



GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community. We encourage you to download the app and get connected!



Scan to Download



Resident Referral Perk

Residents who refer a friend who moves in will receive one month free rent!*

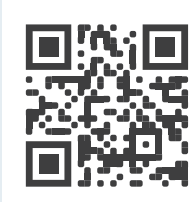
Family Referral Perk

Family members who refer an individual who moves in will receive a \$2,000 referral fee!*

*Additional terms may apply. Contact our community for more information.

Share Your Experience!

We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones. Help us continue providing exceptional care by sharing your story on Google, Facebook or Yelp today!



Scan to Review Us



Good Life NEWS

at Old Main Village

MAY 2026

TEAM MEMBERS

Executive Director
Karen Maker

Director of Nursing
Sarah Lopez

Life Enrichment Director
Samantha Burt

Culinary Director
Stephen Johnsrud

Maintenance Director
Collin Green

HR & Business Office Manager
Brenna Bruender



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Chuck R. - 5/1
- Carol S. - 5/17
- Mary Kay W. - 5/25
- Nedra W. - 5/2
- Elsie O. - 5/20



LIKE US ON FACEBOOK
visit facebook.com/OldMainVillage

LIFE ENRICHMENT HIGHLIGHTS

May is blooming with exciting opportunities to connect, celebrate, and enjoy the beauty of the season! We celebrated the spring season with decorating spring wreaths and creating beautiful Easter shadow boxes.

We have several exciting events planned throughout May:

- **Monthly Lunch Bunch:** Enjoy a delicious meal, great conversation, and a fun outing together at La Plaza in Madelia.
- **Virtual Volunteer Celebration:** We are proud to honor the incredible individuals who give their time and talents across all The Goodman Group communities. Their generosity makes a meaningful difference in the lives of our residents, and we are grateful for all they do.
- **Minneopa State Park:** Experience a scenic bison drive and picnic while enjoying the outdoors—and (hopefully) spotting the park's majestic bison.
- **The Great Lawn Jam Session:** Enjoy live music from the Blue Ox Jazz Babies. A lively, toe-tapping celebration you won't want to miss!

To celebrate May and thank you for tuning in to our newsletter, you have a chance to guess how many marbles are in a jar! You can make your guess at the front desk for a chance to win a spring prize bag. The closest guess will be posted Friday, May 15. We hope you have a *marble-ous* May!



A beautiful Easter shadow box from April's crafts



Mary Kay and Louise W. worked together to make a spring wreath

HONORING MOTHER'S DAY

In our community, Mother's Day is more than a holiday. It is a meaningful opportunity to honor the lives, stories, and contributions of the mothers and mother figures who call this place home. These women are the foundation of families, the keepers of traditions, and the quiet architects of generations.

As executive director, I often reflect on how the meaning of Mother's Day evolves. For many residents, it is a day filled with cherished memories: early mornings preparing meals, laughter in busy homes, and the joy of watching children grow. These are not just moments in time, but chapters defined by love, sacrifice, and resilience.

Mother's Day can also bring a mix of emotions. While many residents are surrounded by family and celebration, others experience the day more quietly. Some have lost loved ones, have family far away, or are reflecting on changing relationships. As a community, we are responsible for honoring all of these experiences with empathy and care.

We also recognize that motherhood takes many forms. Not every woman has biological children, yet many have served as nurturing, guiding figures in the lives of others. Teachers, mentors, caregivers, and friends all help define what motherhood represents, and we celebrate them as well.

As we celebrate, we also take time to listen. We encourage residents to share their stories, traditions, and reflections, honoring who they are today and the lives they have lived.

To all the mothers and mother figures in our community, I offer my deepest gratitude. Your lives have touched more people than you may ever know, and your strength, wisdom, and compassion continue to inspire us every day.

