

Tradition Staff

Cheryl Levy-Shilkrot *Executive Director*
763-203-8173 levycheryl@traditionliving.org

Crystal Lerol *Business Office Manager*
763-203-8179 lerolcrystal@traditionliving.org

Tracy Treanor *Life Enrichment Director*
763-203-8191 tracy.treanor@traditionliving.org

Jasmine Bowe *Director of Culinary*
763-203-8182 bowejasmine@traditionliving.org

Allison Tang *Community Relations Director*
763-203-8169 atang@traditionliving.org

Billy Stubblefield *Maintenance Supervisor*
612-499-3306 bstubblefield@prcn.org

Konita Sasraku, RN *Director of Nursing*
763-425-2013 ksasraku@traditionliving.org

Comfort Kanneh, LPN *Resident Care Manager*
612-385-0693 kannehcomfort@traditionliving.org

FRONT DESK 763-416-7740

KITCHEN 763-203-8182

EMERGENCY NUMBERS

After Hours Home Care 612-385-0693
After Hours Maintenance 612-499-3306



Hairstylist – Patty
651-829-5289
Please call for an appointment

GENERAL STORE

*Located on second floor
Run by Residents*

STORE HOURS

Monday, Wednesday, Friday,
and Saturday 12:30 -3 pm



Monthly Resident Meeting
Thursday April 4th
2:00 pm Dining Room

We have resident meetings on the first Thursday of each month. Department Heads and our Resident Council are on hand to update you and answer questions.

All residents are encouraged to attend!



In Memoriam

Sil S

Carl B

Charlotte S



Peggy D

APRIL BIRTHDAYS

Henry T 4/3
Mary Ann P 4/3
Nadine P 4/10
Kay S 4/12
Pam M 4/17
Iris S 4/17
Karen R 4/19
Harold R 4/20
Jim P 4/20
Cindy H 4/25
Pastor Dan B 4/25
Renee H 4/28
Fern F 4/28



April 2024

Tradition Times

Tradition Senior Living | 8500 Tessman Farm Road, Brooklyn Park 55445 | 763-416-7740

April Happenings

It's MAGIC!

Join Magician, Marcus Clegg, as he entertains us with his special magic show!

Monday, April 8th
2 pm Dining Room



Refreshments will be served

Illusions Glass Designs

Monday, April 22 1 – 4
First Floor Lobby

We are delighted to welcome back Janey and her beautiful handmade pieces of art. Necklaces, earrings and more will be available for purchase.

“Boost Your Brain” Interim Healthcare

Monday, April 15th
2 pm Community Room
Learn about normal vs not normal changes in your brain, how to help brain function and slow the aging process.

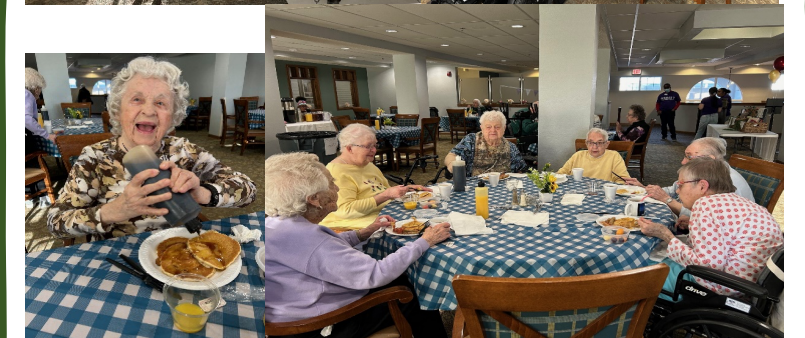
APRIL TEA

Monday, April 1st
11 a.m. Community Room
No Fooling –
We'll have tea and muffins to celebrate April!

Pancake Breakfast and Open House

We had a wonderful turnout at our Pancake Breakfast and Open House. Fun for a great cause – Ending Alzheimers!

Thanks to Chris Cakes for flipping pancakes for the crowd!



ARMCHAIR TRAVEL

Thursday, April 25th
1:00p.m. Community Room

Scottish Highlands

Between city, countryside and coast, the Scottish Highlands offers plenty of things to see!



