



Our Community Newsletter

Discover what's going on in our community.

Get ready to celebrate the amazing men in your life with a special Father's Day event!!

Join us on Sunday, June 15th at noon in the dining room for a relaxed and fun-filled afternoon dedicated to all the dads. We'll be serving delicious BBQ smokies, and to quench your thirst, we will have a selection of beer and root beer on hand. As a special treat, we'll be passing out chocolate cigars for a touch of classic Father's Day charm.

And what's Father's Day without some great sports? We'll have live sports playing on the Opticon throughout the event, so you won't miss a minute of the action.

It's the perfect opportunity to kick back, enjoy some good food and drinks, and make some lasting memories with Dad. We can't wait to see you there!

Dear Minnehaha Residents,

It is with immense enthusiasm that I introduce myself as the new Assistant Executive Director at Minnehaha Senior Living. Joining this wonderful community feels like a natural progression in my 15-year journey dedicated to the well-being and care of seniors.

Over the past decade and a half, I have had the privilege of serving in various capacities at Providence Place and Minnehaha, gaining a comprehensive understanding of the unique needs and joys of our elders. This experience has instilled in me a deep passion for creating environments where individuals feel supported, respected, and truly at home.

I am particularly drawn to Minnehaha's commitment to aging magnificently. I believe in a collaborative approach, working closely with residents, their families, and our dedicated team to ensure the highest quality of life for everyone under our care.

My commitment to health and wellness extends beyond the professional realm. Outside of work, I can often be found out in nature hiking, backpacking, paddleboarding, and ice dipping. My passion for discovery and adventure has inspired me to visit all of the U.S. National Parks, of which I have currently explored 47.

My aim is to be a knowledgeable and approachable resource for you. Please feel free to reach out with any questions or concerns you may have. I am genuinely excited to embark on this new chapter and look forward to getting to know each of you and your loved ones.

Warmly, Brett Collins

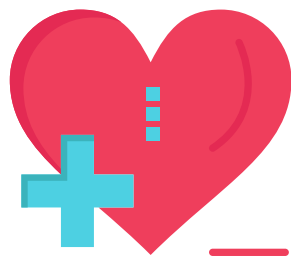
All nature sings, and 'round me rings the music of the spheres.

-Maltbie D. Babcock (1901)

The summer months have come around again, the seasons changing as they do. Nature is a wise teacher for us about the rhythms of life. The seasons come and the seasons change, so it is for all of us. Many people around the world believe that connecting with nature can be a source of spiritual growth and healing. Spending time outside, whether soaking up some sun on a warm day or looking up into the night sky, can remind us that we are part of something big and beautiful and complex. Looking closely at a leaf or flower or even a single blade of grass can inspire our creativity or move us to compassion. This summer, can you make time to be outside in nature? Notice what you see, what you hear, and what it feels like to simply be who you are amid the beauty of creation. May you experience belonging in this world and awareness that you, too, are part of the beauty of the earth.



Nursing Assistant Week: June 12-18



We celebrate our staff this week and every week! Their contributions are invaluable and deeply appreciated.

Please join us in welcoming our new neighbor!

Karel F. - Apt. 205



June Birthdays

6/1- Matthew L.

6/8- Leslie W.

6/11- Walter E.

6/16- Russell A.

6/25- Eric H.

6/26- Thomas H.

6/28- Richard W.



Virtual Program

AMERICAN WEST ART & ARTIFACTS

Presented By: Booth Museum

Learn about different cultures that shaped the American West through art and artifacts in the Booth collection. The residents will engage in discussions of selected artworks highlighting a variety of landscapes, artists, and people.

June 5th

2:00PM

Your Annual Wellness Visit: More Than a Checkup

Your annual wellness visit isn't just about test results and vital signs. It's about you. It's a chance to pause, reflect, and plan for the year ahead, focusing on what matters most in your life.

Think of this appointment as a check-in on your whole self. You have the chance to talk openly with your provider. Take your time to share how you've been feeling in general—physically, mentally, and emotionally. And talk about any specific concerns, like your memory, mobility, mood, or medications. Do you worry about falling, or are you feeling vulnerable in other parts of your daily life? This is the perfect time and place to ask for advice.

You also might want to consider having this essential conversation with a doctor who truly understands the journey of aging—and how to do it magnificently.

For instance, at Lifespark, our geriatric expert clinicians specialize in caring for older adults. They understand that health is personal, and your needs are unique. With Lifespark Primary Care, you receive:

- Convenient on-site visits—no need to travel; we come to you
- Whole-person care that considers your physical, emotional, and social health
- Expertise in geriatric medicine, ensuring your care plan fits the life you want to live

If care that's built around the needs and priorities of older adults sounds like a good fit for you—and you're not currently with Lifespark Primary Care—consider reaching out to get to know us. Either way ... is it time to schedule your annual wellness visit? Here's to your happiness, health, and vitality!

How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

A	E	D	F
L	Y	E	S
O	N	G	V
B	T	D	S

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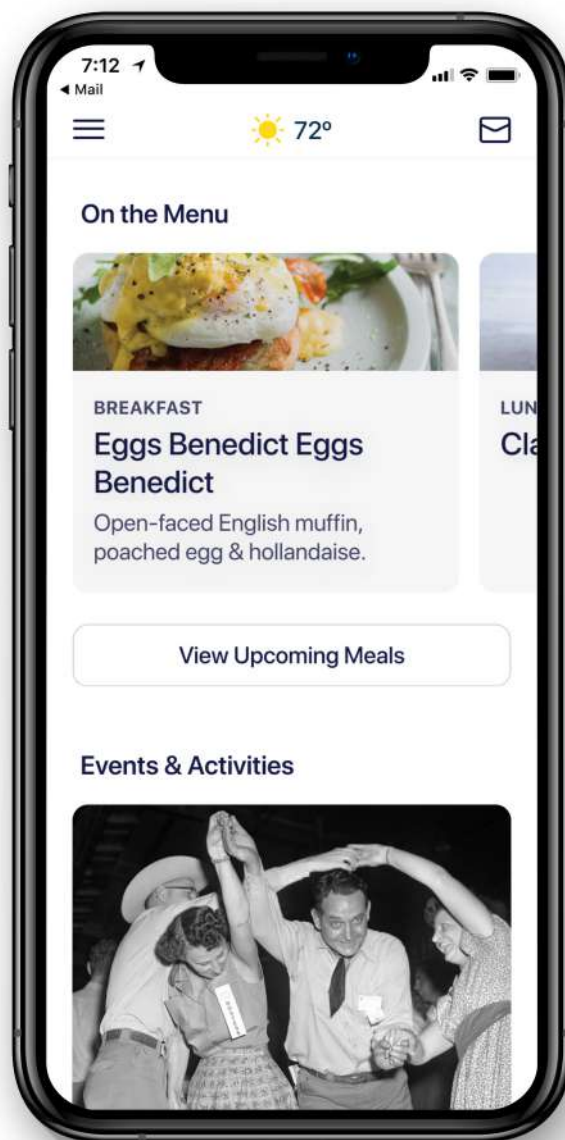
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Download the new mobile app for Minnehaha Senior Living

- ◆ 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 ,



Access Quiltt for iOS, Android, or desktop

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

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

