



Our Community Newsletter

Discover what's going on in our community.

Mark Your Calendar: Municipal Election On-Site Voting On October 29

This year's municipal election is a chance to make your voice heard in four key city races: Mayor, City Council Member, Board of Estimate & Taxation, and Park & Recreation Commissioner. The ballot will feature ranked-choice voting, allowing you to choose up to three candidates for each office, in order of your preference.

To make the process easy, we're holding an early voting event on-site on October 29 from 1-4 p.m. Minneapolis Election Judges will be available to assist with registration, provide your ballot, and offer hands-on help with reading or marking your selections. Your voice matters, so we hope to see you there! If you have any questions, please contact Brett.

Enhancing Your Security: A New Camera and Intercom System

We are excited to announce a new addition to our commitment to your safety and well-being: the installation of a new, state-of-the-art security camera and intercom system. and provide peace of mind. This upgrade will provide an even more secure and convenient environment and provide peace of mind for all residents and their families.

Additionally, we are installing a new intercom at our main entrance. This system features a video monitor, allowing staff to see who is at the door before providing access. The best part? Our team will be able to grant entry remotely using their iPads, making the process faster and more efficient for everyone.

This new technology is a significant step in our ongoing efforts to maintain a safe and welcoming home for you. As always, we are here to answer any questions you may have. Please feel free to reach out to the front desk for more information.

Thank you for your cooperation as we make these important enhancements to our community.

Regards, Clayton

Gratitude in Troubled Times Adapted from Chaplain K. McCauley

We certainly speak often about the importance of gratitude. And yet, so often social distress might hinder our ability feel grateful. Knowing that societal discord is a common occurrence in history, let us turn our attention to the holy people of history to help show us the way of hope and grace.

We see with D. Bonhoeffer in concentration camp WWII, M. Gandhi in British Rule & oppression, N. Mandela in South Africa Apartheid and MLK, Jr's work for civil rights in the United States, that God's grace can be found in unrest. The gratitude we have at these times, comes from knowing that God with us. The Divine Presence is with us, even if at times we might have to look harder, forgive more or abandon our judgement to keep our awareness of this Presence alive and well. But at the end of each day our gratitude will be that we know who we are in the eyes of God and that God walks with us always.



Please join us in welcoming our new neighbor:

Rick M. - Apt. 412



October Birthdays

10/5- Martin H.
10/10- Tim P.
10/11- Nancy K.
10/17- Linda V.
10/19- David L.
10/27- Jeni K.
10/29- Jonathan H.



October Events

10/1- Ice Cream Sundae Social
10/2- Oktoberfest
10/8- Spark Challenge Starts!
10/14- Fall Leaves Outing
10/29- On-Site Early Voting
10/31- Halloween Social

In-Home Primary Care: Should Your Primary Care Team Be Senior-Savvy Experts?

The immediate answer is – yes! But aren't all primary care teams experts in serving the unique needs of older adults? For that, the answer is no and that makes a big difference in your health.

There is an underlying assumption that geriatrics – or senior-savvy medical expertise – is already part of what traditional primary care delivers. The reality is, it's not. Fewer than 10% of medical schools require a rotation in geriatrics. As a result, most primary care providers lack training in how your body changes as you age.

A New York Times article on the 'Decline of Geriatrics Hurts Us All' pointed to this as a big issue for those over 65 saying, "Those fortunate to live into late adulthood face an unfortunate reality: There are not enough doctors to give them the care they need."

According to Dr. Nick Schneeman, Lifespark Chief Medical Officer, and geriatrician for over 30 years, as geriatricians, we understand and honor the unique needs of the aging body. "That's a big deal for your long-term health," said Dr. Nick. "The good news, our senior living communities have access to this level of expertise."

So, what are some of the biggest differences between traditional primary care and Lifespark in-home primary care? We're glad you asked:

- **Convenience.** Lifespark brings health services directly to your home including medical care, labs, X-rays, and even EKG tests, without the need to travel.
- **Extended Consultation Time.** Unlike traditional clinics where appointments are often limited to 15 minutes, Lifespark visits are longer (typically 45 minutes) and focus solely on you.
- **In-Home Urgent Care Options.** We want you to call Lifespark first if you're contemplating going to the ER. Often, with our in-home urgent care response, we can support you right at home without the need for long waits at emergency rooms. And if you do need the ER, we support that, too.
- **Medication Management.** As your body ages, a lot changes that many primary care providers aren't in tune with. For example, a medication dosage for you at 65 may be very different than when you are 80 because of how your body metabolizes medications as you age. A provider who has geriatric expertise understands this. You'd be surprised at how often this is overlooked.
- **Family Coordination and Support.** If desired, the Lifespark team routinely meets and communicates with any designated family member to be sure everyone is on the same page as you weigh the risks and benefits of tests, procedures, or medication changes.
- **No Added Cost.** Lifespark's in-home primary care services cost the same as going to the clinic. You get Lifespark's added geriatric expertise, longer visits, whole-person approach, in-home urgent care option, convenience, and flexibility at no extra cost.

We hope these gave you a few things to consider as you evaluate your primary care needs. Regardless of who you choose, make sure conversations are geared towards your goals. Reach out to Lifespark if you have additional questions at 952-345-3215.

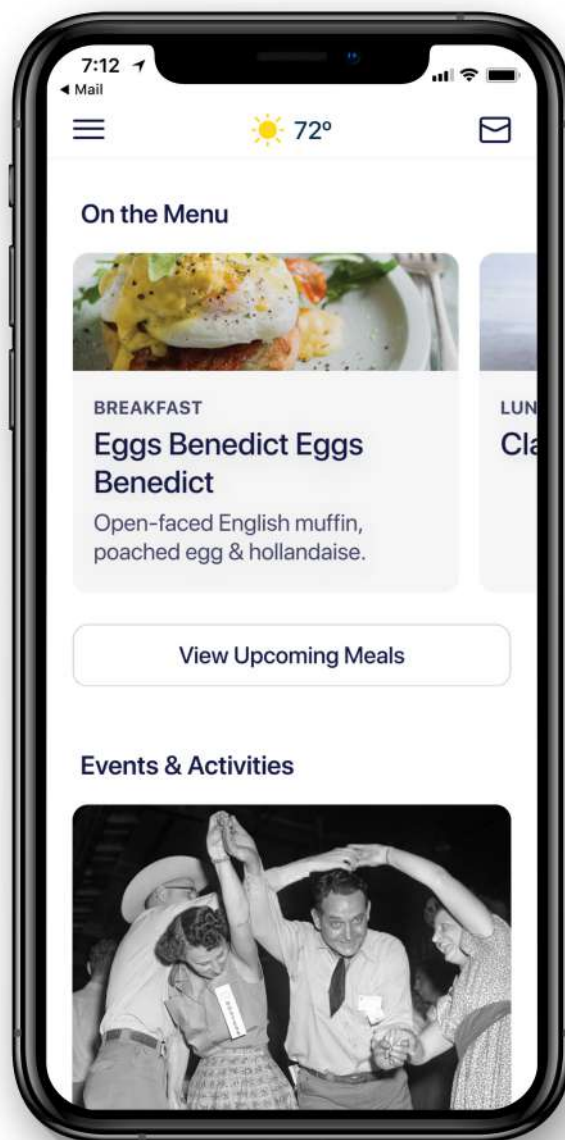
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Download the new mobile app for Minnehaha Senior Living

- ◆ 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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