



**Whitefish  
at the Lakes**  
A Lifespark Community

# Age Magnificently



## Our Community Newsletter

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

**Springtime is the land awakening. The March winds are the morning yawn.**

It's hard to believe March is already here, especially due to the weather pattern we have experienced so far this season. March is nothing short of a good time here in Crosslake. This month we can expect lots of tourist, previously attracting tens of thousands of spectators, with the 50th Annual St. Patrick's Day Parade on March 16th. You can expect to see Whitefish at the Lakes participate in the parade with our King and Queen present on our float along with a few others waving and enjoying the parade from a new perspective.



## Monthly Recipe: Red Velvet Brownies

### Directions:

**Step 1:** Prepare the Brownies: Preheat oven to 350°F. Line bottom and sides of a 9-inch square baking pan with aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease (with cooking spray) foil.

**Step 2:** Microwave chocolate and butter in a large microwavable bowl on HIGH until melted and smooth, 1 1/2 to 2 minutes, stirring at 30-second intervals. Whisk in sugar; add eggs, 1 at a time, whisking just until blended after each addition.

**Step 3:** Whisk together flour, baking powder, and salt in a medium bowl. Gently stir flour mixture, food coloring, and vanilla into chocolate mixture, stirring just until well incorporated.

**Step 4:** Pour batter into prepared pan. Bake in preheated oven until a wooden pick inserted in center comes out with a few moist crumbs, 25 to 30 minutes. Transfer to a wire rack, and let cool completely, about 2 hours.

**Step 5:** While Brownies cool, prepare the Cream Cheese Frosting: Beat cream cheese and softened butter in bowl of a heavy-duty stand mixer fitted with paddle attachment on medium speed until creamy. Reduce speed to low, and gradually beat in powdered sugar until blended. Beat in vanilla. Increase speed to medium-high, and beat until light and fluffy, about 1 to 2 minutes. Cut brownies into squares. Using a piping bag fitted with a large star tip, pipe frosting on top of brownies. Or spread frosting over brownies.

**Servings:** 2 dozen

### Ingredients:

#### **BROWNIES**

Cooking spray  
1 (4-oz.) bittersweet chocolate baking bar, chopped  
3/4 cup (6 oz.) salted butter  
1 1/2 cups granulated sugar  
4 large eggs  
1 1/4 cups cups (about 5 3/8 oz.) all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon table salt  
1 (1-oz.) bottle red liquid food coloring  
2 teaspoons vanilla extract

#### **CREAM CHEESE FROSTING**

1 (8-oz.) pkg. cream cheese, softened  
1/2 cup (4 oz.) salted butter, softened  
6 cups (about 24 oz.) powdered sugar  
2 teaspoons vanilla extract

# Birthdays and Special Events

## Happy Birthday to our Residents

3/3 - John M                3/8 - Vonnie T  
3/10 - Denny T            3/14 - Mary H  
3/16 - Bob M              3/18 - Helen S  
3/19 - Judith L

## Happy Birthday to our Staff

3/17 - Milena R            3/24 - Linda P  
3/27 - Debbie P          3/30 - Teresa T

## Special Events

**Gangsters in Minnesota with Alan** 3/4/24  
**Made in Minnesota** 3/6/24  
**St. Patrick's Day Parade** 3/16/24  
**St. Patrick's Day Social** 3/18/24  
**Resident Council** 3/20/24  
**Food Council** 3/22/24  
**Welcome Meeting** 3/26/24  
**Happy Hour Birthday Party** 3/26/24 - With Doug Sparks  
**Seasons of Change Support Group** 3/28/24

# Leadership Team

**Executive Director:** Ali Meyer  
**Director of Health Services:** Megan Lintner  
**Assistant Director of Health Services:** Katrina Herzog  
**Marketing Director:** Linda Pfaff  
**Maintenance Director:** Dave Cameron  
**Dietary Director:** Kathy Thomas  
**Administrative Assistant:** Luz Wanstall  
**Community Life Director:** Katie Steuernagel



## Resident Spotlight Mary Hacker

Mary has lived at Whitefish at the Lakes for a little over a year. She enjoys meeting new people and smiling at everyone she meets. Mary says her best day was spending any day with her late husband, Lee. She often remembers going dancing with him every week. She has 3 children that she adopted with her husband, Patrick, Susan and Barb. She started working when she was 14 years old as a Pharmacy Technician. Throughout her life she also worked with unwed mothers and even owned and managed 3 Hallmark Stores. She volunteered throughout her life with Catholic charities and Special Olympics. Mary really enjoys playing the card game, Bridge and spending time with friends. Mary also enjoys trying new things, especially if it means she gets to be with her friends.

