



## Our Community Newsletter

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

### **Assisted Living Week: September 7-12**

Assisted Living Week is a special time dedicated to recognizing the role Assisted Living communities play in providing a safe and nurturing environment for residents. It's also an opportunity to celebrate the residents, staff, and families who make our community so vibrant. This year, we've planned a week of special events and activities to celebrate in style! Be sure to participate in our themed dress up days for a chance to win great prizes!

Assisted Living Week begins on September 7th with Grandparents Day Brunch. We will take a trip to Dairy Queen on September 8th and make root beer floats for all to enjoy on September 9th. We will showcase the many talents of our community at our Open Mic on September 10 and enjoy live music by Bill Cagely on September 11. The week will conclude with a very special End of Summer Smoke and Sizzle Grill out on September 12. We hope to see you there!

Hello,

We're excited to share what's been happening around our community and give you a peek at what's coming up. There's always something to talk about, so let's dive in!

Please be aware of the change to our WIFI network. Starting September 8, the network "Tealwood" will no longer be available. Please connect all devices to "LSSL Guest". The password is LifesparkWelcome.

E Menu is coming! If you or your loved ones would like to electronically place an order for your meals ahead of time, please see me to create an account and get started.

We also want to extend our heartfelt gratitude to our incredible staff, who work tirelessly to provide compassionate care every day. Their dedication and hard work are the foundation of our community. We also want to thank our residents and their families for being part of the Minnehaha Senior Living family. Your support and enthusiasm make every day special.

We look forward to celebrating Assisted Living Week with all of you!

Regards, Clayton

Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks--we will also find our path of authentic service in the world. -Parker J. Palmer

September marks another turn of the seasons, and another milestone for our children and grandchildren and great-grandchildren as they begin another year of studying, learning, teaching, and growing. We have been there, year after year, discovering more and more about our own authentic selves – what brings us joy, where our gifts are strongest, and what we desire for ourselves, the people we love, and our neighbors. If you were asked today to describe your authentic self in 5 words, which words would you choose? How might those words help you see the ways you live in this community with purpose and service?



Please join us in welcoming our new neighbor:

Gail H. - Apt. 104



## August Birthdays

9/8- Tom L.

9/18- Shirley G.

9/19- Charles P.

9/20- Tom N.

9/20- Ruth N.

9/30- Mike R.



## September Events

September 1- Labor Day

September 7- Grandparents Day

September 11- Patriot Day

September 22- Autumnal Equinox



Are you interested in voting in this year's municipal election? If so, please plan to attend our Voter Registration event on September 3 to complete the necessary paperwork to be able to vote at Minnehaha Senior Living. Your voice matter! Please see Brett with any questions.



Calling all Creatives!  
We are hosting an Open Mic in September and would love to showcase your work! This could include sharing a song, poem, story or other piece of artwork. Please see CL staff for more information.

## **Plan Ahead as a Gift to Your Self – And to Your Family**

### **Advance care planning helps you live life your way.**

Have you thought about the kind of care you'd want if you couldn't speak for yourself? Advance care planning is a simple way to make sure your wishes are known. It helps you sort through your life goals, personal values, and preferences about your future medical care.

And it's a great gift for your loved ones. You might spare them the stress of making tough choices for you during a medical emergency.

Here's what your advance care planning process might look like:

- Think about what would matter most to you if you were injured or seriously ill
- Choose a health care agent—someone you trust to make decisions if you can't
- Talk about your wishes with that person and others closest to you
- Fill out an Advance Directive—a simple form to make it official
- Share copies with your health care agent, doctor, and loved ones

You don't have to figure out everything at once. A simple conversation with your Lifespark primary care team would be a great place to start. They can walk you through the Advance Directive form and answer any questions. Live your best life!

# How Many Words Can You Find?

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

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|---|---|---|---|
| I | B | A | D |
| E | X | C | T |
| O | P | L | L |
| T | D | K | A |

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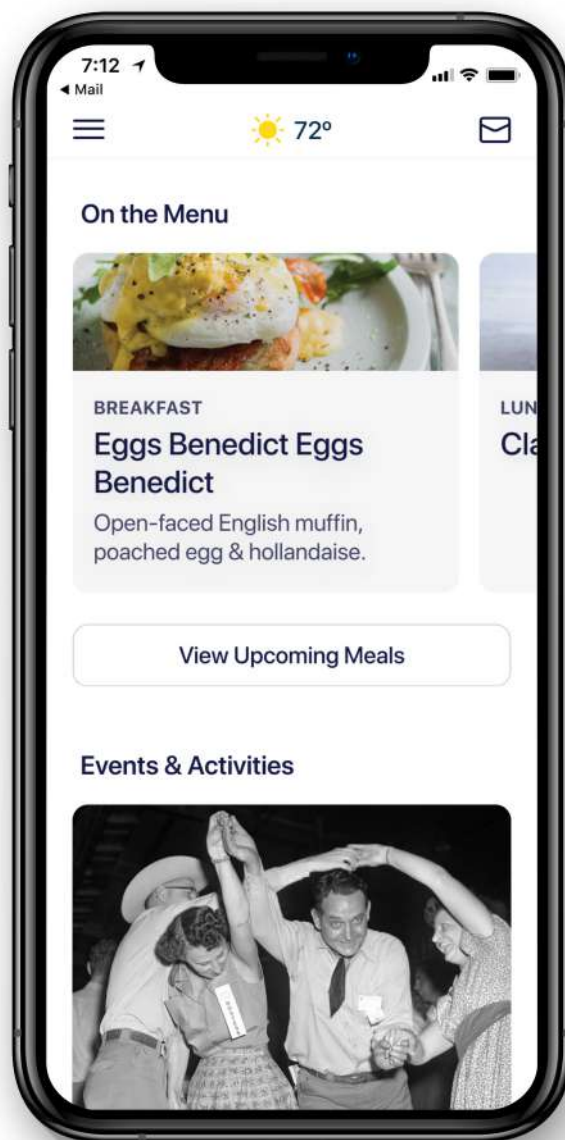
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## Download the new mobile app for Minnehaha Senior Living

- ◆ 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 ,



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## 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.

