



## Our Community Newsletter

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

Hi everyone!

My name is Logan Erickson, and I am very excited to be your new Community Life Director! I am a recreational therapist who originates from St. Cloud and have been living in Minneapolis for the past four years. In my free time I love to be outside paddleboarding and camping, hanging out with my loved ones, or taking care of my two cats, Myrtle and Marvin. I am very grateful at the opportunity to serve the residents of Minnehaha and am excited to meet you all!

See you around,  
Logan



## Welcome Our Newest Team Member: Zeynab Khalif!

We are thrilled to introduce the newest addition to our Minnehaha family, Zeynab, who has joined us as our new Assistant Director of Health Services!

With over 13 years of experience as a compassionate nurse and 8 years as a skilled medical interpreter, Zeynab brings a unique blend of clinical knowledge and cultural sensitivity to her work. As a devoted mother of five, her life is deeply rooted in family, faith, and meaningful connection. She cherishes long walks by the lake or through nearby parks and finds joy in quiet moments spent reading or in heartfelt conversations with her sisters. Fridays and weekends often bring spiritual renewal as she accompanies her children and mother to the mosque, strengthening both their faith and bond. Driven by a genuine desire to help others, she finds purpose in service—whether at work, in the community, or within the heart of her family. Zeyneb will be a fantastic asset to our community and a welcome presence for all our residents.

Please join us in extending a very warm welcome to Zeynab! We are so excited to have her on board and know she will contribute greatly to the vibrant and caring environment we strive to maintain here at Minnehaha Senior Living. Be sure to say hello when you see her around!

Cheers, Clayton

Hearing a familiar song can instantly take us back decades to the time that we first heard that song. Songs comfort us in our sorrow, encourage us in despair, speak hope to our broken heart, challenge our thinking, inspire us to greatness, bring joy deep into our spirit, remind us of happy times, remind us of sad times, and create a sense of belonging to a great cause.

Music has great power to touch our mind, our heart, and our soul in ways that nothing else can. Music moves us!

For many years I have made it a habit to listen to classical piano, light jazz, or the sounds of nature, in the evening to relax and wind down for the day. It is so relaxing, soothing, and refreshing to my mind, my body, and my soul.

Let music sooth, calm, and bring life to you! Do it TODAY!





## Community Updates

Mark your calendars for these upcoming events:

**July 4th Cookout-** 11:30 am- 1:30 pm in the dining room

**The Grip Games are coming!** The Maverick's scrimmage is July 15th, and the regular season starts July 22nd. Be sure to join the team on Tuesdays in the lodge for another exciting round of competition!

**Dementia Friends Educational Session-** July 30th at 5:00 pm. In a Dementia Friends Session, you will learn about dementia, what it's like to live with dementia, and actions you can take to support people living with dementia in your community.



## July Birthdays

David F. - 7/7

Helen M. - 7/13

Judy M. - 7/28

Colleen G. - 7/30



## Summer Travel? Stay Well on the Go

Travel is good for the soul. Whether you're seeing new places or making memories with people you love, summer trips can spark curiosity and joy. Just one note: the best adventures go more smoothly with a little preparation—especially when it comes to your health and comfort.

Keep these few simple tips in mind:

- Talk to your doctor before you go. Make sure your vaccines are current. Go over any health concerns that might affect your trip.
- Pack light—but smart. Bring your medications, a list of your medical conditions, a hat, healthy snacks, and other comforts you might enjoy on the move.
- Give yourself time to recover. It's okay to pace yourself. Build downtime into your schedule, even for short trips.
- Stay hydrated, and dress in layers. Air conditioning, heat, and elevation changes can take a toll. Water and soft, breathable clothing can help.
- If you're flying, request support in advance. Most airlines offer wheelchair service and early boarding. You can ask for them when you book your flight. Don't let the hustle and bustle of a busy airport stop you from going on that trip!

A summer trip can be a great way to reconnect, recharge, and refresh your perspective. If you've been thinking that you can't travel right now because of your health, consider talking to your Lifespark primary care team. They might have solutions you haven't thought of. Live fully, travel wisely!

# How Many Words Can You Find?

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

F	S	A	E
U	N	W	G
U	O	S	O
W	T	D	E

1

13

2

14

3

15

4

16

5

17

6

18

7

19

8

20

9

21

10

22

11

23

12

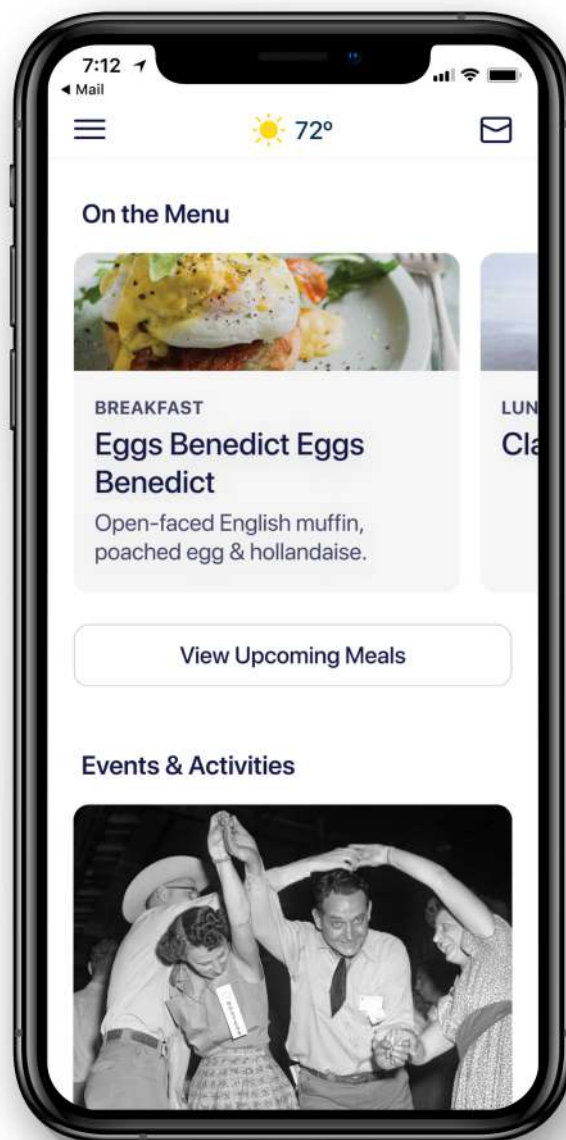
24



---

## 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.

