



## Our Community Newsletter

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

### Spring is April's way of saying, "Let's Bloom."

Just like that we are welcoming April. Flowers, gardens, outside activities... Nothing better than the smell of fresh air. Now we just need this cold front and snow to pass! This April you can come cheer on the Lakers as we compete in the Northwoods Fitness room on Tuesdays at 1:00pm in the Forklift Races! Our theme this month is Rainy Day Escapades, so hopefully instead of snow we can expect some rain and muddy puddles. I bet you have a memory of jumping in muddy puddles, playing in the rain or just enjoying the sounds of rain. Spend this month reminiscing all those memories and sharing with a friend. I am sure you have seen our raised flower beds in the courtyard, hopefully we can get some planting done soon! Please see Diane C for information on the raised planters.



## Monthly Recipe: Raspberry Crumble Bars

### Directions:

**Step 1:** Prepare the Filling: Stir together first five ingredients in a saucepan. Bring to a boil over medium-high, stirring occasionally. Reduce heat to medium-low; cook, stirring often, until thickened and reduced to 3 1/2 cups, 8 to 10 minutes. Cool completely, about 1 hour.

**Step 2:** Prepare the Crumble: Preheat oven to 350°F. Spray a 13- x 9-inch baking pan with cooking spray. Line bottom and sides of pan with parchment, leaving a 2-inch overhang on all sides. Stir together flour, oats, brown sugar, almonds, cinnamon, and baking soda in a large bowl. Stir in melted butter until combined. Firmly press 4 cups of the Crumble mixture into bottom of prepared pan. Bake until lightly browned around edges, 10 to 12 minutes. Cool 5 minutes.

**Step 3:** Spread cooled Filling over warm crust; sprinkle with remaining Crumble. Bake at 350°F until filling is bubbly, 35 to 40 minutes. Cool completely in pan, about 2 hours. Lift bars out of pan using parchment as handles. Slice into 32 bars.

**Servings:** 32 Bars

### Ingredients:

**Filling**  
6 cups (26 oz.) fresh or thawed frozen raspberries  
3/4 cup seedless raspberry jam  
1/2 cup granulated sugar  
6 tablespoons cornstarch  
1 1/2 teaspoon lemon zest (from 1 lemon)

**Crumble**  
Cooking spray  
2 cups all-purpose flour  
1 1/2 cups uncooked old-fashioned regular rolled oats  
1 1/2 cups packed light brown sugar  
1 cup sliced almonds  
1/2 teaspoon ground cinnamon  
1/4 teaspoon baking soda  
1 cup butter, melted

# Birthdays and Special Events

## Happy Birthday to our Residents

4/3 - Annette R      4/7 - Mary Ann G  
4/11 - Judy P      4/20 - Dan C  
4/23 - Judy S

## Happy Birthday to our Staff

4/7 - Taylor H      4/7 - Alysia S  
4/27 - Cindy H

## Special Events

**Made in Minnesota** 4/3/24  
**Gangsters in Minnesota with Alan** 4/8/24  
**Friendship Feast for Tryathlon** 4/9/24  
**Resident Council** 4/17/24  
**Welcome Meeting** 4/23/24  
**Food Council** 4/26/24  
**Seasons of Change Support Group** 4/25/24  
**Happy Hour Birthday Party** 4/30/24 - With Mike & Jan

# Leadership Team

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



## Resident Spotlight

### Helen Skare

Helen has recently moved to our facility, and you can often find her walking in the halls with a beautiful smile or playing piano in the Fireside Lounge. She loved going to school and was very close to getting her doctorate. She was a teacher in Edina and was awarded 'Teacher of the Year' in 1994 by the State of Minnesota. Helen likes writing in calligraphy and participating in arts and crafts. She loves meeting new people and playing piano. Helen loves sports, she often went to the MN Gophers games when she could. She was featured as a pianist at a MN Twins game. Helen previously enjoyed traveling, her and her husband, Everett loved going camping and traveling to Arizona to a home they had there. She also went on many mission trips and still believes to have been blessed with a missionary mindset.

## From the Marketing Director

Spring has sprung! Or hopefully it will.

I've got a couple of fun things on the April calendar:

### Mark your calendars for the Art Show April 22nd from 1-3pm.

We had a GREAT turn-out from last year's 1st Art Show. Let me know if you would like to submit your art or participate in doing a live demo. We also are looking for musicians to play in 15-minute spots, so if you play the piano, guitar or another instrument we would love to include you! All art submissions must be given to Katie or Linda by Thursday, April 18th. Please remember to include your name and if you are selling your piece, include price.

### Crosslake Senior Days & Expo April 27th weekend

Crosslake Senior Days is a weekend filled with lots of activities all over Crosslake for seniors. Whitefish at the Lakes is a sponsor and vendor at the Expo on Saturday. We will bus people to the Expo at the Log Church. Joe Schmit will be the Key Note Speaker that day. More information to follow and look for sign-up sheets in the Bistro!



## Made in Minnesota - March General Mills

General Mills, Inc., leading American producer of packaged consumer foods, especially flour, breakfast cereals, snacks, prepared mixes, and similar products. It is also one of the largest food service manufacturers in the world. Headquarters are in Minneapolis, Minnesota. General Mills was incorporated in 1928 to acquire Washburn Crosby Company, a flour-milling company formed in 1866, and four other milling companies. Specializing in cereals and flour products, the company grew as a food processor through the years of the Great Depression. Familiar products include Wheaties and Cheerios (originally introduced as Cheerioats in 1941; renamed Cheerios four years later) breakfast cereals, Gold Medal flour, Yoplait yogurt, and Bisquick baking mix. During those early years, the company also created the personage of Betty Crocker, who became one of the most widely known food advisers in the United States. The name Betty Crocker became a leading brand of cake mixes and other goods used in home baking.