Resident Spotlight

Don S. was born at his grandma's house in late 192. Don is a twin, and after his brother, Russell, was born, the doctor said, "oh my gosh, there's another one." Don tells the story of his father arguing with the doctor about payment. Since the doctor had delivered twins, he wanted twice the \$25 delivery charge. Don's father wouldn't agree and after a bit they settled on \$37.50.

Don grew up in Columbia Heights, Minnesota and played drums in the Marching Band. This would become one of his favorite things, and to this day he is still playing the drums! After graduating from High School in 1947, Don joined the Navy. However, after three years he joined the Coast Guard with the intention of doing search and rescue. But the Coast Guard had other plans; upon learning he could type, Don was given desk duty.

It was on May 19, 1950, that Don met his wife, Margaret (Mickey). Don and Mickey were married in September of 1951.

Don followed his father's footsteps and after completing a 4-year apprenticeship at Dunwoody Institute, became an electrician. He and Mickey settled in Brooklyn Center, in a house that Don and his father wired. The couple had three children: Holly, Don and Laura. After living in Brooklyn Center for many years, Don and Mickey moved to Blaine where they lived for the next twenty years.

After Mickey passed away, Don decided it was time for a change and moved to Tradition. He has a full life; friends who live close by, he's in a band at church and is never without a smile. He even entertained us last month with his drums during one of our music events. Make sure you say "Hi" to Don when you see him in the halls of Tradition – he's a fascinating man!



From the Kitchen

We are happy to announce that we are starting a fresh **NEW Bistro menu!** The menu will start on **April 1st**. feature such favorites as Strawberry Poppy Seed Salads and Egg Salad Sandwiches.



Rib Night is April 19th. Sloppy and maybe messy but oh so delicious!

If you are having **GUESTS** join you and need to reserve a table for lunch or dinner, please call the kitchen ahead so staff can prepare the table and server.

Have a wonderful spring!

Jasmine B

Director of Culinary Services



Reflections from the Executive Director

Hello Everyone!

I want to say thank you to all the

departments who helped in making our Pancake Breakfast a success. This was the first time using Chris Cakes and some of the kids are still talking about catching the pancakes! Yes, some were not caught, but very few. I always say it takes a village and our village here at Tradition is very strong. I am so grateful to our community for communication and being open to the positive changes we have made. We are having some challenges with our package delivery. We may be calling you to pick up a package as it comes to Tradition. If you are ill or cannot make it down, we will do our best to deliver it, but please understand it may take a day or two. We apologize for any inconvenience this may cause.

My door is always open so please continue to let me know what I can do to enhance your life at Tradition. *Cheryl*

Excursions

Lunch – Monday, April 22nd 11 am

Red Lobster – Taste the fun side of fancy! Take your day up a notch and dive into delicious seafood. Menu is posted behind the sign-up sheet.

Shopping Bus

Events are every week at 10 or 2. Please check your calendar for the red highlighted stores and times. Come to one, come to two...or come to all! Space is limited so please sign up in advance

NEW BINGO, POPCORN AND COOKIE TIMES

TUESDAY 2:00 Popcorn
3:00 REGULAR Bingo

THURSDAY 2:00 Cookies (Bi-Weekly)
3:00 CARD Bingo

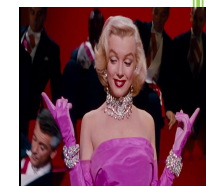
Thanks to the residents for the suggestions.



April Movies

My Big Fat Greek Wedding
Sunday, April 14th 10 am

Gentleman Prefer Blondes
Sunday, April 28th 10 am



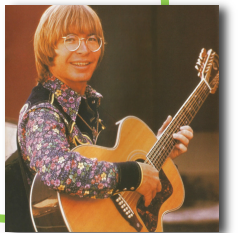
My Girl
Monday, April 29th 10 am



BIOGRAPHIES In the Community Room

Pat Nixon
Sunday, April 14
10 am

John Denver
Sunday, April 28
10 am



DOCUMENTARIES

Sunday, April 7th
1 pm Community Room
Over Alaska

Sunday, March 21st
10 am Community Room
Cat Tales



NEW ACTIVITIES

Rick Steves Travel Videos

April 8th 10 am

Scotland Islands and Highlands

Rick is an expert on travel and encourages people to the less "touristy" areas of Europe!

Word Games

Wordle, Connections and others.
Come and stretch your mind!

All activities are in the community room

