

Executive Director- Frank Robinson 651-466-1022
 Director of Nursing- Trisha Kramer 651-466-1040
 Assistant Director of Nursing- Laura Harrer 651-466-1044
 Long Term Care Nurse Manager- Christina Lundquist 651-466-1049
 Human Resources Manager- Megan Falkowski 651-466-1029
 Community Life Director- Allison Brunberg 651-466-1030
 Social Services Director- Caitlin Walczak 651-466-1038
 Chaplain- Kathleen McCauley 651-466-1031
 End of Life Doula- Nathan Vargovcik 651-466-1024
 Housekeeping/Laundry Director- Emily Juelfs 651-466-1028



Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

Let's Celebrate!

Staff Birthdays:

11/1- Jeremiah R.
 11/7- Arlette A.

Staff Anniversaries:

46 Years- Janet S.
 8 Years- Elissa L.
 5 Years- Samuel W.

Resident Birthdays:

11/2- Sandra C.
 11/10- Jodiene K.
 11/13- Marlene L.
 11/26- Richard K.
 11/30-Kristen B.

November Holidays

1st- National Cinnamon Day
 3rd- Daylight Savings
 5th- Election Day
 10th- Marine Corps Birthday
 11th- Veteran's Day
 13th- World Kindness Day
 14th- National Pickle Day
 17th- National Hiking Day
 18th- Apple Cider Day
 26th- National Cake Day
 28th- Thanksgiving Day
 29th- Black Friday
 30th- Small Business Saturday



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 SENIOR LIVING



Gratitude in Social Unrest

Kathleen McCauley Campus Chaplain



It's November!! The month to show and share gratitude. But in an election year the social distresss might hinder our ability to feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace. We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in S. Africa Apartheid and MLK, that God's grace can be found in unrest. The gratitude we have at these times comes from knowing that God is with us. The Divine Presence is always present, we might have to look harder, forgive more or abandon our judgement to keep this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.

November Virtual Program



What Are Virtual Programs?

They are live and interactive presentations that connect residents with interesting people in amazing places through video conferencing. Current programs connect with museums, national parks, experts, and authors to cover a variety of lifelong learning subjects.

How Do They Work?

Residents and prospects gather in front of the Opticon video conferencing system at the community. The presenter is coming to them live and there is a program moderator that helps facilitate questions from the audience. The community staff members are able to submit questions using the live chat at any time during the program for the presenter to answer, making the experience much different from merely watching a documentary where the audience has no ability to interact.

When Do They Happen?

There will be a virtual program on the first Thursday of each month from 2:00pm-3:00pm CT for 2024. The July program is scheduled for Monday, July 1st at 2:00pm since the first Thursday is the 4th of July.



Week	Deep Dive	Competition	RBS
Scrimmage	10/8 PG	10/9 Whizzer	No RBS
Week 1	10/15	10/16 Arm Crank	10/18
Week 2	10/22	10/23 Leg Crank	10/25
Week 3	10/29	10/30 Grip Games	11/1
Week 4	11/5	11/6 Whizzer	11/8
Week 5	11/12	11/13 Arm Crank	11/15
Week 6	11/19	11/20 Leg Crank	11/22
Thanksgiving Week	No Deep Dive	No Competition	No RBS
Week 7	12/3	12/4 Grip Games	12/6

Final 4	World Championship
12/10 Whizzer	12/12 Arm Crank

The Spark Challenge is a team-based approach to learning through deep dive sessions with Dr. Bill Thomas on Tuesdays at 1pm, followed by a physical test and quiz on Wednesdays starting at 1pm. Each community within Lifespark will create a team comprising both of seniors and staff.



Community Updates

Resident Council- Will be on Thursday, November 7th @ 1:00pm in the chapel. We changed the day and time to encourage more participation in these meetings.

Staff Appreciation Meal- Our staff appreciation meal will be held on Friday, November 22nd from 11am-3pm in the chapel

Live Music- Bob Scoggins will be playing the day after Thanksgiving on Friday, November 29th at 1:30pm in the chapel. He will be kicking off the hour with some Christmas songs!

2nd Floor Update- Our new 17 bed TCU is nearing completion with the possibility of opening up the end of November or early December.

