Please let me go and someday I will surely repay you." The Lion was much amused to think that a Mouse could ever help him. He was generous and let the Mouse go. Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his agonizing roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free. "You laughed when I said I would repay you", said the Mouse. "Now you see that even a Mouse can help a Lion." The Moral Is: An act of kindness is never wasted.

My grandmother always said, "Send out bread and it will come back buttered". Trying a random act of kindness may make us all feel good. Here are a few you can try:

- Smile at someone... just because
- Give someone a book you think they'd like
- Take time to give someone who looks lost, directions
- Let someone else get seated or served before you
- Share a table with someone new
- Give someone a compliment



-Georgene C., Senior Living Consultant

Spring Fever!



If You Want Greatness, Take Responsibility



William Butler Yeats once said, "In dreams begin responsibilities." I believe that this quote can hold true to almost any aspect in our lives. From personal and community relationships, personal goals, and our day to day habits, taking responsibility for ourselves and for our actions is a necessary step to keep improving our lives. How do we begin the process of taking responsibility to make our goals into a reality?

The first step is to decide. Decide what you would like to improve. What responsibilities correlate with this goal and which responsibilities will you need to work around to achieve it? For example, if someone would like to start meeting new people, they may need to adjust their schedule to participate in activities that aren't in their normal routine. The second step is to make a goal and a promise to yourself to achieve it. In our previous example, this person may make a goal to attend at least three new activities per week. Taking responsibility and continuing to try new experiences will eventually lead this person to their goal of meeting new people.

As I leave you with my brief opinion of the importance of taking responsibility, I encourage you to dig deep within yourself and focus on an aspect of your life that you would like to set a new goal for.



Wishing you all health and happiness always,
Courtney M., Director of Health and Wellbeing

Spring at Last!

The Easter Brunch was festive and sociable. It was a joy to see families enjoying the food happily. Thank you, Kitchen Staff! It was organized to perfection, allowing us to relax and enjoy good food. It gave the kids something to brag about at school. Prime Rib is still prime.



So far, so good. The kitchen is operating independently without a commercial food service, and the room is full of smiles. Seasoning is more apparent and well placed. Improved food service was one of Ericka's goals, and we are on our way! Hooray!

Our lawn sparkles with green and received its first mowing on April 26th. The Arboretum tulips are in full glory. We're cautious about spring in Minnesota, but maybe it's here. Are the fish biting? Ask Harvey. Have you heard your first complaint about the weather being too hot? Spring at last! -Bob W., Resident

