



Our Community Newsletter

Discover what's going on in our community.

Mark your calendars! National Night Out 2025 is just around the corner, happening on Tuesday, August 5th 5-7 pm. This annual nationwide event is a fantastic opportunity for us to come together as neighbors, strengthen our community bonds, and foster even better relationships with our local law enforcement and first responders.

This year, we're pulling out all the stops for our main community-wide National Night Out event! Get ready for an evening packed with fun, food, and fantastic entertainment for all ages.

We'll have live music to set the perfect festive atmosphere, so bring your dancing shoes or just relax and enjoy the tunes. And what's a party without delicious eats? We'll have a variety of food options available to keep everyone energized.

But the highlight that everyone's talking about? Our very own dunk tank! Get ready to take aim and try your luck at sending some familiar faces (maybe even a local dignitary or two!) plunging into the water. It's guaranteed to be a splash hit and a fantastic photo opportunity.

Welcome Our Newest Team Member:
Director of Health Services
Anaysha Smith, BSN, RN, PHN

Hi, my name is Anaysha Smith, and I am the new Director of Health Services here at Minnehaha Senior Living. I have been a Registered Nurse for four years and have spent the last two years in nursing management and leadership in Assisted Living and Skilled Nursing. I have a passion for servicing and leading teams in providing optimal care and quality of life for others and I am excited to get to know all of the amazing residents and staff here!



Water is the driving force of all nature. -Leonardo da Vinci

In the hot, dry stretches of summer, we can be deeply grateful for the gift of water: for water to cool our faces on a warm day, water to clean our bodies, water to quench our thirst. In many faiths and spiritual traditions, water holds great meaning. It is a symbol of life, of cleansing, of forgiveness, of community, and of wisdom. Here in the upper Midwest, bodies of water reveal to us the beauty of life, from trees and native plants growing on the banks of the river to ducklings and loon babies following behind their mothers across the glassy surface of a lake.

Do you have spiritual practices or meaningful memories that are centered around water? How might you remember and find spiritual grounding in water this month?



Please join us in welcoming our new neighbor:

Gary O. - Apt. 431

Peter N. - Apt. 436



August Birthdays

Laura B. - 8/4

Gary M. - 8/20

Tim K. - 8/25

Pam O. - 8/28

David B. - 8/28



August Events

National Friendship Day: August 3 (First Sunday in August)

National Night Out: August 5

National Senior Citizens Day: August 21

Women's Equality Day: August 26- Commemorates the 1920 adoption of the Nineteenth Amendment to the United States Constitution, which granted women the right to vote.

What's in Your Medicine Cabinet? Time for a Review!

As we age, our bodies change—and so does the way we process medication. What worked well five or ten years ago might be too strong for you now or no longer needed. That's why a regular medication review with your primary care provider or pharmacist is so important.

Think of it like a fall cleaning for your health. You and your provider look at all the meds you're taking. You might just realize that certain changes could make life simpler and safer.

A little preparation can help make that conversation go more smoothly:

- Make a complete list of everything you take—including pills, patches, creams, inhalers, and injections. Don't forget over-the-counter meds, supplements, and herbal remedies.
- Write down the details for each one: name, dose, how often you take it, and why.
- Bring your list to your appointment or bring the actual medications with you.
- Mention recent changes in how you feel—energy, balance, digestion, sleep. Some of those symptoms might be related to medication side effects or drug interactions.
- Choose where you want to do your review. Your primary care provider knows your full health history and how your medications fit into the bigger picture of your care.

Your medication list might not change after your review. And that's good news. It gives you the peace of mind that you've been on the best path all along. If they do need to change, then you've done the right thing by taking this step to actively manage your health.

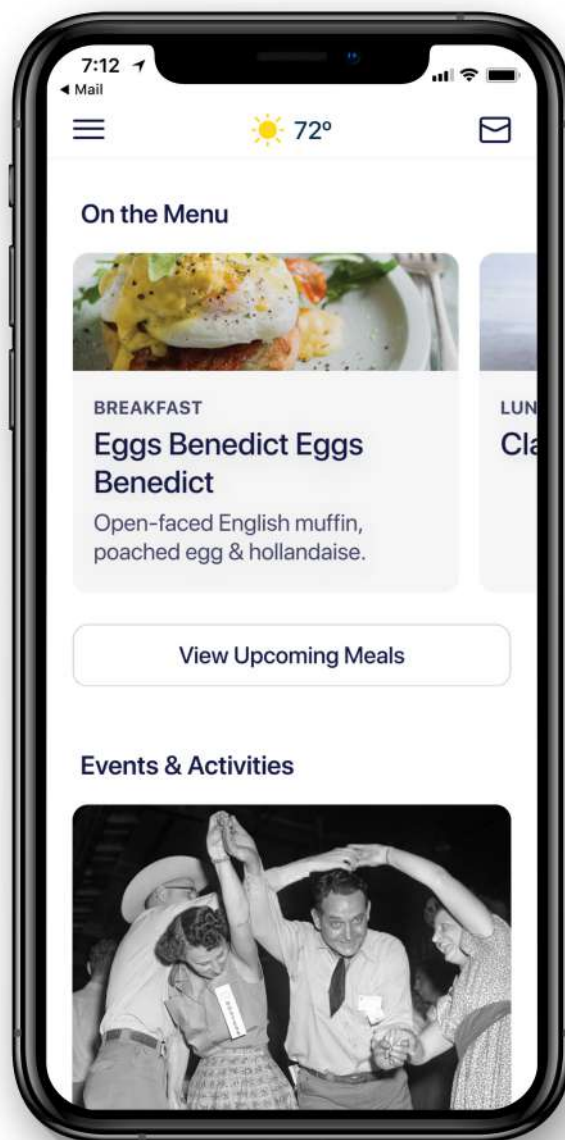
Sudoku 41

	6		7		8		9	
2		3		1		7		4
7	4						8	5
		7				5		
6								7
	1			6			3	
			9		4			
		6				4		
3	5		1		6		7	8



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.

