



Our Community Newsletter

Discover what's going on in our community.

Grip Games Are Coming!

A well-established body of research links improved grip strength to greater health and longevity. Researchers also found reduced grip strength to be associated with chronic medical conditions and a reduced lifespan. While many studies support the goal of enhancing the grip strength of older people there is little research showing how to accrue those gains efficiently. The Grip Games emerged as a means of connecting research to practice and, in doing so, help people experience greater strength, purpose, and belonging. Lifespark invented a device called the “Power House” that allowed for team based grip strength competitions. The first ever “Grip Games” were held in the summer of 2022 and brought together 24 teams who engaged in head to head contests of strength and endurance. If you are interested in learning more or joining the team, contact Community Life staff today. The season starts July 16th!

From the Executive Director

Thank you to all who took place in our recent vote for staff recognition. We have some wonderful staff here at Minnehaha Senior Living, and we are excited to announce the winners of the Employee Excellence Awards: Anthony, Porsha, and Victoria! Please congratulate these hard workers as we express our gratitude for all they do for our community. We are also excited to welcome two key leadership staff to our nursing team this month. Our new Director of Health Services, Sarah, starts on July 1, and Assistant Director of Health Services, Christine, starts on July 22. Join us as we welcome them aboard!

Community Updates

Let's Go Fishing!

Summertime in Minnesota is a great time to get outdoors, soak up the sun, and spend time on one of our 10,000 lakes! We will be going fishing on Friday July 12th at Lake Riley in Eden Prairie. This outing is free, and there is no need to obtain a fishing license ahead of time. Additionally, life jackets, fishing poles and bait are provided. If interested, please sign up at the front desk. Contact Community Life staff with any questions.

Happy Birthday!

July 7- David F.

July 23- Sarah B.

July 30- Colleen G.

New Residents

Please welcome our new neighbors!

Sarah B. - Apt. 237

Joan I. - Apt. 335

The Sick Care Roller Coaster Explained and Why it Matters for Your Health

We talk a lot about the ‘sick care roller coaster’ and why it’s the ‘villain’ preventing seniors from aging magnificently. What we are referring to is the cycle of emergency room visits and hospitalizations that take a toll, gradually robbing seniors of their independence and ability to live life on their terms.

Alice, whose name is changed for privacy, has advanced chronic obstructive pulmonary disease (COPD) and every time she experienced symptoms or a flare-up she immediately went to the ER or urgent care. Each time she did, she was treated for the symptoms and released, becoming more and more tired and discouraged every time she rode the roller coaster.

What you don’t often hear in health care today is: ‘Do you want to get off this roller coaster?’ Instead, we continue to pursue aggressive treatments, even when these interventions won’t positively change the person’s health outcomes. That’s what happened with Alice. According to Jackie Guetzko, DNP, APRN, CNP, Lifespark Director, Experience Services, we’ve made the hospital the default for any and all urgent needs; we incentivize older adults to see all the specialists; and we prescribe more and more medications—without regard for the individual’s preferences or personal goals.

That changed for Alice when she enlisted the support of her Lifespark team. Now, through a close partnership with her Lifespark providers, she has a contingency plan to activate orders for a nebulizer, prednisone, and antibiotics at her pharmacy when she needs them. And she does all of this from the comfort of her home while gaining trust and confidence in managing her own care. The result: Alice hasn’t been to the ER in over four months. Why does this matter? Because when we are on the roller coaster it’s hard to see the end – is this just normal aging? Is it possible to end the cycle of hospitalizations or urgent care visits? (We believe you can.)

“Because we’re accountable for our clients’ health outcomes, our interventions are less about prescribing a drug or writing a referral, and more about delivering health education, having meaningful discussions on goals of care and advanced care planning, and helping people navigate logistics,” added Jackie. What it comes down to is looking at the whole person holistically. Instead of focusing on the acute reactive need, we turn to the root cause so we can be proactive in aligning medical expertise and senior health services with your goals. How you want to live is a key driver in keeping you off the roller coaster. In other words, when we know you, we can re-center health around you.

Chaplain Chat

-Rev. Shari Howell, Senior Living Chaplain

Music is a powerful tool for evoking memory, emotion and building relationship between people, places and times. We know that even the most dementia-challenged people can find music tapping into brain patterns that even the cruelest of diseases can’t reach. Music is simply amazing! So is silence. When my daughters were little and sitting the car for long rides, sometimes I would turn the music off. Sure enough, after a few minutes, I would hear little voices making up little melodies about the trees and the cars and the squirrels and the horses in the fields. I’d hear (and feel!) their toes tapping against the seats to the beat of their own tunes. Other times, I would just hear their breathing. And that was magical too. Take time together listening to music and listening in silence. There’s magic in both!

Movies of The Month

Movie lovers unite! Join us in The Lodge on Mondays at 2:00 pm.

July 1: Divergent

In this dystopian, science fiction film, a young woman discovers her special abilities and bands with others to resist a sinister plot against those like them. Based on the Divergent novel series.

July 8: The Peanut Butter Falcon

A modern Mark Twain style adventure story, this movie tells the story of a young man with Down syndrome who runs away from a nursing home to follow his dream of attending professional wrestling school. A strange turn of events pairs him on the road with a small time outlaw on the run, who becomes his unlikely coach and ally.

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July 22: Fatherhood

This 2021 film stars comedian, Kevin Hart, in a heartwarming, funny and emotional true story about a widower taking on one of the toughest jobs in the world: fatherhood.

July 29: Bonnie and Clyde

Revisit the infamous story of a robber who sweeps a small town server off her feet, and the two embark on one of the most notorious bank-robbing sprees in history.