## From the Culinary 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 - March

### Molly O'Leary - Home Health Aide

I love this line of work because I've always loved helping people and it makes me feel like I have purpose. I love whitefish because of the residents mostly, they're always excited to see you and I love talking to them, they're like a second family. I also love the staff, they're there to help you when you need it and check in to make sure you're doing okay.

## From the Maintenance Director

Reminder that the stove top is not to be used for storage or any decorations due to it being a fire hazard. If you do not use your stove in your apartment, let me know and we can unplug it for you to use for storage/decorations.

# Spiritual Section

## April Chaplain Article

“Good humor and laughter are far too wonderful not to come straight from the heart of God.” – Beth Moore

We may (or may not!) have grown out of the days of April Fools Day jokes and pranks, but we never grow too old to appreciate the gift of laughter! In fact, laughter can be a spiritual practice. Laughter grounds our spirits in joy and is a reminder that there is good in the world. It’s important, especially when we live in community and care about one another, to avoid laughter that comes at the expense of another person. Our spirits thrive when we find joy in our common experiences and delight in the world around us. Do you have a favorite joke or song that always makes you laugh? Maybe you can share it this month and give the gift of laughter to your neighbors! Here’s one of my favorites: What did the art teacher say when she jumped out of the closet? SUPPLIES! May you discover many surprises this month that make you laugh with joy!

## Health & Wellness



### 10 Health Benefits of Oranges

- Full of vitamins and minerals
- Protects cardiovascular system
- Keeps teeth and bones healthy
- Regulates blood pressure
- Lowers cholesterol
- Protects kidneys
- Fights infections
- Protects skin
- Purifies blood
- Full of fiber

## Playing for Fun

All claims to the contrary—and there are legions of them—there’s no definitive data to prove that brain games result in long-term cognitive improvement. Still, if you enjoy Sudoku, Scrabble, Mahjong, Boggle, chess, crosswords, bridge, or the newest entry to the mix, Wordle, you should absolutely keep playing!

But if games aren’t your jam, look for something that fits your personality and interests. If you love to read, consider joining or starting a book club. If you want to dust off your Spanish, German, or French, check out local conversation groups or start one of your own. For art aficionados, the Twin Cities is a hot-bed of art museums and galleries, many with free or discounted admission, audio-described tours, and lectures.

Bottom line, whatever activity you choose, if it stimulates your mind, heart, and spirit, it’s the right one for you. And if you need some guidance on finding your passion, your Lifespark Life Manager is here to help.

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).



St. Patrick's Day Parade



Spark Performance Tryathlon



Leprechaun in Artscape



Legacy Court Balloon Ball

**“It’s Not the Years in Your Life That Count. It’s the Life in Your Years.” – Abraham Lincoln**

# Travel and History



## Ireland:

The Republic of Ireland occupies most of the island of Ireland, off the coast of England and Wales. Its capital, Dublin, is the birthplace of writers like Oscar Wilde, and home of Guinness beer. The 9th-century Book of Kells and other illustrated manuscripts are on show in Dublin's Trinity College Library. Dubbed the "Emerald Isle" for its lush landscape, the country is dotted with castles like medieval Cahir Castle. The magnificent scenery of Ireland's Atlantic coastline faces a 2,000-mile-wide expanse of ocean, and its geographic isolation has helped it to develop a rich heritage of culture and tradition that was linked initially to the Gaelic language. Washed by abundant rain, the country's pervasive grasslands create a green-hued landscape that is responsible for the popular sobriquet Emerald Isle. Ireland is also renowned for its wealth of folklore, from tales of tiny leprechauns with hidden pots of gold to that of the patron saint, Patrick, with his legendary ridding the island of snakes and his reputed use of the three-leaved shamrock as a symbol for the Christian Trinity.

## St. Patrick's Day

### March 17

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church. The day commemorates Saint Patrick and the arrival of Christianity in Ireland. St. Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 CE to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was emigrants, particularly to the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. It was emigrants, particularly to the United States, who transformed St. Patrick's

Day into a largely secular holiday of revelry and celebration of things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has colored its river green to mark the holiday. (Although blue was the color traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

# From the Executive Director

## Happy Spring Whitefish at the Lakes!

The beginning of spring is a time for renewal, happiness, and a whole new start. With a new beginning comes things to look forward to, from the blooming flowers to the clear sky and the nice weather.

But as we know though we never know what type of weather we might experience in Minnesota.

Mark Twain said it best:

"In the spring, I have counted 136 different kinds of weather inside of 24 hours."

We definitely know that living in Minnesota. Looking forward to Spring and Summer with the new Spark Challenges, Community Life Activities and Community Events. Thank you for being part of the Whitefish Community!

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

# From the Director of Health Services

April holds a special place in my heart this month, as Arbor Day and Alcohol awareness are celebrated this month. A little back story, my aunt was found to have 2 aneurysm ruptures and 2 aneurysms yet to rupture in her brain on Arbor Day 2012. She also was at her worst with her alcohol addiction right before this occurred. Alcohol is a major contributor to aneurysms. Aneurysms are a dilation in your arteries (blood vessels) that poses the risk of rupturing then would create an internal bleed. This occurrence with my aunt is what made me want to become a nurse and is the entire reason I started to enter the health care field. I did not have any interest before, but after I knew what I wanted to do and needed to do. This month I challenge all of you all to take the time to stop and appreciate something positive in your life, whether it be big or small. April is a great time to appreciate the earth, nature, trees, and provide support to those who are struggling with alcoholism.

Thank you!  
Megan Lintner  
Director of Health Services, RN