



## Our Community Newsletter

*Discover what's going on in our community.*

**The Mavericks made Minnehaha history by advancing to the Spark Challenge Finals two times in a row, and they took home more than \$1000 in prize money! This was a grueling test of physical strength, smarts, and teamwork. Congratulations to the team for all their hard work and accomplishments over the 2024 season. We are so excited to celebrate this victory and continue this momentum in the new year. The mighty Mavericks will be on full display when the TRYathlon tournament begins on January 14th.**

Goodbye, 2024—You've Been Wonderful!  
Hello, 2025—Let's Make It Shine!

Can you believe it's already time to say goodbye to 2024? What a year it's been! It feels like just yesterday we were ringing in the New Year, and now here we are, stepping into 2025 with big smiles and open hearts. Time sure has a way of flying when we're having fun!

As we pack away the holiday decorations and welcome the fresh, cozy days of January, we're filled with excitement for the year ahead. It's the perfect time to look back with fondness and ahead with hope—what adventures, laughter, and memories will 2025 bring? Let's think about the little things we want to accomplish, the joy we want to share, and the ways we'll make this year our best one yet.

While we're all still bundled up and enjoying the peacefulness of winter, let's also take a moment to dream. What new goals are we setting for ourselves? Whether it's trying something new, spending more time with friends, or just taking a little extra time for ourselves, January is the perfect moment to start fresh.

So, let's wrap ourselves in warmth, take one step at a time, and get ready to make 2025 a year full of joy, new beginnings, and cherished memories. We're so excited to share this journey with each and every one of you.

Here's to a year filled with laughter, love, and all the good things that make life so special!

Cheers!  
-Ike

John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy new year!



New year, new activities! Be sure to check the January activity calendar for new group programs like Theatre Club, Wii Bowling, Karaoke, Cup Pong, history spotlights and more! We will also welcome a new entertainer, Ethan Ostrow, on January 30. He is a jazz singer and pianist who just moved to the Twin Cities from New York!

### January Birthdays

- 1/6 Dana J.
- 1/8 Don G.
- 1/14 John K.
- 1/18 Ed S.
- 1/27 Cathy B.
- 1/28 Nancy C.



### New Move Ins



Please join us in welcoming our new neighbors!  
Judy M. - Apt. 405  
Bonnie T.- Apt. 206



## **Get Social in 2025 – It's Good for Your Health**

Our need for social connections is as basic a need as eating. Yet, 1 in 3 adults reports chronic loneliness and the implications for seniors are staggering. According to the Centers for Disease Control and Prevention (CDC), social isolation can be as big a health risk as smoking 15 cigarettes per day.

To be clear, social isolation and loneliness aren't the same. Social isolation is related to how many people you interact with on a regular basis whereas loneliness is the feeling when close connections are lacking. An important distinction because people can feel lonely in a crowd. Understanding and approaching each of these is important to better health. Here's why:

Having meaningful purpose could help you live longer. Positive feelings (happiness) have been associated with reduced inflammatory and cardiovascular response to stress, significantly reducing the risk of heart attack.

People with a high sense of purpose are less likely to have a stroke, heart attack, or coronary artery disease requiring a stent or bypass surgery. That's according to Dr. Randy Cohen, a cardiologist at Mount Sinai St. Luke's-Roosevelt Hospital in NYC. In fact, having a meaningful purpose in life has been shown to dramatically reduce risks for dementia too.

Talk with your primary care provider if you are feeling lonely or disconnected. Lifespark focuses on what matters to each person with our complete senior health approach and makes that a big part of our discovery process. Talk with your team or your primary care about ways to approach these feelings and what you can do about them.

As you plan for 2025, we encourage you to include socializing more as a goal. Spark Performances are a great way to get socially active, and there are plenty of roles to explore! Not only will it be good for your health it will add a fun spark to the year ahead.

# MARTIN LUTHER KING JR. DAY

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

JANUARY  
LEADER  
MARTIN. LUTHER. KING. JR.  
MOVEMENT  
PEACE

RACISM  
RIGHTS  
SEGREGATION  
TOLERANCE  
UNITED