Suggestions or Compliments?- Fill out a feedback form located on each unit hallway. Staff, residents, and families are encouraged to use the forms at any time they have a comment/suggestion they would like to share with management.

THANKSGIVING

Y F T J U E Z M R I K T W P I Y S M G F
 J A R K K C V F A H X J V C U U Z R K K
 W X D N R P E L A Y N Y X I S M A J Y O
 B I B S J L X N Y F F N C Z Z T P Z Z D
 P C T N R N E Z P A H L H T E E A K E B
 O U I N M U J B M U N U O F G U C I I H
 D N F A O L H G J T K M U W L C I Q U N
 S O R Z X F A T P U G L T D E X R M L Z
 Z V M A B U E V C M K U J K G R E R O Y
 H E H A R V E S T N R P W Y L I M A F T
 C M B Y Y L F F O K U A Q X D V A R Q S
 O B G T T P B V E E N A X C M F G X E A
 H E X G I L W Y L U F K N A H T K Z S E
 E R D Y V R K L Y X G M G Y M C S D V F
 M L K E Q O T H A N K S G I V I N G U K
 B I P T Z B K S T X K E J P C E A B C Z
 H U L P T A O J N K Z Y T B I B V Z V J
 E K Q H A O R N S J K E Q R E J L N O I
 J K E A F P W F V M M H F K M F W J Q A
 X I Z Q Q S I E G G Q X P X Y G X B H A

AMERICA
 APPLE
 AUTUMN
 FAMILY
 FEAST

FRIENDS
 GRATEFUL
 HARVEST
 MAYFLOWER
 NOVEMBER

PUMPKIN
 THANKFUL
 THANKSGIVING
 THURSDAY
 TURKEY

Decorating for the Holidays- Safety First!

As we enter the holiday season, decorations create a festive atmosphere for residents and staff. They must also follow fire codes and the Life Safety Code to ensure safe conditions for nursing facilities. The Centers for Medicare & Medicaid Services (CMS), as well as the Minnesota Department of Health (MDH) and the Minnesota State Fire Marshal Division, require that SNF/NF decorations meet minimum levels of fire safety as required by the National Fire Protection Association (NFPA) 2012 Life Safety Code adopted by CMS. While these regulations and codes apply specifically to nursing facilities, caution should be used by housing providers to maintain a fire-safe environment.



Reminders:

- Decorations may not be hung from the sprinkler heads, smoke detectors, fire alarm horns/strobes, pull stations, fire extinguishers, emergency lighting, exit signage, or pipes nor impede the flow of water from the sprinkler system.
- Items should not be hung from the ceiling tiles or grid as ceiling tiles function as a smoke barrier.
- No decorations on fire doors or on doors in fire corridors.
- Fire doors, hallway doors and patient room doors shall not be wrapped.
- Decorations should not block views through windows and vision panels.
- No garland or tinsel.
- A visual inspection of all electrical cords must take place prior to use to ensure no frayed ends or exposed wires.
- Do not place electrical cords or light strings such that they create a trip hazard.
- Electrical cords can never be daisy-chained.

There are many ways to create a festive and seasonal "look" to your facility without violating any of these requirements.

