



Our Community Newsletter

Discover what's going on in our community.

With TRYathlon season coming to a close, The Mavericks are gearing up for the next Spark Performance- Forklift Racing! This team-based competition is all about the skillful use of remote-controlled 1:10 scale Forklifts. Success in forklift racing demands generous portions of teamwork, strategy, and practice. All of these virtues also contribute significantly to healthy aging. Participation in the this event is intended to improve hand-eye coordination, sharpen mental acuity, and reduce social isolation. It is an intergenerational event, meaning that staff, family and friends can join our team too! Practice for driver starts this month, so let's fire up those engines!

Greetings Minnehaha Neighbors!

While spring is in full swing, some community members are still experiencing symptoms of cold and flu season. To ensure everyone stays healthy and enjoys the season, please let our staff know right away if you're experiencing any cold or flu symptoms. Your well-being is important to us!

We're absolutely thrilled to have Ikran, our Assistant Executive Director, back on-site full-time this month! Her return brings so much energy to the team. Please join us in giving her a warm welcome back – feel free to drop by her office and say hello!

We will also be holding a family council meeting on April 23rd at 5:00 pm. Similar to resident council, a family council meets to discuss and address concerns about resident rights, quality of care and quality of life. Participants may include family members, friends, or representatives of residents.

Lastly, I would like to provide a friendly reminder that Minnehaha Senior Living is a smoke-free property. If you wish to smoke, we kindly ask that you do so on the public sidewalk. This helps ensure everyone can enjoy the fresh air around our building. Thank you for your cooperation.

Regards,
Clayton

But I also say this: that light is an invitation to happiness, and that happiness, when it's done right, is a kind of holiness, palpable and redemptive. -Mary Oliver

What was the happiest day of your life? What made it a happy day? Were you alone, or were others there? According to Psychology Today, reminiscing with others can make you happier in the moment. Studies show that thinking about happy memories can interrupt negative thoughts and boost our sense of satisfaction. Making time to remember and share stories about our happiest days can have a significant impact on our overall happiness today and can even help us to bounce back when we face inevitable challenges.

Reminiscing is good for the spirit and choosing to share and receive stories of happiness together is one way of experiencing holiness and healing.

This month, try making time each day to share a happy story with someone, and see what happens!





Please join us in welcoming our new neighbor!


Michael R.- Apt. 311



April Birthdays

- 4/1- Marian A.
- 4/5- Nadine I.
- 4/10- Carol B.
- 4/13- Patti E.
- 4/15- David B.
- 4/25- Connie O.



A map of Israel showing major cities and regions. The word 'ISRAEL' is written in large, bold, black letters across the top left. Other cities labeled include Heifa, Haifa, Tel Megiddo, Umm el Bahir, Caesarea, Hadera, Netanya, Herzliyya, Bené Berak, Tel Aviv-Yafo, and Bet Yam. Regions like 'HAMEKAZ' and 'HAMA-KARKUR' are also visible.

ISRAEL

**VIRTUAL
PROGRAM**

WHAT'S HAPPENING IN THE MIDDLE EAST?

**PRESENTED BY:
ISRAEL EDUCATION NETWORK**

Gain insights into Israeli and Middle Eastern news through discussions, media analysis, and articles, helping residents critically understand daily events and life in the region.

A photograph of the Dome of the Rock in Jerusalem, featuring a large golden dome and a minaret, set against a cityscape and a clear sky.

**APRIL 3RD
2:00PM**

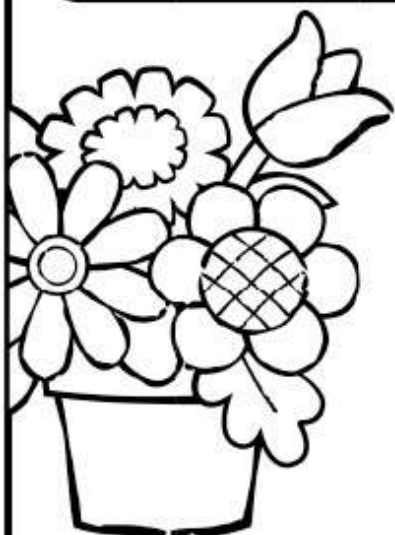
Name: _____

SPRING Word Search



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

S R A B B I T E Q L O S G D A H C E Q R
A N J M A T Y E A B Z O V M A R C H R S
N F E K V S G G P U M B R E L L A P O U
P U D D L E N G Q T H M C C P I L U T N
I R T C E P Y S P T O G X E Y D P E E S
C E B H M A T N G E H B N A V Q O F N H
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I F E K E N L D W F I S M W A P R I L N
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L S E Q T H R N D R O J L T O G O A E H
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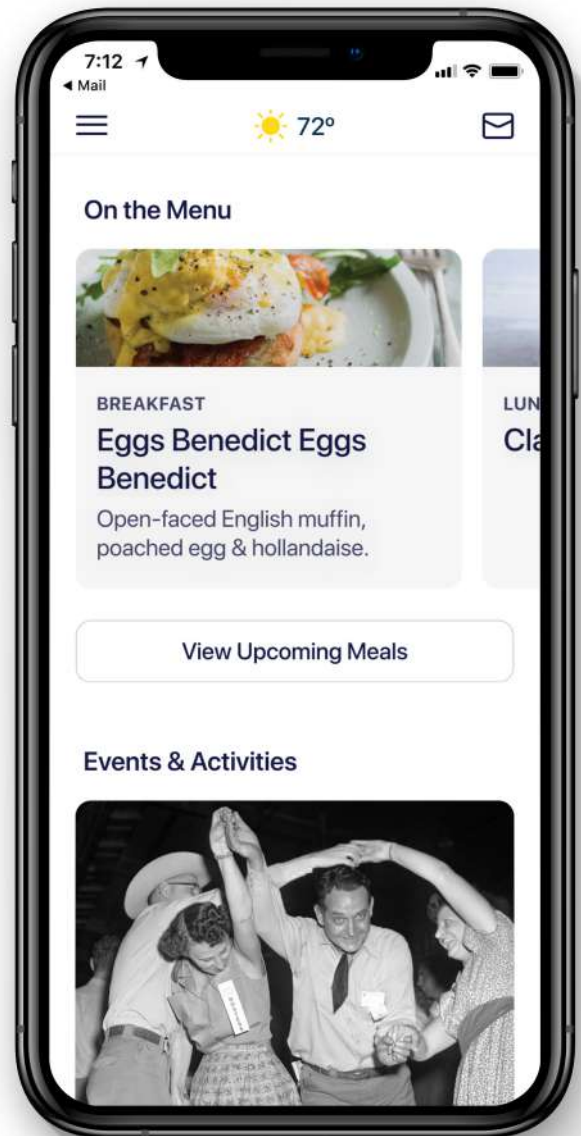
March
Easter
flower
rainbow
hatch
eggs

puddle
butterfly
picnic
daisy
rabbit
umbrella

bloom
garden
tulip
April
breeze
sunshine

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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