



# THE BACKSIDE



## MEET OUR NEW CHAPLAIN NIKKI



Valora finally has it's own interfaith Chaplain, who will be available to service residents of all faiths and spiritualities. Nikki Murray will be in the building on Wednesdays, hosting meetings and counseling sessions. Nikki is a Yooper—she was born and raised in the Upper Peninsula of Michigan. She graduated from Northern Michigan University, Wheaton College (in Illinois), and Evangel University in Missouri. Nikki just took up cross-stitch as a hobby. She also loves reading, nature hikes, swimming in Lake Superior, and saunas. One of her favorite foods is chocolate ice cream. She has three kids: Anna, Evan, and Colin. You can call Nikki at 612-286-1089 to set up a private meeting.

## THE DING DONG DOLLIES IN CONCERT



The Ding Dong Dollies are a community handbell choir whose mission & ministry is to bring handbell concerts to those who might not be able to get out and attend one. They perform at a wide range of senior living settings, nursing home and memory care programs, and the Minneapolis Children's Hospital. The group was founded over 60 years ago and currently includes 12 ringers plus a director. We are excited to have these ladies with us on May 4th for a concert right here at Valora.

## SEEKING EXPERIENCED GARDNERS

Do you have a green thumb and enjoy gardening? If so, We need your help! Please consider signing up for this year's Sunshine Gardening group. We plan to do some planting in the pots out front and fill up the wooden planter boxes located on the patio. Your ideas and input on what to focus on and grow is invaluable! Our first meeting will be on Friday, May 15 at 11 am in the Dining Room. We hope to see you there! Also a big thank you to Helen for the lovely pot of flowers she created just outside the front door.



# VALORA MAY 2026

## MONTHLY CHRONICLE

### MEMORIAL DAY EDITION

#### CINCO DE MAYO CELEBRATION



It doesn't happen often but this is the year where Cinco De Mayo collides with Taco Tuesday, making it the perfect reason to Celebrate all things Mexican! On Tuesday, May 5, that is exactly what we are going to do! Lucky for all of us, our head chef Carlos comes from a background steeped in latino tradition and will be preparing a build your own Taco bar for lunch with some other favorite Mexican dishes. The Margarita bar will be open featuring Frozen strawberry and traditional Margaritas! Lunch begins at 12!



## MOTHER'S DAY BRUNCH & TEA PARTY

Mother's Day is a beautiful opportunity to honor the incredible women who have shaped our lives. Whether it's a mother, grandmother, aunt, or cherished mentor, these women provide the "heart" that makes our community feel like a home. Behind every resident is a lifetime of stories, and we see that same strength and grace in our very hallways every day. In addition to our Mother's Day Brunch & Tea Party on Thursday, May 7th, we have another special treat in store. Chef Carlos will be serving a delicious Lobster Tail dinner on Friday evening, May 8th, to continue the celebration! Families are welcome to join the festivities.

*"If at first you don't succeed, try doing it the way Mom told you to in the first place." — Unknown*





## CHOOSE LIFESPARK MEDICAL GROUP

Get More from Your Health Plan with **Lifespark Medical Group** We are excited to share a transformative new opportunity for our residents! Lifespark CEO Joel Theisen has helped develop a specialized program designed to help you get more from your Medicare or other health plans—at no additional cost to you.

Lifespark Medical Group provides a level of care that prioritizes your comfort and convenience.

By choosing this program, you gain access to:

- In-Home Primary Care: See experts in the comfort of your own apartment.
- Urgent Response Services: Avoid long waits in the ER with urgent care provided right where you live.
- Advocacy & Guidance: Dedicated support to help you navigate your healthcare journey.

All services are billed directly to your insurance providers (standard co-pays or deductibles may apply). This is a unique opportunity to enhance your wellness and ensure you have support whenever you need it.

Join Us in Chaska to Learn More

To help you understand how this program can benefit you, we are hosting a short presentation in Chaska on **Wednesday, May 13.**

- Departure: The bus departs from Valora at **12:15 PM.**
- Sign-Up: Please sign in and reserve your spot on the bus.

Don't miss out on this chance to simplify your healthcare and bring the experts right to your door!

## NEW DIRECTOR OF SALES & MARKETING

My name is Dillion Johnson, and I'm excited to share that I'm the new Director of Sales and Marketing for our beautiful community! I began my senior living journey nearly seven years ago as an Activities Assistant at one of our sister communities in Mound, MN—Harrison Bay Senior Living. Helping others has always been my passion, and I'm truly honored to be part of this community. I'm looking forward to getting to know each of you better. My office is just around the corner from the Front Desk, so please feel free to stop by and say hi anytime!



**WATCH HIT MOVIES-SATURDAY THRU MONDAY**



ED. JASON, CHIEF GROWTH OFFICER  
TRAVIS PALMQUIST & CEO JOEL THEISEN



## GREETINGS FROM OUR DIRECTOR



Happy May, everyone!

April seemed to fly by, and with summer just around the corner, there's plenty to look forward to. I'd like to share a couple of updates with you this month.

We are very excited to welcome our new Marketing Director, Dillion, who brings seven years of experience with Lifespark. Some of you may have already had the chance to meet him, but if not, please feel free to stop by and introduce yourself.