## From the Marketing Director

50th Annual St. Patrick's Day Parade & Celebration in Crosslake  
Saturday, March 16, 2024  
For 50 years, Crosslake has been celebrating the coming of Spring with a St Patrick's Day Parade. What started out in the 70's as a remedy for Cabin Fever, has grown into a destination event for thousands of green-clad, Irish-for-a-day, weekend enthusiasts. Some build a float and travel the 2-mile-long route tossing hundreds of pounds of candy and trinkets, and others set up lawn chairs, days in advance to get "their perfect spot" for family and friends.  
Our Whitefish at the Lakes bus will again be a part of the infamous parade so be sure to sign up to ride the route with us! Get your green on and join us on March 16th.  
Details to follow!!!



## Made in Minnesota - February 3M Corporation

The company was incorporated as Minnesota Mining and Manufacturing Company in 1902, and its first product was sandpaper. 3M, as it became familiarly known, grew steadily, adding waterproof sandpaper, adhesive cellophane tape, masking tape, and desktop photocopiers, among other goods, to its product line. In the early 21st century the company, which formally adopted its nickname in 2002, produced materials designed to enhance visual displays and graphics in items such as highway road signs and liquid crystal display (LCD) screens; manufactured consumer and office products, including adhesive tape and note paper; and developed products that facilitated electronic communications and data transmissions. Having entered the health care market in the 1950s with a special adhesive for a surgical drape, 3M continued to develop surgical, dental, and orthodontic products as well as pharmaceuticals. The firm also designs and manufactures materials used in tamperproof packaging and develops methods for assuring the security of documents such as driver's licenses. Its products are manufactured in more than 100 plants worldwide.

## From the Dietary Director

Please join me at our monthly food council meetings to discuss recent menu changes and feedback. This monthly meeting happens on the fourth Friday of each month at 2:00pm in the Bistro.



## Employee of the Month - February Sarah Gentry - Culinary Chef

The thing I love most about working at Whitefish at the Lakes is the residents and staff. The best part of my day is whenever I get the chance to make someone smile. I feel like if I didn't have a place like this to spend my days, I feel I would be at a loss. Thank you to all the residents and staff for everything they do to help fill my cup.

## From the Maintenance Director

As the weather keeps changing, please be mindful when going outside. Between the rain, snow, freezing and thawing. Take it slow to keep yourself safe to prevent any injuries.



# Spiritual Section

## March Chaplain Article

“A quiet conscience makes one strong!” – Anne Frank

One of the three components of resilience, according to the Spark Model, is strength. Often, we think of strength as being big, loud, and commanding. Sometimes it is! And other times, strength is found in the quiet people and places, in doing the right thing day after day. Strength is seen in persistence when facing challenges and in perseverance through troubling times. Throughout our lives, as we collect experiences and come to understand the world in bigger, broader ways, we develop strength of conscience. In elderhood, we have the unique benefit of a lifetime of building this strength. May we seek opportunities to share this strength by building community, encouraging others, and choosing to do the right thing with each new day.

## Health & Wellness



### Health Benefits of Broccoli

- Antioxidant
- Prevents cancer
- Natural antibiotic
- Cleanses intestines
- Great source of fiber
- Keeps skin young and glowing
- Maintains a healthy heart
- Rich in calcium
- Protects eyes
- Anti-viral

## Managing Your Diabetes Without Feeling Deprived

Everyone knows that the “secret” to good health is eating right and exercising more. But what exactly does that look like for Whitefish at the Lakes residents? Whether you prefer to cook for yourself or eat with friends in the dining room, you can still enjoy your favorite foods—just in smaller portions. For example, if you’re craving something sweet, let yourself enjoy a small piece of chocolate or a cookie—and savor every bite! Make these an occasional treat rather than an everyday habit.