Karen Maker
Executive Director



OLD MAIN VILLAGE
Senior Living

301 South Fifth Street, Mankato, MN 56001 | 507-388-4200 | oldmainvillage.com

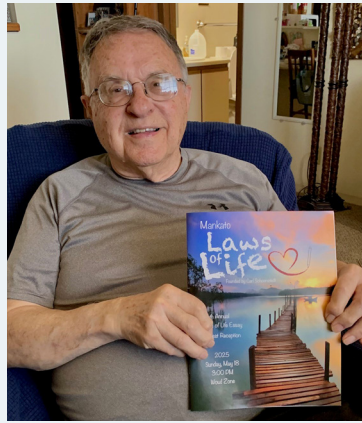
MANAGED BY The Goodman Group



RESIDENT SPOTLIGHT

Meet Carl S.

Carl S., a cherished resident of our community, has created a lasting legacy through his dedication to education and youth development.



Years ago, as the founder of the Mankato Laws of Life Scholarship, Carl introduced an essay competition designed to help students strengthen their writing skills while reflecting on important personal values. The program offers students the opportunity to earn scholarship funds for their education, with top prizes reaching up to \$2,000.

The scholarship was originally supported through a combination of private and corporate donations. The Lowell and Nadine Andreas family made a generous commitment of \$5,000 annually, helping establish a strong foundation for the program. In addition, other community professionals supported the effort by donating legal and accounting services, ensuring the scholarship remained well-managed and sustainable.

Carl's inspiration for the program began before his retirement as an insurance executive, when he read the book "Discovering the Laws of Life." Moved by its message, he set out to create a scholarship that would encourage students to explore character, values and personal growth through writing.

What began as a local initiative has grown into part of a much larger movement, with similar programs reaching students across the country.

By bringing together friends, colleagues and community members, he helped launch the contest in Mankato, giving students a meaningful platform to express themselves. His efforts have supported countless young people as they prepare for academic success and future opportunities.

We are proud to celebrate Carl's contributions, as his passion continues to inspire both students and those around him.

NATIONAL NURSES WEEK: CELEBRATING OUR TEAM MEMBERS

At Old Main Village, our team is made up of dedicated individuals who bring compassion, experience and personality into their work every day. This month, we celebrate National Nurses Week, highlighting a few members of our nursing team members who help make our community feel like home.

Marion has been in nursing since 2008, with experience in nursing homes, home care and hospital settings. She attended nursing school through South Central and has been with Old Main Village for a little over a year. Marion enjoys interacting with residents and finds every day to be a new opportunity to learn. She appreciates the strong team environment, noting that both her colleagues and management work well together to support one another. For Marion, no day is boring. She values the constant learning and the chance to gain new experiences, which keep her motivated and engaged in her role.

Sam D. has worked in health care for six years, starting as a caregiver in private home care. Old Main Village is the first facility setting he has worked in, and he enjoys the change of pace. He appreciates being able to connect with more people and build relationships with both residents and team members. Sam describes working here as having a small-business feel with a big sense of community. He enjoys getting to know everyone and learning more about residents' lives. Over time, he has noticed residents becoming more comfortable with him, allowing him to form meaningful connections that make his work even more rewarding.

Ronda has been in health care since she was just 15 years old, bringing more than 45 years of experience to the team. She has worked in a variety of roles, including upper management, memory care, home care and one-on-one caregiving, as well as at Faribault and St. Peter hospitals. Despite her extensive background, she says Old Main Village is the best place she has worked. Ronda values the sense of community, where residents are happy and team members are always willing to help one another. She appreciates the trust within the team and the open communication that allows everyone to feel comfortable asking for help or sharing ideas. Ronda enjoys spending time with residents and believes strongly in building genuine relationships. She also recognizes the professionalism and pride within the team, noting that everyone takes responsibility for providing excellent care. For Ronda, working here feels like being part of a family, where support, respect and teamwork are at the center of everything.

We are grateful to acknowledge our nursing team members this month. Their kindness, generosity and commitment to all residents is easy to see and appreciate every day. Our greatest thanks come from everyone at Old Main Village.



A SAFER, SMARTER WAY TO CLEAN OUR COMMUNITY

We're excited to share that our community is introducing an enhanced, hospital-grade cleaning system from Viking Pure Solutions™, sourced through Cintas. This innovative approach strengthens our infection prevention practices while reducing exposure to harsh chemicals.

