



Our Community Newsletter

Discover what's going on in our community.

Hello! My name is Carrie Minkel and I am the new Community Life Coordinator here at Minnehaha. I live in Roseville with my fiancé eL, our four kiddos, and two dachshund pups, Luna and Stella. I have worked in the activity department for almost four years now in various buildings and have been a CNA for over 20 years. I enjoy working in activities because my favorite thing in the world is bringing smiles to the faces of everyone I meet! Thank you all for the warm welcome that I have received in my first week here. I look forward to building an activity calendar that has a little bit of something for everyone. If you have any suggestions, feel free to chat me up and I'll see what I can do.



Summer's heating up, and so are we! Big thanks for your patience while our team transitioned—Sarah and Christine are already rocking it! And guess what? We've got a new superstar, Carrie, our Community Life Coordinator, who joined us in July. She's bringing tons of experience and can't wait to connect with all of you. Don't be shy—introduce yourselves to our awesome new team members if you haven't already!

To kick things off this month, we're diving into the National Night Out celebration—get ready for some fun! Oh, and heads up, the front door glass is fixed, so no more sneaky drafts. We've got a ton of exciting activities lined up, so dive in and enjoy.

Cheers, Ike

Happy Birthday!

8/4- Laura B.

8/23- Bill H.

8/24- Jane T.

8/25- Tim K.

8/28- Pam O.

8/28- David B.



New Residents

Please join us in welcoming our new neighbors!

Tom L. - Apt. 213



“The spiritual life is not a life before, after, or beyond our everyday existence. No, the spiritual life can only be real when it is lived in the midst of the pains and joys of the here and now.” – Henri Nouwen

Have you experienced pains in your life, as well as joys? It's common for us to think about the joys as part of our spiritual lives that draw us nearer to the sacred or to our understanding of God. What about the pains? What does your faith tell you about suffering? Is it also part of a spiritual life? Or perhaps you understand pain to be part of the human physical experience, separate from spirituality.

Each of us might consider the nature of suffering differently – depending on our faiths or on our personalities or on our lived experience. And yet, we all experience it. This month, may you find joy intermingled with the pains, and may you find spiritual meaning wherever you look.



Primary Election Voting: August 7

The primary elections are quickly approaching! This year, we will have election judges from the city on-site from 1:30-3:30 pm to help you cast your ballot for US Senator, US Representative and School Board At-Large. Please see Brett in Community Life with any questions.



Minnehaha Olympics Week

Calling all sports fans! As you watch the world's best athletes compete for gold in Paris, we will have our own Olympic events here at MSL! Join us for a week of fun, friendly competition August 5-9. Who will take the top prize in basketball? Who will win gold in horse racing? Join us to find out!

The Great Minnesota Get-Together

Are you interested in going to the State Fair this year? If so, please notify Community Life or Front Desk staff by August 13. If there is enough interest, we will schedule an outing. Please understand that expressing interest does not guarantee that you will get to go.



Director of Health Services- Sarah (not pictured)

Sarah calls South Minneapolis home, where she lives with her husband, four kids, two dogs, and a cat—making for one lively household! With a diverse nursing career that includes numerous roles and a stint as a paramedic in Chicago, she brings a wealth of experience to our team at Minnehaha Senior Living and couldn't be more excited to be here. When she's not here having a blast with everyone, you'll find Sarah hiking, gardening, baking up a storm, or hitting the gym.

Assistant Director of Health Services- Christine (left)

I have been a Registered Nurse for 37 years, with extensive experience in various hospital departments. Additionally, I have owned a nursing staffing agency. Originally from Ontario, Canada, I am now married and have two daughters. My 23-year-old daughter is a Spanish Immersion teacher in Nashville, Tennessee, and my 18-year-old daughter recently graduated from high school and will be starting college this fall, possibly pursuing a career in the medical field as a paramedic. In my spare time, I enjoy walking, cleaning, and boating.



End of Life Planning

End of life planning is crucial because it ensures that your personal wishes regarding medical treatment, financial affairs and funeral arrangements are respected and executed according to your preferences. By documenting these wishes in advance, you can provide clarity and guidance, which alleviates the emotional and decisionmaking burden on loved ones during a highly stressful time. It also helps prevent conflicts among family members. Overall, this planning brings peace of mind, knowing that your legacy will be honored. By empowering residents to explore and express their end-of-life wishes and providing support throughout the planning process, Lifespark Senior Living Communities promote autonomy, dignity, and peace of mind for residents and their loved ones.

Plan in a Can

Be a part of this first ever event My PLAN in a CAN!

This Sprint event is as simple as 1,2,3:

1. Make a Plan 2. Put the Plan in a Can 3. Put the Can in the Fridge

What is the can?

Staff will provide you with a clear, plastic bottle

What goes in the can?

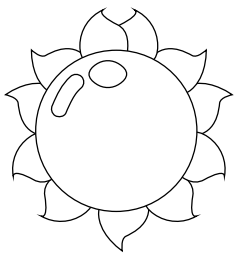
POLST or equivalent end of life planning form.

Can I decorate my can?

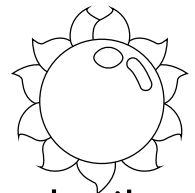
Yes! Feel free to use your creativity to decorate YOUR can anyway you wish! Join us on August 12 for a decorating contest!

Summer Word Search 49

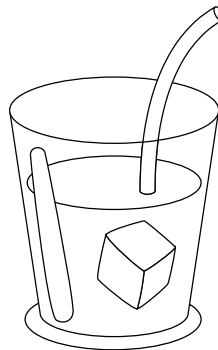
L T S A H C O M D E C I U B W Z D I
I Y D W R E W R G U H G S I N B P C
M L I A T K C O M A T I R A G R A M
E F C A R V D M I Q G W Q R K Q J P
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P I G C O T T P P Z J B Y S V C Y F
A B Y R V J Y A E G Z Y T Q I M X M
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L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



Summer Word List:



Fruit punch
Ginger ale
Iced latte
Iced mocha
Lime sparkling water



Margarita mocktail
Mojito mocktail
Peach tea
Raspberry tea
Sparkling water