



Our Community Newsletter

Discover what's going on in our community.

Thucydides wrote, "What you leave behind is not what is engraved in stone monuments but what is woven into the lives of others." Saying goodbye is often difficult, and it can be hard to find the words to express how you feel about a loved one who has passed. We will be holding a remembrance service, led by Rachael Warner, Director of Chaplaincy for Lifespark, on Wednesday November 6th, to hold space for these goodbyes and share how our lives have been touched by our community members. All are encouraged to attend as we take time to reflect and honor the friends and neighbors that we have lost recently.

WOW! What a spooktacular end to October with our Halloween Party! As we say goodbye to ghosts and goblins, let's dive into the warm and cozy spirit of November, the month of gratitude!

We're kicking things off with a special recognition program for our veterans and their families on the 11th. It's a wonderful chance to come together and celebrate those who have served.

And, of course, we're gearing up for our beloved annual Thanksgiving dinner, where we'll gather to enjoy delicious food and share what we're thankful for this year.

Just a quick reminder: the open enrollment period for 2025 Health Care coverage starts on November 1 and runs through January 15, 2025. Make sure to mark your calendars!

We're so excited to step into the holiday season with you all and look forward to the celebrations ahead. Let's make this November one to remember!

Warm wishes,
Ikran Mohamed

Kindness matters. It's a simple phrase, but doesn't it ring so deeply true? Can you remember a time when someone's random act of kindness toward you completely changed your day? You've probably discovered that it doesn't take much – no grand gestures needed. A simple smile, a compliment, or a little help can make all the difference in our days.

November 13 is World Kindness Day, and it seems fitting that in this month when we are so focused on gratitude, we would also remember that kindness matters. After all, our kindness to others often increases when it is a response to our own gratitude. When we find reasons to be grateful, we also discover reasons to be kind. And it matters. May you surprise someone with kindness this month, and in so doing, may you also be blessed.



Upcoming Lifespark Complete Virtual Webinar Tuesday, November 19 at 6:00 pm

Join to learn more about this service bringing together a full spectrum of senior health services for a single, home-based, more coordinated experience. The webinar is free and open to Lifespark residents and their loved ones. Register at Lifespark.com/LSC-2024

November Birthdays

11/14- Judy L.

11/18- Helen L.

11/25- Eleanor S.

11/28- Michael H.



New Move Ins



Please join us in welcoming our new neighbors!

Jeni K.- Apt. 231

Is In-Home Urgent Care Part of Your Health Plan? If not, it's a good time to switch

When unexpected health concerns arise, the first call is to your health care team. According to Wendy Laine, MD, who spent 19 years on the frontlines of emergency medicine and is now part of Lifespark's primary care and Urgent Response Services team, many times "when you call your clinic's after-hours line or the number on the back of your Medicare card, their only treatment option is the ER."

"When I first started, if someone had to be admitted, we could get them transferred into a hospital room in less than an hour, which freed up space and staff for the next person," Dr. Laine said. "But for at least the past five years, there's been a boarding crisis with people waiting in the ER for anywhere from 12 hours to two days before an inpatient bed opens up."

"By diagnosing and treating a long list of health issues in the home, we can spare members the stress and exhaustion of spending 12 hours at the ER, getting a CT scan and some blood work, and being sent home without any real answers," she said. (Cont. on next page)

For Lifespark Senior Living residents, access to this kind of service is available to you right now through Lifespark COMPLETE:

- Lifespark's triage nurses have a leveling process which gives them a guideline to follow. Consider this the 'ruling in or ruling out' valve to know if you should go to the ER or if we can treat you at home.
- Lifespark's triage team has immediate access to detailed client information—not only their health history and medications, but also their living situation, family support, contingency plan, and goals of care. All of these play a role in determining the best course of action for that individual.

“When needed, we can send a Mobile Urgent Responder to the client's home to diagnose and treat a long list of health issues in the home, spare members the stress and exhaustion of spending 12 hours at the ER, getting a CT scan and some blood work, and being sent home without any real answers,” said Dr. Laine. “Not to mention the stress this can also place on loved ones and family caregivers, especially with the approaching winter months.”

To learn more about how you can access Urgent Response Services, attend the free virtual webinar and take advantage of Lifespark COMPLETE during Medicare's Annual Enrollment Period October 15 – December 7.

Monday Movies

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



November 4: Glass Onion- A Knives Out Mystery

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.

November 18: Judy

Renee Zellweger won an Academy Award for her portrayal of Judy Garland in this 2019 biographical drama.

November 11: Unbroken

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.

November 25: Starsky & Hutch

Owen Wilson and Ben Stiller play two streetwise cops that bust criminals in their red and white Ford Gran Torino, with the help of a police snitch called "Huggy Bear".