We're also pleased to announce that Adrienne will be joining us as our new ADHS at the end of April. Adrienne has been a registered nurse for eight years, bringing valuable experience and dedication to her role. Please join us in giving both Dillion and Adrienne a warm welcome as they settle into their new positions.

On a lighter note, my dogs are in need of a good bath (they've gotten a bit stinky!), and I'll be working on getting them cleaned up so I can bring them into the community more often for visits. They always enjoy seeing everyone, and I know many of you enjoy seeing them too. As always, my door is open—whether you have questions, concerns, or simply want to stop in for a chat.

Best regards,

Jason Hagemeyer Executive Director



## DATES TO REMEMBER

- MAY 4-DING DONG DOLLIES-3PM-DINING RM.
- MAY 5-CINCO DE MAYO /TACO TUESDAY BASH
- MAY 7-LIFELONG LEARNING PROGRAM-2 PUB
- MAY 7-MOTHER'S DAY BRUNCH/TEA PARTY
- MAY 11-TRAVELS WITH TYLER -3PM PUB
- MAY 12-BILL CAGLEY-2PM DINING ROOM
- MAY 13-BACHMANS TRIP-10:30
- MAY 13-FATHER SHANE-THEATER
- MAY 18-DONUT DAY 9 AM
- MAY 18 -COBURNS SHOPPING TRIP/LUNCH
- MAY 20-NIFTY FIFTY PARTY-FLORES LIVE MUSIC
- MAY 21-CRAFTING WITH ANNETTE 2:30 PM
- MAY 26- MEMORIAL BBQ
- MAY 27-MYSTIC CASINO TRIP-10 AM

Happy BIRTHDAY

5/23 CHARLES S.

5/24 PAT P.

5/24 JOE W





# GOLDEN OLDIES REBOOT



**Dust Off Your Dancing Shoes: The Golden Oldies Reboot is Here!**

Get ready to shake, rattle, and roll! We are officially taking a trip down memory lane with the Golden Oldies Reboot, a celebration of the era that defined cool. Whether you were there for the original magic or you're a new fan of the vintage vibe, this event is designed to bring the spirit of the fifties back to life.

We are thrilled to welcome The Floras to the stage! Get ready for a setlist packed with authentic 1950s Rock and Roll mixed with a rhythmic splash of Rockabilly. Whether you want to tap your toes or get up and jive, their sound is sure to bring the house down. It wouldn't be a fifties party without the right snacks! We'll be serving up:

Hand-crafted Root Beer Floats and Fresh, hot popcorn straight from our theater-style machine. In the midst of the music and treats, we will also be taking a special moment to celebrate all our resident birthdays falling this month with fresh baked birthday cake. It's a double celebration you won't want to miss! So Mark your calendars for a nostalgic afternoon filled with classic treats and high-energy tunes. The date is Wednesday, May 20 at 2:00 pm. We're transforming the Dining Room into a 1950s hangout you won't want to miss.



**VALORA SENIOR LIVING**  
ORONO

**AUDRA'S HAIR SALON APPOINTMENTS**

**LIMITED OPENINGS**

**BOOK NOW THURSDAYS 9 AM-3 PM**

**CALL OR TEXT (763) 283-6285**




## MYSTIC CASINO TRIP GET YOUR GAME FACE ON!

We are thrilled to team up with our friends from Trails of Orono for a day of fun and fortune! On Wednesday, May 27, we'll all head out to Mystic Lake Casino for a mid-week getaway filled with social energy and high stakes.

The adventure begins promptly at 10:00 am, followed by a delicious lunch hosted right at the casino. We expect to return by 3:30 pm after an exciting afternoon of Slots and Blackjack. To join us, please sign up in the black book located in the hallway. It's going to be a fantastic outing, and we can't wait to see you all there! Good luck!



# POST MEMORIAL DAY B-B-Q

The long weekend might be officially over, but we are keeping the holiday spirit alive with a belated Memorial Day Patio Bar-B-Que! While most are headed back to the grind, we're inviting you to head over to the patio on Tuesday, May 26, at noon to keep the celebration rolling.

We'll be firing up the grill right at lunchtime to serve up all your favorite traditional cookout staples, from juicy burgers to classic brats and all the fixing. It's the perfect way to ease into the week with good food and even better company. While we'll have plenty of the essentials ready to go, we would love to feature some of your own kitchen magic! Please feel free to bring along a snack or a favorite summer recipe to share with your neighbors. To round out the afternoon, we'll transition into a relaxed Happy Hour featuring a selection of wine, soft drinks and beer.



## A GLOBAL ADVENTURE TRAVELING THE WORLD WITH TYLER

Get ready to stamp your passports as we continue our monthly tradition of exploring the globe with our resident world traveler, Tyler. Drawing from his career in the airline industry and travels to over 30 countries, Tyler brings each destination to life with personal photos and authentic maps and souvenirs.

These immersive sessions feature a different country each month, where we experience the culture through traditional food, drink, and virtual clips of local music and dance. Every resident receives a personalized passport and boarding pass to track our journey, which has already included stops in France and the United Kingdom. Our next departure is set for Monday, May 11 at 3:00 pm, as we celebrate Mexico in honor of Cinco de Mayo. We invite everyone to join us for this vibrant afternoon of cultural discovery.

**SAFE TRAVELS**

