



Our Community Newsletter

Discover what's going on in our community.

As we look ahead to the arrival of spring, our community is filled with renewed energy and anticipation. The changing season brings opportunities for fresh starts, brighter days, and meaningful engagement for our residents. We are preparing to expand our outdoor programming, including courtyard gatherings, gardening activities, walking clubs, and seasonal celebrations that encourage connection and wellness. Spring also provides a wonderful opportunity to refresh our spaces, enhance our landscaping, and ensure our environment remains vibrant, welcoming, and safe for everyone who calls our community home.

In addition to seasonal activities, our team remains focused on continuing to provide compassionate, individualized care with excellence and integrity. We are grateful for the dedication of our staff and the ongoing support of our families, which together create the warm and supportive atmosphere that defines our community. As we embrace this new season, we remain committed to fostering joy, promoting well-being, and strengthening the sense of belonging that makes our assisted living community truly special.

Christina Pinder, LALD
Executive Director

The Boden BoltZ are doing well in the TRYathalon this year with a few strong WINS!

Our team has grown significantly and we continue to improve each week. Something new to our weekly competition is Robot soccer league. We are very excited for this new opportunity and are ready to get started! The league starts April 21st and will run for 7 consecutive weeks. Come cheer on the Boden BoltZ every Tuesday at 1:00 PM!



Hi Boden! Something you may not know about me is that I love astronomy. My Dad and I both share a fascination with the sky. In the summer when I spend time north, visiting my parents on a remote lake in Wisconsin, we look and wonder how many there are. The whole sky is lit up by stars. Constellations and the North Star show bright. It is impossible to see many of them in the city. The sky reminds me of the vastness of the universe. How big God is and how small I am.

Did you know:

"There are more stars in the universe than there are grains of sand on earth"

"The story of more stars in the sky than grains of sand on Earth is a classic example of the vastness of the universe. Carl Sagan's assertion that there are more stars in the universe than all the sand grains on Earth has been a topic of fascination and debate. While the exact number of stars in the observable universe is estimated to be in the range of 100 to 400 billion, the number of sand grains on Earth is estimated to be around 7.5 quintillion. This comparison highlights the incredible scale of the universe and the vastness of the cosmos."

Kory Telfer
Marketing Director

As we continue through flu and COVID season, our nursing team would like to remind everyone that infection prevention is a community effort. Residents and visitors can help keep our community healthy by washing hands frequently, covering coughs and sneezes, and considering wearing a mask if experiencing cold-like symptoms. Please notify staff right away if you are not feeling well, especially if you develop a cough, fever, sore throat, or unusual fatigue so we can assist you promptly. We also encourage staying up to date on recommended vaccinations and allowing staff to perform routine wellness checks when needed. Thank you for partnering with us to help protect one another and keep our community safe.

Mitchell Balding
Director of Health Services

Culinary

At Boden, our culinary team is dedicated to delivering an exceptional dining experience each and every day. We take great pride in preparing and presenting meals that reflect a fine dining aesthetic while still providing the comfort and warmth our community enjoys.

As we transition into our spring and summer menu, residents can look forward to lighter, more vibrant dishes that highlight fresh flavors and seasonal ingredients. This time of year, gives our chefs the opportunity to have a little more fun with the menu—creating meals that are not only delicious, but refreshing and full of color, without the heaviness of the winter months.

We are excited to continue serving thoughtfully prepared cuisine that brings people together and makes every dining experience at BODEN something special.

Marcus Stanley
Director Culinary

March Birthdays !!

**HAPPY
BIRTHDAY**

Diana 16

Cindy D 18

Dana 18

Karen A 21

Carolyn 26

Tita 29

