



## Our Community Newsletter

*Discover what's going on in our community.*

### **Attention Mavericks: Forklift Racing Starts Soon!**

Founded in 2022, the National Forklift Racing League (NFRL) is dedicated to promoting healthy team-based competition based on the skillful use of Radio Controlled 1:10 scale Forklifts. The NFRL emerged on the senior living scene as part of Lifespark's commitment to enhancing the strength, purpose and belonging of older people. Success in the NFRL demands generous portions of teamwork, strategy, and practice. The League is based on an intensive review of the literature surrounding the health and well-being of older people. Participation in the NFRL is intended to improve hand-eye coordination, sharpen mental acuity, and reduce social isolation. Forklift Racing competitions consist of head-to-head matches between identically equipped teams. The NFRL is popular with elders and aging services professionals alike because it connects important evidence-based insights into the value of purpose and collaboration to tangible experiences with authentic competition. The NFRL™ is a Spark Performance™ and successful teams competing in the NFRL earn a share of the Spark Purse. The scrimmage will be held on April 16th, and head to head competition starts April 23rd. Let's go Mavericks!

## From the Executive Director

Spring has sprung, and I hope everyone has been enjoying the warmer weather! I want to remind everyone that we are a smoke-free facility. If you wish to smoke, please go to the designated area on the sidewalk. As many of you know, our new fob system has been installed and now operational. We are still waiting on a shipment of another set of fobs, and once those come in, we will distribute the rest to all of you. We appreciate your patience while we wait for their arrival. I would also like to share that Assistant Executive Director, Ikran, and her newborn son, Yasin are doing well. Ikran expects to return to work in mid-April, and she's very excited to see everyone when she returns!

### Happy National Nutrition Month!

Here are some handy health tips:

1. Eat breakfast to boost your energy levels
2. Make half your plate fruits and vegetables to get your recommended amount of fiber, vitamins, and minerals
3. Watch your portion sizes and enjoy treats in moderation
4. Be active and move your body daily
5. Get to know food labels
6. Choose healthy snacks
7. Speak with a registered dietician whenever you have questions about nutrition

Meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the dining room table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared. Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide our bodies.

## New Residents

Please welcome our new neighbor: Charles "Roscoe" P.

## Happy Birthday!

**April 1- Marion A.**

**April 5- Nadine I.**

**April 10-Carol B.**

**April 13- Patricia E.**

**April 15- David L.**

**April 25- Constance O.**

# Grace for Self by Rev. Carol Skjegstad, Senior Living Chaplain

We've all heard the golden rule, "Do unto others as you would have others do unto you." While it's important to show grace to others, we also need to find ways to shower grace on ourselves. Showing grace to yourself means that you practice self-compassion, understanding, acceptance, and forgiveness of self. Giving yourself grace is a choice. Giving yourself grace takes practice, but it can heal you and bring you deep peace and joy.

Whatever grace looks like for you today – give it to yourself! Let go of the things you do not have control over. Instead, do what brings you inner-self peace and joy. Make a list. Then, do one thing today from that list that will put joy in your heart and bring peace to your soul.

## Movies of The Month

Join us on Mondays at 2:00 in the Lodge for popcorn and a movie! Here are this month's titles:

### April 1: Matilda The Musical (2022)

Based on Roald Dahl's book, this musical tells the story of a young girl, Matilda, whose brother and parents are unappreciative of her. She utilizes her telekinetic abilities to settle the score after her principal brutally tortures her with the help of her kind-hearted teacher.

### April 15: Einstein and The Bomb (2024)

What happened after Einstein fled Nazi Germany? Using archival footage and his own words, this docudrama chronicles what happened after the scientist fled Nazi Germany and dives into the mind of this tortured genius.

### April 8: Damsel (2024)

In this fantasy adventure film, a young woman agrees to marry a handsome prince -- only to discover it was all a trap. She is thrown into a cave with a fire-breathing dragon and must rely solely on her wits and will to survive.

### April 22: Yesterday (2019)

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed. This comedy is a must watch for all Beatles fans!

### April 29: Glass Onion- A Knives Out Mystery (2022)

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case. Will you solve this crime mystery?

## Yin Yoga

Are you looking for ways to reduce pain in your body, increase your flexibility, increase your circulation, and reduce your stress levels? Our new Yin Yoga group may be for you! Starting April 2, this program will be held on Tuesdays at 10:30 am with certified yoga instructor, Kate Wolfe. The practice of yin yoga is based on ancient Chinese philosophies and Taoist principles which believe there are pathways of Qi (energy) that run through our bodies. By stretching and deepening into poses, we're opening up any blockages and releasing that energy to flow freely. Yin yoga targets your deep connective tissues, like your fascia, ligaments, and joints. It's slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because you're holding poses for a longer period of time than you would in other traditional types of yoga, yin yoga helps you stretch and lengthen those rarely-used tissues while also teaching you how to breathe through discomfort and sit with your thoughts. All ability levels are welcome, and no previous experience with yoga is necessary.



# Prevent and Prepare: Falls Don't Have To Lead to Panic

Falls can be scary at any age but for seniors, the fear of complications from falling can be life altering. With some planning and preparation, you'll be able to keep doing the things you love in the place you love to do them. Lifespark's Home Health team put together some tips to help you steer clear of risks:

1. Eating, lying down, or resting for a while? Take your time standing up. Give your blood a little extra time to circulate before you start moving around.
2. Listen to your feet and legs – tingling, numbness, or pain can be a signal to call your doctor.
3. Want to grab a good book off that high shelf? Try using a reacher instead of a stepstool. On a slippery floor, step stools can slide right out from under you.
4. Consider keeping a nightlight on in the bathroom. Even a small amount of light in and around the room will make getting there a little easier.
5. Rugs are one of the leading causes of in-home falls; if you have one, it might be time to consider whether it's necessary.
6. Not feeling well can also be a falling risk. When you return home, washing your hands thoroughly can help minimize the potential for illness.

If a fall happens it's important to be cautious. Don't try to get up immediately; take it slow and take stock of how each part of your body feels.

- Check the back of your head: did you hit it? Is there blood? Be on the lookout for feelings of dizziness, confusion, or nausea.
- How are your ankles and feet? Do they hurt? Before putting your full body weight on them, try bending your knee and testing each leg while lying down; lift your leg and tap each down to determine if there's any tenderness.
- Ask a staff member to help you get back up. They will be able to help you navigate your way up slowly and safely.

Even if everything seems completely fine when you get up, it will be good to determine the cause of your fall and to make an appointment with your doctor. Prevention is vital and so is planning. Develop a "What If..." plan with your loved ones. Preparing for difficult situations makes them much easier to navigate - it can be the difference between a stay-at-home solution and an ER visit.



## Health Benefits of Broccoli

- Antioxidant
- Prevents cancer
- Natural antibiotic
- Cleanses intestines
- Great source of fiber
- Keeps skin young and glowing

- Maintains a healthy heart
- Rich in calcium
- Protects eyes
- Anti-viral