



Our Community Newsletter

Discover what's going on in our community.

Are Your Medications Still Helping Or Is It Time For A Change?

More than one third of older Americans take five or more prescription drugs daily and, some of those medications may be carryover from years before. Assuming that the medications you've been taking for thirty years are still valid and will play nicely with those prescribed for newer health concerns, could be deadly. As we age, our needs change along with our bodies. The pill that fixed an issue before could be the pill that's causing a problem now. "We live in a culture that's taught us to expect that there's a pill for everything," said Dr. Nick Schneeman, Lifespark Chief Medical Officer. "It's true that modern medicine has often delivered on that expectation, but it's also contributed to the rise in polypharmacy, which is a disaster for people who are more frail or have complex conditions."

The older body processes medications differently than younger bodies, therefore medications that were prescribed earlier in life may no longer be appropriate years later. This can happen due to the normal changes of aging like slower drug absorption and breakdown, or condition shifts after years of treatment. It can even be a matter of choosing to treat one condition over another. In some cases, a drug prescribed to treat one condition may actually be treating the side effect of another medication. This phenomenon is called drug cascading and it's a dangerous waterfall. Fatigue, dizziness, loss of appetite, GI Problems, skin rash, changes in mood... all of these can be symptoms of drug cascading. Understanding which medications are still beneficial for you is an important discussion to have with your doctor. An annual medication review is not only worthwhile, but it could also improve your quality of life.

From the Executive Director

I am happy to share that Ikran, Assistant Executive Director, has returned from her maternity leave after giving birth to her first child, Yasin, on January 24th. We are all very happy for her and her family, and she is excited to be back to see all of you! I also want to say thank you to those that are abiding by the smoking the policy; I have seen a significant improvement in this area. This is another reminder that we are a smoke-free property. Anyone that wants to smoke, must do so off our property. Thank you!

Chaplain Chat

“What drains your spirit drains your body. What fuels your spirit fuels your body.” — Caroline Myss

According to the National Institutes of Health, research has a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies. What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.

New Residents

Please welcome our new neighbors!

Laura B.

Tim K.

Matthew L.

Mike M.

Cathy O.



Memorial Day

Memorial Day, an American holiday observed on the last Monday of May, honors men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or

memorials, holding family gatherings and participating in parades. Unofficially, at least, it marks the beginning of summer.

Movies of the Month

Calling all movie lovers! Here is a list of Movie Mondays in May. These will air at 2:00 pm in The Lodge.

May 6: The Hill

This 2023 sports drama tells the remarkable true-life story of Rickey Hill's improbable journey to play Major League Baseball while living with a degenerative spinal condition.

May 13: Happiness for Beginners

In this 2023 comedy, Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself.

May 20: Murder Mystery

A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire. This 2019 film is full of action and comedy!

May 27: Megan Leavey

This 2017 war drama is based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

Safe at Home Lifeguard Series

This new educational opportunity features six, weekly, half hour sessions that offer basic and impactful insights into how we can help ourselves and our friends avoid hospital stays. The course provides basic information to understand the senior community environment and learn about topics like delirium, depression, dementia, the heart and lungs, and the wise use of medications. Please join us on Wednesdays at 1:00 to learn more.



AMERICAN NURSES ASSOCIATION

The American Nurses Association is celebrating National Nurses Week 2024 May 6 - May 12, and throughout May. This year's theme, "Nurses Make the Difference," honors the incredible nurses who embody the spirit of compassion and care in every health care setting. This is your chance to express gratitude and support for their capability and fortitude. Let's come together to celebrate Nurses Week 2024 and show our appreciation for these extraordinary professionals!



Mother's Day

Mother's Day in the United States is annually held on the second Sunday of May. It celebrates motherhood and it is a time to appreciate mothers and mother

figures. Many people give gifts, cards, flowers, candy, a meal in a restaurant or other treats to their mother and mother figures, including grandmothers, great-grandmothers, stepmothers, and foster mothers. Join us for Mother's Day Brunch on May 11th at 10:30 am in The Lodge.

Happy Birthday!

5/2- Rachel J.

5/5- Pat K.

5/16- Sharon H.

5/20- Martha G.

5/22- Nancy R.

5/24- Diane B.

Introducing Chapel Service with Kurt

Greetings to all the residents of Minnehaha Senior Living! My name is Kurt Siegel, and I am a student at Bethlehem Seminary which is located just a few minutes away from you all. I also am a part of Jubilee Community Church which is just a mile northwest of you too. I plan to lead a small chapel service on Wednesday afternoons for any who are interested. We will have some hymns, prayer, a short responsive liturgy, and a brief sermon. The whole service should last around 30-35 minutes. I am hoping that some of the members of my church will be able to join me on a weekly basis to provide some music for our hymns. While musical accompaniment might not be weekly, we will still always have some short hymns to sing acapella! I look forward to seeing you on Wednesday and will be glad to answer any questions or listen to any suggestions you have. God bless!