



Our Community Newsletter

Discover what's going on in our community.

Every year, as May blossoms, we take time to celebrate nurses, who are so important to our health and well-being. National Nurses Week is observed from May 6th to May 12th. It's a special time to thank nurses for their hard work and how much they help people, families, and our community.

Nurses do more than just give medicine and check on us. They are kind people who comfort us when we're sick, speak up for what we need, and use their smarts to handle tough medical situations. They are like heroes on the front lines, staying strong even when things are hard and often doing more than what's expected.

As National Nurses Week approaches, let us all take a moment to reflect on the profound difference nurses make in our lives. Let us extend our sincere gratitude now and beyond this special week, as they are an integral part of our community!

Hello, lovely residents and families!

Get ready, because May is a month packed full of fun, flavor, and heartfelt moments here at Minnehaha Senior Living!

A Fond Farewell to Ikran:

It's with mixed emotions we announce that our Assistant Executive Director, Ikran (aka Ike), will be leaving Minnehaha Senior Living. Her last day with us will be Friday, May 23rd. Ike has spent the past three years at Minnehaha as the Business Office Manager, and most recently as our Assistant Executive Director. She's been a true advocate for our residents, a supportive team member, and a ray of sunshine in our halls. Here's what Ike had to say:

"Minnehaha has been more than a workplace—it's been my home, my family, and my joy. Thank you for letting me be a part of your lives. I'll miss you all dearly!"
She will be missed by all of us!

Looking Ahead:

We're just getting started—June promises even more excitement, with Father's Day celebration, and summer ice cream socials. Stay tuned!
Until then, let's soak up the sunshine and celebrate all the joy May brings.

With love and laughter,
Your Minnehaha Senior Living Team

Many of us are well-acquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion – one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from Kate's book *Good Enough*: Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.



Upcoming Events

Cinco de Mayo Fiesta- May 5th at 2 pm: Margaritas, music and more!

Mother's Day Social- May 11th at 2 pm: Dress your best, sip mimosas, and celebrate the love, strength, and wisdom of the wonderful women in our lives

Memorial Day Cookout- May 26th at 12 pm: Hot dogs, and summer classics will be served with sides of sunshine and laughter. Let's gather to honor the heroes who served and share a joyful afternoon outdoors.

Please join us in welcoming our new neighbors!

James B- Apt. 411
Helen M- Apt. 407



May Birthdays

5/2- Rachel J.

5/5- Pat K.

5/16- Sharon H.

5/20- Martha G.

5/22- Nancy R.

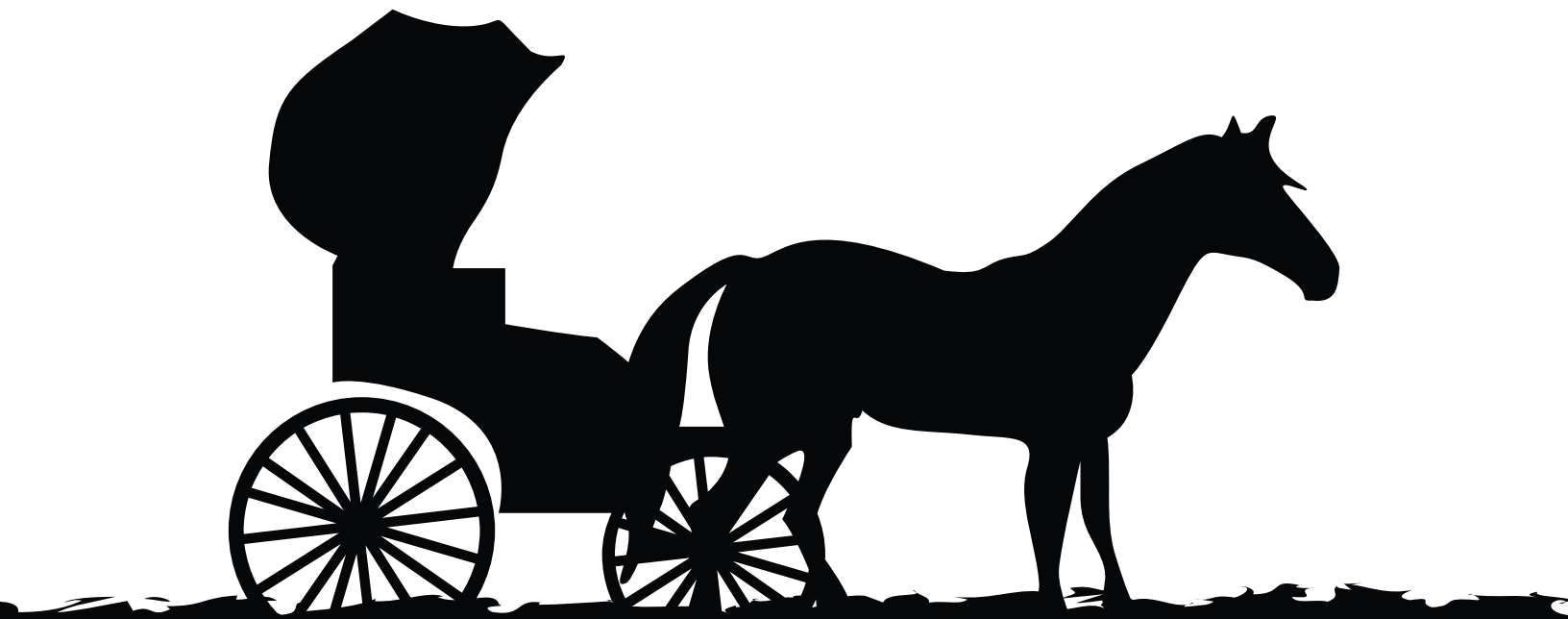
5/24- Diane B.



