



## Our Community Newsletter

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

### **Introducing Eternal Butterfly: A Dignified End of Life Response**

Here at Minnehaha, we strive to create a community of belonging. When residents move here, they join a new social circle, develop meaningful relationships with residents and staff, celebrate joy, concerns, accomplishments, and major life events. When a resident dies we may feel surprise, shock, and grief. In response, we are introducing the Eternal Butterfly program to increase awareness and provide opportunities to say goodbye to our friends and neighbors. When someone is at the end of life, a candle will be lit in the lobby and outside of the resident's apartment to signify that they are actively passing. A small table with notecards will be placed outside of the apartment, and you are encouraged to share your memories and write goodbye messages on these notecards. Death doulas are available to sit vigil at someone's bedside during this time of transition. After someone has passed, we will gather for a send off in the lobby as a way of acknowledging this person's humanity as well as to honor their life shared with us. A candle will remain lit in the lobby for one week with a remembrance plaque. Additionally, Grief Groups are held weekly on Thursdays to support support and bereavement.

## It's the Most Wonderful Time of the Year!

Can you believe it's the final month of the year already? Time sure flies when you're having fun! With Thanksgiving behind us, we're officially in full holiday mode, and we couldn't be more excited to kick off the festivities! Get ready to help us deck the halls with Christmas lights, trees, and decorations – it's going to be a magical season!

### Holiday Fun Ahead:

**Christmas Party:** On December 20th, we're throwing a festive bash for all our residents and families at The Lodge! There will be a Hot Cocoa Bar to warm your spirits, and we'll be handing out gifts to spread some holiday cheer.

**Pictures with Santa:** Who's been good this year? Santa will be making a special appearance, so put on your most festive attire and snap a picture with the jolly man himself!

**Annual Christmas Dinner:** We'll wrap up the season with our delicious Christmas Dinner on Christmas Day. It's a perfect way to close out this wonderful year with great food and even better company.

Wishing everyone a joyful holiday season! Let's make this December one to remember!

Warmest regards, Ike

December, for a variety of reasons, brings many celebrations. It's a time for honoring traditions and for making new ones! What is something that you always do in December? Has that tradition changed in more recent years?

Celebrations are an important part of our shared rituals and routines. When we live together in community, we share one another's struggles, to be sure. And we also have the privilege of celebrating together! Since you've come to senior living, have you learned about any of your neighbors' favorite traditions or celebrations? You just might discover it a blessing to your spirit when you share celebrations. May this be a season of great purpose for you, and may you finish this year knowing the blessings of belonging in community.



The Mighty Mavericks are at it again! The team is ending the year strong with a great performance in the Spark Challenge! Join us at the Really Big Show on December 6 to see what teams make it to the playoffs and on December 12 to vote on how the prize money is spent.

## December Birthdays

12/2 Margaret E.

12/3 Janet D.

12/7 Peggy O.

12/8 Carl P.

12/11 Reggie F.

12/19 Jan R.

12/29 Carol S.

12/30 Julie S.



## New Move Ins



Please join us in welcoming our new neighbors!

Steven W.- Apt. 417

## **Skin TLC: The Care and Feeding of the Body's Largest Organ**

Skin is just a few millimeters thick, yet it's the largest organ of the body, covering an area of roughly 20 square feet. Its primary purpose is to protect our insides from microbes, toxins, and other environmental elements, but it also helps regulate body temperature and allows us to experience the world through nerve endings.

To do its job well, skin needs to stay hydrated, but with age, skin tends to become thinner and drier, the result of factors that can include too much time in the sun, not drinking enough fluids, the natural loss of oil and sweat glands, certain medications, smoking, and Minnesota's notoriously dry winters and air-conditioned summers. Fortunately, there are steps you can take to protect your skin. As recommended by the American Academy of Dermatology:

- Wash with a gentle, fragrance-free soap\*, using warm (not hot) water, and keep baths and showers short.
- Apply a fragrance-free moisturizer\* right after bathing and throughout the day.
- Use a humidifier when the air feels dry.
- Wear gloves while doing housework and gardening.
- Use sunscreen (SPF 30 or higher) and protective clothing on sunny and cloudy days.

\*Ingredients that can help reduce dryness include glycerin, hyaluronic acid, and lanolin.

# KWANZAA

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AFRICA  
CANDLE  
CELEBRATE  
CORN  
CUP

DECEMBER  
FAMILY  
FRUIT  
GIFT  
HERITAGE

KWANZAA  
PLACEMAT  
SEVEN  
UNITY  
VEGETABLES