Here are some additional tips for healthy eating:

- Choose whole fruit instead of fruit juice, such as an apple or orange vs. orange juice. Whole fruit is packed with more vitamins and fiber which keeps hunger at bay and helps with regularity.
- Add protein to your breakfast, such as peanut butter, hardboiled egg, lean meat, cottage cheese, or nuts (good fat and protein), to help stabilize blood sugars.
- Go for whole grain foods, such as brown rice or potatoes (with the skin) instead of white rice or white pasta, to add fiber to your diet.
- For dessert, try fresh or frozen berries with a little whipped topping and a few nuts.
- Stay hydrated to help control your blood sugars, reduce hunger, and support kidney function.
- Right-size your portions using the Plate Method developed by the American Diabetes Association (ADA).

Keeping your blood sugars in check is an excellent investment in your independence!

Brought to you by your Lifespark COMPLETE team in collaboration with Whitefish at the Lakes. Learn more at 952-873-7386 or [LSCreferrals@lifespark.com](mailto:LSCreferrals@lifespark.com) or visit [complete.lifespark.com](http://complete.lifespark.com).



Whitefish Nursing Leads



Spark Performance Captains 2024!



Valentine's Craft in Artscape



Whitefish King and Queen

“Youthful pleasures last until old age, and then they become old treasures.” – Anthony T. Hincks

# Travel and History



## Italy:

Italy, a European country with a long Mediterranean coastline, has left a powerful mark on Western culture and cuisine. Its capital, Rome, is home to the Vatican as well as landmark art and ancient ruins. Other major cities include Florence, with Renaissance masterpieces such as Michelangelo's "David" and Brunelleschi's Duomo; Venice, the city of canals; and Milan, Italy's fashion capital. Italy's political geography has been conditioned by this rugged landscape. With few direct roads between them, and with passage from one point to another traditionally difficult, Italy's towns and cities have a history of self-sufficiency, independence, and mutual mistrust. Visitors today remark on how unlike one town is from the next, on the marked differences in cuisine and dialect, and on the many subtle divergences that make Italy seem less a single nation than a collection of culturally related points in an uncommonly pleasing setting.



## February 14

Each year on February 14, many people exchange cards, candy, gifts or flowers with their special "valentine." The day of romance we call Valentine's Day is named for a Christian martyr and dates back to the 5th century, but has origins in the Roman holiday Lupercalia. Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love. The day is popular in the United States as well as in Britain, Canada, and Australia, and it is also celebrated in other countries, including Argentina, France, Mexico, and South Korea. In the Philippines it is the most common wedding anniversary, and mass weddings of hundreds of couples are not uncommon on that date. The holiday has expanded to expressions of affection among relatives and friends. Many schoolchildren exchange valentines with one another on this day.

## From the Executive Director

After having a gone through winter, March offers a glimpse of warmer days ahead. As Robin Williams once quipped, "Spring is nature's way of saying, 'Let's party!'"

Beyond St. Patrick's Day, March is full of creative holidays to lift you out of the cold weather blues. As nature begins to bloom again, you can celebrate with holidays like National Plant a Flower Day, National Agriculture Day, International Day of Forests, and National Learn About Butterflies Day.

March even has a day that you Make Up Your Own Holiday Day, which is on the 26th. I think as a Community we vote on our own Holiday to celebrate.

Thank you as always for being part of this amazing community.

Make it a GREAT MONTH!

With Love and Gratitude,  
Ali Meyer  
Executive Director LNHA, LALD

## From the Director of Health Services

### March is National Kidney Month!

Let's take this month to take a moment to learn about our kidneys! Your kidneys are responsible for making urine and removing waste and extra fluids from your body. You can lose up to 60% of your kidney function without even noticing! Risks for kidney disease includes, high blood pressure, diabetes, family history of kidney disease, or if you are over the age of 65. Fun fact, your kidneys filter all of your blood 25 times a day! Your kidneys are two bean-shaped organs that are the size of a fist. Being active for 30 minutes a day can reduce your risk, our morning exercise class is a great way to do this! Other ways to reduce your risk include getting enough sleep, quit smoking, limit alcohol intake, reducing stress, managing your high blood pressure and diabetes. Remember, early kidney disease doesn't have symptoms, testing is the only way to know how well your kidneys are working, ask your doctor how well your kidneys work!

Remember to always feel free to ask questions! Knowledge is power!

Thank you! Megan Lintner, RN DHS