The disinfecting products contain no added fragrances, harsh chemicals, or strong fumes, making them especially gentle for residents and team members, including those with sensitivities. They are proven effective against bacteria, fungi, and viruses, including COVID-19 and norovirus. In addition, this environmentally responsible approach helps reduce plastic waste and supports our continued commitment to sustainability. We're proud to keep investing in thoughtful solutions that support a clean, healthy, and comfortable environment for everyone.

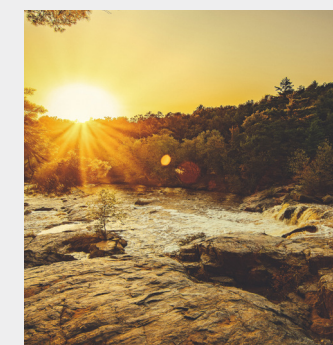
SOARING®: SUPPORTING THE SPIRIT



May brings beautiful signs of new life and growth. We see trees and flowers in all their glory, and we are awed once again. But what about our spirits? Winter's gray days can leave us feeling depleted of hope, joy and peace. So where do we turn to be restored? How can we be reminded that we, too, are an integral part of creation?

In her book, "Pocketful of Miracles," Joan Borysenko writes of May, "It is a call to gratitude that everything in the universe is continually being re-created, including ourselves." May we look at those new buds and blooms and offer thanks for what they teach us about renewal. May our spirits soar! Consider the following blessings for this month as we navigate life together and seek the new:

Be present.
Let the day flow with grace.
Expect joy, and be positive.
Serve with compassion.
Speak only kindness.
Impart only love.
Never forget you are not alone.
Give thanks for everything.
See goodness in others.



Take a moment to celebrate who you are and where you are, knowing that you are OK. You are still capable of learning, growing and flourishing. Take time to notice the plants and animals that have emerged with spring. If you need a safe space to share or think out loud with someone from your heart, your spiritual care director is there to offer support and care for your spirit. Let them.

Lora Beth Reece
Spiritual Care Director
The Residence at Timber Pines (Spring Hill, FL)

MANAGING YOUR MEDICATIONS

Advances in medicine give us more options for providers, care settings, and treatments. New medications appear daily, some on a trial basis and others newly available.



It is common to have more than one provider. Many people see two, three, or even four physicians, including a general practitioner, cardiologist, orthopedic doctor, podiatrist, or other specialists.

Each provider may prescribe medications for different conditions, some short-term and others chronic. Your doctor reviews all medications at each appointment to avoid duplication, and pharmacists review them as well. Both help keep your medication regimen safe.

The danger may lie in keeping unused or expired medications. Surveys show many people never dispose of old medications. Over half keep unused or expired doses, and some save remaining medication after procedures for "future use."

Unused or expired medications pose risks, including accidental ingestion by children or pets, misuse by others, and ineffective or harmful treatment if potency is lost or chemicals change. Expiration dates guarantee a drug's strength and safety only up to that point. Liquids such as insulin and antibiotics degrade faster, and nitroglycerin tablets are unstable past the expiration date.

To dispose of medications, many hospitals and pharmacies have take-back programs. Kits are also available that destroy or deactivate medications; follow manufacturer instructions. Never flush medications, as this can pollute water, harm wildlife, and contaminate drinking water.

Dispose of unused medications when dosages change. Check expiration dates on all bottles, including vitamins and supplements, keep medications secure and out of reach of children, and review your storage cabinet periodically. If you are unsure whether medications should be discarded, call a pharmacist or health care team member.

Tammy Talley
Health Services Director of Survey Readiness
The Goodman Group

Tuesday, May 5: *Mama's Gifts*

Renowned storyteller Carrie Sue Ayvar draws from personal, historical and traditional tales to celebrate our Mama's gifts — their lessons, love, and even their mishigas, their unique quirks!
Presented by Carrie Sue Ayvar



Tuesday, May 26: *Heroic Leadership of WW2*

Heroism took many forms in World War II — from leaders like Roosevelt and Churchill, to ordinary soldiers, civilians, and wartime correspondent Ernie Pyle, who kept the home front connected to their heroes. *Presented by Elizabeth Stice*

See activity calendar for time and location