



Our Community Newsletter

Discover what's going on in our community.

Calling All Artists: Artwork Needed!

We have so many talented, creative individuals in our community and want to take the opportunity to showcase these artistic accomplishments. We will be having an art show on March 19th and are taking submissions now! All types of projects are welcome including drawings, paintings, sculptures, collages, bead work, textiles, and more. If you wish to contribute to our community show, please submit your pieces to Community Life staff by Marth 12.

Dear Residents, Families, and Friends,

As we enter March, we are excited to welcome the season of renewal! Spring is a time for new beginnings, and while the weather can be unpredictable, we encourage everyone to stay mindful of the conditions. Please be sure to dress appropriately for the weather and take extra care during colder or slippery days.

A variety of activities are lined up as usual to keep everyone engaged and active. From arts and crafts to fitness programs, there's something for everyone to enjoy this month. We encourage residents to participate and make the most of the many opportunities available to stay connected and involved.

As always, we are grateful for the positivity and spirit that each of you brings to Minnehaha Senior Living. Your involvement and enthusiasm help make this community a vibrant place to live.

As we move into the spring season, we want to thank you all for your continued support, patience, and positivity. Your health and well-being are our top priorities, and we're committed to providing a safe and welcoming environment for all. We're excited to offer a variety of programs and events as we continue to foster a lively, vibrant community. Please don't hesitate to reach out if you have any questions or need assistance. We are here to support you.

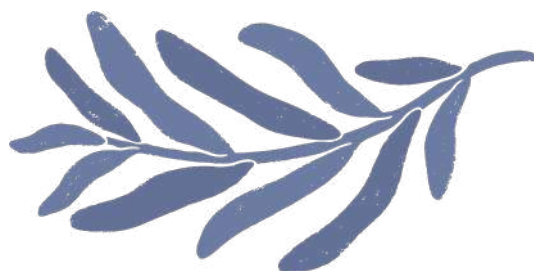
Just a friendly reminder: While masks aren't required, we strongly recommend wearing them due to the increase in seasonal illness.

Thank you for being a part of the Minnehaha Senior Living family. We look forward to a wonderful spring season!

Come, thou fount of every blessing. Tune my heart to sing thy grace!

-Robert Robinson (1758)

I grew up singing one of my favorite songs, Come Thou Fount of Every Blessing. I've sung it hundreds and hundreds of times in my life, but it became my favorite because of some very specific memories. I remember as a child, visiting my grandparents who lived in another state. I remember sitting in the hard, wooden pews of their small-town church, snuggling into my grandmother's warmth, feeling her deep breaths and the vibrations of her singing, "tune my heart to sing thy grace." I felt safe there, and I knew that I was loved. In a way, those moments were attuning my own heart to experience and treasure the faith that has been passed down in my family for generations, even as I have grown into a faith of my own. When you think about what faith – or spirituality – means in your life, are there people or places, songs or words that make you feel safe and loved? How has your own belief been shaped? Who has been a part of your journey to becoming who you are?



Attention Film

Fanatics-you are invited to the the Oscars Viewing Party on March 2 from 6-9 pm in the Lodge. What movie will take home the most awards? Who will win Best Actor and Actress? Let's celebrate and find out together!



March Birthdays

- 3/1- Brenda B.
- 3/7- Carl L.
- 3/14- Yolanda G.
- 3/16- Ann M.
- 3/19- Janet B.
- 3/21- Cathy O.
- 3/23- Steve W.
- 3/28- Gerald M.
- 3/28- Lyndal R.
- 3/29- Susan P.
- 3/30- Joan I



What to Know About Urinary Tract Infections – Should You Head to the ER?

Urinary Tract Infections (UTIs) are responsible for about 20% of all hospitalizations in older adults according to a report from the National Institute of Health, and they can lead to severe illness if the bacteria spreads into the blood stream causing sepsis.

According to Dr. Nick Schneeman, geriatrician and Chief Medical Officer for Lifespark, as the flu and norovirus continue to linger, it's important to weigh the risks of heading off to the ER. "Often there are other alternatives that bring the urgent care right to you," said Dr. Nick. "For example, residents who are also Lifespark COMPLETE members have access to Urgent Response Services. A quick call to your campus's main office can determine next steps and to see if a Mobile Urgent Responder can come to you for lab draws and testing to rule in or rule out a UTI without having to leave your room." Dr. Nick adds, depending on the severity though, the ER may just be where you should head. It's always good to ask your Lifespark provider or the nurse on staff.