THE OREGON TRAIL

PRESENTED BY: NEBRASKA STATE HISTORICAL SOCIETY

MAY 1ST | 2PM



Experience the Oregon Trail like never before with a presentation at Chimney Rock! Discover the importance of choice, chance, and opportunity as an expert shares real stories of those affected by the historic trail.

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.

Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

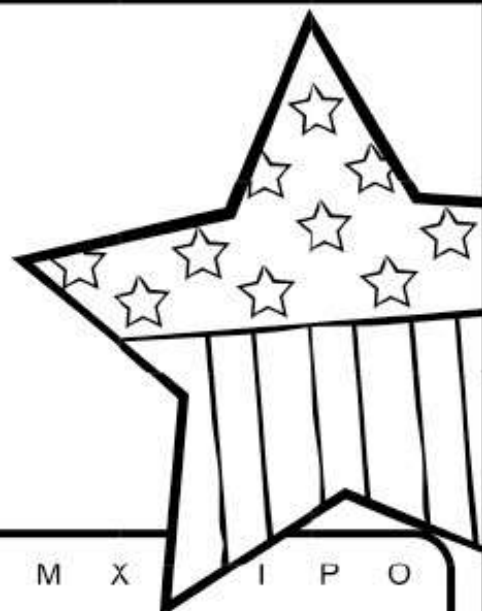
- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.

If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.

Name: _____

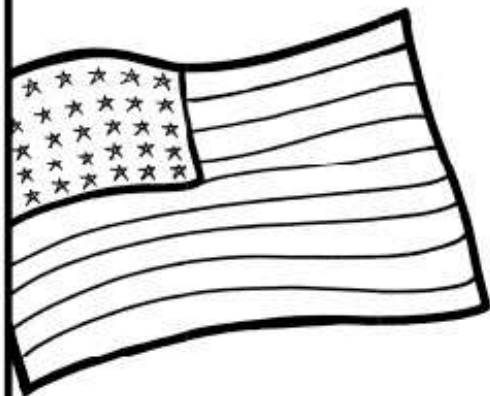
MEMORIAL DAY

Word Search



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

A	K	C	A	B	A	L	R	Z	P	O	L	R	R	M	X	I	P	O	
S	E	O	R	E	H	G	D	I	S	R	C	H	E	B	S	R	X	A	E
D	S	O	L	C	X	B	E	A	I	G	E	C	M	A	O	Y	P	T	S
I	A	R	N	R	L	A	Y	G	N	U	M	E	E	N	L	A	E	R	C
N	M	A	A	S	C	H	T	B	M	R	E	D	M	E	D	D	P	I	I
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C	R	O	Y	Y	U	L	E	F	M	P	E	L	E	U	E	U	A	T	S
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K	S	T	R	I	P	E	S	S	O	I	T	D	F	N	L	L	R	S	E
N	D	U	S	P	F	N	I	G	E	C	I	F	I	R	C	A	S	L	V



memorial
flag
monument
veterans
cemetery

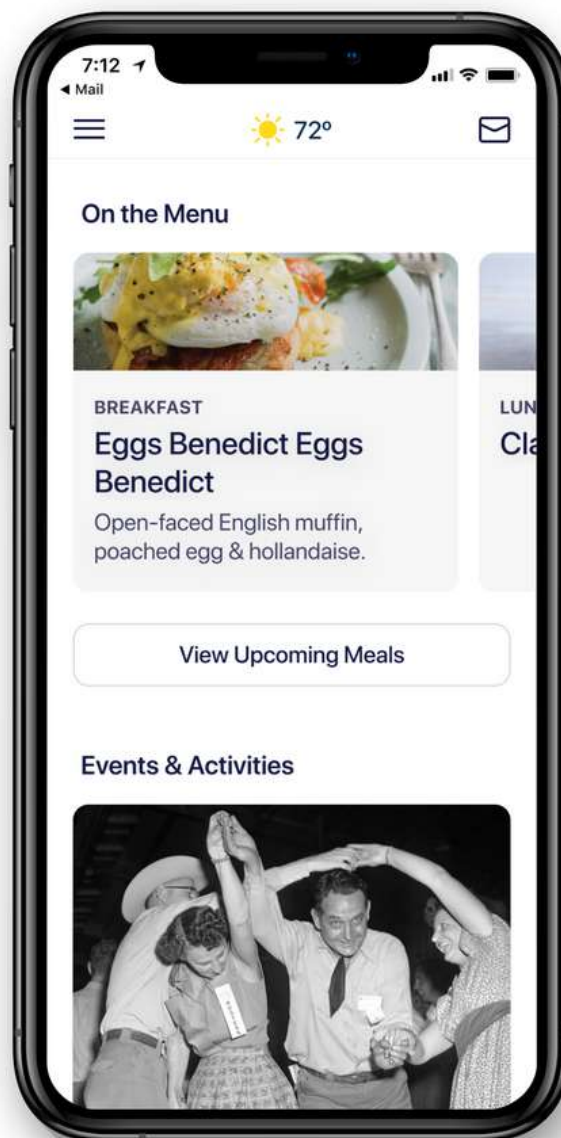
heroes
sacrifice
courage
America
respect

remember
stars
stripes
patriotic
soldier



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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<https://get.quiltt.com/org/DCONJ>

Enter code DCONJ after opening the Quiltt app for the first time.