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>CH Chapel DR Dining Room</p>						
					10:30 Reminiscing Group [DR] 1 1:00 Spark Really Big Show [CH] 1:30 Coffee Social [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	Happy Birthday Sandy! 2 10:00 November Coloring [DR] 1:30 National Ohio Day Documentary- CH.95 3:30 Gentle Chair Exercises-Channel 95
Daylight Saving Time 3 10:00 Worship w/ Chaplain Kathleen [CH] 1:00 1:1 Visits with Chaplin Kathleen 2:00 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:00 Nail Painting [DR] 4 11:00 Singing & Scripture [CH] 2:00 Bingo [CH] 3:00 Comedy Shows [DR] 6:00 National Candy Day Documentary-Channel 95	Election Day 5 10:00 St. Peter's-Communion & Rosary [CH] 10:30 Exercise Group [DR] 1:00 Spark Challenge-Learning Session [CH] 2:00 Fun facts & Documentaries [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/ Chaplain Kathleen [CH] 6 10:30 Exercise Group [DR] 1:00 Spark Challenge Competition [CH] 2:00 Dice Game [DR] 6:00 Evening Movie [DR]	10:30 Exercise Group [DR] 7 1:00 Resident Council [CH] 2:00 Virtual Learning: Eleanor Roosevelt [CH] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Reminiscing Group [DR] 8 1:00 Spark Really Big Show [CH] 1:30 Coffee Social [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:00 November Trivia Packets [DR] 9 1:30 National Indiana Day-Channel 95 3:30 Gentle Chair Exercises-Channel 95
Happy Birthday Jodi! 10 10:00 Worship w/Chisago Lakes Baptist [CH] 1:30 Marine Corps Documentary- Channel 95 3:30 Gentle Chair Exercises-Channel 95	Veterans Day 11 10:30 Group Exercise [DR] 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR] 2:00 Monday Movie [CH] 6:00 Honoring our Veteran's-Channel 95	10:00 Catholic Mass [CH] 12 10:30 Exercise Group [DR] 1:00 Spark Challenge-Learning Session [CH] 2:00 Hangman [DR] 6:00 Coloring & Word-puzzles [DR]	Happy Birthday Marlene! 13 10:00 Worship w/Forest Hills Methodist [CH] 10:30 Exercise Group [DR] 1:00 Spark Challenge Competition [CH] 2:00 Dice Game [DR] 6:00 Evening Movie [DR]	10:30 Exercise Group [DR] 14 1:00 Social Visits/1:1's 2:00 Bingo [DR] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Reminiscing Group [DR] 15 1:00 Spark Really Big Show [CH] 1:30 Coffee Social [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:00 Creative Coloring [DR] 16 1:30 Nat. Fast Food Day Documentary-Channel 95 3:30 Gentle Chair Exercises-Channel 95
10:00 Worship w/ Corliss [CH] 17 1:30 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:30 Group Exercise [DR] 18 11:00 Social Visits/1:1's 1:00 Nail Painting [DR] 2:00 Monday Movie & Apple Cider [DR] 6:00 Apple Cider Day Documentary- Channel 95	10:00 St. Peter's-Communion & Rosary [CH] 19 10:30 Exercise Group [DR] 1:00 Spark Challenge-Learning Session [CH] 2:00 Fun facts & Documentaries [DR] 6:00 Coloring & Word-puzzles [DR]	10:00 Worship w/Faith Lutheran [CH] 20 10:30 Exercise Group [DR] 1:00 Spark Challenge Competition [CH] 2:00 Dice Game [DR] 6:00 Evening Movie [DR]	10:30 Exercise Group [DR] 21 1:00 Social Visits/1:1's 2:00 Bingo [DR] 3:00 Comedy Shows [DR] 6:00 Coloring & Word-puzzles [DR]	10:30 Reminiscing Group [DR] 22 1:00 Spark Really Big Show [CH] 1:30 Coffee Social [DR] 2:30 Crafty Corner [DR] 6:00 Activity Cart [DR]	10:00 Thanksgiving Trivia Packets [DR] 23 1:30 Nat.Cashew Day Documentary-Channel 95 3:30 Gentle Chair Exercises-Channel 95
10:00 Coloring and Word Puzzles [DR] 24 1:30 Afternoon Movie [DR] 3:30 Gentle Chair Exercises-Channel 95	10:30 Group Exercise [DR] 25 11:00 Singing & Scripture [CH] 1:00 Nail Painting [DR]	Happy Birthday Dick! 26 10:00 St. Peter's-Communion & Rosary [CH] 10:30 Exercise Group [DR]	10:00 Worship with Chaplain Kathleen [CH] 27 10:30 Exercise Group [DR] 2:00 Dice Game [DR]	Thanksgiving Day 28 9:00 Thanksgiving Day Parade Viewing Channel 11 1:30 Thanksgiving Trivia and	Day after Thanksgiving Day 29 10:30 Coloring and Word Puzzles [DR] 1:30 Music with Bob Skoggins [CH]	Happy Birthday Kris! 30 10:00 1:1 visits 1:30 Nat. Mississippi Day Documentary- Channel 95

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2:00 Monday Movie [CH] 6:00 Activity Cart [DR]	1:30 Jeopardy! [CH] 6:00 Coloring & Word-puzzles [DR]	2:00 Bingo [DR] 6:00 Evening Movie [DR]	Word Puzzle Packets [DR]	6:00 Activity Cart [DR]	3:30 Gentle Chair Exercises-Channel 95