Overall, when it comes to UTIs, Dr. Nick offers a few questions to consider:

- Why are you experiencing reoccurring UTIs in the first place? Understanding the root cause, and if it's really a UTI, should be explored with your primary care provider or geriatric expert. Ensuring the correct diagnosis of a UTI helps you avoid being exposed to the harms of 'overtreatment' which can lead to serious negative outcomes including antibiotic induced colitis, drug resistant organisms, poor appetites, and drug-to-drug interactions.

Community Updates Continued

· Should you always test for a UTI immediately or are there other ways to do this? The key here is accurately testing for a UTI to ensure that's actually what it is. Diagnosing and treating UTIs is more complex than many health professionals who don't specialize in the unique needs of older adults and most people understand. Frequent testing can lead to the discovery of contaminated or colonized bacteria that are not causing a problem. This makes the decision to test or to just go ahead and treat pretty complex. The best reason to consider testing or just offering antibiotic treatment is for dysuria, new burning pain with urination. After that, some good reasons include:

- Lower abdominal pain
- New urinary frequency- going to the bathroom more often/urge to go
- New incontinence or loss of bladder control
- Unexplained fever, chills, low blood pressure, and decreased level of consciousness with concern for sepsis

The good news is that Lifespark can partner with you to sift through symptoms to find solutions that are unique to you, all from the comfort of your home – no waiting rooms or going to the lab.

Encourage your primary care team to explore the cause of your symptoms to avoid missing something serious. Be vocal asking about what's available to you instead of just going to the ER – your health deserves it.



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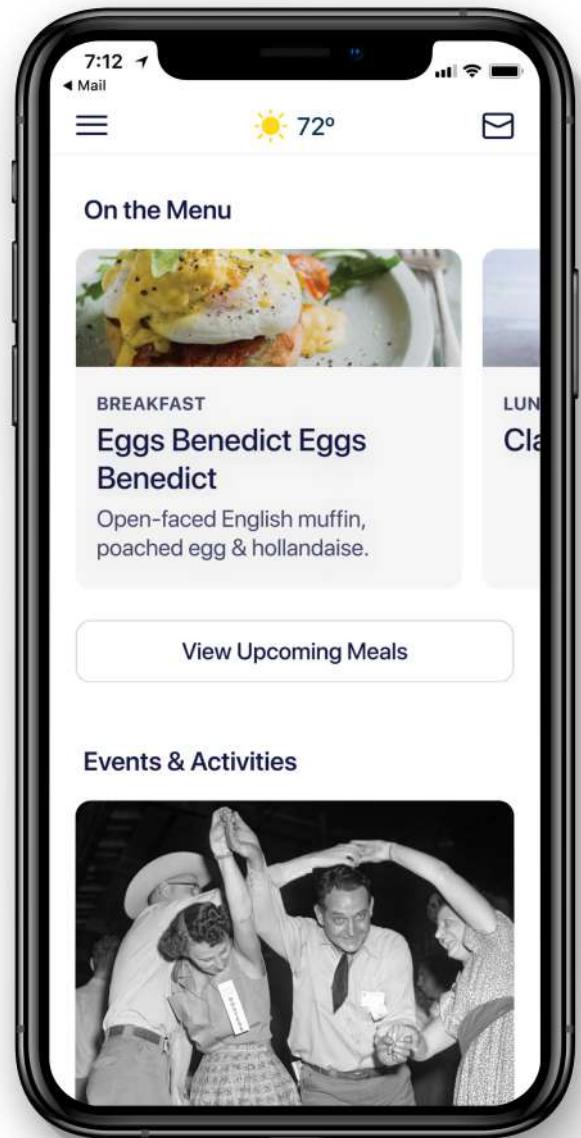
APRIL
BLOOM
FLOWERS
GRASS
GREEN

GROW
JUNE
MARCH
MAY
NEST

PUDDLES
RAIN
SHOWERS
SPRING
WEATHER

Download the new mobile app for Minnehaha Senior Living

- ◆ View upcoming activities and events
- ◆ See what's on the menu each day
- ◆ Access common resources
- ◆ View and share community photos
- ◆ Receive emergency alerts & updates
- ◆ Check the local weather in ,



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