



Our Community Newsletter

Discover what's going on in our community.

Many congrats to The Mavericks! They had a miraculous Grip Games season, finishing undefeated and going to the playoffs for the first time ever! Let's keep this winning streak going in our next Spark Challenge starting on October 8! The next challenge is a team-based competition that offers different opportunities for participation and explores a range of skills and capabilities. It is a test of the mind, body, and community. All are welcome to compete on our team including staff, family members and friends, because we believe we are stronger together! Let's come together in pursuit of a common goal as we increase our strength and knowledge of healthy aging.

Happy October, the spookiest month of the year!

We wrapped up September with a bang, celebrating National Assisted Living Week with our spirited Spirit Week! Our residents and staff had a blast participating in games and activities. Plus, we raised an amazing \$925 for the Walk to End Alzheimer's! A big shoutout to everyone who joined us for the walk on September 21 at Target Field—your support means the world!

And guess what? Jesse is back! We missed him dearly while he was off welcoming his new baby boy into the world. Be sure to give him a warm welcome when you see him!

Now, let's talk about October! Get ready for a month filled with spooky fun! With Halloween falling on a Thursday this year, we're planning an awesome Halloween-themed happy hour you won't want to miss!

Stay tuned for more updates and festivities, and let's make this October a month to remember!

"If your compassion does not include yourself, it is incomplete." – Jack Kornfield

You may have heard the phrase, "I am my own worst critic." Do you find that to be true about yourself? Do you struggle to find compassion for yourself, even in situations where you would easily take compassion on someone else? To have compassion for ourselves, we must be able to recognize our own humanity and love ourselves, flaws and all. We must trust in our belovedness, even when we don't always feel it. When we share community together, we can help by showing compassion to one another, reminding each person, including ourselves, that we belong here. We belong together. We are strong, we have purpose, and we belong. May you experience compassion today, both inward and outward.





The general election is quickly approaching! Staff from the Minneapolis Voter and Election Services Office will be on-site on October 30 to assist residents with casting their ballots. To register to vote, request a sample ballot, or request more information, please contact Community Life staff or call 612-238-2538.

October Birthdays

10/5- Martin H.

10/5- Bill L.

10/7- Katherine H.

10/11- Nancy K.

10/17- Linda V.

10/18- Spud R.

10/19- David L.

10/26- Gloria Z.

10/29- Jonathan H.



New Move Ins



Please join us in welcoming our new neighbors!

Cathy B. - Apt. 437

Jen and Tim P. - Apt. 405

Medicare Annual Enrollment – Choosing A Health Plan that Values Quality Over Quantity

It's that time of year again for Medicare's Annual Enrollment Period (AEP) where you can learn about and switch plans. Dr. Ben Bache-Wiig admits he has recently joined the ranks of Medicare recipients and his 30+ years of experience as a primary care physician, including Lifespark's Executive Medical Director, working with seniors has given him an eye-opening front seat to what seniors should think about.

"Decades ago, primary care physicians were given the time to get to know their clients, build long-term, trusted relationships with them, and follow them from clinic to hospital to rehab—wherever their care took them. That model of care doesn't exist any longer," said Dr. Bache-Wiig. "Instead, we have a fragmented, a la carte services model that's especially challenging for people who need ongoing care."

His advice: "Health plans look pretty good on paper, so the key is to look for the extras you might need in the future." One of the most important extras, particularly for people with ongoing medical needs, is coordination of care. It's the difference between a Medicare Advantage plan with a Lifespark option and one without.

Here are a few other tips:

- Determine the services you want and need before choosing your plan. Various plans offer different benefit packages such as fitness club membership and transportation coverage or look for specialized plans that offer more of what you do need such as vision, dental, or added prescription coverage.

- Check the in-network providers. For any health plans you are evaluating, make sure your physicians and primary care are in-network providers. Some medical providers like Lifespark Health offer additional services under partnering Medicare Advantage plans.

- Consider Lifespark COMPLETE. This service brings together a full spectrum of senior health services for a single, home-based, more coordinated experience. In addition to proactive, in-home senior-savvy medical expertise, Lifespark COMPLETE now offers the option for in-home urgent care to help avoid long waits in the ER. This specialized service is available on this campus.

- Already have Lifespark COMPLETE? Be sure you keep it. Check any plan you are considering ensuring it offers access to Lifespark COMPLETE's concierge level health services at no additional cost.

Want to learn more about Lifespark COMPLETE and what's available? Join the Lifespark COMPLETE Virtual Webinar on Thursday, October 10 OR Tuesday, November 19 at 6:00 pm. Register at [Lifespark.com/LSC-2024](https://lifespark.com/LSC-2024). This webinar is free and open to Lifespark residents and their loved ones.

Monday Movies

Join us in the Lodge each Monday at 2:00 pm for popcorn and a new movie!



October 7: Still Alice

This Oscar winning film follows Julianne Moore, a linguistics professor, and her family as their bonds are tested when she is diagnosed with Alzheimer's Disease.

October 21: The Neon Highway

When singer-songwriter Wayne meets washed-up country music legend Claude, the two head back to Nashville for a second chance. Country music lovers, this one is for you!

October 14: Logan Lucky

This 2017 comedy film tells the story of two brothers who attempt to pull off a heist during a NASCAR race. Staring Daniel Craig and Channing Tatum.

October 28: The Flash

Based on the DC Comic, Barry Allen uses his super speed to change the past, but his attempt to save his family creates a world without super heroes, forcing him to race for his life in order to save the future.